



Merry Christmas and Happy Holidays

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THE VOXAIR

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Merry Christmas / Joyeux Noël



The Christmas Season is finally upon 17 Wing. Please see the messages from the Commanders on pages 2-5, photos from around the wing on pages 8-9, and safety tips for the holidays from the 17 Wing Fire Hall on page 11.

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17 Wing Commander's Holiday Season Message

It's hard to believe that another year has passed and I find myself writing my third Christmas message to 17 Wing! Over the past year, the Wing has worked at a tremendous pace: we have led the RCAF in adopting LGen Hood's vision of a standardized Wing structure, and created a template for all other Wings to use as they move through this transition. And with this transition, as 17 Wing transitioned from an operational Wing to a training Wing, we lost two long-time members of our military operational family (435 and 440 Squadrons) and re-gained three training units (402 Squadron, CFSAS and CFSSAT). Notwithstanding the challenges associated with this kind of large-scale organizational change, we accomplished it all seamlessly while also undergoing the necessary preparations to ensure that all military members (regardless of unit or occupation) completed their Individual Battle Training Standard (IBTS) qualifications to ensure maximum deployability of all Wing personnel. To say that I am proud of each and every member of the wider military family for accomplishing all of this would be a very large understatement!

As we move toward 2018, I want to take this opportunity to remind each and every one of you of the two mantras which sometimes seem incompatible, yet guide my service in the RCAF.

1) Family First. Without the full support of your families, or without the comfort of knowing that your family is well taken care of, none of you would be able to devote yourself 100% to the mission at hand. My first priority is to my family and yours should be to – without their support, none of us would be able to do our jobs.

2) Service Before Self. With the needs of your family adequately taken care of, you must then put the needs of the Service (CAF/RCN/CA/RCAF) before your own personal needs.

Remember – Gen Vance is steering the CAF toward a "People First, Mission Always" future. If every day that you report for duty you think first of your family, then of your service, and lastly of yourself, your priorities will be appropriately placed and your success as a member of the Canadian Armed Forces will be assured.

Finally, as we approach the Christmas season, be aware that while the holiday period is a time of joy for many, it can also be a time of great sadness for some. Some of our military family have lost loved ones during the past year. Some are experiencing emotional or financial difficulties. Some who read Family First above feel alone without an immediate family to care about or from which to receive support. What distinguishes military service from all other vocations in my mind is that, with the donning of the uniform, a member immediately inherits a wider family. And the military family is no less a family than any other. Therefore, I charge each and every one of you to look out for your comrades and colleagues over the coming weeks and months. Support those members experiencing difficulties as you would want to be supported if you were to find yourself a similar situation. Remember that the CAF has many programs to support those members in need – please remind others of this or take advantage of these yourself if necessary because you are all the CAF's most valuable resource.

On behalf of Tracy and myself, please accept our best wishes for a very happy holiday season and the very best to you and yours for 2018.

17 Wing Commander Colonel Andy Cook



Vœux du temps des Fêtes du commandant de la 17e Escadre

J'ai peine à croire qu'une autre année s'est envolée et que j'écris mon troisième message de Noël aux membres de la 17e Escadre! Au cours de la dernière année, les membres de l'Escadre ont travaillé à un rythme effréné : nous avons dirigé, au sein de l'ARC, l'adoption de la vision du lieutenant général Hood qui consiste en une structure d'escadre normalisée et nous avons créé un modèle à suivre pour toutes les autres escadres pendant la période de transition. Dans le cadre de cette transition, alors que la 17e Escadre est passée d'escadre opérationnelle à escadre d'instruction, nous avons perdu deux membres de longue date de notre famille opérationnelle militaire, soit le 435e Escadron et le 440e Escadron, et regagné trois unités d'instruction, soit le 402e Escadron, l'EEAFC et l'ESMAFC. Malgré les difficultés engendrées par un tel changement organisationnel à grande échelle, nous avons obtenu sans heurts les résultats voulus, et ce, tout en terminant les préparatifs nécessaires pour que tous les militaires, peu importe leur unité et leur groupe professionnel, obtiennent la qualification des normes individuelles d'aptitude au combat (NIAC) et en conséquence, que la capacité de déploiement de tous les membres de l'Escadre soit maximale. Le moins que je puisse dire c'est que je suis très fier des réalisations de chacun des membres de notre grande famille militaire!

À l'approche de l'année 2018, je veux profiter de l'occasion pour rappeler à tous nos deux mantras, lesquels guident mon service dans l'ARC, même s'ils peuvent parfois sembler incompatibles.

1) La famille avant tout. Sans le plein soutien de votre famille ou encore sans l'assurance que votre famille est bien prise en charge, aucun d'entre vous ne pourrait se consacrer entièrement à la mission en cours. Ma famille est ma principale priorité et vous devriez aussi faire de votre famille votre priorité, car sans le soutien de notre famille, nous ne serions pas en mesure de faire notre travail.

2) Le service avant soi. Une fois que vous avez bien pourvu aux besoins de votre famille, vous devez répondre aux besoins du service, c'est-à-dire des FAC, de la MRC, de l'AC et de l'ARC, avant les vôtres.

Rappel : L'intention du général Vance pour les FAC est « Notre personnel d'abord, la mission toujours ». Si, chaque jour que vous vous présentez au travail, vous pensez d'abord à votre famille, puis à votre service et enfin, à vous-mêmes, vos priorités sont bien ordonnées et votre réussite en tant que membre des FAC est assurée.

Finalement, alors que Noël arrive à grands pas, je vous demanderais d'être conscients que le temps des Fêtes, qui est une période de réjouissances pour beaucoup de gens, est également une période de grande tristesse pour d'autres. Certaines familles militaires ont perdu des êtres chers au cours de la dernière année. Certaines familles éprouvent des difficultés émotionnelles ou financières. Certaines personnes qui lieront le mantra « La famille avant tout » se sentiront seules parce qu'elles n'ont pas de famille immédiate à prendre soin ou qui peut leur offrir un soutien. Selon moi, le service militaire se distingue des autres vocations par le fait que l'uniforme unit tous les militaires en une grande famille élargie, et la famille militaire demeure une famille en soi. Par conséquent, je demande à chacun d'entre vous de veiller sur vos camarades et collègues au cours des prochaines semaines. Apportez votre soutien aux militaires qui éprouvent des difficultés comme vous aimeriez recevoir leur soutien si vous viviez

une situation semblable. N'oubliez pas que les FAC comptent de nombreux programmes pour les militaires qui ont besoin d'aide. Veuillez le rappeler à tous ou profiter vous-mêmes de ces programmes si vous en avez besoin parce que vous demeurez tous la ressource la plus précieuse des FAC.

Au nom de Tracy et en mon nom, je vous souhaite de passer un très joyeux temps des Fêtes et je vous offre mes meilleurs vœux, à vous et à vos proches, pour 2018.

17 Wing Commander Colonel Andy Cook

THE VOXAIR

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Christmas Greetings from the 17 Wing Chief Warrant Officer



Time has been flying by rapidly since my appointment last June. I have noted the professionalism and dedication of all. Every member of 17 Wing can be proud of their accomplishments throughout the year. No matter what your trade, with 17 Wing now a training Wing, the effort of every single one of you is a key factor in our success and contributes greatly to the future of the RCAF. The tremendous effort you (civilian employees and military members) have provided is recognized at all levels - especially after the overwhelming fall period we have just come through. The holiday season will bring a well-deserved pause to the high tempo we are facing for many members. I wish you and your loved ones peace, joy and health over the happiest time of the year. Merry Christmas and Happy New Year to the amazing team. Yes 17 Wing members, you're all amazing professional people!

CWO Jérôme Rossignol
17 Wing Chief Warrant Officer

Meilleurs voeux de Noël de la part de l'adjudant-chef de la 17e escadre

Le temps a passé vite depuis ma nomination en juin dernier. J'ai découvert le professionnalisme et le dévouement de tous. Chaque membre de la 17e Escadre peut être fier de ses réalisations tout au long de l'année. Peu importe votre métier, étant maintenant une escadre d'entraînement, l'effort de chacun d'entre vous est un facteur clé et contribue grandement au succès de l'avenir de l'ARC. Les efforts considérables que vous (employés civils et militaires) avez fournis sont hautement reconnus à tous les niveaux. La saison des Fêtes apportera une pause bien méritée au rythme élevé auquel nous sommes confrontés. Je vous souhaite, à vous et à vos proches, la paix, la joie et la santé pendant la période la plus heureuse de l'année. Joyeux Noël et Bonne Année à l'incroyable équipe. Oui, les membres de la 17e Escadre, vous êtes tous des professionnels extraordinaires.

Adjudant-chef Jérôme Rossignol
Adjudant-chef de la 17e Escadre



Sports Trivia

Rugby and Soccer

by Stephen Stone and Tom Thomson

1. This team is the current Canadian University Women's Rugby Union champion.
2. This woman scored three tries on November 19, 2017 as Canada made history by defeating Papua New Guinea 22-8 for its first ever win at the Rugby League World Cup.
3. Although Rugby Union uses 15 players a side, how many are used in Rugby League?
4. What country is the most successful Rugby Union Women's World Cup team?
5. In what year did the Canadian Women's Rugby Union team post its best World Cup result?
6. What is the name of the international Rugby League challenge series between the United States Tomahawks and the Canada Wolverines?
7. Since the inauguration of the Canadian Men's Rugby Union team, how many times has it qualified for the World Cup?
8. In what year did the Canadian Men's Rugby Union team post its best World Cup result?
9. Which team did Canada beat to win the Singapore tournament in the Sevens World Series XVIII?
10. Since Rugby Sevens was introduced into the Pan American Games in 2011, how many times have Canadian sides medalled and what medals did they win?
11. This Canadian soccer player has appeared in 261 international matches and has scored 168 goals.
12. He was the first footballer to win 100 international caps and went on to appear 105 times for England, 90 of them as captain.
13. In Canadian women's university soccer this trophy is awarded annually to the national champion.
14. In Canadian men's university soccer this trophy is awarded annually to the national champion.
15. Which university has the best record in women's soccer?
16. Which university has the best record in men's soccer?
17. Which team is the current Canadian women's university champion?
18. Which team is the current Canadian men's university champion?
19. The Canadian men's soccer team won its only gold medal at these Olympic games.
20. How many times has the Canadian men's soccer team qualified for the World Cup?

Sports Trivia Answers on page 14

Christmas Greetings from 38 Brigade Group

As the holiday season approaches, I would like to take a moment to thank each and every one of you for the tremendous efforts you have made in ensuring the operational success of 38 Canadian Brigade Group during 2017.

It has been an amazing period of transformation for 38 Canadian Brigade Group. New initiatives and capabilities are being rolled out that will enable the Canadian Army Reserves to make our country Strong, Secure and Engaged. With the assumption of recruiting functions, our units are now able to better attract potential recruits to their unit that are more likely to succeed in training and become active members of our Brigade. Other new capabilities such as Direct Fire Support tasks and the roll-out of the TAPV will continue to allow us to integrate into Regular Force organizations for overseas deployments. We continue to develop our established hallmarks- the recent Arctic Response Company Group deployment on OPERATION NANOOK was the first time that we had dedicated training opportunities with the Canadian Rangers working out on the tundra in Rankin Inlet, and our Influence Activity Company continues to lead the way on training for both domestic and foreign deployments. At this time, we presently have twelve Officers and soldiers of 38 Brigade deployed around the world on operations- OP IMPACT and OP REASSURANCE and OP SOPRANO. And we stand ready to assist in more operations as the world becomes increasingly unpredictable. Take the time to reflect on those who will be separated from family over the Holiday period.

During this past year, we have also experienced some sadness. We have seen the loss of some of our 38 Canadian Brigade Group members, namely Captain Bob McRoberts and Cpl Nolan Caribou. I want to thank the military community of CFB Winnipeg, and more importantly the members of 17 Wing that assisted us in these times of loss.

So as the holiday season approaches, I would ask each and every one of you to look out for your own fire team partners, your friends, and most importantly, your family. Ensure that the upcoming holiday period is a time of great joy for everyone and assist those going through difficult times to find peace. We are all one military community and we can only succeed if we work together as any strong family does.

On behalf of the Brigade Sergeant Major, CWO Dan Sembalarus and both our families, I wish each and every one of you the most joyous of holiday seasons and wish you all the best in 2018.

Colonel/colonel G.A. Abthorpe, MSM, CD



Happy Holidays from 1 CAD/CANR Commander and Chief Warrant Officer

A famous contemporary Canadian once said: "Family isn't an important thing – it's everything."

We are quickly closing in on the end of 2017, and we are all looking forward to spending time with friends and loved ones. While the importance of family is ever-present in our minds—your families as well as our own—the words of Michael J. Fox seem to ring truest during the Holiday Season.

Each of us defines family in our own way, and whatever family means to you, they are the ones who stand by us as we serve Canada. Often it means staying home while we deploy domestically and around the world, which our men and women did plenty of in 2017. Overseas, this included our ongoing commitments to Operation IMPACT (including the addition of a tactical airlift detachment) and deploying contingents of CF-18 Hornets under Operation REASSURANCE to both Iceland and Romania.

Here at home, many of our members spent their summer in British Columbia as they joined the fight against wildfires. We also had aircraft and people supporting local authorities in the wake of significant flooding in Québec and Labrador, and evacuating northern communities in the face of forest fires in Manitoba. Further south, we supported relief efforts in the Caribbean after Hurricane Maria ravaged the region.

It was an eventful year for us in other ways. Our nation celebrated the 150th anniversary of Confederation, and RCAF aircraft were visible in Canada Day flybys at events from coast to coast. The RCAF also received new Colours from Her Majesty Queen Elizabeth II, which were consecrated by the Governor-General in Toronto.

All of this was on top of our daily responsibilities, such as transport, search-and-rescue and staying ready to defend North America under NORAD. In short, we've been busy, because no matter what is going on in the wider world, the RCAF is always operational. And we are very much aware that it is only because of you, and the support of your families, that any of this is possible.

As we look forward to a busy 2018, which will include celebrating a 60-year commitment by Canada and the United States to the aerospace defence of North America through NORAD, we need our entire 1 CAD/CANR family to be at their best. This past year I implemented physical fitness sessions into our weekly HQ routine, an initiative now dubbed "fitness in formation." The DCWO and I are now challenging all of you to do the same. Your individual health and fitness is important to us, but it is also critical to our collective ability to be at our absolute best as we deliver air power across the globe.

We wish you all the best for the holiday season and look forward to working with all of you on what promises to be an exciting 2018!

Major-General Christian Drouin
CWO Jacques Boucher

HOLIDAY HOURS

The Voxair will be closed from Dec 18, 2017 until Jan 2, 2018. Our first issue will be Jan 10 with a deadline of Jan 3 for submissions



Le commandant de la 1 DAC/RC NORAD et l'adjutant-chef de la Division vous souhaitent de joyeuses fêtes

Un jour, un célèbre Canadien contemporain a dit : « La famille n'est pas une chose importante, c'est la seule chose importante ».

La fin de 2017 arrive rapidement et nous sommes tous impatients de passer du temps avec nos amis et nos proches. Même si la famille a toujours une place importante dans nos esprits - nos familles et les vôtres - les mots de Michael J. Fox ont une importance particulière pendant les fêtes de fin d'année.



Chacun d'entre nous définit la famille à sa façon et, quelle qu'en soit notre définition, c'est cette famille qui nous soutient lorsque nous servons le Canada. Hommes et femmes, nous avons effectué beaucoup de déploiements en 2017, au Canada ou aux quatre coins du monde et, souvent, nos familles ne nous ont pas suivis. Nous nous sommes déployés outre-mer, pour respecter nos engagements continus envers l'opération IMPACT (y compris l'ajout d'un détachement tactique de transport aérien), et avec un contingent de CF-18 Hornets en Islande et en Roumanie, dans le cadre de l'opération REASSURANCE.

Ici, au Canada, beaucoup de nos militaires ont passé l'été en Colombie-Britannique, à lutter contre les incendies de forêt. Nous avons

également des avions et du personnel qui aidaient les autorités locales à la suite d'importantes inondations au Québec et au Labrador, et qui ont évacué les habitants de localités du Nord du Manitoba, menacées par des incendies de forêt. Plus au sud, nous avons participé aux secours, après le passage de l'ouragan Maria dans les Caraïbes.

Ce fut aussi une année mouvementée pour d'autres raisons. Notre nation a célébré le 150^e anniversaire de la Confédération et, le jour de la fête du Canada, des avions de l'ARC ont survolé les lieux de célébration d'un océan à l'autre. L'ARC a également reçu de nouvelles couleurs de Sa Majesté la reine Elizabeth II, qui ont été remises par le gouverneur général, à Toronto.

Tout cela s'ajoutait à nos responsabilités quotidiennes, telles que le transport, la recherche et le sauvetage, mais aussi à notre devoir d'être toujours prêt à défendre l'Amérique du Nord sous le commandement du NORAD. Bref, nous avons été occupés, car peu importe ce qui se passe dans le monde, l'ARC est toujours opérationnelle, et nous sommes tout à fait conscients que ce n'est que grâce à vous et à l'appui de vos familles que tout cela est possible.

L'année 2018 va être chargée. Elle comprendra la célébration du 60^e anniversaire de l'engagement du Canada et des États-Unis, d'assurer la défense aérospatiale de l'Amérique du Nord sous le commandement du NORAD, et nous aurons besoin de toute notre grande famille de la 1 DAC/RC NORAD pour faire notre meilleur travail. L'an dernier, j'ai inclus des séances de conditionnement physique à notre routine hebdomadaire au QG, une initiative maintenant appelée « culture physique en formation ». L'adjutant-chef de la Division et moi-même vous mettons maintenant au défi d'en faire de même. La santé et la condition physique de chacun de nous sont importantes, mais elles sont essentielles à notre capacité collective d'être au meilleur de notre forme lorsque nous livrons de la puissance aérienne dans le monde entier.

Nous vous souhaitons d'excellentes fêtes et nous sommes impatients de travailler avec vous tous en 2018, année qui promet d'être passionnante !

Major général Christian Drouin
adjutant chef Jacques Boucher

Christmas Greetings from the 2 Canadian Air Division Command Team

The Christmas season is upon us once again, and as we get ready to celebrate with our family and friends, we should pause to reflect on 2017 and everything we have accomplished.

As Canada marked 150 years as a nation, CWO Jette and I are proud of the Royal Canadian Air Force (RCAF) and 2 CAD units that participated in the celebrations with Canadians across the country. With "Strong Secure Engaged" coming out this year, we see strong commitments regarding the RCAF, specifically for initiatives that directly involve 2 CAD units including the Future Aircrew Training (FACT) project and the future personnel growth of the RCAF.

In addition, as part of celebrations of the 100th Anniversary of the Royal Flying Corps in Canada, we honoured all of the men and women who have served and made sacrifices in Canada's Air Force during a rededication ceremony of the RCAF Cairn at 16 Wing Borden. 16 Wing also received national attention for their role in the ceremonies that saw His Excellency, the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada, present the RCAF with their new colours in Toronto. Quite the memorable event with key participation by 16 Wing and great support from 15 Wing and 17 Wing.

2017 marks a year of growth for the 2 CAD family. Under the RCAF Commander's Rebalance Initiative, 17 Wing joined the 2 CAD ranks thus better aligning our resources to prepare the RCAF to meet future challenges. Bringing the schools in Winnipeg under the command of 17 Wing will enhance communication and ensure an institutional structure that is increasingly flexible and agile.

While the 15 Wing flying training units worked diligently to increase pilot production safely and effectively, they transitioned 419 Squadron to 4 Wing Cold Lake and welcomed the Canadian Forces Snowbirds, 431 Air Demonstration Squadron, to their chain of command. Together, the 15 Wing team proudly brought the RCAF story to Canadians across the country through their support to airshows, flypasts and static displays.

Throughout the year, our 2 CAD headquarters and our units performed great work in aircrew selection, the production of ab-initio graduates, and quality control of RCAF Training Courses, spanning a wide variety of RCAF classifications. Together, we made great advances in Officer and Non-Commissioned Member Professional Development. Personnel have been extremely busy focusing on revamping training related orders, implementing the on-line training catalogue and calendar, and hosting the first National Flying Training Conference in many years. We also took the necessary steps to stand up a dedicated Basic Training List (BTL) Management section in order to provide ab-initio students with meaningful opportunities of employment while awaiting occupations training.

Our members have put a lot of hard work into overseeing, and coordinating many RCAF courses, including the common Primary Leadership Qualification Course, the streamlining of the Air Force Officer Development Program and the fine-tuning of the demanding, six-week, residential Airpower Operations Course.

We would like to extend our personal thanks to everyone within 2 CAD for all of your hard work this year. It is because of your hard work that 2 CAD is recognized as a leader in RCAF Training and Education and stands out as providing some of the best training and most innovative Air Power Mindedness in the world. We should be very proud of our accomplishments. The 2 CAD Team is truly making a difference for the RCAF!

After all of your hard work over this year, take some well-deserved time over the holidays to relax, re-charge and connect with loved ones. Take time to remember those who are away from loved ones and those who are longer with us. Stay safe, take care of yourselves, and enjoy the cherished moments the holiday season offers.

Wishing you and your loved ones happiness over the holidays and the all the best for 2018.

Brigadier-General Dave Cochrane
CWO Pierrot Jetté

Le commandement de la 2e Division aérienne du Canada vous souhaite de joyeuses fêtes de fin d'année



Le temps des fêtes approche à grands pas et tandis que nous nous préparons à passer du bon temps en famille et avec nos amis, prenons un instant pour réfléchir à tout ce que nous avons accompli au cours de l'année 2017.

Le Canada a célébré cette année ses 150 ans, et l'Adjudant Jetté et moi sommes fiers des unités de l'Aviation royale canadienne (ARC) et de la 2 DAC qui ont participé aux festivités aux quatre coins du pays. Après la publication de « Protection, Sécurité, Engagement », d'importants engagements ont été pris dans le but renforcer l'ARC, dont quelques initiatives auxquelles participent directement des unités de la 2 DAC, par exemple le projet d'instruction du futur personnel navigant ou encore la croissance future de l'effectif de l'ARC.

De plus, à l'occasion d'une cérémonie de reconsécration du cairn de l'ARC à la 16e Escadre Borden organisée dans le

cadre des célébrations du 100e anniversaire du Royal Flying Corps au Canada, nous avons rendu hommage à tous ceux et celles qui ont servi dans la Force aérienne du Canada et fait des sacrifices. La 16e Escadre a également fait parler d'elle dans tout le pays pour son rôle dans la cérémonie au cours de laquelle Son Excellence, le très honorable David Johnston, gouverneur général et commandant en chef du Canada, a présenté à l'ARC ses nouveaux drapeaux consacrés à Toronto. La 16e Escadre a en effet joué un rôle de premier plan dans la tenue de cet événement mémorable avec l'aide précieuse des 15e et 17e escadres.

La famille de la 2 DAC s'est agrandie en 2017. Dans le cadre de l'initiative de rééquilibrage du commandant de l'ARC, la 17e Escadre a grossi les rangs de la 2 DAC, ce qui fait en sorte que l'ARC dispose maintenant de ressources mieux équilibrées pour se préparer à faire face aux défis de demain. Le fait de placer les écoles de Winnipeg sous le commandement de la 17e Escadre aura des effets positifs sur les communications en plus d'augmenter la souplesse de la structure institutionnelle.

Tandis que ses unités d'entraînement au pilotage poursuivent vaillamment leur travail de production de pilotes, la 15e Escadre transférait le 419e Escadron à la 4e Escadre Cold Lake et accueillait en son sein les Snowbirds des Forces canadiennes (431e Escadron de démonstration aérienne). Ensemble, les membres de la 15e Escadre ont présenté l'histoire de l'ARC partout au pays en organisant des spectacles aériens, des défilés aériens et des expositions statiques.

Tout au long de l'année, le quartier général et les unités de la 2 DAC ont travaillé d'arrache pied à la sélection d'équipages, à la production de personnel navigant débutant et au contrôle de la qualité des cours de l'ARC, couvrant une grande partie des classifications de l'ARC. Ensemble, nous avons grandement fait progresser le perfectionnement professionnel des officiers et des militaires du rang. Notre personnel a été extrêmement occupé à réviser les ordres concernant la formation, à produire le catalogue et le calendrier de formation en ligne, et à tenir la première conférence nationale sur l'entraînement au pilotage organisée depuis des années. Nous avons aussi fait les démarches nécessaires pour mettre sur pied une section spécialement consacrée à la gestion des effectifs en formation élémentaire (EFE) afin d'offrir des possibilités d'emploi intéressantes aux stagiaires débutant en attente de formation professionnelle.

Nous avons aussi consacré de grands efforts à la supervision et à la coordination de nombreux cours de l'ARC, dont le cours de qualification élémentaire en leadership commun, à la rationalisation du Programme de perfectionnement des officiers de la Force aérienne et à l'amélioration de l'exigeant cours de la puissance aérienne dans les opérations, une formation en internat de six semaines.

Nous tenons à remercier personnellement tous les membres de la 2 DAC pour le travail remarquable qu'ils ont réalisé cette année. C'est grâce à vos valeureux efforts que la 2 DAC est reconnue comme chef de file en matière de formation et d'enseignement au sein de l'ARC et qu'elle se démarque comme l'une des organisations les plus compétentes et innovatrices au monde dans le domaine de la conscience de la puissance aérienne. Nous pouvons être très fiers de nous. L'équipe de la 2 DAC fait vraiment un travail colossal pour l'ARC!

Après tout votre bon travail cette année, prenez une pause bien méritée pendant le temps des fêtes pour vous reposer, refaire le plein et passer du temps avec vos proches. Ayez aussi une pensée pour ceux et celles qui sont loin de leurs êtres chers et pour ceux qui ne sont plus parmi nous. Soyez prudents, prenez soin de vous-mêmes et profitez de chaque moment précieux que vous offre le temps des fêtes.

Nous souhaitons de très joyeuses fêtes et une excellente année 2018 à vous et à vos proches.

Brigadier général Dave Cochrane
adjudant chef Pierrot Jetté

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17 Wing Makes Christmas a Little Better for Deer Lodge Veterans



During a previous Christmas season Santa Claus gave a little gift to veteran Ed McKenzie, who was sitting with Master Corporal Ellen Wood, one of the 17 Wing personnel delivering the Adopt a Veteran gifts to Deer Lodge Hospital that year. Photo: Bill McLeod, Voxair Manager

By Martin Zeilig, Voxair Photojournalist

George Stetina was still a member of the Canadian Armed Forces in 1998 when he began a program to bring a little Christmas cheer into the lives of veterans at the Deer Lodge Centre.

It's still going strong 19 years later.

Stetina, who now works as a civilian employee at 402 Squadron, is again collecting gifts for the Adopt-A-Veteran program.

Corporal Sandra Maahs, A4 MSE2-3, 1 Canadian Air Division, who will be contributing poinsettias to Adopt-A-Veteran this season, said that she had never encountered such a program prior to being posted here last year.

"It just broke my heart that these vets wanted these little things," she said during a telephone interview. "I had to get involved. I took three vets this year. We should be taking care of our own. I want to do my part. One day, I might be in those shoes. It's nice to know that the military family doesn't end when you leave service."

In a recent email Cpl Maahs sent to Stetina, she said that: "I just received word from Save On Foods

that the supplier for the poinsettias is able to send us 105 small little pots. Delivery date is the 13th of December. Can you inform Deer Lodge staff that I will be dropping them off that day and if possible could they distribute them around to the rooms? I'm so glad the store was able to assist with this. I'm sure they will love them."

The Adopt-A-Veteran program last year was incredible, Stetina said.

"We provided over 300 gift bags to veterans in DLC, and are hoping to provide gifts, once again, to our veterans," he wrote in an email on November 20 to 402 Sqn Chief Warrant Officer Rob Sullivan. "With the number of personnel on 17 Wing, there is a real potential to give these Veterans a very happy holiday season. They need to know that

we haven't forgotten them. We must let the Veterans know that we are thankful for their service and for our freedom. Although the staff at Deer Lodge do the best they can, they do not have the resources to ensure that Christmas is special for each and every veteran, or see that they have more than the basic necessities the rest of the year."

"When I first came over to 402 Sqn as a member of the CAF, I started raising money at Christmas time for people in need, but it wasn't affiliated with the military," he said, during an interview in early December in his fourth floor office at 16 Hangar. "I did that for a couple of years. But, then there was a military member posted to 402 whose wife worked at Deer Lodge Centre. I found out through him that there were vets over there without any family. So, I decided to ask the coordinator at Deer Lodge which vet was single or had no family, and then collected gifts for them."

Stetina's unassuming generosity earned him the affectionate moniker "The Secret Santa" by the then coordinator of the DLC.

Indeed, only a few people in 402 Sqn knew about it, Stetina said.

"I'd go there and drop off gifts with the coordinator, and then leave," he continued. "I did that for about

three years. I went back to the coordinator and said I wanted to adopt all the vets in Deer Lodge. But, I didn't know how many there were."

It turns out there were 170 Second World War and Korean War vets at DLC back then, Stetina said.

"There was a CWO here and we came up with a plan to get the whole base involved to Adopt-A-Vet," he explained. "So, we'd get the wish list from the coordinator at Deer Lodge and then we'd involve the whole base. When it first started I was getting emails from fellow servicemen from across the country. People were sending money, and then adopting vets. It involved everybody in the military, including Commissionaires and cadets, from across the country."

"It made a lot of people aware that just because they're in Deer Lodge, Veteran Affairs Canada doesn't purchase personal items for them."

Stetina points out that residents have to pay to live at DLC.

The number of vets is declining every year, he added.

Last year he provided 130 gift packages. This year, there are only 94 vets receiving gifts, Stetina noted.

"The nurses at Deer Lodge go to each room and ask each vet what they'd like for Christmas," he said. "This generates a wish list. Then, the coordinator sends me the list by email. I go through the Chain of Command, which is approved by the Wing Commander. Then, I generate an email chain to all the Department Heads. People just send me emails and identify which vets they want to adopt."

Stetina usually starts the process in late September or early October. But, this year, he began a bit later.

"When I started this, I just wanted to make everybody in the military aware that vets aren't taken care of (with all their needs)," Stetina said, noting that although Remembrance Day is held every year, the needs of many vets, particularly those in care facilities or without a family, go unmet. "This has to be kept alive. It means something to me. My dad was a Korean War vet. Adopt-A-Vet is not about the gifts. It's about caring. Someone put their life on the line for our freedom. They served this country. When we do a convoy to drop off the gifts, it's for them. It's their day. It's showing our respect for their service to Canada. I'd just like to be part of it now, and not coordinate it. But, I don't want this program to die."

The convoy of gift laden vehicles to DLC will be leaving 16 Hangar on December 20 at 1300 hrs.

17 Wing Fire Fighters Collecting Coats for Kids All Winter

By Martin Zeilig, Voxair Photojournalist

Master Corporal Jason Loboz and his fellow fire fighters know, as the United Way Winnipeg website says, "For some children, having a warm coat means attending school on a cold day instead of staying home."

That is why they are once again involved in Coats for Kids, a city wide program to share new or gently used winter gear with Winnipeg families.

"It's part of who we are here as Winnipeggers, and as Canadians in general," MCpl Loboz, a Fire Inspector at 17 Wing Fire Services, said as he sorted through a big tri-wall box packed with plastic bags of children's winter wear in the Fire Station's workshop. "We've been doing it for 15 years."

Every year, from September to February, Winnipeggers donate over 6,000 coats, and Coats for Kids shares this winter gear with Winnipeg families, according to the UW.

It's necessary, in large measure, because "Manitoba is getting a failing grade when it comes to child poverty rates, according to a new report card," noted a recent news item, Manitoba gets failing grade for 'nightmare' rates of child poverty (CBC Nov 21, 2017):

"The situation remains what we would call a nightmare," said Sid Frankel, the author of the report card and a professor of social work at the University of Manitoba."

At one point, MCpl Loboz grabs one of the plastic bags and pulls out a brand new set of high end Oshkosh

matching winter clothing, which included a parka, a detachable hood, and ski pants.

"The last couple of years have been pretty good," he said, mentioning that 1 Canadian Air Division also has a Coats for Kids drop-off box. "We're looking specifically for kids' winter wear of all sizes, anything made for winter that's in good condition. I usually collect until March 15 because it can still be cold into April."

After the collection bin is full, MCpl Loboz delivers the hampers to a United Way collection site in the city.

"I'm from Winnipeg, and I know how hard it would be to enjoy our winters without the ability to stay warm," he said. "I have two kids of my own, and you see how much they enjoy being outdoors in the winter. To be able to do something so simple that can help so many people is gratifying."

All sizes of gently used children's winter outerwear, from infant to toddler to youth are required, including winter jackets (clean with working zippers) ski pants, boots, hats, scarves and mittens, MCpl Loboz added.

Donations of children's winter clothing can be dropped off at the Fire Hall. Further information contact MCpl Loboz at extension 5501.

From the United Way website: Donations of new and gently used winter gear can be dropped off at any Station, Perth's, Access Storage, and Sentinel Storage locations, or the AMJ Campbell Van Lines office. If you have a large donation, you can call 204-586-5628.



MCpl Jason Loboz shows a large box of donated winter wear for children and families in need. Photo: Martin Zeilig, Voxair Photojournalist

Wing Commander's Hockey a Competitive and Fun Event



17 Wing Commander, Colonel Andy Cook drops the puck with 17 Wing Chief Warrant Officer, CWO Jerome Rossignol during the 17 Wing Commander's Hockey Tournament on November 27th, 2017 at the MTS Iceplex, Winnipeg. Photo: Cpl Bryce Cooper

By Martin Zeilig, Voxair Photojournalist

The Wing Commander's Hockey Tournament was held November 27-December 1 at the Bell MTS Iceplex and featured a total of 12 teams competing in three divisions.

Aviator Johnny Gaudet, who works at the 17 Wing Fire hall, acknowledged that skating for a team in the Southern Professional Hockey League was a lot more demanding than playing hockey in the Wing Commander's tournament but it wasn't as much fun. Aviator Gaudet, originally from Prince Edward Island, once played in the SPHL for the Mississippi River Kings and another team.

Aviator Gaudet scored two goals playing centre for the Falcons as they defeated the Lock-Outs, 8-4, in the A Championship Final.

Meanwhile, the Yellow Jackets defeated CFSSAT 6-5, in a shootout, in the "B-C" final.

All games in the tournament were 57 minutes straight time with one 30 second timeout. The referees were civilian and military individuals.

The base team, which will compete in the 2018 CAF Prairie Regional Hockey Championships at the Iceplex, will be composed of players from the more competitive three team "A" Division, noted Marc Lavallee, Acting Sports Coordinator, 17 Wing PSP, who was the OPI for the tournament.

"This is high level hockey for the military," he said to a reporter, who was standing behind the seated Lavallee and the official scorekeeper in the shatter proof glass protected scorekeeper's box during the A championship. "We had lots of female participation in the C and B divisions."

He also observed that for safety and health reasons body checking was not allowed.

"It's competitive but we want to maximize guys having fun and stress relief. It's good to get out of the office and do some physical activity," said Lavallee.

He pointed out that refreshments, such as Gatorade, water, chocolate milk, bananas and granola bars were offered to participants on a daily basis.

He emphasized that 17 Wing's relationship with the Iceplex was "amazing" with extra ice time being provided for the teams.

"They also gave us a really good deal on prizes for our players," Lavallee said. Boston Pizza, one of the tourney's sponsors, provided meal coupons for every single team and

for individual players too. "They opened the restaurant early. They always asked us what we needed. Overall, it was a successful tournament. I'm happy the way it turned out."

Aviator Gaudet, who also played for the Brandon Wheat Kings in the Western Hockey League and the Dauphin Kings in the Manitoba Junior Hockey League, was pleased with the tournament too.

"Everyone competed," he said a few minutes after the closing ceremonies. "We all know each other. It was a good tournament. "Winning the championship was a long time coming. We usually fall apart, but this year we pulled it together."

He also praised the play of his teammates in particular, Sergeant McGraw and "the stellar performance" of Master Corporal Ryan Muck, who scored three goals in the championship match.



Action-filled hockey took place at 17 Wing Commanders Hockey Tournament on December 1st, 2017 at the MTS Iceplex, Winnipeg. Photo: Cpl Bryce Cooper

Happy 50th Anniversary Logistics Branch! Joyeux 50e anniversaire au Service de la logistique!

The Canadian Armed Forces (CAF) Logistics Branch was created on 1 February 1968. Since then, logisticians have been devoting themselves to providing the support necessary to conduct operations on Canadian soil and abroad for nearly half a century. The Branch's services covers a broad range of support across all three elements including Transportation, Supply Chain Management, Financial Management and Human Resources Management where professional and competent non-commissioned members serve in the following eight specialised occupations: Cook, Postal, Supply Technician, Ammunition Technician, Traffic Technician, Mobile Support Equipment Operator, Human Resources Administrator and Financial Services Administrator. The Logistics Branch is indispensable to command, operations at home and abroad, and troop morale. 17 Wing logisticians' main objectives are to enable 17 Wing's integral and lodger units' mission success at the main and deployed operating bases.

The Branch badge was approved by Her Majesty Queen Elizabeth II in 1972 and contains a wreath of maple leaves with two interlaced chain links which represents the strength of the support at the centre of the operational elements of the CAF by their unified logistical discipline. At the bottom of the badge is the branch's moto in latin "SERVITIUM NULLI SECUNDUS" meaning "SERVICE SECOND TO NONE," to attest the quality of an incomparable service.

On 1 February 2018 will mark the Branch's 50th anniversary and the start of the "Year of the Logistician" on which 17 Wing will celebrate with a memorable event. On this year of celebration, a Logistics Branch flag commemorating the Branch's 50th anniversary is travelling among Canadian military bases and theatres of operations abroad. The flag, accompanied by a notebook, lets active and retired military members catalogue its voyage. The flag should reach 17 Wing in June or July 2018. On that occasion, the Mission Support Squadron (MSS) will hold a celebration to honour this half-century of loyal service. The details of the 17 Wing celebrations will be confirmed and communicated in the new year.

— "Logistics... are as vital to military success as daily food is to daily work."
(A.T. Mahan)

2Lt Gerry Ménard



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— "Logistics... are as vital to military success as daily food is to daily work."
(A.T. Mahan)

2Lt Gerry Ménard

Around The Wing



The Falcons, the winning team of the 17 Wing Commanders Hockey Tournament on December 1st, 2017 at the MTS Iceplex, Winnipeg. Photo: Cpl Bryce Cooper



The second annual Warrant Officer and Sergeants Mess vs Officers Mess Hockey game took place on December 6th, 2017 at the MTS Iceplex, Winnipeg. Photo: Cpl Bryce Cooper



Air Combat Systems Officer Course 1603 graduates on November 30th, 2017 at 17 Wing, Winnipeg.
 (Front row left to right) Lt Jordan Mathieu, Lt Sarah Fralick, Lt David Coughlin, Lt Marco Neumann.
 (Back row left to right) Lt Tim Armstrong, Lt Jean-Philippe Vallieres, Lt Shawn Lamoureux, Lt Jan Neubauer.
 Photo: Cpl Bryce Cooper



Diana Wright, Grayson Ayer, Liam Ayer and Rick Ayer have their picture taken with Santa at the Kids Christmas party held at 17 Wing, Winnipeg, on December 9, 2017. Photo: Cpl Paul Shapka

Seasons Greetings from The Voxair



Happy Holidays from the Voxair staff to all of you and yours. (L-R) Bruce Tulloch, Production Assistant; Marfin Zellig, Photojournalist; Bill McLeod, Manager; and Misra Yakut, Accounts Receivable. Photo: Diane Brine

 Our Military Community Newspaper, 17 Wing Winnipeg 2018 Publishing Schedule		
Issue Number	Issue Date	Content Deadline
1	10 January	3 January
2	24 January	17 January
3	7 February	31 January
4	21 February	14 February
5	7 March	28 February
6	21 March	14 March
7	11 April	4 April
8	25 April	18 April
9	9 May	2 May
10	23 May	16 May
11	6 June	30 May
12	20 June	13 June
13	11 July	4 July
14	29 August	21 August
15	12 September	5 September
16	26 September	19 September
17	10 October	3 October
18	24 October	17 October
19	7 November	31 October
20	21 November	14 November
21	5 December	28 November
22	19 December	12 December

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Around The Wing



A young flying enthusiast prepares to board a CC-130 Hercules for a flight over Winnipeg to view the Christmas lights on December 5, 2017.
Photo: Cpl Paul Shapka



Above: Wing CWO Jerome Rossignol, MCpl Kelly-Poulin, Cpl Vaughn, Cpl Lauzon, Cpl Beaudin, Cpl Veillette, Cpl Johnson-Schenkeveld, Cpl Proctr, Cpl Dubuc, and 17 Wing Commander Colonel Andy Cook pose on Nov 24 with a cheque representing the funds raised by Transport, Electrical, Mechanical Engineering for the GCWCC from the TEME Winter Tire Change.
Below: Wing CWO Jerome Rossignol, Cpl Caron, Pte McKeown, and 17 Wing Commander Colonel Andy Cook pose on Nov 24 with a cheque representing the funds raised by Transport, Electrical, Mechanical Engineering for the GCWCC from the TEME Breakfast. Photos: Bill Mcleod, Voxair Manager

*Happy Holidays
Everyone!*

*Best wishes to you
and your family
in the New Year.*

Wally, Terri, & Beck

*Don't forget the last day to
donate for the Soldier On
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Air Force Officer Development Program Becomes More Agile



Photo: Supplied

By Major Petra Smith, 2 CAD

With a few clicks of the mouse, officers can now self-enrol in the Air Force Officer Development (AFOD) Block 1 course for near instantaneous training, anytime, anywhere.

“RCAF Professional Development is committed to being relevant, efficient, and agile,” said Brigadier-General David Cochrane, Commander, 2 Canadian Air Division. “The self-enrolment initiative is just one example of RCAF PD’s dedication to training and education that is responsive to operational requirements.”

Officers are now able to access AFOD Block 1 training through the Defence Learning Network (DLN). The transition to self-enrolment was informed by the survey responses in the AFOD End to End Review.

“Self-enrolment will make the registration process easier and will allow for enhanced scheduling flexibility, improving student experience,” said Colonel Norman Saulnier, Director of Air Force Professional Development. “Self-enrolment puts students in the driver’s seat of their professional development journey.”

AFOD Block 1 introduces the following subjects: RCAF history and heritage, RCAF occupations, RCAF aircraft, Wing structure, RCAF command and control, RCAF doctrine, flight safety, Human Performance in Military Aviation (HPMA), notable international aircraft, and others.

“The Multi-Media Laboratory at CFSAS in Winnipeg works extremely hard to keep the AFOD and other programs current, updating programming as technology evolves,” said Lieutenant-Colonel William Snyder, Commandant, Canadian Forces School of Aerospace Studies (CFSAS). “While instructors will no longer be directly involved in Block 1 student learning, CFSAS AFOD facilitators are available for curriculum-oriented questions and course feedback.”

Once students have completed the training, they are to bring the certificate to their Unit Training Coordinators for input in the Military Individual Training Education (MITE) system for qualification management and posting on the Member’s Personnel Record Resume (MPRR).

Beginning Annual Posting Season 2018, completion of the AFOD Program will be mandatory for promotion to major for officers in Air-Managed Occupations.

For more information on AFOD, please visit the CFSAS website at <http://17wing.winnipeg.mil.ca/cms/en/aftc/winginfo/CFSAS-home/Courses/AFOD.aspx>

For more information on RCAF PD opportunities, please visit the 2 Canadian Air Division website at <http://rcaf.mil.ca/en/2-cad/rcaf-pd/rcaf-pd.page>.



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Le Programme de perfectionnement des officiers de la Force aérienne gagne en agilité

Par le major Petra Smith, 2 CAD

Avec seulement quelques clics de leur souris, les officiers peuvent désormais s’inscrire eux-mêmes aux cours du bloc 1 du Programme de perfectionnement des officiers de la Force aérienne (POFA). Un accès quasi instantané à l’instruction n’importe où, n’importe quand.

Le « Perfectionnement professionnel de l’ARC est déterminé à demeurer pertinent, efficace et polyvalent, affirme le brigadier-général David Cochrane, commandant de la 2e Division aérienne du Canada (2 DAC). L’auto-inscription n’est qu’un exemple parmi tant d’autres du dévouement des employés du Perfectionnement professionnel de l’ARC envers un entraînement et une instruction adaptés aux exigences opérationnelles. »

Les officiers peuvent maintenant accéder aux cours du Bloc 1 du POFA sur le Réseau d’apprentissage de la Défense (RAD). Les données recueillies par le questionnaire d’examen du POFA ont contribué au passage à l’auto-inscription.

« L’auto-inscription facilitera les inscriptions, offrira davantage de souplesse pour l’établissement du calendrier ce qui améliorera la vie des stagiaires, précise le colonel Norman Saulnier, directeur – Perfectionnement professionnel (Air). Grâce à l’auto-inscription, les stagiaires sont maîtres de leur parcours de perfectionnement professionnel. »

Le bloc 1 du POFA traite, entre autres, de l’histoire et du patrimoine de l’ARC, de ses professions, de ses aéronefs, de son commandement et contrôle, de sa doctrine, de la structure des escadres, de la sécurité des vols, de la performance humaine dans l’aviation militaire (PHAM) et des aéronefs internationaux dignes d’intérêt.

« Le personnel du laboratoire multimédia de l’École d’études aérospatiales des Forces canadiennes (EE-AFC), à Winnipeg, travaille d’arrache-pied pour assurer la pertinence du POFA et des autres programmes. Il procède à des mises à niveau au rythme des changements technologiques, affirme le lieutenant-colonel William Snyder, commandant de l’EEAFC. Bien que les instructeurs n’enseignent plus directement aux stagiaires pendant le bloc 1, ces derniers pourront se tourner vers les animateurs du POFA de l’EEAFC pour toute question sur le contenu du cours et tout commentaire concernant le cours. »

Après avoir terminé le cours, les stagiaires doivent présenter leur certificat au coordonnateur de l’instruction de leur unité. Les renseignements qu’il contient seront saisis dans le module de gestion de l’instruction individuelle et de l’éducation militaire (IEM) pour la gestion des qualifications et ils seront, par la suite, versés dans le Sommaire des dossiers du personnel militaire (SDPM).

À partir de la période active des affectations 2018, les officiers appartenant à des groupes professionnels qui relèvent de la FA, qui souhaitent être promus au grade de major, devront compléter le programme de POFA.

Pour de plus amples renseignements sur POFA, veuillez consulter le site Web de l’EEAFC : <http://17wing.winnipeg.mil.ca/cms/fr/aftc/winginfo/CFSAS-home/Courses/AFOD.aspx>

Pour de plus amples renseignements sur les possibilités de perfectionnement professionnel de l’ARC, veuillez consulter le site Web de la 2 DAC : <http://rcaf.mil.ca/fr/2-cad/rcaf-pd/rcaf-pd.page>.

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18-22 décembre • **Club sport – Natation** • Piscine Bonivital • 204-233-2556

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19 décembre • **Mardi jazz – Niall Bakkestad-Legaré – Saxophone et cordes** • CCFM • 204-233-8972

19 décembre • **Soirée francophone** • Strong Badger Coffeehouse • 204-500-1382

21 décembre • **Soirée cinéma au théâtre** • CPEF Roméo-Dallaire • 204-885-8000 poste 133

Expositions d’art :

Célébrations Visuelles II • La Galerie Buhler de l’Hôpital Saint-Boniface

Fait Maison • La Maison des artistes visuels francophones

Résurgence • Centre culturel franco-manitobain

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

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Christmas Tips

Christmas Trees:

Get a freshly cut tree. It will stay green longer and be less of a fire hazard. Try to pick a tree with a strong green colour and noticeable fragrance. Always test for freshness before buying. A tree with high moisture content is safer. Very few needles should fall when the butt of the tree is tapped on the ground; needles should bend, not break; and the stump should be sticky with resin. Place the tree in a stand that will hold 2 to 3 litres of water and top it up daily. Make sure it is always immersed in water: If water drops below the trunk, the stem may reseal itself, requiring a fresh cut. Use a tree stand that has widespread legs for better balance. Do not set your tree up near a heat source such as a radiator, television, fireplace, heating duct or sunny window. It should not block doors. Never use lighted candles on the tree. Remove the tree within 10 to 14 days. After that amount of time in a heated building, even the freshest tree can start to dry out.

Decorations:

Choose decorations that are flame-retardant, non-combustible and non-conductive. If there are young children or pets in your home, avoid very small decorations. Avoid using angel hair (glass wool) together with spray-on snowflakes. This combination is highly combustible. Do not use metallic ornaments on the tree. If they make contact with defective wiring they could become a shock hazard.

Lights:

Use Canadian Standards Association (CSA) certified light strings/sets. Use the proper lights for the environment. Indoor light strings/sets should not be used outdoors because they lack weatherproof connections. Some outdoor light strings/sets burn too hot indoors. Inspect light strings/set before use. Check for cracked bulbs and for frayed, broken or exposed wires, and discard if faulty. Do not use electric light strings/sets on metallic trees. A faulty system could energize the tree and shock or electrocute anyone coming into contact. Illuminate metallic trees with colored floodlights placed at a safe distance from the tree and out of reach. Turn off all tree and display lights before retiring for the night or before leaving the house.

Candles:

Place candles away from absolutely anything that could catch fire. Never leave burning candles unattended. Burn them only when a responsible adult is overseeing the flame. Put candles in sturdy holders on a stable surface, well away from drafts, curtains, children and pets. Snuff them out before leaving the room or going to sleep.

Fireplace:

Never burn gift wrappings, boxes, cartons, or other types of packing in the fireplace. They burn too rapidly and generate far too much heat. Don't hang Christmas stockings from the mantel when the fireplace is in use. Always use a screen in front of the fireplace to protect against flying sparks. Never use gasoline or any other flammable liquids to start a fire. Use only seasoned and dried wood. Never leave the fire unattended or let it smoulder. Clean the ashes regularly. Place the ashes in a metal container and store outside away from flammable materials. Don't use Christmas trees for firewood.

Electrical Outlets:

There is often a tendency to overload wall outlets during the holiday season. This is an unsafe practice and should be avoided even for short durations; use a power bar if required. Inspect all cords before using. Make sure they are CSA certified. Look for loose connections or frayed or exposed wire. Discard any defective cords. Read the labels and manufacturer's instructions to ensure proper use. Insert plugs fully into outlets. Poor contact may cause overheating or shock. To avoid possible overheating or a fire, do not run cords under carpets or rugs.

WComd Sings a Special Goodbye



17 Wing Commander Colonel Andy Cook belts out his rewritten version of Van Morrison's 'Gloria' with Jet Stream backing him to Gloria Kelly, National Defence Public Affairs Outreach on the occasion of her retirement from the public service. Photo: Bill McLeod, Voxair Manager

By Martin Zeilig, Voxair Photojournalist

Captain Bettina McCulloch-Drake, 17 Wing Public Affairs Officer, acknowledged that she knew her colleague, Gloria Kelly, would retire one day.

It was inevitable.

After all, Kelly, Communications Advisor, National Defence Public Affairs Office – Prairies and North, had been planning to retire for quite a while now and made no secret about it.

She will be missed, commented Capt McCulloch-Drake during an interview with Kelly in the second floor office they share at Wing Headquarters.

"I hoped that the day would never come," she said. "For a person that doesn't belong to 17 Wing, in the terms of her Chain of Command, she has done more for 17 Wing and for the 17 Wing communications team than any person could ask her. She been a coach, mentor and dear friend. I hope that I can work with more people like her."

Kelly, a genial native of Nova Scotia, has been at 17 Wing for just over nine years. She has a Bachelor of Science degree in Nutrition with a minor in Chemistry from Mount St. Vincent University in Halifax, and a Master's Degree in Defence Management and Policy from the Royal Military College-- a program done part time through distance learning and self-financed.

"My official retirement is on January 3, but I'm effectively done on December 8," she said.

Kelly and her husband, Terry, who retired from the CAF after 35 years when his wife was offered the job here, plan to remain in Winnipeg. After all, their daughter and three grandchildren call the city home too.

"I've been around DND for 40 years in one way or another," said Kelly, a professional journalist by trade, who worked as a reporter/editor/bureau chief for the Halifax Herald Ltd for 23 years. "I started with the ships network in Halifax looking after families when the ships were away and gradually as the Military Family Resource Centres were developed I became active there. I chaired the MFRC board in Halifax for a number of years."

"Then, when they established the Military Family National Advisory board in the late 1990s, I was asked to join the board in Ottawa. We were all volunteer spouses."

The military in those days had no concept of the skill set of the women asked to join that board, she said.

"They knew what they thought were the concerns of families," said Kelly. "What they found was something totally different. I sat on that board for five years and co-chaired it for three years. We met three or four times a year. They flew us women into Ottawa for meetings, and we did lot by phone too."

"It led us to identify regional issues coming forward. We could work on those before they became a major disaster."

Then, in 2000, her husband was transferred to Ottawa with the submarine training group.

"So, I just automatically came to the MFRC in Ottawa and found myself chairing the board there too," Kelly said. "But, I didn't have a job and couldn't speak French. So, I went to the MFRC to take a French course."

In those days, the content for the Maple Leaf, a national CAF/DND newspaper, was produced by contractors, she noted.

"One of the other women on the course was one of those contractors," Kelly continued. "Her husband got posted and the contractor asked her if she knew of anyone else who can pick up the contract you had. She said 'I do.' He hired me on the spot."

She then wrote and passed the requisite exams and breezed through the interview process but in the meantime Kelly also wrote the Public Service exam and passed it too.

"On Apr 1, 2002, I started getting calls from different departments because I was on the availability lists," she said. "So, I said to my boss at the Maple Leaf, 'Either you hire me or I have to take one of the other jobs.' The Maple Leaf found a way to hire me full-time because I came to them with 25 years of journalism experience."

Kelly remarked that she enjoyed her eight years in Ottawa, where she also worked for Health Services DND and for the Chief of Staff Associate Deputy Minister of Public Affairs.

"At that point in time, the Department was establishing an outreach position in Winnipeg," she said. "It was designed to focus on the North and Aerospace. I applied for the job, and they were able to deploy me."

Before moving here, Kelly was deployed on OP Nanook in Frobisher Bay, an annual military exercise of the Canadian Armed Forces in the Arctic.

During the deployment, she fell 12 feet off the jump ladder on the HMCS Toronto while at sea, breaking her arm and injuring her back, leg, and ankle. She still suffers from those injuries.

"I'd never worked with the RCAF before coming here," Kelly, whose hobbies are cooking, reading and spending time with her grandkids, said. "So, when I ended up here, I thought I'd landed in Oz. The Air Force was so different. They just absorbed me as part of the family. I'd never experienced that before. Here you're one of us and no questions asked. They just assumed that the skill level you have, you'll share. That suits me perfectly, because I believe we have to share the wealth."



HOLIDAY FUN WITH LITTLE OR NO WEIGHT GAIN?

Yes it can be done! Follow these tips and enjoy!

A healthy eating plan for the holidays:

- Use your December calendar to record the days of the week you exercise. Aim for at least 30 minutes a day, on most if not all days. If you get to the end of the day and have not been active – it's time to get moving. Three 10-minute brisk walks throughout the day can have positive health benefits and help you feel more energetic. Walk to do your errands, to visit friends and to do your shopping, whenever possible. A walk or exercise in the evening can also help curb your appetite.

- Eat breakfast every day. When you eat breakfast, you won't feel the urge to grab a high fat, mid-morning snack, such as a doughnut, croissant or fast food muffin. Eating a balanced breakfast can also decrease the amount of food you eat later in the day. Try a bowl of high fibre cereal (at least 4 grams fibre per serving), with skim or 1% milk and a piece of fruit or glass of pure fruit juice. If you have to eat on the run make a fruit and yogurt smoothie or have a whole grain bagel with peanut or almond butter and a banana.

Avoid skipping meals. Not eating throughout the day can lead to overeating later in the day. Instead, have several small nutritious snacks or meals during the day. Try low-fat yogurt, fruit or fruit salad, vegetable sticks, leafy green salads, whole grain bread or bagels, low-fat muffins, bean burritos, hummus and pita bread, chili, tortilla wraps, rice dishes with beans or vegetables, soup, whole wheat crackers with peanut butter, a handful of nuts and dried fruit, a hardboiled egg, milk, fruit and vegetable juice.

Watch out for party foods. It is easy to eat more than you really need! Pates, sausages rolls, cheese, snack crackers, egg and spring rolls, bacon wrapped scallops, and deepfried chicken or fish pieces are typically high in calories and fat. Opt for the vegetables and fruit. Watch out too for the high fat dips! Choose dips that are made with yogurt or low fat salad dressing or mayonnaise.

Tip: If you overindulge on the finger foods opt for a light dinner afterward.

When eating out, choose foods that are steamed, baked, broiled, roasted, or poached.

Select meat, fish, poultry or vegetables prepared with lemon, tomato and herbs instead of butter, rich sauces or gravy. Have pasta with tomato based sauces instead of cheese or cream sauces. Dark leafy green salads with light vinaigrette dressing are a good alternative to higher fat Caesar and taco salads.

Enjoy a small taste of dessert. When faced with a tempting array of rich desserts try a few small pieces or share a larger piece.

Drink plenty of fluids other than alcohol. Alcohol can add unwanted calories and can leave you feeling tired and run down. Alternate your alcoholic drinks with non-alcoholic beverages such as soda or sparkling water, fruit or vegetable juices, and diet pop. If you drink alcohol, keep it to no more than 2 standard alcoholic beverages per occasion and no more than 14 alcoholic drinks for men or 9 alcoholic beverages for women per week.

Water is the perfect choice to keep your hydrated and is calorie free.

The bottom line:

A few days of overindulgence will not undo your best intentions to be healthy but endless days of overeating and not being active will. The best way to prevent unwanted weight gain during the holiday season is to have a plan to be active and eat well and stick with it.

This information is brought to you by the Director Force Health Protection and Strengthening the Forces.

For more information contact Health Promotion at (204) 833-2500 ext. 4150/4160/4995 or email us at health-promo@forces.gc.ca!

Managing Angry Moments (MAM)

23 & 30 January
0830 - 1600 hrs

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

Gérer les moments de colère

23 et 30 janvier
08 h 30 à 16 h 00

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

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

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

DROP 'N' SHOP

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

SATURDAY 16 DECEMBER, 2017

0930-1600 hrs

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

PLEASE SEND LUNCH & SNACKS (NOT 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
caconnection.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

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	Requet 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

TIME	ACTIVITY
0930 hrs	Free Play & Holiday Crafts
1045 hrs	Snack
1100 hrs	Outdoor Play
1215 hrs	Lunch
1300 hrs	Holiday Movie, Play Dough, Puzzles & Games
1430 hrs	Snack
1500 hrs	Outdoor Play
1600 hrs	Home Time

2017 **Free! Family MOVIE NIGHTS**

BLDG 90 THEATRE

SUNDAY 17 DECEMBER

Doors Open - 1500 hrs • Show Time - 1530 hrs

More **FREE** family movies to come!

POPCORN & SLUSHIES AVAILABLE FOR PURCHASE • \$1 EA.

Mental Fitness and Suicide Awareness

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

Mental Fitness & Suicide Awareness: Supervisor Training

This course is course coded!

25 January 2018
0800 - 1600 hrs

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

Force Mentale et Sensibilisation au Suicide

- Formation du Superviseur

Il s'agit d'un cours auquel on a attribué un code!

25 janvier 2018

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

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

Sensibilisation à la santé mentale et au suicide

Health Promotion in the Canadian Forces
STRENGTHENING AND ENERGISING THE FORCES
Promotion de la santé dans les Forces canadiennes

Building 90

Holiday Hours 2017

15 Dec - Closed between 1200-1600

24 Dec (Christmas Eve) - 0900-1500

25 Dec (Christmas Day) - Closed

26 Dec (Boxing Day) - Closed

27 Dec 0600-2200

28 Dec 0600-2200

29 Dec 0600-2200

30 Dec 0900-1800

31 Dec (New Year's Eve) 0900-1500

01 Jan 2018 (New Year's Day) - Closed

02 Jan 2018 - Return to regular hours



Connect with us:

102 Comet Street / 102 rue Comet
204-833-2500 extension / poste 4500

www.cafconnection.ca

www.facebook.com/WinnipegMFRC

www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

Message from the Director

Here we are, Christmas season. If you are like me, the pressure is mounting; decorations and gifts are still to be done... and work seems to be piling up with quick deadlines approaching. All of this seems so big. I even asked once if we could postpone Christmas... and the General simply replied; denied.

You and your family earned a good break. The holidays are a time to be with your loved ones, family and friends. It's also a time to share, to keep a thought for those deployed and their families. Decorations, gifts and so on are not that important; people are. If this period is difficult for you, whatever the reason may be, please remember the Family Information Line provides can as-

sist to connect you with most services (1-800-866-4546).

Please enjoy this holiday season carefully. We want to see you back energized and ready. I wish you all and your family great holidays, a Merry Christmas and a fabulous New Year.

See you soon,

Message du Directeur

Nous y voilà, la saison de Noël. Si vous êtes comme moi, la pression monte; les décorations et les cadeaux sont encore à faire ... et le travail semble s'accumuler avec des échéances rapides qui approchent. Tout cela semble si énorme. J'ai même demandé une fois si nous pouvions reporter Noël ... et le général a simplement répondu; refusé.

Vous et votre famille avez gagné une bonne pause. Les vacances sont l'occasion d'être avec vos proches, votre famille et vos amis. C'est aussi le moment de partager, de garder une pensée pour ceux qui sont déployés et leurs familles. Les décorations, les cadeaux, etc. ne sont pas si importants. Les gens le sont. Si cette période vous est difficile, peu importe la raison, n'oubliez pas que la ligne d'information sur la famille peut vous aider à vous connecter à la plupart des services (1-800-866-4546).

S'il vous plaît profiter de cette saison des fêtes avec soin. Nous voulons vous revoir énergisé et prêt. Je vous souhaite à tous et à votre famille de bonnes vacances, un joyeux Noël et une fabuleuse nouvelle année.

À bientôt,

Just Breathe

In the holiday season, it's important to take time to breathe. This afternoon will include a time of meditation and tips on how to incorporate mindfulness into our busy lives.

Thursday, December 28

1:30 p.m.

Free

Registration deadline: December 21

Holiday Child Care

We will be opening up for a day of childcare for children ages 6 months to 5 years old in our Nursery School Room.

Wednesday, January 3

10:00 to 3:00 p.m.

Westwin Children's Centre

642 Wihuri Rd.

\$20 for the day

Registration deadline: December 28

Please call 204-833-2500 ext. 2491 to register.

Service de garde du début de l'année

Le service de garde pour les enfants âgés de 6 mois à 5 ans à la salle de prématernelle pour les enfants âgés de 6 mois à 5 ans.

Mercredi 3 janvier

10 h à 15 h

Centre pour enfants de Westwin

642, ch. Wihuri

20 \$ pour la journée

Date limite d'inscription : 28 décembre

Holiday Youth Care

We will be opening the North Side Youth Centre for a day of child care for children ages 6 to 12.

Wednesday, January 3

10:00 to 3:00 p.m.

North Side Youth Centre

\$5.00

Registration deadline: December 28

Centre Jeunesse - nord

Le centre Jeunesse - nord sera ouvert pour les enfants âgés de 6 à 12 ans.

Mercredi 3 janvier

10 h à 15 h

102, rue Comet Centre Jeunesse - nord

5 \$

Date limite d'inscription : 28 décembre

HOLIDAY HOURS

December 25 to 27: Closed
December 28 & 29: 8:30 a.m. to 4:30 p.m.
January 1 & 2: Closed
January 3 to 5: 8:30 a.m. to 4:30 p.m.
January 4: Coffee Break 1000

Horaire des Fêtes

25 - 27 décembre : fermé
28 et 29 décembre : 8 h 30 - 16 h 30
1 et 2 janvier : fermé
3 - 5 janvier : 8 h 30 - 16 h 30
4 janvier : La pause-café 10 h - 11 h

For assistance outside these hours contact the Family Info Line.
1-800-866-4546
Pour obtenir de l'aide en dehors de ces heures, communiquez avec la Ligne d'info pour les familles.

Guest Speakers / Conférenciers invités
MARY ANNE JABLONSKI
&
**MAJOR-GENERAL / MAJOR-GÉNÉRAL
CHRISTIAN DROUIN**

Entertainment by / Musique de la
The Royal Canadian Air Force Band
Musique de l'Aviation royale canadienne

2018 Yellow Ribbon Fundraising Gala

**VICTORIA INN Hotel
and Convention Centre
1808 WELLINGTON AVE.**

Cocktails 6:00 pm - Dinner 7:00 pm
Cocktails à 18 h - Dîner à 19 h

Gala de charité des rubans jaunes 2018

Saturday **FEBRUARY 17** le samedi **FÉVRIER**

\$100 per person* or Table of 10 for \$900
\$75 for personnel of 17 Wing and Lodger units,
and immediate family

100\$ par personne* ou 900\$ pour une table de 10
75 \$ pour le personnel de la 17^e Escadre et unités hébergées,
et famille immédiate.

*A limited number of seats will be saved for a portion of the purchase price.
*Un certain nombre de places seront réservées pour une partie du prix d'achat.

TICKETS AVAILABLE UNTIL FEBRUARY 9, 2018
LES BILLETS SERONT EN VENTE JUSQU'AU 9 FÉVRIER 2018

DRESS FORMAL ATTIRE, BUSINESS SUIT ACCEPTABLE.
TENUE: TENUE DE SOIRÉE OU COMPLET.

For ticket information / Pour obtenir des renseignements sur les billets : **204.833.2500** ext./poste **4500**
MFRC/CRFM - 102 Comet Street / 102, rue Comet - Monday to Friday 8:30am - 4:30pm / du lundi au vendredi, de 8 h 30 à 16 h 30

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

Winnipeg Military Family Resource Centre
is seeking a

Second Language Services and Francophone Services Coordinator
Part-time (18.5 hrs/week), 3 month probation period

Responsibilities

- Provide support to the military Francophone community through programs, workshops and activities
- Coordinate the Second Language Training Program
- Assist military families with adjusting to their new location by overcoming linguistic isolation and fostering a sense of community.
- Support other MFRC coordinators when language assistance is required
- Translate material distributed by the MFRC to the public

Core Skills/Qualifications

- French essential, bilingual, written and spoken
- Competent in the use of software; Microsoft suite
- Good knowledge of the Francophone resources available in the community, city and region
- Autonomy, sense of initiative and ability to work as part of a team
- Understanding of the military life style, and its impact on families
- Ability to work a flexible schedule (evenings and weekends) on occasion
- Experience in managing staff

Desired Skills/Qualifications

- Degree or Diploma, or demonstrated equivalent combination of education, work, training or expertise.
- Understanding of the Canadian francophone culture.
- Knowledge of MFRC programs and services
- Knowledge of 17 Wing
- Experience in leading/facilitating programs

Please send your **résumé** no later than **January 8, 2018** to:
Joël Roy, Executive Director
102 Comet Street
PO Box 17000 Stn Forces
Winnipeg, MB R3J 3Y5
joel.roy@forces.gc.ca

A job description and a complete list of requirements are available at 102 Comet Street. Only those selected for an interview will be contacted.

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

Le Centre des ressources pour les familles de militaires
est à la recherche d'un(e)

Coordonnateur(trice) des Services de langue seconde et des Services aux francophones
À Temps partiel (18.5 heures par semaine), période de probation de 3 mois

Responsabilités

- Offrir un soutien à la communauté militaire francophone à travers divers programmes, ateliers et activités
- Coordonner le programme de langues secondes
- Aider les familles à s'adapter plus rapidement à leur nouvel emplacement en surmontant l'isolement linguistique et contribuer à favoriser un sentiment de communauté
- Fournir un service de soutien linguistique au personnel du CRFM
- Effectuer de la traduction de matériel distribué par le CRFM

Exigences

- Français essentiel, bilinguisme, parlé et écrit.
- Compétent dans l'utilisation de logiciels; suite Microsoft.
- Connaissance de Winnipeg et des services francophones disponibles dans la communauté, la ville et la région.
- Autonomie, sens de l'initiative et habileté à travailler au sein d'une équipe.
- Compréhension du style de vie militaire, et de son impact sur les familles.
- Capacité de travailler occasionnellement des horaires flexibles (soirées et fins de semaines).
- Expérience dans la gestion de personnel.

Compétences / Qualifications souhaitées

- Degré ou diplôme, ou une équivalence démontrée de combinaison de travail, éducation, entraînement ou expertise.
- Compréhension de la culture canadienne francophone.
- Connaissance des programmes et services du CRFM
- Connaissance de la 17^e Escadre
- Expérience en tant que meneur/facilitateur de programmes

Veillez faire parvenir votre curriculum vitae au plus tard le 8 janvier 2018 à :
M. Joël Roy, Directeur exécutif
102, rue Comet
C.P. 17000 Succ. Forces
Winnipeg, MB R3J 3Y5
Courriel : joel.roy@forces.gc.ca

Une description du poste et une liste complète d'exigences sont disponibles au 102, rue Comet. Seulement les personnes choisies pour une entrevue seront contactées.

Sports Trivia Answers

1. University of Ottawa Gee-Gees. They are the first team from the Réseau du Sport Étudiant du Québec (RSEQ) to win the championship.
2. Natasha Smith.
3. 13.
4. New Zealand with 5 titles.
5. 2014 - runner-up to champion England.
6. The Colonial Cup.
7. 8 - in other words all of them.
8. 1991 - quarter finals.
9. The United States 26-19.
10. 3 - 2011 - men's gold, 2015 - men's and women's gold.
11. Christine Sinclair. She is second on the all-time scoring list.
12. Billy Wright of Wolverhampton Wanderers.
13. The Gladys Bean Memorial Trophy.
14. The Sam Davidson Memorial Trophy.
15. University of British Columbia Thunderbirds - 6 titles.
16. UBC Thunderbirds - 13 titles.
17. Université de Montréal Carabins.
18. Cape Breton University Capers.
19. 1904 Summer Games in St Louis.
20. Once, in 1986. They did not win a match or score a goal.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): No one is perfect. Just stay in the game. Getting totally sidelined by stress won't help. Focus on your long term goals. Learn to compromise. You can't do it all yourself. You can't call the shots all the time. Consider the needs and expectations of others. Make healthy lifestyle choices.

Taurus (April 20 – May 20): Be careful not to overspend as shifts in the economy could impact your post-holiday income. Re-evaluate your lifestyle. There is a big difference between wants and needs. If you've made assumptions that weren't based on facts, a discussion with a loved one could be upsetting.

Gemini (May 21 – June 21): The more confident you are the more you attract people who appreciate your positive qualities. Stay on your game. Be alert so you are ready when opportunities arise. Stay connected to those who can introduce you to their circle of friends and co-workers. Love at first sight is possible.

Cancer (June 22 – July 22): You'll feel organized and ready to relax. Your good fortune is due to hard work but others may negate that. Respond carefully. Being conciliatory may facilitate disrespect or emotional blackmail. You may have to be cruel to be kind. Pretending isn't going to change anything.

Leo (July 23 – August 22): You'll be doing more alone time than usual. Ponder your next move and how you want things to develop in the New Year. It's time to set a new course. There are a lot of positive possibilities. Released from some long term responsibilities and bills you have extra coin and time.

Virgo (August 23 – September 22): An opportunity to do more of what interests you is on the horizon. Reinvent yourself. Change your look. Shake up your routine. Think outside the box to solve problems and discover hidden talents. See things in a new light. When you live with passion you shine with excitement.

Libra (September 23 – October 23): You might want to fast track to the finish line but don't over-extend yourself to do so. Avoid stress by maintaining life/work balance. Challenging people with issues can pressure you to do more than your share if you let them. Be diplomatic but firm. Take breaks frequently.

Scorpio (October 24 – November 21): You're in a positive period. Enjoy the good fortune that shines on you. Being loving and kind is a gift you give to the world and to those closest to you. Sharing in itself is rewarding and other will reciprocate when they can. Teach by example. It's time for a fresh start. Enjoy.

Sagittarius (November 22 – December 21): You're experiencing changes in many areas of your life. Ultimately everything is connected. This is the key to understanding yourself, others and the journey you are on. Take responsibility for your actions and words. Take charge of a situation that you've let slide.

Capricorn (December 22 – January 19): Be fair. Misunderstandings can happen even when you are well intentioned. Make authentic choices. Your reputation is not you. What you own is not you. Consider how you see yourself and the impressions you've tried to give. Your perceptions affect your happiness.

Aquarius (January 20 – February 18): You have the ability to attract attention and gain help and support. You have a kind of charm that helps you prevail in situations when others won't listen to logic. Do things your way and reap the rewards. You can sit back, relax and enjoy life for now. It's your turn.

Pisces (February 19 – March 20): Your ventures are expanding. Do more of what you love but also keep assessing what that means. What makes you happy? Insist on a good return for your time and efforts. Make healthy lifestyle choices that help you stay fit, positive and full of energy. Be kind to yourself.

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Your 17 Wing Chaplain Team

Chaplain's Corner

Did You Know that Mary Grounded Jesus?

by Padre Paul Gemitti

Yes, this is a play on words but it is referring to keeping Jesus grounded in his humanity. His divine origin was/is of God, but it was through Mary, as mother of his conception (Matthew 1:18-25), his birth (Luke 2:1-20) and of his upbringing, that Jesus is understood to have developed his human dimensions; was given his groundedness. Consider the few additional passages that we have of his early life involving his Mom. Upon Mary and Joseph - aka Jesus' foster father - presenting Jesus, after birth, at the Temple (Luke 2:22-35), there was a prediction of how impacting his future life would be and how it would affect especially his mother. When Mary, Joseph, and Jesus celebrated Passover at Jerusalem, Jesus went temporarily missing (Luke 2:41-52). It was Mary who gave him a scolding (so to speak) about having left the group and being a worry for his parents. At the wedding at Cana, Mary pressured Jesus to use some of his talent for the sake of supporting the well-being of the wedding festivities (John 2:1-12), even though Jesus exclaimed to her that it was not his time to do such.

As an aside, many people in centuries past have speculated that Mary would have been an even more thorough, practical, good Hebrew mother by having kept Jesus doing what was right. Theologically speaking, we still proclaim that Jesus was "like us in all things but sin" (Hebrews 4:14-16), but when he was a child and getting to gradually know himself and his inner calling/reality, he may have done some things - similarly like all young children - which may not have been considered to be formally sin, (ie. to sin is to know that something is not to be done yet the person does it anyway) but was maybe still irritating or pushy as like all children at times do as they try to check their boundaries with people. (Search artist Max Ernst painting known as "The Blessed Virgin Mary Chastising The Infant Jesus in Front of Three Witnesses". I

think it is one of the best images to ponder the possible behind-the-scenes reality of their relationship as mother and son; although I realize that in this modern age, the depicted form of chastising is not considered a first response option and more-likely reflected the artist's own upbringing than how Mary would have actually been.)

But all this to simply convey that Mary was considered to be the main link in Jesus' long-term human development. She was the one who was at the site of his crucifixion when he, from the cross, had John and Mary mutually adopt each other (John 19:25-27). By extension and tradition, she was one of the many women after the resurrection who experienced Jesus in his resurrected state and during the empowering of the Holy Spirit during what we call Pentecost.

So, during this upcoming celebration of Christmas, keep in mind that it was ultimately Mary who grounded Jesus; in part why he is relatable to us as fully human and yet fully divine.

May you have an Enjoyable and Blessed Christmas!

Relatedly by special request, as we are about to begin a new year, you are encouraged to consider and be thankful for the various blessings which are already a part of your life, and to share what you can during the new year 2018 of your time or talents or wealth so as to be a blessing for others. As a new year dawns...

"Give thanks not just on Thanksgiving Day, but every day of your life. Appreciate and never take for granted all that you have." Catherine Pulsifer

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never ever have enough. Oprah Winfrey

"In all things give thanks." 1 Thessalonians 5:18.

May you and your loved ones have a Prosperous and Thanks-filled New Year!



17 Wing Military Chapel / Chapelle militaire de la 17^e Escadre
2235 Silver Ave near Whytewold Road / 2235, av. Silver, près de la route Whytewold

**Good Shepherd Chapel Community /
Communauté de la chapelle Good Shepherd**

Sunday 24 December (Christmas Eve) 1100 hrs Carol and candlelight
Dimanche 24 décembre (veille de Noël),
service avec chants à la lueur des bougies protestant à 11h00

Sunday 31 December (New Year's Eve) 1100 hrs
Dimanche 31 décembre (New Year's Eve) 11h00

**Ste Marguerite Bourgeoys Chapel Community/
Communauté de la chapelle Ste Marguerite Bourgeoys**

Sunday 24 December (Christmas Eve) 1600 hrs & 2100 hrs, Catholic Mass
Dimanche 24 décembre (veille de Noël), messe catholique à 16h00 et 21h00

Sunday 31 December (Mary, Mother of God) 1600 hrs, Catholic Mass
Dimanche 31 décembre (Marie, Mère de Dieu), messe catholique à 16h00

Welcome and may you have a prayerful, charitable and safe Christmas Holiday.

Soyez les bienvenus. Que votre Noël se passe sous le sceau de la prière, de la charité et de la sécurité.

Right: Thursday, November 23, MSS Admin Fit had a fire alarm go off in the middle of their PT. As good Wing members, they did not quit, but kept up their PT in the Canex bldg. Photo: Supplied



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COMMUNITY SERVICES:

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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.

CHAPLAINS

Padre Lesley Fox
(United Church)
- Faith Community Coordinator
ext 5272

Padre Laura Coxworth
(Pentecostal)
ext 5785

Padre Greg Girard
(Christian Reformed)
- Det. Dundurn
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Padre Hope Winfield
(Roman Catholic Pastoral Associate)
- Wing Chaplain
ext 5417

Padre Paul Gemmiti
(Roman Catholic Priest)
- Faith Community Coordinator
ext 4885

Padre Emanuelle Dompierre
(Roman Catholic Pastoral Associate)
- Mental Health Chaplain
ext 5086

TBD
ext 6914

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

SUNDAY MASS: (Bilingual) 1600 hrs

COMMUNITY SERVICES:

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

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

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

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

MAIN OFFICES
Administrative Assistant
204-833-2500 ext. 5087
Building 64,
Lower Level, North End.

EMERGENCY DUTY CHAPLAIN
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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