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# THE VOXAIR

The Winnipeg Military Community News Source Since 1952

## RCAF Band Greets Grey Cup Champs!



A jubilant RCAF with the Grey Cup and even more jubilant Winnipeg Blue Bombers Football Club. Please see page 9 for more pictures.  
Photo: Supplied

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# Refuelling Fighters with 435 Sqn



Hercules C-130 from 435 Transport and Rescue Squadron "towing" a CF-18 Hornet during an aerial refuelling 19,000 feet over southwestern Idaho. Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

A gun metal grey CF-18 Hornet rocked gently in the air, similar to a boat bobbing on a bow wave near a dock, as the pilot manoeuvred the fighter into position to receive the fuel hose from a CC-130 Hercules on the afternoon of November 17, 2019.

The dark visored pilot gives a thumbs up and slight nod a couple of minutes later.

The Hercules was flying 19,000 feet over the twisting Owyhee River, a tributary of the Snake River, and a plateau/canyon area in southwestern Idaho close to the northeastern border of the State of Oregon. The airspeed was about 220 knots per hour or 400 kilometres per hour.

The Herc's crew consisted of Captain Hillory Gardiner, the Tanker Commander and Deputy Squadron Operations Officer; First Officer Captain Leo Portelance-Bedard; Captain Jamie Doucette, who was along for a familiarization flight; Flight Engineer Sergeant Kim Blake; Air Combat Systems Officer (Navigator) Major Brian Noel, Deputy Commander Officer of 435 Sqn; Captain Keith Nociar, an ACSO training officer, who was checking Maj Noel on his yearly "currency" standards; Master Warrant Officer Ron Demchuk, the lead loadmaster; and, Loadmaster Master Corporal Jonathan Dube.

They were refuelling three of Canada's jet fighter aircraft from 409 Tactical Fighter Squadron CFB Cold Lake in northeastern Alberta.

The trio of CF-18s were on their way to take part in an RCAF exercise, Operation Puma Strike, out of Marine Corps Air Station Miramar about 16 kilometres north of downtown San Diego, California.

Two fighters were refuelled simultaneously, one on either side of the Hercules, while the third one flew close by waiting for its turn to guzzle gas from the tentacle-like hose.

Afterwards, they darted away southwest into the sun streaked horizon.

The day started off with an early morning overview of the flight in the third floor Flight Briefing Room at Hangar 16 with takeoff at 0900 hours. The Herc climbed to a cruising altitude of 26,000 feet through a bank of pillowy cirrus clouds and flew southwest through North Dakota, Montana and into Idaho.

The flight from Winnipeg to Boise took 3.5 hours and landed at the Boise International Airport.

"It's a pretty standard flight," said Maj Noel during an interview inside the Jackson Jet Center in Boise. "It was an A to B flight. It was a good weather day. The winds were in our

favour and it was an uneventful trip, which is always good. We try to plan for that. We do have a couple of extra crew members on board as a training opportunity. Today, I'm being monitored by one of the training officers. This is something we do on an annual basis to maintain currencies."

"We get monitored at least once within a year to ensure our proficiency levels are kept at a standard," Maj Noel explained. "As a tactical air to air refueller this gives us a good opportunity to maintain a currency because we hold a mandate to have an air to air capability at 435 Squadron."

The AAR capability is part of the North American Aerospace Defence Command (NORAD) commitment to Northern sovereignty.

"In order for us to do that, we have to do such flights every so often but it's concurrent to a need from the user - the user being the CF-18s, and the squadrons that require it," Maj Noel said.

"These CF-18s happened to be transiting across the continental U.S. and because the flight is so long, they would have to stop to fuel up. So, for us coming along on this trip enables them not having to stop and refuel on the ground and continue on with their mission direct."

"They can stay airborne all the time and allows them to get to their location expediently. It also lets us reset our currency."

"No mission is exactly the same," Maj Noel noted.

"On this particular day, the weather is favouring us. There's never a complacency to it. That's what makes it interesting for us."

He also remarked that although they've based missions out of Boise before, it's not common to do so.

"Because there are so many variables to these missions, it's not canned."

After a wait of just over three hours, the Herc took off and rendezvoused with the Hornets 30 minutes later.

"We dragged the planes 135 miles for 25 minutes at 19000 feet," MWO Demchuk said, during an interview on the flight deck on the return flight to Winnipeg.

"We gave them 28,000 pounds of fuel divided between the three of them. That's about 9000 pounds per aircraft. The fuel was all stored in our wings. We have wet wings. We had fuel for three CF-18s and enough fuel for us to get back to Winnipeg. We had enough to give four planes 9000 to 10000 pounds each, but we would have had to land back in Boise."

"The day went very smoothly, better than we thought," said Capt Gardiner later that evening, after the return to 17 Wing. "We were able to conduct the mission and bingo back home without having to stop in Boise to top up with gas. It was a bit shorter of a day than we expected."

She also pointed out that she started

coordinating with Salt Lake Center Air Traffic Control to block the airspace that would be used during the mission about one week earlier.

She also praised the flying skills of the three CF-18 pilots.

"The CF-18s were very close to us during refuelling,"



Captain Hillory Gardiner living her dreams as a pilot. Photo: Martin Zeilig, Voxair Photojournalist

commented Capt Gardiner. "We're just trying to maintain a stable platform, as smooth and gentle and slow as possible. It's trickier for them. It's all on the fighter pilot to get in there. It's not easy."

Maj Noel, who mentioned that the request for the refuelling came about two weeks earlier from 1 Canadian Air Division, was also pleased with the very successful day.

"We refuelled three satisfied customers within 30 minutes," he said with a smile. "They were going down to Miramar, California, and we enabled them to do that seamlessly from their point of departure straight to their point of arrival without having them stop on the ground for refuelling. This enabled them to save time and get them there quicker. We had just enough reserves in our tanks to land and be back at home to our families early enough."

He lauded the entire Herc crew too for their excellent work.

"We had zero issues," said Maj Noel. "Everybody left satisfied with a great mission in the end."

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## THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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7	8 April	1 April
8	22 April	15 April
9	6 May	2 May
10	20 May	13 May
11	3 June	27 May
12	17 June	10 June
13	8 July	2 July
14	26 August	19 August
15	9 September	2 September
16	23 September	16 September
17	7 October	30 September
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# Showing some GRIT – 1 Canadian Air Division/Canadian NORAD Region launches new operational award



**Captain Michal Luczynski, an Aerospace Engineering Officer with CAOC Mission Support, whose mandate is to coordinate logistical and systems support for operations was the winner of the third GRIT Award. Not pictured is the second award winner, Major Audrey Bourassa. All photos: submitted**

by David Lavelle, PAO

If there's one word that describes the Combined Aerospace Operations Centre (CAOC) at 1 Canadian Air Division/Canadian NORAD Region Headquarters—effectively the operational nerve centre of the Royal Canadian Air Force—that word would be “busy.” With a finger on the pulse of every global RCAF operation happening around the world, the tempo at the CAOC is high year-round.

To recognize the team members who keep those operations running smoothly, USAF Brigadier-General Ed “Hertz” Vaughan implemented a new award for the CAOC, called the GRIT Award. The term grit represents the heart and soul to relentlessly execute. To capture that spirit, Vaughan asked the staff to identify those attributes they most admire in their teammates. Accord-

ingly, GRIT is an acronym that captures the qualities for which CAOC team members are nominated for the award:

**GENEROUS** (a selfless team member, lends a hand and shares credit for accomplishments)

**RELENTLESS** (pursues excellence and solutions to problems)

**INNOVATIVE** (looks for new approaches to problem solving, not afraid of taking manageable risk)

**TOUGH** (mentally, physically, emotionally and spiritually resilient)

Brig.-Gen. Vaughan is not only the Deputy Commander of the Canadian NORAD Region, but is also the Deputy Combined/Joint Forces Air Component Commander, meaning he often oversees all RCAF operations at home and abroad, which is a unique responsibility for a USAF officer in Canada. As such, he has a clear understanding of the level of dedication his team shows each and every day.

“Recognizing our people for performance leading to outcomes isn't just a good management practice, it is an operational requirement,” said Brig.-Gen. Vaughan. “If we don't appreciate that dedication, we risk losing it. The members of our CAOC give 110 per cent all day, every day supporting RCAF and NORAD operations. The GRIT award is a small way we can honour our members' outstanding service in front of their peers.”

As it turns out, the GRIT acronym even works in French, Canada's other official language, in which it translates as FORT, the French word for “strong.”

The award is given out each month, and Brig.-Gen. Vaughan has already bestowed the award on three members of the CAOC. First was Squadron Leader Colin Massy, head of the CAOC's Combat Plans section, which is responsible for taking operational plans and working with current ops to implement them. Squadron Leader Massy is a British Royal Air Force officer on exchange with the RCAF. The second and third recipients,



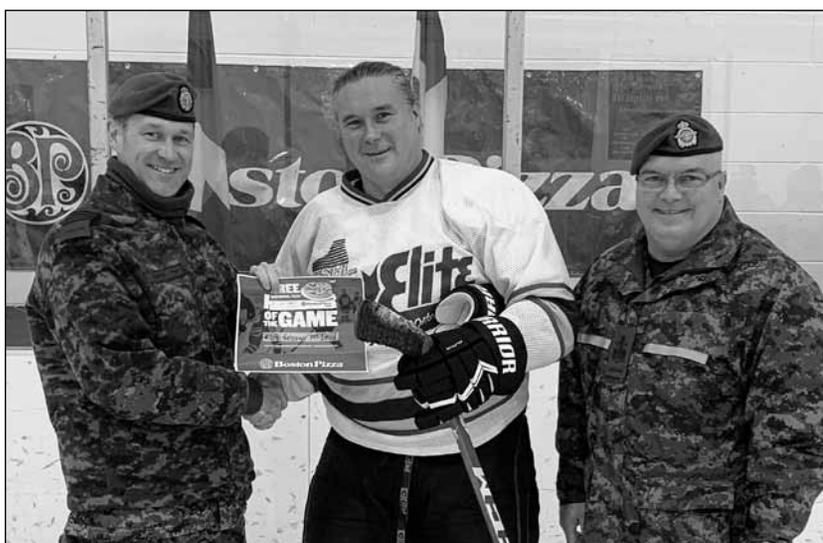
**Squadron Leader Colin Massy, head of the CAOC's Combat Plans section, which is responsible for taking operational plans and working with current ops to implement them, won the first GRIT Award. Squadron Leader Massy is a British Royal Air Force officer on exchange with the RCAF.**

who shared the award in November, were Major Audrey Bourassa, a lead planner who led the internal reorganization of A5/7, and Captain Michal Luczynski, an aerospace engineering officer with CAOC Mission Support, whose mandate is to coordinate logistical and systems support for operations.

As an added bonus, along with the honour of receiving the award, the recipient also gets an added privilege—the use of Brig.-Gen. Vaughan's executive parking spot, which is a real advantage during the cold winter months in Winnipeg, Manitoba, Canada, where the headquarters is located.

“It's pretty simple—without tough, committed people, there are no operations,” said Brig.-Gen. Vaughan. “The GRIT Award is one way to let our members know how much we appreciate their hard work, day-in and day-out.”

## WComd's Hockey Tournament Brings Balance to Wing Members



**LCol George McLeod (centre) was recognized as for his Sportsmanship during a game. Birchwood Boston Pizza sponsored the most sportsmanlike players during the hockey tournament. Photo: Dawn Redahl**

by Martin Zeilig, Voxair Photojournalist

According to Master Corporal Lyndsay Cross, who works at 17 CIS Flight, sometimes a hockey game is not just about hockey.

It's more than that. It's also about forging bonds outside of your immediate community or circle of friends/workmates.

MCpl Cross was a member of the Fighting Artichokes, the championship winners in the Crosby Division after defeating the Bisons, 7-2, at the 2019 Wing Commander's Hockey Tournament. The annual co-ed tourney took place at Canlan Ice Sports on Ellice Avenue, Nov 25-29.

A total of 11 teams participated in three divisions, Tavares and McDavid being the other two divisions. Dawn Redahl, Sports Coordinator, CFMWS Personnel

Support Programs, was the tournament organizer.

402 Squadron won the McDavid division with a victory over the Yellow Jackets; while the TEME Pistons defeated the Beavers, 8-7, to capture the Tavares division.

“We had different levels so that it would be enjoyable, and a champion for each division, who got a little award from the CANEX,” Redahl said at the tournament's conclusion. “The focus of this tournament is sportsmanship and having a good time.”

The referees were both military and civilian, she added.

Redahl also praised Canlan for providing excellent customer service as official timekeepers, as well as to the assistance she received from fellow PSP staff members.

“There were lots of players displaying sportsmanship throughout the week-long tournament,” said Dawn Redahl. “A

Sportsmanship Player was chosen after each game. Congrats to all of them: Lt Matt Hall, Avr Christian Donoghue, Cpl Paul Todd, Cpl Andrew Burnett, Misty Burrows, Pte Dave LeCompte, Cpl Aaron Eggen, Capt Sonja Hansen, Capt Wayne Mockford, Sgt Stephen Dumontier, Nathan Brunel, Sgt Darryl Marshall, MCpl Gerrit Rietveld, Maj Russel Donkersley, Capt Daryl Mason, 2Lt Jonathan Vandervoort, Amanda North, MCpl Jacques Lajoie, LCol Dennis Desrochers, Cpl Kiknew Beaulieu, Cpl Samuel Rivest, Doug Hanson, LCol George McLeod, LCol Fred Dubeau, and Capt Stephan Germaine.”

“A huge thank you to our sponsor, Birchwood Boston Pizza,” she added.

“It's great that we're still able to do these events,” 17 Wing Commander Colonel Eric Charron said, while

watching the McDavid division final from the crowded and noisy second level lounge area at Canlan. “We talk about fitness and operations balance, and it's not just about going to the gym and individual training. It's about group sports too, being out of the office, mixing and speaking to one another in a different forum.”

He also lauded the PSP staff for their hard work.

“Year to year, they try to organize and take it to the next level,” Col Charron commented.

“We had some tired legs today, but we won,” said Sergeant Anita Zachar, who played both forward and defence for 402 Squadron. “It was a great tournament, well organized. I didn't hear any negative comments from anyone.”

Corporal Lamothe, who played left wing for 402 Sqn, said his team's victory was fantastic.

“We had issues getting a team together,” he admitted. “I didn't know how we were going to do. But, once we got onto the ice, we had team chemistry. I don't think the tournament could have been organized any better. I wouldn't trade the team I had for any other team.”

Meanwhile, MCpl Cross noted that the mother of Corporal Jessie Kuzyk, a member of her team who wasn't present for the tournament, works for Arcane Horizon—a Winnipeg based charitable & not for profit organization supporting adults living with a developmental disability to live in their own homes within the community, notes the organization's website.

MCpl Cross explained that several of the individuals from Arcane came out to cheer on her team during the tournament.

“They bring them out to events in the community to learn about team work and social skills,” she said. “The Fighting Artichokes embraced our new fans. They only missed one game this week. It's about making those relationships with people in the community; and, that's what we did.”

# SISIP FS Open House Gives Members an Introduction to Financial Services



Anne Gibson and John Clarey cut the cake at the SISIP FS Open House on Nov 20. Photo: Bill McLeod, Voxair Manager

by Martin Zeilig, Voxair Photojournalist

After 28 years of service in the Canadian Armed Forces, Colonel Andrew Wedgewood, 1 Canadian Air Division, says he understands the value of SISIP (Service Income Security Insurance Plan) and the great programs they have for CAF members.

Col Wedgewood and his wife, Katie Wedgewood, were visiting the SISIP office on the second floor of the

CANEX on November 20 during an open house marking Financial Literacy Month (FLM).

As a division of the Canadian Armed Forces Personnel and Family Support Services (now Canadian Forces Morale and Welfare Services or CFMWS) since 1969, SISIP Financial Services provides tailored and unbiased financial solutions suited to meet the needs of serving and former members of the CAF community.

SISIP FS also offers a term life insurance plan exclusively to CAF serving and former members and their spouses, SISIP FS recommends contacting the local SISIP FS insurance representative who can explain the very unique features of these plans, which include: guaranteeing the payment of claims on approved insurance applications, even if someone dies while serving in a theatre of operations; an accidental dismemberment coverage (for injury non-attributable to military service); free life coverage for dependent children, for an amount of \$10,000 and; a living benefit that, under specific circumstances, may provide access to an amount not to exceed 50% of the face value of the life insurance in force, to a maximum of \$50,000.

John Clarey, SISIP Manager, noted that FLM is a yearly event held towards the middle of November at all locations across Canada in order to ensure that people are aware of how to manage their money.

The theme of our FLM this year is "Take Charge of Your Own Finances," he said, during an interview in his office.

"That's particularly important," Mr. Clarey said. "We're trying to make sure that people are aware of all our programs and services to make sure that it's a path to their financial well-being. It's important to make people aware of that."

He added that the CAF consists, for the most part, of a young population.

"We have people who haven't been educated in money management practices," Mr. Clarey explained. "This is an opportunity to sit down and discuss and make them aware of the programs and services we have at SISIP."

Although he's not planning on retiring anytime soon, Col Wedgewood underscored the fact that planning for retirement is not something that you do at the last minute.

"You have to plan in advance so that you're ready for it," he said.

"We're just making sure we have all our ducks in a row, and just seeing what SISIP has to offer to augment what we already have in our personal portfolio," Katie Wedgewood offered.

Mr. Clarey emphasized that SISIP employees always respect confidentiality.

"It's an important feature of what we do," he said. "In the old days, people would come into us and we had to go through the CAF system. Now, they can come into us voluntarily and discuss it with us. That's why these offices were developed. Everything we say and do remains between us."

## GCWCC @ 17 Wing RCAF Barker Challenges 17 Wing to Create Chilis



Ryan Braun, Canadian Forces School of Meteorology, serves chili during the RCAF Barker College Chili Challenge at the Junior Ranks Mess, 17 Wing, on 27 November 2019. Photo: Sgt Daren Kraus

by Bill McLeod, Voxair Manager

RCAF Barker College turned a chilly winter day into a heart-warming chili afternoon when they hosted their Chili Challenge for the Government of Canada Workplace Charitable Campaign (GCWCC) at the Junior Ranks Mess on Nov 27.

According to organizers Sergeant (Sgt) Steve Gillis and Second Lieutenant Glenn Duncan, 26 competition chilis were entered from 17 Wing and lodger units. RCAF Barker College had multiple chilis entered but other units included: 1 Canadian Air Division (CAD) Canadian Air Operations Centre; 2 CAD HQ; 17 Mission Support Squadron (MSS) Transport, Electrical, and Mechanical Engineers; 17 MSS Real Property Operations; 23 Health Services Centre, 1 Dental Detachment; 402 Squadron (Sqn), Canadian Forces School of Meteorology (CFS Met); Can Forces School of Survival and Aeromedical Training (CFSSAT); Personnel Support Programs; Military Family Resource Centre; ADM (HR Civ); Con-

flict and Complaint Management Services; 17 Wing Comptroller; and the 17 Wing Deputy Wing Commander.

Wing Foods also provided a 'mass chili' for the 150 people who attended the event with bread and other fixings.

"This is the first event we have held in a mess setting," said Lieutenant-Colonel Scott Ash, Commandant of RCAF Barker College. "I think it's something we will continue to grow. It combines three of my passions in life: chili, beer, and socializing with good friends."

"It was great to see everyone come out to support a good cause," he added.

A total of \$613.55 was raised for the GCWCC between the 50/50 draw and entry fees for the Chili Challenge, but it also helped raise awareness of the campaign around 17 Wing.

The judges included: LCol Scott Ash, Comdt of RCAF Barker College, LCol Ian Perrault, Commanding Officer of 402 Sqn, Chad Thompson of CFS Met; Lt (N) Belliveau, CFSSAT; LCol Ken Mills, CO of 17 MSS; Chief Warrant Officer (CWO) Craig Frost, 1 CAD HQ; Col Kevin Kimpinski, 2 CAD HQ CO; Mike De Coutere, ADM (HR Civ); LCol John Coffin, CO of 435 Sqn; and Dyan Unrau, of the United Way of Winnipeg.

The judges were split into two teams, each sampling half the chilis, and put together the top six overall and top two most original. 17 Wing Commander Col Eric Charron and Wing CWO Claude Faucher then picked the winners from those groups.

"It's amazing to see so many participants bringing chili but also to see all the 17 Wing members raising a lot of money and giving to a good cause," said judge LCol John Coffin. "As a judge, I sampled a lot of chilis and found it hard to pick a clear winner but it was easy to pick the spiciest."

"Also, as a judge, I ate way too much chili," he added.

Prior to awarding the winners, LCol Ash thanked Wing Foods, the Jr Ranks' Mess, and especially the organizers from RCAF Barker College, Sgt Steve Gillis and 2Lt Glenn Duncan.

The winners of the challenge were: Captain Grant Kupfer, RCAF Barker College with 'Fridge Clean Out' winning the Best Overall, Most Original by WO May Sut, 1 CAD with 'I can't cook so my husband made this chili'; and Spiciest was won by Sgt Ian Campbell of CFS Met for 'Spicy Purrito's Winter Heatwave'.

17 Wing Comd Col Eric Charron closed the challenge.

"Let me just end on a high note, remembering why we do this," he said. "GCWCC, it's about people, about helping our community."

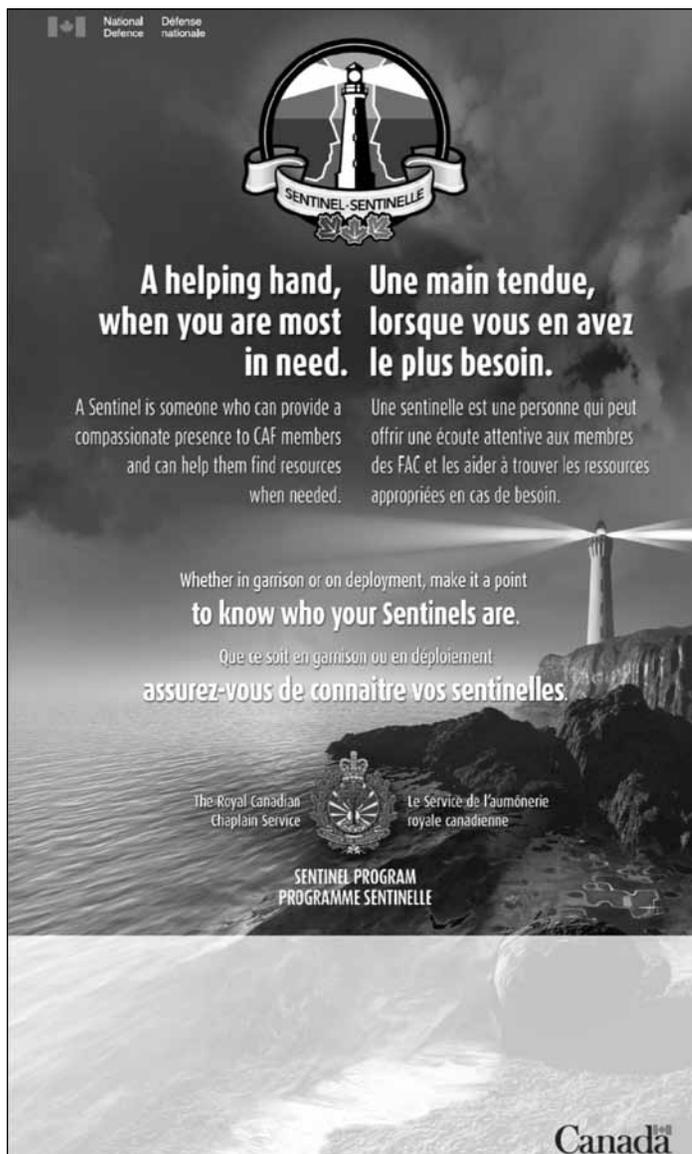
Organizer 2Lt Glenn Duncan had some final words for the participants.

"Thanks to all participants and attendees for making this event so successful," he said. "As reigning Wing Chili Cook-off champions, Barker College is looking forward to defending our title next year."



Lieutenant Colonel Ian Perreault, Commander 402 Squadron, scores the chili during the judging at the RCAF Barker College Chili Challenge at the Junior Ranks Mess, 17 Wing, on 27 November 2019. Photo: Sgt Daren Kraus

# Finding Help at Difficult Times: The Sentinels Programme in Practice



This poster was developed by the Royal Canadian Chaplain Services to help Canadian Armed Forces units to identify their Sentinels.

Photo: Supplied

by Captain Bettina McCulloch-Drake, 1 CAD

Have you ever found yourself in a dark, lonely place where the angry, negative, self-doubting, voices in your head almost make you forget that life is worth living? Have you ever buried yourself in work, or found other ways to dull the ache in your mind so you did not have to feel as awful?

Despite the lies you may try to tell yourself, the odds are that at least one person has noticed that you are not quite yourself.

Some may wait for you to talk to them, but others may ask: "Are you okay?" "How are you doing today?" "Want to go somewhere quiet to talk?"

"We have the closest connection to those we spend more time with, like our families and co-workers," explains Lieutenant (Navy) David Godkin, 1 Canadian Air Division Headquarters' (1 CAD HQ) unit chaplain. "We usually see these individuals as non-threatening and therefore tend to trust them to listen when we need to 'get something off our chests'."

I can attest that without the help of my co-workers, the support of my chain of command, and the unwavering love of my family, I don't know if I would be where I am now, a little over a year since I was admitted to a hospital for depression.

I could have easily become part of a sad statistic, but I was lucky.

Lucky... Why do I describe it that way?

I describe myself as lucky, because we, as a society, are still far away from everyone being able to get the help they need when they need it.

To put it another way, not everyone is fortunate enough to have the support of their supervisors, their teachers, their co-workers, their family or their friends.

Can you imagine being told, by someone you trust, that what you are feeling is "all in your head" and that you should just "get over it"? And yet, that is what is happening in workplaces, in schools, in homes and in various parts of our society.

It is easier for us to understand the pain associated with something like a broken bone or empathize with someone going through cancer treat-

ment. But, it is harder to understand why someone who appears to have everything is finding it difficult to connect, finding it difficult to function, or finding it difficult to feel joy in the every day.

And even if we cannot truly understand what someone is going through, being available to listen and being a supportive presence can make a big difference.

We can all make a difference.

"Most of us already have the ability and the desire to help others, especially in difficult times," says Lt (N) David Godkin. "You don't need any special training to be a good neighbour or a good co-worker."

And yet, there are people within the Canadian Armed Forces (CAF) who have dedicated themselves to being a comforting presence, a non-judgmental ear, and a bridge over troubled waters helping to connect those in distress with the help they need.

These people are the Sentinels: a volunteer network of peer-support persons who are trained by and accountable to CAF chaplains wherever CAF members are employed and deployed.

First introduced by the Canadian Army in 2007 by the 2nd Canadian Division in Valcartier, Québec, the Sentinels Programme has since expanded to include the Royal Canadian Navy and the Royal Canadian Air Force (RCAF).

"At first we were overwhelmed by the support shown by the chain of command," admits 1 Canadian Air Division Chaplain Lieutenant-Colonel Michel Dion. "But, it became quickly evident that the Sentinels Programme filled a need within the RCAF."

"The beauty of this simple, but powerful, programme is that it empowers people to connect with others, which in turn creates a stronger, more cohesive and operationally ready unit," adds LCol. Dion.

"The connections we make today are especially important during times of the year when some of us may feel increasingly isolated, stressed or sad," reminds Lt.-Col. Dion. "As a community, it is important that we look out for and help take care of each other."

Interested in learning more about the Sentinels Programme? Please contact 17 Wing Chaplain Services by calling 204-833-2500 ext. 6800 or by emailing 17Wing-Chaplains@forces.gc.ca.

## Chaplain's Experience a Unique Addition to 17 Wing



Capt Joshua Falk poses for a photo on the 17 Wing Parade Square in Aug this year. Photo: Bill McLeod

by Martin Zeilig, Voxair Photojournalist

Captain Joshua Falk has had a few experiences along the way during his backpacking journeys in many foreign lands.

These include surviving a coup d'état in the Ivory

Coast, helping with earthquake relief in El Salvador, and being held at gunpoint at a check stop in the Peruvian jungle.

Padre Falk, the newest member of the 17 Wing Chaplaincy team, joined the Canadian Armed Forces on Nov 27, 2018.

Padre Falk's demeanour, French skills, and experience, along with the support of his wife and two young sons, are assets to the chaplaincy team, according to fellow chaplain Captain Padre Paul Gemitti.

"We look forward to having him fully operational as we continue to be in a current context of mentoring new chaplain members for the Royal Canadian Chaplaincy Services and the CAF at large," he wrote in an email.

Padre Falk was born in Edmonton, Alberta, but grew up in Africa. His parents moved to Swaziland, a landlocked country in Southern Africa, when he was two years old.

"My parents were medical missionaries there," he said. "My dad's a medical doctor and my mom's a nurse. She helped teach nurses there. My dad was involved with the hospital in surgery and primary health care."

"I was also in the Ivory Coast with my family. Later we returned to Calgary where I went to high school."

After two years of studying science at the University of Calgary, Padre Falk switched to Ambrose University, a Christian university in Calgary, where he obtained an undergraduate degree in theology.

Following graduation, he went with Samaritan's Purse, a non-governmental organization, back to the Ivory Coast to work on a water filtration project in a vil-

lage called Timbo.

Then it was time to enroll in graduate school.

"I did my Masters at Nazarene Theological Seminary in Kansas City, Missouri," Padre Falk said. "That's where I met my beautiful wife, Sara."

"We were asked to become missionaries in Sierra Leone. We were there for 28 months after their civil war. That was a really interesting, tough, experience."

The couple returned to Canada in 2007.

Padre Falk was hired to be the associate pastor at two churches, one in Drumheller and the other one in Edmonton.

"I was a senior pastor most recently in Medicine Hat," he said. "I resigned from that, and worked as a general manager at the YMCA for a brief period of time, sorting out what I wanted to do next. Where would God lead me?"

The divine question was answered when he joined the CAF as a padre.

"I think it's a good fit in terms of being relational with people, journeying with people, and being a ministry of presence," Padre Falk explained.

"One of the main differences in the military is that you're part of a padre team. In the civilian world, all the chapel services would fall to me. Or, if I were on vacation, I'd find a person or two to fill in for me.

"It's a great to be part of the team here at 17 Wing. They really have a heart for helping and serving. I'm really privileged to be part of that, and help them promote their endeavours."

# Do you have a Second language profile? Is it current?

## Why do I need a second language profile?

Obtaining and maintaining a valid language profile is an important tool in any military member's career path, whether it is to be deployment-ready for missions abroad or to converse with colleagues who are not as proficient in their second language abilities (French or English). Numerous members also wish to obtain a language profile to get promoted.

Unfortunately, many members don't know how to go about obtaining or renewing their language profile, or how to get ready for second language tests.

## What is a second language profile?

In the Canadian public service, an employee's second official language skills (French or English) are evaluated by the Second Language Evaluation (SLE) tests administered and regulated by the Public Service Commission of Canada. This means that all Federal Government employees across the country must undergo the same tests, regardless of the government departments that they work for. Therefore if a member or a civil servant changes department, their profile will still be valid.

## What do the three letters of the SLE profile mean?

The SLE tests entail three components: Reading Comprehension, Written Expression, and Oral Interaction. The possible levels of each test can be: X (non-sufficient), A (beginner), B (intermediate), C (advanced), and E (exemption).

## How long is the profile valid for military personnel?

The levels obtained on these tests are considered to be a valid language profile for a period of 5 years. The only exception to this is the E level which signifies that the candidate is exempt from ever having to retake the test in the competency which it was obtained. An E result demonstrates that the individual has mastered the language.

## What is the role of the Language Training Center (LTC) Winnipeg?

The LTC is under the authority of 17 Mission Support Squadron (17 MSS) and follows the standards and curriculum established by the Canadian Defence Academy (CDA). The LTC offers a variety of courses in French as a second language and English as a second language. Therefore, the role of the centre is to offer language courses to military members to develop and maintain competences in their second official language. Priority is giving to military members, however civilian employees of DND as well as military spouses can partake in the courses offered at the LTC.

## How do I establish a Second language profile without taking language training?

Members may book an SLE test appointment by calling the LTC orderly room at ext 5822.

## How do I establish my language profile with language training?

All members must complete a placement test in order to take language training at the LTC. This test assists us in determining what level and requirements the member needs. Based on the results of the placement test, the member will be placed in the accurate progress level (PL) of 150 hrs in duration. Both English and French curriculums consist of 11 progress levels (PL1 to PL11). Based on the standards and objectives established by the CDA, a candidate who successfully completes the PL4 course should obtain a language profile of AAA, after PL7 a BBB profile and after completion of PL11 a CBC profile.

Please note that members who do not have a language profile can take the SLE test(s) at any moment without training and do not require to have completed a course to do so. However the member's profile will be valid for the next 5 years and can only be retaken after taking second language training.

## How do I update my language profile without language training?

Only the members which profiles are expired or are expiring within the next 12 months can update their language profile without taking a language course. Please communicate with the LTC orderly room at 5822 to schedule your test(s).

## How do I update my language profile with language training?

In order to take language training at the LTC, all members must first undergo a placement test. This test assists in identifying what level and what requirements the member needs. Based on the results obtained, the member can then register to take a PL course of 150 hours, a specific skills course of a minimum 90 hours or a SLE preparation course B of a minimum of 90 hours. The date on which the member can update his or her profile depends on the placement test and/or the expiry date of their language profile. If a candidate has a valid profile and wishes to update it, they must complete either of the following courses to gain entry to the SLE tests:

- A) specific skills course of a minimum of 90 hours;
- B) either PL4, 7 or 11 course ; or
- C) SLE prep course level B of a minimum 90 hours.

We invite you to visit the LTC which is located in bldg 135 room 208. It will be a pleasure to answer any questions you may have!

# Avez-vous un profil de langue seconde? Est-il à jour?

## Pourquoi ai-je besoin d'un profil de langue seconde

L'obtention et le maintien d'un profil de langue seconde valide s'avère un outil important au cheminement de carrière de tout membre des Forces canadiennes qui s'apprête à être déployé à l'étranger ou qui souhaite converser avec un de ses collègues dont les compétences en langue seconde ne sont pas aussi développées que les siennes (français ou anglais). De nombreux membres désirent aussi obtenir un profil de langue seconde dans le but d'être promu.

Malheureusement, plusieurs membres ne savent pas comment s'y prendre pour obtenir ou renouveler son profil linguistique ou comment se préparer pour les examens de langue seconde.

## Qu'est-ce qu'un profil de langue seconde?

Dans la fonction publique du Canada, les compétences d'un employé dans une langue seconde officielle (français ou anglais) sont évaluées par l'entremise d'un test nommé évaluation de langue seconde (ELS). Ce dernier est administré et régi par la Commission de la Fonction publique du Canada (CFP), ce qui signifie que tous les fonctionnaires au pays subissent le même test peu importe le Ministère pour lequel ils travaillent. Ainsi, lorsqu'un membre ou un employé civil change de Ministère, son profil demeure valide.

## Que veulent dire les trois lettres du profil de langue seconde?

L'ELS comporte trois composantes, lesquelles correspondent aux compétences linguistiques suivantes : la compréhension de l'écrit, l'expression écrite et l'interaction orale. Les niveaux qui peuvent s'appliquer à chaque compétence sont : X (non-satisfaisant), A (débutant), B (intermédiaire), C (avancé), E (exemption).

## Quelle est la durée de validité du profil ELS pour les militaires?

Les niveaux obtenus suite au test sont alors considérés comme le profil linguistique et sont généralement valides pour une durée de 5 ans. Par ailleurs, l'obtention du niveau E signifie que le candidat est dorénavant exempté de tout autre test dans cette compétence puisqu'il a réussi à démontrer une excellente maîtrise de la langue.

## Quel est le rôle du Centre de Formation linguistique (CFL) de Winnipeg?

Le CFL est sous l'autorité du 17e Escadron de Soutien de Mission et suit les normes et le curriculum de l'Académie de la Défense nationale. À ce titre, le CFL offre une variété de cours de français langue seconde et d'anglais langue seconde. Le rôle du centre est donc de fournir aux membres militaires la formation nécessaire afin qu'ils développent de meilleures compétences dans leur langue seconde. Bien que la priorité soit accordée aux membres militaires, les employés civils du MDN ainsi que les époux des militaires ont aussi droit de suivre les cours offerts par le CFL.

## Comment puis-je établir mon profil de langue seconde sans suivre de formation linguistique?

Tout membre peut établir son profil linguistique n'importe quel moment en communiquant avec la salle de rapports au poste 5822 afin de prendre rendez-vous pour réserver une date de tests ELS.

## Comment puis-je établir mon profil de langue seconde en suivant de la formation linguistique?

Afin de suivre de la formation linguistique au CFL, tout membre doit d'abord subir un test de classement. Ce test nous permet d'identifier le niveau et les besoins de formations du membre. Selon les résultats obtenus, celui-ci sera placé dans un cours de niveau de progrès (NP) de 150 heures. Le curriculum de français langue seconde et d'anglais langue seconde contiennent chacun 11 cours de niveau de progrès (NP1 à NP11). Selon les normes et les objectifs de l'Académie de la Défense nationale, un candidat qui complète avec succès le cours NP4 devrait obtenir un profil linguistique AAA suite à l'ELS; un candidat qui complète avec succès le cours NP7 devrait obtenir un profil linguistique BBB suite à l'ELS; un candidat qui complète avec succès le cours NP11 devrait obtenir un profil linguistique CBC suite à l'ELS.

Veillez noter que les membres qui n'ont pas de profil linguistique peuvent passer l'ELS à tout moment (avec ou sans formation) et n'ont pas besoin d'avoir complété de cours afin d'avoir accès au test. Toutefois, le profil du membre sera valide pour une période de 5 ans et n'est renouvelable qu'après cette période si le candidat ne suit aucune formation linguistique.

## Comment puis-je mettre à jour mon profil de langue seconde sans suivre de formation linguistique?

Seuls les membres dont le profil est échu ou échoue dans une période de 12 mois peuvent mettre à jour leur profil de langue seconde en passant l'ELS sans suivre de formation linguistique. Pour ce faire, veuillez communiquer avec la salle de rapports du CFL au poste 5822 afin de prendre rendez-vous.

## Comment puis-je mettre à jour mon profil de langue seconde avec de la formation linguistique?

Afin de suivre de la formation linguistique au CFL, tout membre doit d'abord subir un test de classement. Ce test nous permet d'identifier le niveau et les besoins de formations du membre. Selon les résultats obtenus, celui-ci sera placé dans un cours de niveau de progrès (NP) de 150 heures, dans un cours d'habileté spécifique d'un minimum de 90 heures ou dans un cours de préparation à l'ELS niveau B d'un minimum de 90 heures. La date à laquelle le membre pourra mettre à jour son profil dépendra des résultats de son test de classement et/ou de la date d'échéance de son profil actuel. Les candidats dont le profil est toujours valide doivent compléter l'un des cours suivants afin d'accéder à l'ELS :

- A) cours d'une seule habileté d'un minimum de 90 heures
- B) cours de NP 4, 7 ou 11
- C) cours de préparation à l'ELS, niveau B (minimum 90 heures).

Nous vous invitons à nous rendre visite à la salle 208 du bâtiment 135. Il ne fera plaisir de répondre à vos questions!

**MILITARY SECOND LANGUAGE TRAINING PROGRAM (MSLTP) COURSES AVAILABLE AT 17 WING**



**PROGRAMME MILITAIRE D'ENSEIGNEMENT DES LANGUES SECONDES (PMELS) COURS OFFERTS À LA 17<sup>E</sup> ESCADRE**

PROGRESS LEVEL 1 FRENCH	COURS DE FRANÇAIS - NIVEAU DE PROGRÈS 1
<b>6 January – 16 March</b> This 150-hour Progress Level 1 (PL1) French class will be held afternoons only (Mon to Fri, 1230 to 1600 hrs). This course applies to members who do not have any or have very little linguistic abilities in French.	<b>6 janvier – 16 mars</b> Ce cours de français de 150 heures permettant d'atteindre le NP1 sera donné en après-midi de 12 h 30 à 16 h 00 du lundi au vendredi. Ce cours s'adresse aux membres qui n'ont aucune connaissance ou très peu d'habiletés en français.
PROGRESS LEVEL 2 FRENCH	COURS DE FRANÇAIS - NIVEAU DE PROGRÈS 2
<b>6 April – 17 June</b> This 150-hour Progress Level 2 (PL2) French class will be held afternoons only (Mon to Fri, 1230 to 1600 hrs). <b>Prerequisite:</b> Successful completion of a PL1 course or a PL2 oral placement test within the previous 12 months.	<b>6 avril – 17 juin</b> Ce cours de français de 150 heures permettant d'atteindre le NP2 sera donné en après-midi de 12 h 30 à 16 h 00 du lundi au vendredi. <b>Préalable :</b> Avoir réussi le cours permettant d'atteindre le NP1 ou avoir atteint le NP2 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.
PROGRESS LEVEL 3 FRENCH	COURS DE FRANÇAIS - NIVEAU DE PROGRÈS 3
<b>6 January – 27 February</b> This 150-hour Progress Level 3 (PL3) French class will be held mornings only (Mon to Fri, 730 to 1155 hrs). <b>Prerequisite:</b> Successful completion of a PL2 course or a PL3 oral placement test within the previous 12 months.	<b>6 janvier – 27 février</b> Ce cours de français de 150 heures permettant d'atteindre le NP 3 sera donné en matinée de 7 h 30 à 11 h 55 du lundi au vendredi. <b>Préalable :</b> Avoir réussi le cours permettant d'atteindre le NP2 ou avoir atteint le NP3 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.
PROGRESS LEVEL 4 FRENCH	COURS DE FRANÇAIS - NIVEAU DE PROGRÈS 4
<b>2 March – 24 April</b> This 150-hour Progress Level 4 (PL4) French class will be held mornings only (Mon to Fri, 0730 to 1155 hrs). <b>Prerequisite:</b> Successful completion of a PL3 course or a PL4 oral placement test within the previous 12 months.	<b>2 mars – 24 avril</b> Ce cours de français de 150 heures permettant d'atteindre le NP 4 sera donné en matinée de 7 h 30 à 11 h 55, du lundi au vendredi. <b>Préalable :</b> Avoir réussi le cours permettant d'atteindre le NP3 ou avoir atteint le NP4 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.
PROGRESS LEVEL 5 FRENCH	COURS DE FRANÇAIS - NIVEAU DE PROGRÈS 5
<b>27 April – 18 June</b> This 150-hour Progress Level 5 (PL5) French class will be held mornings only (Mon to Fri, 0730 to 1155 hrs). <b>Prerequisite:</b> Successful completion of a PL4 course or a PL5 oral placement test within the previous 12 months.	<b>27 avril – 18 juin</b> Ce cours de français de 150 heures permettant d'atteindre le NP5 sera donné en matinée de 7 h 30 à 11 h 55, du lundi au vendredi. <b>Préalable :</b> Avoir réussi le cours permettant d'atteindre le NP4 ou avoir atteint le NP5 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.
PROGRESS LEVEL 7 FRENCH	COURS DE FRANÇAIS - NIVEAU DE PROGRÈS 7
<b>18 March – 22 May</b> This 180-hour Progress Level 7 (PL7) French class will be held mornings only (Mon to Fri, 0730 to 1155 hrs). <b>Prerequisite:</b> Successful completion of a PL6 course or a PL7 oral placement test within the previous 12 months.	<b>18 mars – 22 mai</b> Ce cours de français de 180 heures permettant d'atteindre le NP7 sera donné en matinée de 7 h 30 à 11 h 55, du lundi au vendredi. <b>Préalable :</b> Avoir réussi le cours permettant d'atteindre le NP6 ou avoir atteint le NP7 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.
PROGRESS LEVEL 9 ENGLISH	COURS D'ANGLAIS- NIVEAU DE PROGRÈS 9
<b>13 January- 14 February</b> This 150-hour PL9 English class will be held all day only (Mon to Fri, 0730 to 1530 hrs). <b>Prerequisite:</b> Successful completion of a PL8 course or a PL9 oral placement test within the previous 12 months.	<b>13 janvier – 14 février</b> Ce cours d'anglais de 150 heures permettant d'atteindre le niveau de progrès 9 (NP9) sera donné de 7 h 30 à 15 h 30, du lundi au vendredi. <b>Préalable :</b> Avoir réussi le cours du NP8 ou avoir atteint le NP9 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.
PROGRESS LEVEL 10 ENGLISH	COURS D'ANGLAIS- NIVEAU DE PROGRÈS 10
<b>18 February – 23 March</b> This 150-hour PL10 English class will be held all day only (Mon to Fri, 0730 to 1530 hrs). <b>Prerequisites:</b> Successful completion of a PL9 course or a PL10 oral placement test within the previous 12 months.	<b>18 février – 23 mars</b> Ce cours d'anglais de 150 heures permettant d'atteindre le niveau de progrès 10 (NP10) sera donné de 7 h 30 à 15 h 30, du lundi au vendredi. <b>Préalables :</b> Avoir réussi le cours du NP9 ou avoir atteint le NP10 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.
PROGRESS LEVEL 11 ENGLISH	COURS D'ANGLAIS- NIVEAU DE PROGRÈS 11
<b>6 April – 12 May</b> This 150-hour PL11 English class will be held all day only (Mon to Fri, 0730 to 1530 hrs). <b>Prerequisites:</b> Successful completion of a PL10 course or a PL11 oral placement test within the previous 12 months.	<b>18 février – 23 mars</b> Ce cours d'anglais de 150 heures permettant d'atteindre le niveau de progrès 11 (NP11) sera donné de 7 h 30 à 15 h 30, du lundi au vendredi. <b>Préalables :</b> Avoir réussi le cours du NP10 ou avoir atteint le NP11 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.
SLE PREP LEVEL B	PRÉPARATION AU TEST ELS NIVEAU B
<b>8 January- 21 February</b> This 128-hour PL11 English class will be held mornings only (Mon to Fri, 0730 to 1155 hrs). <b>Prerequisites:</b> Successful completion of a PL10 course or a PL11 oral placement test within the previous 12 months.	<b>8 janvier – 21 février</b> Ce cours d'anglais de 128 heures permettant d'atteindre le niveau de progrès 11 (NP11) sera donné de 7 h 30 à 11 h 55, du lundi au vendredi. <b>Préalables :</b> Avoir réussi le cours du NP10 ou avoir atteint le NP11 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.
MACQ B	MACQ B
<b>14 January – 3 March</b> This 70-hour PL11 English class will be held mornings only (Mon to Fri, 0730 to 1000 hrs). <b>Prerequisites:</b> Successful completion of a PL10 course or a PL11 oral placement test within the previous 12 months.	<b>14 janvier – 3 mars</b> Ce cours d'anglais de 70 heures permettant d'atteindre le niveau de progrès 11 (NP11) sera donné de 7 h 30 à 10 h 00, du lundi au vendredi. <b>Préalables :</b> Avoir réussi le cours du NP10 ou avoir atteint le NP11 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.

**ELIGIBLE PERSONNEL** – Second language courses taught at the LTC are open to: CF personnel (RegF and PRes), DND public service employees, adult dependents of CF personnel and PSP personnel.

NOTE: as there are special conditions applicable to each course, please contact Leonie Coulson (ext. 5822) for additional details or questions. To the extent practicable, the LTC attempts to conduct the training required when it is convenient for our clientele. If you don't see what you need when you need it, contact us and we'll do our best to accommodate you.

<http://17wing.winnipeg.mil.ca/cms/en/home/winginfo/wingadmin/WCOL/oltrgn.aspx>

**PERSONNEL ADMISSIBLE** – Les cours de langue seconde que donne le Centre de formation Linguistique (CFL) s'adressent aux militaires (F rég et P Rés), aux fonctionnaires du MDN, aux adultes à charge du personnel des FC et aux membres du personnel de PSP.

N.B. Étant donné que des conditions particulières s'appliquent à chaque cours, on vous demande de communiquer avec Leonie Coulson (poste 5822) pour obtenir des renseignements supplémentaires.

Dans la mesure du possible, le CFL essaie de donner la formation nécessaire au moment qui convient aux clients. Si le cours dont vous avez besoin ne se donne pas au moment opportun, communiquez avec nous et nous ferons de notre possible pour répondre à vos besoins.

<http://17wing.winnipeg.mil.ca/cms/fr/home/winginfo/wingadmin/WCOL/oltrgn.aspx>

# College Corner



## The RCAF Barker College Visits LCol Barker Air Cadet Squadron in Dauphin, Manitoba

On 16 October 2019, the RCAF W/C William G. Barker V.C. Aerospace College visited the 50 Royal Canadian Air Cadet Squadron (RCACS) with which it shares a special bond. The 50 RCACS is also known as the Lieutenant-Colonel (LCol) Barker V.C. Squadron named after World War I Ace and Victoria Cross winner William G. Barker who was born in Dauphin, Manitoba. LCol Scott Ash, Commandant of Barker College and Master Warrant Officer (MWO) Steve Bodnar, School Warrant Officer, represented Barker College during the 50 RCACS's parade night.

During the evening, LCol Ash and MWO Bodnar watched as the cadets demonstrated their skills at military drill. After, they talked with the cadets and answered questions about life in the military. To thank the unit for hosting them, they presented the Commanding Officer of 50 RCACS with a plaque from Barker College. To end the evening, LCol Ash had the honour of presenting Cadet Austyn Bouldria with a Commandants Coin to recognize the outstanding dedication to the unit and his community.

Some may notice that the RCAF Barker College refers to Barker as W/C, abbreviation for the rank of Wing Commander, while 50 RCACS uses the rank as Lieutenant-Colonel. The reason for this is found in history. During World War I, pilots and aviator used a different naming system for their ranks compared to today's Air Force. A Wing Commander in World War I is the same rank as today's Lieutenant-Colonel.

Barker College is proud of its relationship with the LCol Barker V.C. Air Cadet Squadron in Dauphin, Manitoba. The Air, Army, and Sea Cadets are excellent organizations open to all young Canadians between the ages of 12 and 18. There are a host of websites on the different cadet organizations in Winnipeg and Manitoba that can be found easily through any search engine.

## RCAF Barker College News



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# Around The Wing



The Honourable Richard J.F. Chartier, Chief Justice of the Province of Manitoba, receives the vice regal salute during the opening of the Manitoba Legislature, on 19 November 2019. Photo: Sgt Daren Kraus



Major Genevieve Dussault, RCAF Barker College, tempts PSP personnel with the RCAF Barker College fishing for chocolate bike during the PSP Spin-A-Thon, 17 Wing, on 22 November 2019. Photo: Sgt Daren Kraus



Colonel Eric Charron, Commander 17 Wing Winnipeg, and Chief Warrant Officer (CWO) Claude Faucher, 17 Wing CWO, present Lieutenant Beck Major, 17 Wing Public Affairs Officer, and Second Lieutenant Jennifer MacCosham, Public Affairs OJT, with a Wing Commanders Commendation for their outstanding support during the 2019 RCAF Run, on November 12, 2019. Photo: Sgt Daren Kraus

NAME	FLORKIEWICZ, THERESE //
ENROL DATE	1979 //
RETIRED AS	MASTER CORPORAL // CFB SHILO //
LOCATION	MOOSE JAW //
TITLE	SITE SUPERVISOR //
SERVICE	2009-PRESENT //

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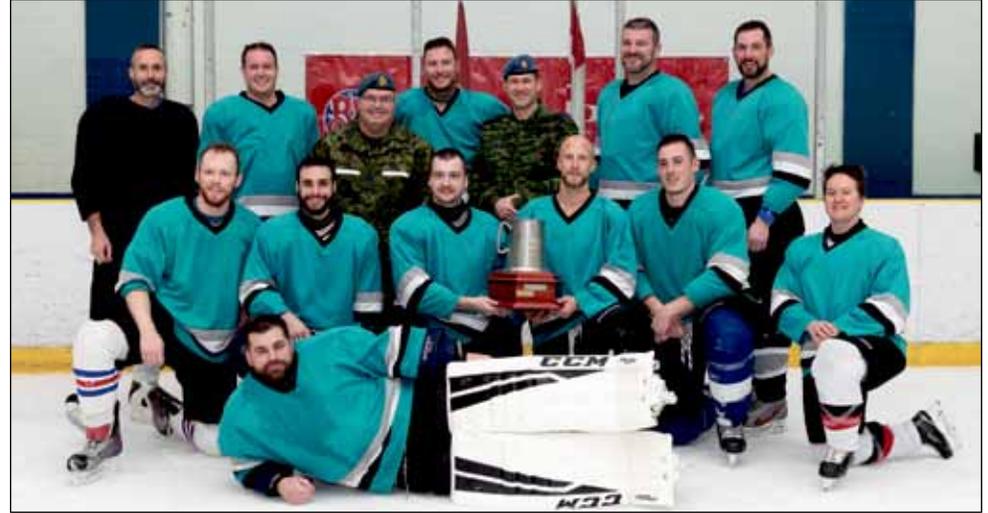
DEVISION SCOLAIRE FRANCO-MANITOBAINE

81, chemin Quail Ridge, Winnipeg (Manitoba) (204) 885-8000  
<http://rdallaire.dsfm.mb.ca> [romeo.dallaire@dsfm.mb.ca](mailto:romeo.dallaire@dsfm.mb.ca)

# Around The Wing



The RCAF Band greets the Grey Cup Champion Winnipeg Blue Bombers, at the Winnipeg International Airport on November 25, 2019. Photo: Cpl Brian Lindgren



402 Squadron, winners of the McDavid Division during the Wing Commander's Hockey Tournament Final Championships on Nov. 29. Photo: Cpl Angela Gore, 17 Wing Imaging



The TEME Pistons, winners of the Tavares Division, pose with 17 Wing Commander Colonel Eric Charron and Acting Wing CWO Savard. Photo: Dawn Redahl, 17 Wing Sports Coordinator



The Fighting Artichokes, winners of the Crosby Division, pose with 17 Wing Commander Colonel Eric Charron and Acting Wing CWO Savard. Photo: Dawn Redahl, 17 Wing Sports Coordinator



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## VETERAN FAMILY PROGRAM

For Medically Releasing CAF Members, Medically Released Veterans and their Families



## LE PROGRAMME POUR LES FAMILLES DES VÉTÉRANS

Pour les membres des FAC en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille

The Veteran Family Program supports medically releasing Canadian Armed Forces members, medically released Veterans and families. If you are transitioning visit your local Military Family Resource Centre, [CAFconnection.ca](http://CAFconnection.ca), or call the Family Information Line at 1-800-866-4546.

Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez [ConnexionFAC.ca](http://ConnexionFAC.ca) ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au 1-800-866-4546

# Red Seal TEME Mechanic Enjoys Working on Military Equipment



Master Corporal David Clark beside a Leopard Tank Recovery Vehicle at CFB Gagetown moments after having hauled a tank out of a deep mud filled ditch. Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

"The military has been good to me," said Master Corporal David Clark, a mechanic with 17 Mission Support Squadron Transport, Electrical, and Mechanical Engineers.

He began his career journey as a mechanic by repairing vehicles as a teenager in Port Hardy on Vancouver Island, British Columbia.

"I took shop class in high school," said MCpl Clark. "When I was 15 years old, I bought a 1977 Triumph TR 7 sports car. My stepfather told me, 'there's no one here who can fix that thing, so you're going to have to learn to fix it yourself.' That's how I became a mechanic." MCpl Clark said he researched books, old manuals, and asked questions of mechanics. It took him three months to get it roadworthy, but he drove the sports car for three years.

After graduating from high school, MCpl Clark got a job as an apprentice mechanic with a Ford dealership in Port Hardy.

"I moved to Winnipeg in 1994, just to get off the island," he said. That is when he decided to enrol in the military. However, he had to wait a year before joining so he moved back to British Columbia to work at the Ford dealership and also worked part time on the weekends for a logging company, greasing the big trucks.

He went to basic training at the Recruit School in Saint-Jean, Quebec in 1995 but released a short time later. After working at a couple of garages in Alberta he moved back to Winnipeg to work at Cam Clark Ford and in 2008, decided to reenlist.

"In the meantime, I was going up north to Norway House working on vehicles there," MCpl Clark continued, noting that he worked at other auto service places in Winnipeg too during that time. During that time, he finally received his Mechanic Red Seal qualifications.

"I got the call from the military in March 2008, and went through basic training again," MCpl Clark said. "I was a little bit older and a little bit wiser."

After Borden, MCpl Clark was posted to CFB Gagetown at the Combat Training Centre where he learned how to work on Coyotes-- the Light Armoured Vehicles. His Sergeant at the time said he wanted to give MCpl Clark a challenge, so they put him into the Leopard (tank) section

"I finished the course quickly. I was changing head gaskets, transmissions, everything. I actually loved what I did," explained MCpl Clark. "I knew those vehicles inside and out."

When the CAF upgraded to Leopard 2 tanks MCpl Clark said he learned a lot from the Germans because they built them.

"They taught us a lot more tricks to maintain and repair them," he said.

Although MCpl Clark doesn't have any Leopard 2 tanks in Winnipeg to repair he has enjoyed his time at 17 MSS TEME since his posting here in 2017.

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Deadline: December 31, 2019

CAFconnection.ca/YouthReporter



## Le concours de jeunes journalistes

Un nouveau programme pour les jeunes des familles des militaires.

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or email us at voxair@mymts.net

# Air Cadets Send Joy to the Canadian Armed Forces Members Serving Overseas

by Capt Judy Undiks, Commanding Officer, 220 Red River RCACS

Air Cadets of 220 Red River Royal Canadian Air Cadet Squadron were excited and proud to create holiday messages for the Canadian Armed Forces (CAF) members currently serving in four of the biggest overseas operations: Kuwait, Iraq, Latvia and Ukraine. On Monday, November 25, the Air Cadets took pen to paper, writing thoughtful messages to the serving members to express their appreciation for the CAF members' service.

Holiday messages written by the 12 to 18 year old Air Cadets, to "Any Member" of the CAF, will be shipped overseas through Belleville, Ontario. "This is especially a tough time for the serving members," says 17 year-old Air Cadet Warrant Officer First Class Cody Boulton, "Most families gather at Christmas and share great memories, where these dedicated members have made a commitment to serve country before self. Our goal is to bring them a small amount of cheer to remind them there are many people who are thinking of them, they are appreciated, and what they are doing is valued."



Colonel V.P. Wawryk, Director Air Force Training, 2 Canadian Air Division receives dozens of letters from Warrant Officer First Class Cody Boulton that the Air Cadets of 220 Red River Royal Canadian Air Cadet Squadron wrote to the serving CAF members in Operations in Iraq, Kuwait, Latvia, and Ukraine.  
Photo: Supplied

Visiting the Squadron that night, Director of Air Force Training 2 Canadian Air Division, Colonel V Wawryk, accepted the envelopes stuffed with Christmas messages on behalf of all serving CAF members stating: "When you are far away from home, receiving a message from a teenager is especially appreciated because it affirms what they're doing away from their families – has a positive effect on young families back home."

Anyone can send a message to the members of the Canadian Armed Forces by following the details at <https://www.canada.ca/en/department-national-defence/services/contact-us/write-troops.html>. Messages are very much appreciated.



**233-ALLÔ**

## CALENDRIER COMMUNAUTAIRE

**4 au 7 décembre** • Théâtre – Dis merci  
• Théâtre Cercle Molière

**5 décembre** • AGA de l'AJEFM • Club de golf Niakwa

**5 décembre** • Real Love Thursday – spectacle de Rayannah et À La Mode • The Good Will Social Club

**5 décembre** • Té-vert en hiver: un marché d'artisans locaux • USB

**5 décembre** • Soirée chansonnier • USB

**7 décembre** • Programme – A vos marques, lisez!  
• Bibliothèque de Saint-Boniface

**7 décembre** • Spectacle - le duo BURNSTICK avec le CC St-Claude • Centre communautaire de St-Claude

**7 et 14 décembre** • Village du père Noël • CCFM

**10 décembre** • Vernissage - Nos Saisons au CCFM

**12 décembre** • Soirée Krampus au CCFM

**13 décembre** • 5 à 7 - Collectif LGBTQ\* du Manitoba  
• Brasserie Nonsuch

**14 décembre** • Fête de Noël et de partage  
• Cathédrale de Saint-Boniface

**15 décembre** • Chantons NOËL!  
• Cathédrale de Saint-Boniface

**Expositions:**  
**5 décembre** • Pavillon • La Maison des artistes visuels

**Jusqu'au 6 décembre** • Projections • CCFM

**10 décembre au 31 janvier** • Nos Saisons • CCFM

**Jusqu'en octobre 2020** • Les droits au travail • Musée Canadien pour les Droits de la Personne

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

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\* for uniformed CF members | valid Mil. ID required | taxes not included



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# Sports Trivia

## Odds and Sods

by Stephen Stone

- Which team is the current Canadian Senior Baseball Champion having won the title on Aug. 26, 2019?
- What NCAA University holds the record of seven consecutive NCAA basketball titles, as well as an 88-game win streak?
- To whom was Billie Jean King referring when she said, "She's the greatest singles, doubles, and mixed doubles player who's ever lived"?
- His number, 42, was retired by every Major League Baseball team. Who is this well honoured player?
- What feat did Ed Klepfer of Cleveland on June 27, 1917; Chan Ho Park of the Dodgers do on May 24, 1998; Tim Wakefield of the Red Sox on April 26, 1999; Chris Holt of the Astros on Aug. 27, 1999; Tim Hudson of the Athletics on Sept. 25, 2002; Randy Wolf of the Phillies on Aug. 1, 2004; and Randy Wells of the Cubs on Sept. 25, 2011 all achieve?
- In the 2019 World's Strongest Man competition in Bradenton, Fla., held from June 13 to 16, Canada's Jean-Francois Caron placed fourth. Who is the current World's Strongest Man?
- Who holds the current Canadian record in a marathon with a time of 2:09.25?
- On April 3, 2019, who set the Canadian record in the 100-metre backstroke at the Canadian trials held in Toronto?
- At the Champions Swim Series, held in Indianapolis on June 1, 2019, which swimmer set a Canadian women's record in the 200-metre individual medley?
- In the movie "Field of Dreams," Dr. Archibald "Moonlight" Graham says, "I never got to bat in the major leagues. I would have liked to have had that chance. Just once. To stare down a big league pitcher. To stare him down, and just as he goes into his wind-up, wink. Make him think you know something he doesn't." Was there a real "Moonlight" Graham?
- Who holds the heavyweight record of 49 wins and no defeats, with 43 KOs?
- Who holds the record for most consecutive PGA Tour wins?
- Who holds the record for knockout wins in boxing?
- Who broke Bob Beaman's 1968 Olympic 8.9-metre long jump record?
- Who is the first woman to walk the entire 21,500 km of the Trans-Canada Trail, the longest recreational trail in the world?
- Who holds the Trans-Canada Highway run record of 72 days 10 hours?
- Who are the current Lawn Bowls men's and women's Canadian pairs champions?
- What team always performs a "Haka" before its games?
- Which horse was the last to win Canada's racing triple crown?
- Who was the first person to swim across all five Great Lakes?

Sports Trivia Answers on page 14

## HOMEWATCH

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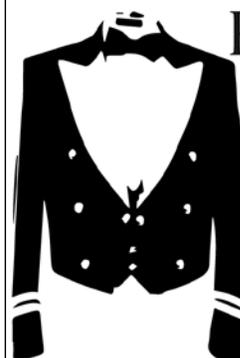
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## Croyez

AVEC LE FILM  
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vendredi le 13 décembre

OUVERTURE 18 h  
FILM 18 h 30

Rencontrez le chef de train pour obtenir votre billet d'entrée souvenir.  
Vous recevrez également une cloche d'argent à garder!  
Un biscuit et un chocolat chaud gratuits par personne.

POUR PLUS D'INFORMATIONS:  
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*La cloche sonne encore pour ceux qui croient vraiment!*

COMMUNITY RECREATION

## FAMILY HOLIDAY FUN!

Bldg 90 SUNDAY DEC 8 2019 1pm - 4pm

AN AFTERNOON FILLED WITH FAMILY FUN!  
1 hour in the gym playing games • 1 hour in the pool • holiday crafts & cookie decorating • visit Santa

ALL ADULTS FREE!  
WITH REC MEMBERSHIP: \$3 / CHILD - MAX \$10 / FAMILY • WITHOUT REC MEMBERSHIP: \$4 / CHILD - MAX \$12 / FAMILY

For more info: 204-833-2500 ext. 5139 ou 7013 • Register online at: www.cafconnection.ca/winnipeg

## ACTIVITÉS EN FAMILLE POUR LE TEMPS DES FÊTES!

LOISIRS COMMUNAUTAIRES

Bât 90 DIMANCHE 8 DÉC 2019 13h à 16h

UN APRÈS-MIDI REMPLI D'ACTIVITÉS EN FAMILLE!  
une heure dans le gymnase pour jouer à des jeux • une heure dans la piscine • création d'artisanat et de décoration de biscuits • visite du père Noël

ENTRÉE GRATUITE POUR ADULTES!  
AVEC ADHÉRENT: 3\$ / ENFANT - MAX. 10\$ / FAMILLE • NON-ADHÉRENT: 4\$ / ENFANT - MAX. 12\$ / FAMILLE

Pour en savoir plus: 204-833-2500 poste 5139 ou 7013 • Inscrire en ligne au: www.cafconnection.ca/winnipeg

FREE FAMILY EVENT  
PRESENTED IN ENGLISH

## Believe

FEATURING THE MOVIE  
THE POLAR EXPRESS

Friday, December 13

DOORS: 6 PM  
MOVIE: 6:30 PM

Meet the train conductor to get your souvenir ticket for entry.  
You will also get a silver bell to keep!  
1 free cookie & hot chocolate per person

FOR MORE INFO:  
Colleen Preston  
833-2500 ext. 2057

*The bell still rings for those who truly believe*

## MAGASINAGE-GARDERIE

Laissez vos enfants avec nous pour une journée d'activités du temps des Fêtes pendant que vous finissez vos emplettes des Fêtes!

### SAMEDI 14 DÉCEMBRE, 2019

de 9 h 30 à 16 h

VOS ENFANTS FERONT DE L'ARTISANAT, DU SPORT, PISCINE, DES JEUX ET REGARDERONT UN FILM.

VEUILLEZ LEUR DONNER UN DINER ET DES COLLATIONS (SANS ÉCROU)

**4 À 12 ANS**  
Les enfants de 4 et 5 ans peuvent être inscrits pour une demi-journée seulement, soit de 9h30 à 12h30

**JEUNES EN MOUVEMENT BÂT. 33**

**COÛT POUR DEMI-JOURNÉE:**  
Adhésion: 7\$ pour chaque enfant  
Non-adhésion: 10\$ pour chaque enfant

**COÛT POUR JOURNÉE COMPLÈTE:**  
Adhésion: 10\$ pour chaque enfant  
Non-adhésion: 20\$ pour chaque enfant

POUR EN SAVOIR PLUS:  
204-833-2500 POSTE 5139 OU 2057  
Inscrire en ligne par 14 déc 17:  
cafconnection.ca/winnipeg

**18 MOINS À 3 ANS**  
Les enfants de 4 et 5 ans peuvent s'inscrire pour la demi-journée ou la journée complète avec le programme à la CRFM.

**CLUB POUR ENFANTS BÂT. 33 (CHAMBRE NURSERY)**

**COÛT POUR DEMI-JOURNÉE:**  
10\$ pour chaque enfant

**COÛT POUR JOURNÉE COMPLÈTE:**  
20\$ pour chaque enfant

POUR EN SAVOIR PLUS:  
204-833-2500 POSTE 2491

## MAGASINAGE-GARDERIE

### SAMEDI 14 DÉCEMBRE, 2019

#### CALENDRIER DES ACTIVITÉS

LOISIRS DE COMMUNAUTAIRE • 4 À 12 ANS  
\* Les enfants de 4 et 5 ans peuvent s'inscrire pour la demi-journée ou la journée complète avec le programme à la CRFM.

TEMP	ÉTABLISSEMENT	ACTIVITÉ
9 h 30	Bât. 33 - salle de récréation	artisanat de vacances et collation
10 h 15	Bât. 33 - salle d'activité	jeux
11 h	Bât. 90 - courts de squash N°3 et 4	jeux de raquette
11 h 45	Bât. 90 - théâtre	déjeuner et un film
13 h	Bât. 90 - théâtre	des sports
14 h	Bât. 90 - piscine	la natation
15 h	Bât. 33 - salle de récréation	changement - retour au Bât. 33 - collation
15 h 30	Bât. 33 - salle de récréation	temps libre

CRFM CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES • 18 MOINS À 3 ANS  
\* Les enfants de 4 et 5 ans peuvent s'inscrire pour la demi-journée ou la journée complète avec le programme à la CRFM.

TEMP	ACTIVITÉ
9 h 30	jeu libre et artisanat de vacances
10 h 45	casse-croûte
11 h	jeu extérieur
12 h 15	le déjeuner
13 h	moments de silence - pâte à modeler, casse-tête et jeux (nap pour les nappes)
14 h 30	casse-croûte
15 h	jeu extérieur
16 h	temps à la maison

## DROP 'N' SHOP

Drop your children off for a day of fun holiday activities while you shop!

### SATURDAY 14 DECEMBER, 2019

0930-1600 hrs

YOUR CHILDREN WILL ENJOY CRAFTS, GYM, GAMES, SWIM & A MOVIE

PLEASE SEND LUNCH & SNACKS (NUT FREE PLEASE)

**AGES 4 - 12 YRS**  
4 & 5 year olds may register for mornings ONLY - 0930-1230 hrs

**ACTIVE KIDS BLDG 33**

**COST HALF DAY:**  
Membership: 7\$ per child  
Without membership: 10\$ per child

**COST FULL DAY:**  
Membership: 10\$ per child  
Without membership: 20\$ per child

FOR MORE INFO:  
204-833-2500 EXT. 5139 OR 2057  
Register online by 14 Dec 2017  
cafconnection.ca/winnipeg

**AGES 18 MTHS - 3 YRS**  
4 & 5 year olds can register for either half or full day with the MFRC

**KIDS CLUB BLDG 33 (NURSERY ROOM)**

**COST HALF DAY:**  
10\$ per child

**COST FULL DAY:**  
20\$ per child

FOR MORE INFO OR TO REGISTER:  
204-833-2500 EXT. 2491

## DROP 'N' SHOP

### SATURDAY 14 DECEMBER, 2019

#### SCHEDULE OF ACTIVITIES

COMMUNITY RECREATION • AGES 4 - 12 YRS  
\* 4 & 5 yr olds may register for mornings ONLY - 0930-1230 hrs

TIME	FACILITY	ACTIVITY
0930 hrs	Bldg 33 - Rec Room	Holiday Crafts & Snack
1015 hrs	Bldg 33 - Activity room	Games
1100 hrs	Bldg 90 - Squash Court #3 & #4	Racquet Games
1145 hrs	Bldg 90 - Theatre	Pizza Lunch & Movie
1300 hrs	Bldg 90 - Gym	Sports
1400 hrs	Bldg 90 - Pool	Swimming
1500 hrs	Bldg 33 - Rec Room	Change - back to Bldg 33 - Snack
1530 hrs	Bldg 33 - Rec Room	Free Time

MFRC MILITARY FAMILY RESOURCE CENTRE • AGES 18 MTHS - 3 YRS  
\* 4 & 5 yr olds may register for either half or full day with the MFRC

TIME	ACTIVITY
0930 hrs	Free Play & Holiday Crafts
1045 hrs	Snack
1100 hrs	Outdoor Play
1215 hrs	Lunch
1300 hrs	Quiet Time - play dough, puzzles & games (nap time for nappers)
1430 hrs	Snack
1500 hrs	Outdoor Play
1600 hrs	Home Time

## Advertise With Us!

And reach the 17 Wing Community

Contact (204) 833-2500 ext 4120



**MFRC CRFM**  
 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.

**SPECIAL EVENTS**

**COMMUNITY COFFEE BREAK**

Network over coffee and treats -co-hosted by the 17 Wing Chaplain team. Thurs., Dec. 5, 1000 – 1100

**GENERAL MEETING**

Building 90 Theatre. Mon., Dec. 9, 1830 Free childcare is available but you must register by Dec. 2.

**MAGIC CHRISTMAS SHOP**

A holiday shopping event for military children. Registration required. Tues., Dec. 10, 1400 – 1900 and Wed., Dec. 11, 1600 – 1800.

**HOME FOR THE HOLIDAYS**

A Concert put on by the MFRC including the RCAF Band and MFRC Choir. Event benefits the military community. Saint Boniface Cathedral. Wed., Dec. 11, 1930 Tickets at the MFRC and Building 90 until December 9. \$10 per person or \$20 per family of three or more.

**ADULT PROGRAMS**

**EMPLOYMENT & EDUCATION SUPPORT GROUP**

This small group environment is dedicated to offering a socially supportive atmosphere for those who are looking for employment. Tues., Dec. 10 and 17, 0930 – 1130.

**CAFÉ FRANÇAIS**

Join us for a coffee and chat in French at the MFRC. This is a perfect opportunity to practice your French. Weds., Dec. 4 and 11, 0930 - 1130

**FRENCH LUNCH 'N CHAT**

Bring your lunch to the MFRC and enjoy French conversation. For all levels. Thurs., Dec. 12 and 19, 1230 – 1315

**LADIES NIGHT ORNAMENT EXCHANGE**

A holiday tradition at the MFRC. Thurs., Dec. 12, 1900 – 2100 Reg. by Dec 5.

**SOUTH SIDE COFFEE**

A social time open to everyone! Wed., Dec. 18, 0930 – 1130 at South Side Youth Centre, 347 Doncaster St.

**CRAFT DROP-IN AFTERNOON**

Are you a knitter, scrap booker, card maker or other crafter? Pack up your supplies and work on it in our space, in the company of other crafters. We have 8 ft. tables. You have room to work! Wed., Dec. 18, 1330 – 1500.

**MATURE WOMEN'S GROUP**

Join us for an evening of coffee and conversation as we discuss topics geared to midlife. If you're a 45+ woman this is a great way to meet others while sharing your wisdom and expertise about navigating life's journey. Mon., Dec. 16, 1900 -2100

**EXCEPTIONAL FUN**

Fun and games night for people with exceptional needs age 16 – 30 years. Must arrive by 1900. Thurs., Dec 19, 1830 - 2030

**CHILDREN PROGRAMS**

**OCCASIONAL CHILD CARE**

The OCC is casual child care for 6 months - 12 yrs. We are open between Christmas and New Year's Eve but you have to book your spot by December 13. Call 204-833-2500 ext. 2491 for cost, hours and to register. MFRC Occasional Child Care Centre, 630 Wihuri Rd.

**CREATIVE TOTS**

Facilitated play group at our 'South Side'. Parents are required to stay. Bilingual. South Side Youth Centre, 347 Doncaster St., Tues. and Thurs. 0900 - 1100. No program Dec. 22 – Jan. 7

**KIDS CLUB**

Drop-in care for children 18 months to 5 years. \$2 per child per session, with PSP membership. Please send along a nut/peanut free snack and diapering supplies if required. Tues. & Thurs. 1630 - 1900, Sat. 0915 – 1130 No program Dec. 22 – Jan. 7

**YOUTH PROGRAMS**

**PARENT & FAMILY PROGRAMS**

**PARENT COMMUNITY**

A 'community' of parents will discuss topics related to parenting children of all ages. Fri., Dec. 6 and 13, 0930 - 1130.

**PARENT GROUP**

Join us for parenting discussions and networking. Wed., Dec. 11, 0930 - 1130.

**NEW RECRUITS FAMILY CAFÉ**

Calling families of new military members! Come learn about the services the MFRC can offer you and your family. Light refreshments will be served. Sat., Dec. 21, 1100 - 1200.



**Magic Christmas Shoppe**  
 Holiday Shopping Event!  
 For Children 3 - 12 yrs.

**Family Information Line**  
 1-800-866-4546  
 FIL@CAFconnection.ca  
 Phone: (204) 833-2500 ext 4500  
 102 Comet St. Winnipeg, MB R3J 3Y5  
 www.cafconnection.com/Winnipeg  
 @WinnipegMFRC



**General Meeting**  
**Assemblée Générale**

**Monday 9 December 6:30 pm**  
 Community Recreation  
 Centre Theatre - building 90  
 680 Wihuri Rd

**le lundi 9 décembre à 18 h 30**  
 Centre récréatif  
 communautaire théâtre  
 Bât 90 680, ch. Wihuri

CHILD CARE IS AVAILABLE FREE OF CHARGE WITH PREREGISTRATION. REGISTRATION DEADLINE: DECEMBER 2

LE SERVICE DE GARDE EST DISPONIBLE GRATUITEMENT AVEC INSCRIPTION AU PRÉALABLE. DATE LIMITE D'INSCRIPTION : 2 DÉCEMBRE



**MAGIC Christmas Shoppe**  
 Holiday Shopping Event!  
 For Children 3 - 12 yrs.

**boutique MAGIQUE pour Noël**  
 Événement de magasinage des fêtes!  
 Pour les enfants de 3 à 12 ans.

**Santa's Elves will be Personal Shopping Assistants!**  
 GIFT WRAPPING ON SITE.

**Les lutins du Père Noël seront des assistants personnels!**  
 EMBALLAGE CADEAU SUR SITE.

**Tuesday, December 10**  
 2:00 pm – 7:00 pm

**Mardi, 10 décembre**  
 de 14 h à 20 h

**and**

**Wednesday, December 11**  
 4:00 pm – 6:00 pm

**et**

**Mercredi, 11 décembre**  
 de 16 h à 18 h

**ALL GIFTS 50¢** \*Number of gifts per child may be limited based on gift availability.

**CHAQUE CADEAU 50 ¢** \*Nombre de cadeaux par enfant peut être limité, en fonction de la disponibilité des cadeaux.

**Contact the MFRC to schedule a shopping time • 833-2500 ext. 4500**  
 PRE-REGISTRATION REQUIRED – REGISTER BY DEC 9  
 SPACES ARE LIMITED.

**Contactez le CRFM pour réserver vos périodes d'achats • 833-2500 poste 4500**  
 L'INSCRIPTION EST OBLIGATOIRE – INSCRIVEZ-VOUS AVANT LE 9 DÉC  
 LES PLACES SONT LIMITÉES.

DONATIONS OF NEW OR GENTLY USED GIFTS (for men, women, teens and children), AS WELL AS WRAPPING SUPPLIES (gift bags, tissue paper, tape) WILL BE GRATEFULLY ACCEPTED AT THE MFRC BETWEEN NOV 27 TO DEC 6.

LES DONNS DE CADEAUX NEUFS OU GENTIMENT USAGÉS (pour hommes, dames, jeunes et enfants) AINSI QUE DE FOURNITURES POUR L'EMBALLAGE (sacs, papier de soie, ruban adhésif) SERONT GRACIEUSEMENT ACCEPTÉS AU CRFM DU 27 NOV AU 6 DÉC.

A CONCERT TO THE BENEFIT OF THE MILITARY COMMUNITY  
 UN CONCERT-BÉNÉFICE AU PROFIT DE LA COMMUNAUTÉ MILITAIRE

**Home for the Holidays**  
 presented by the  
 présentée par la

**ROYAL CANADIAN AIR FORCE BAND** | **MUSIQUE DE L'AVIATION ROYALE CANADIENNE**

GUEST PERFORMANCE BY THE MFRC Community Choir | PARTICIPATION SPÉCIALE DE LA Chorale communautaire du CRFM

**WEDNESDAY** | **LE MERCREDI**  
**December 11 décembre**

**7:30 pm • à 19 h 30**

**St. Boniface Cathedral / Cathédrale de Saint-Boniface**  
 180 Avenue de la Cathédrale

**Tickets** | **Billets**  
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## Sports Trivia Answers

1. Chatham Miramichi Honda Ironmen (known in New Brunswick as The Chatham Ironmen) defeated Nova Scotia Dartmouth Moosehead Dry 3-2 in the championship game.
2. UCLA Bruins. The win streak was stopped by Notre Dame on Jan. 19, 1974 by a score of 71-70. Coincidentally, the streak began three years earlier after losing to Notre Dame on Jan. 19, 1971.
3. Martina Navratilova, winner of 18 Grand Slam titles, 31 Grand Slam doubles titles, and 10 Grand Slam mixed titles.
4. Jackie Robinson.
5. These Major League pitchers had no problem with their pitch count, at least for one inning, as they started the first inning, threw exactly three pitches and recorded three outs. There have been 106 NL pitchers and 80 AL pitchers who have had a three-pitch inning, but only these guys did it in the first.
6. Martins Licis of the United States.
7. Cameron Lewis set the record at the Toronto Waterfront Marathon on Oct. 21, 2018.
8. Marcus Thormeyer of the UBCSC in a time of 53.35.
9. Sydney Pickram.
10. Yes. During the 1905 season, he was called up to the big show by the New York Giants, reporting to the team on May 23. On June 29, in the top of the ninth, he replaced right fielder George Browne. He was on deck when Claude Elliott hit a pop fly for the third out. He played the bottom of the ninth in right. He did not make a play. Thus ended his big league career. Sometimes the movies are right.
11. The great Rocky Marciano.
12. Byron Nelson with 11.
13. Archie Moore, the "Old Mongoose." Of his 219 bouts, his record is 185 wins, 34 losses and 132 wins by knockout. Some record his career as 220-35 with 131 KOs. It depends upon which source you choose... but over 130 KOs. Wow!
14. Aug. 30, 1991. In the world championship final in Tokyo, Carl Lewis and Mike Powell produced perhaps the greatest long jump competition ever. After Lewis jumped 8.91 metres on his fourth attempt, albeit wind-aided, Powell followed up with a wind-legal 8.95 m effort on his fifth attempt, setting a record that has now stood longer than Beamon's. Lewis was the first to break the record even though Powell won the gold with a longer jump.
15. Sarah Jackson walked the entire trail from Victoria, B.C. to St. John's, NL. Granted, she didn't walk across the straits between Vancouver Island and the mainland or the Strait between Sydney and Port aux Basques.
16. Al Howie ran the race in 1991 and raised over \$750,000 for a fund for children with special needs.
17. Jonathan and Michael Pituley won the men's on Aug. 26 while Peggy Plathan and Patrica Walker took home the gold at the Burlington Lawn Bowling Club.
18. The New Zealand All Blacks.
19. Wando - In August 2003, Wando won the Queen's Plate at Woodbine by nine lengths, the Prince of Wales Stakes by 4.5 lengths at Fort Erie, and the 1.5-mile Breeder's Stakes by 1.5 lengths at the E.P. Taylor turf course at Woodbine.
20. In August 1988, Canadian marathon swimmer Vicki Keith became the first person to swim across all five Great Lakes.

# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** Uncover, discover, and address what troubles and puzzles you. Even if you hit a few "road blocks," persevere because not everything is immediately obvious. Self-awareness is empowering. Commit to adapting to changing circumstances and you'll weather the unknown better.

**Taurus (April 20 – May 20):** Make caring for yourself and others a priority. Trust your gut. Even if you don't fully understand an issue, get a general sense of what you are dealing with. Then dive in. Try different options. Clear space. A healthy environment has a positive effect. Everything is connected.

**Gemini (May 21 – June 21):** Deal head on with issues as they arise. Try to cross more items off your to do list. Dedicated effort will show results. There are no quick fixes. Look for opportunities and ways to improve your environment and livelihood. Assess, decide and be proactive. Call the shots, it's your life.

**Cancer (June 22 – July 22):** Reflecting on the past and pondering the future, you can get caught up in memories. You don't have to repeat patterns. Do things differently. Sometimes things are black and white but mostly they are shades of gray. Ultimately you must decide how you will live your life. Be bold.

**Leo (July 23 – August 22):** You've worked hard to get ahead. If you cut too many corners along the way, now is the time to square things away. Deal with negative feelings in a constructive way. Make decisions based on what you want your future to look like. You reap what you sow. Life is fleeting. Do your best.

**Virgo (August 23 – September 22):** Be true to your beliefs. You can weather through so much more when your soul sustains you. Problems are so complex and issues and solutions aren't always immediately obvious. With faith, trust and hope you can find a way through. You are not alone. Lead with wisdom.

**Libra (September 23 – October 23):** It is wise to sit back, relax, meditate and contemplate. New ideas will emerge. Endlessly rushing around reacting is distracting and a waste of energy. Create a vision. Pretend you're advising a friend on what to do. Self-care of your body and soul is especially important.

**Scorpio (October 24 – November 21):** To understand something better, write everything you know about it down, then look for the gaps in your knowledge. You're wiser and smarter than you realize. Keep your thoughts to yourself until you've organized them well. Present a fully formulated idea to ensure success.

**Sagittarius (November 22 – December 21):** You're happiest when you're making life a fun adventure. Planning ensures you get what you want. Don't waste a moment. Make good memories with people from your past as well as current friends. Keeping firm control during discussions ensures your needs are met.

**Capricorn (December 22 – January 19):** Clarity is key when making decisions. Others may not be as forthcoming as you'd hoped. Sometimes you have to take a shot in the dark and trust that everything will work out for the best. Trust that if you just stay on course you will get where you are meant to be.

**Aquarius (January 20 – February 18):** Start something new but be cautious enough to test each step along the way. Go with your gut. Accept a good offer. You will have to let go of something important in order to move into your future. Take the time to grieve then use your emotions to fuel greater creativity.

**Pisces (February 19 – March 20):** Others make assumptions, interpret your actions and label you no matter what you say or do. Be authentic. Go at your own pace. Keep your own counsel. No need to explain yourself. Life pans out as it is meant to. Process the tough stuff or it will define your future.

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# “Blue Shoes, Dice and Little Boy’s Prayers”

by Capt (Rabbi) Arnold Noteh Glogauer

Have you ever seen a child hope for something with absolute, pure, blind trust and faith? There’s something angelic and precious when my boy pauses in the middle of a family board game, folds his little hands in prayer and looks up towards heaven before rolling the dice. See, games are important to him. Rolling just the right number is important to my little 6-year-old. I asked him once what he was doing and he answered that he was praying. “I’m asking to roll a 5 so that I land on that really good (board game) square,” he happily replied.

It’s not only adorable, but as a Padre, it warms my heart to see my boy offering up what is meaningful and relevant in his life to God in prayer.

Sure, it would be easy to make light of this gesture and label it as “trite”. However, it is anything but trite to my boy. I’d characterize my son and these moments as genuine, sincere, pure child-like faith. It’s actually beautiful to see. It doesn’t matter if he rolls the number he was hoping for or not. He still skips through life, with the “good” and “bad” die rolls with his honest, pure optimism and trust. It gets me to thinking ... do we adults who “know better”, with age and life’s disappointments...have we grown jaded and closed off? Have we become too wise to pray in child-like trust and faith? Is there a place for this type of prayer in the midst of real “adult-sized” questions or life’s crushing circumstances? Because I, like you, have experienced darkness, debilitating despair, even hopelessness in life. How does prayer fit into all of that?

I recently read a story about author Ruth Senter’s son. It goes like this:

*“Mom, I need new shoes,” Nicky announced as he burst through the door after school. “Miss Bell says it’s dangerous to run in gym with my toe sticking out.”*

*I looked down at my son’s blue runners. The protruding toe, a slit along the side, and tattered laces (confirmed his story). “You’re right, Nicky. It’s time for some new shoes, but you’ll have to wait until our next*

*paycheck ...”*

*“But, Mom,” Nicky protested, “I can’t wear these shoes for gym anymore. Miss Bell said!”*

*I launched into an elaborate discourse on budgeting principles. “So you see, Nicky,” I concluded, “that’s how Mommy and Daddy spend money. Gym shoes are not in the budget this time; next time they will be.”*

*“Then I’ll pray about my shoes,” Nicky announced. “I’ll tell God I need the money by tomorrow.” ...*

*... When he left for school the next morning, new gym shoes were still on his mind. “Can we buy my shoes tonight? You’ll get the money today, because I prayed about it.”*

*“We’ll see, Nicky,” I replied as I kissed him goodbye. There wasn’t time to explain just then. But the need to explain didn’t come; Nicky’s answer came instead.*

*“This is long overdue ... sorry for the oversight,” said the note I received in the mail that afternoon. The enclosed check, payment for an article I’d written long ago and forgotten, was more than enough to pay for Nicky’s new shoes.*

*After school, Nicky’s blue eyes danced. “See, Mom I told you it would come. Now can we buy my shoes?” Today Nicky wears new blue-and-gold gym shoes—poignant reminders of a child’s simple trust and of my need to continually relearn what faith is all about.*

As I reflect on these boys’ expressions of faith - I want to raise objections. Is it really as simple as that? Doesn’t death, darkness, and despair affect us? We don’t always get what we want. How can any sane person be expected to “have faith” when all hell is breaking loose around them? Is prayer just idealistic, child-like wishful thinking? Deeper still, is someone really listening, caring, and responding?

Do you think that crying out in pain, brokenness and despair as well as praying for the right “role of the dice” are both legitimate forms of prayer? I do. Even if we don’t get the dice role we wanted there is an element of trust, an element of childlike faith that is beautiful

and speaks of relationship deeper than transaction and of trust deeper than our desired results. When I look at my boy in prayer I see a relationship that is beautiful and that I want to emulate in my own life. Maybe there is more to prayer than results after all ...

May Nicky and my boy’s experiences encourage us to delve deeper and open ourselves up to an encounter with the “Other”. Who knows... maybe “The Whom” we encounter might be the answer we were searching for all along?



## Faith and Life

### PROTESTANT

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**SUNDAY SERVICE:** (English Only) 900 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 Wednesday of the month at 1300 hrs in the Chapel Annex. All women are welcome.

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**Padre Kevin Olive**  
(Pentecostal)  
-Wing Chaplain  
ext 5417

**Padre Laura Coxworth**  
(Pentecostal)  
- Protestant Faith  
Community Coordinator  
ext 5785

**Padre Joshua Falk**  
(Protestant)  
ext 6914

**Padre Greg Girard**  
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Spring/Summer Liturgy Timings: 1100 hrs  
(Sunday after Easter - Thanksgiving Weekend)  
Autumn/Winter Liturgy Timings: 1600 hrs  
(Sunday after Thanksgiving to Easter Sunday)

**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.*

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Contact MP Dispatch ext 2633.

**INFO PHONE NUMBER**  
For chaplaincy services and related information, phone ext 6800 and follow the prompts.

**WEBSITE**  
Those with access to the DIN can visit 17Wing.winnipeg.mil.ca, then click ‘17 Wing’, then ‘Services’.

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