



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

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Cpl Rivard, Cpl Zdrill, and MCpl Keeping (l to r) stand behind a box of donated coats for the Coats for Kids program. The program runs until 31 March 2011, and coats can be dropped at the 17 Wing Fire Hall. Read more on page 4. Photo: Shane Gibson.

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Command Corner

When I first arrived in Winnipeg nearly two years ago, Major General Blondin, Commander 1 Canadian Air Division, gave all of the Wing Commanders the mandate to improve the quality of life for military members and their families.

Armed with this guidance, I emphasized 3 things in Winnipeg; the ability for military dependants to connect with doctors quickly on arrival in Winnipeg, reducing wait times for childcare to a maximum of 3 months, and improve the overall quality of residential housing units.

On the housing and childcare fronts, we have made good progress, but we have encountered difficulties in speeding up the ability of our military families to connect with a new doctor when they arrive in Winnipeg. Folks who have lived here for some time have already made those connections, but regular force members in the process of being posted to the city have historically struggled to find primary medical care on arrival.

After exploring various avenues, which were already yielding tangible benefits, we recently made a significant leap forward in improving the access to medical care for our families.

In cooperation with the University of Manitoba Faculty of Medicine, the Winnipeg Regional Health Authority (WRHA) has established the Northern Connection Medical Centre (NCMC) on 4 Jan 2011 with a mandate to provide

referral medical care to transient populations of Winnipeg. Given our military families' continuous liability for postings and reflective of 17 Wing's close relationship with the University of Manitoba, our military dependents now have the opportunity to self-register for care at this clinic.

The centre is a teaching facility that is staffed with family physicians and family medicine residents/students. The centre is open 0900 - 1600hrs and provides full primary care services including obstetrics and paediatric care. In order to balance 17 Wing requirements with the capacity of the centre, priority for registration is given to regular force military families currently without a doctor and those posted in at the APS. Once our requirements and capacity for the centre are known, the priorities will be re-assessed to ensure that all military family care requirements are considered. To register your dependents please call 940-8777. Additional information on the NCMC will be available at the MFRC in the near future.

I would like to take this opportunity to thank some of the people who made this initiative happen. Central to the institution of the NCMC were Marcel Cloutier, NCMC Unit Director, Dr. Johanna Lynch, and RN Heather Wesselo. On the military side, I would like to thank LCdr Julia Roy, Commanding Officer of 23 Health Services, and Dr. Terry McCormack, our 17 Wing Surgeon.

- Colonel Yvan Boilard, 17 Wing Commander



(L to R) LCdr Julia Roy, CO of 23 Health Services, Col Boilard, 17 Wing Commander, Dr Joanna Lynch, Medical Director, Heather Wesselo, Primary Care Nurse, and CWO Scarcella at the opening of the Northern Connection Medical Centre. Photo: Submitted.

Ed Note: Additional information on the MCMC will be available at the MFRC in the near future. The details of the clinic are as follows: Northern Connection Medical Centre, 425 Elgin Avenue, 940-8777.

Le coin de commandant

Quand je suis premièrement arrivé à Winnipeg il y a près de deux ans, le Major-général Blondin, commandant de la 1re Division aérienne du Canada, avait confié à tous les commandants d'escadre le mandat d'améliorer la qualité de vie des militaires et de leurs familles.

Avec cette directive en tête, j'ai insisté sur trois points pour Winnipeg : faire en sorte que les personnes à la charge des militaires trouvent rapidement un médecin en arrivant à l'escadre; pour les services de garde d'enfants, réduire la période d'attente à un maximum de trois mois; et améliorer la qualité globale des unités de logement résidentiel.

Nous avons fait de nets progrès sur le plan des logements et des services de garde, mais nous avons éprouvé certaines difficultés en ce qui concerne la réduction du temps qu'il faut pour que les familles de militaires trouvent un nouveau médecin à leur arrivée à Winnipeg. Les gens qui vivent ici depuis un certain temps ont déjà fait les connexions nécessaires, mais les membres de la Force régulière qui sont nouvellement

affectés à la ville ont historiquement eu des difficultés à trouver des soins médicaux primaires en arrivant.

Après avoir exploré plusieurs possibilités, qui donnaient déjà des résultats tangibles, nous avons récemment franchi une étape considérable vers l'atteinte de notre objectif d'améliorer l'accès aux soins médicaux pour nos familles.

En collaboration avec la faculté de médecine de l'Université du Manitoba, l'Office régional de la santé de Winnipeg (ORSW) a établi le Northern Connection Medical Centre (NCMC) le 4 janvier 2011, clinique qui a pour mandat de fournir des soins médicaux de recours pour les populations de passage à Winnipeg. Étant donné le fait que nos familles sont toujours sujettes aux affectations et que la 17e Escadre entretient de bonnes relations avec l'Université du Manitoba, les membres des familles de nos militaires ont maintenant la possibilité de s'inscrire à cette clinique pour y recevoir des soins.

Le NCMC est une institution d'enseignement dont le personnel comprend des médecins généralistes et des

résidents/étudiants en médecine de famille. Le centre est ouvert de 9 h à 16 h et fournit une gamme complète de soins primaires, y compris en obstétrique et en pédiatrie. Dans le but d'équilibrer les besoins de la 17e Escadre avec la capacité du centre, la priorité d'inscription est accordée aux familles des membres de la Force régulière qui n'ont pas de médecin actuellement et aux familles des militaires qui sont arrivés au cours de la PAA. Quand nous aurons une meilleure idée de la capacité du centre et de nos besoins, nous réévaluerons les priorités afin de tenir compte des besoins de toutes les familles de militaires. Pour inscrire les personnes à votre charge, veuillez composer le 940-8777. On pourra bientôt obtenir d'autres détails sur le NCMC en communiquant avec le CRFM.

J'aimerais profiter de cette occasion

pour remercier certaines personnes qui ont rendu cette initiative possible. Le Dr Johanna Lynch, directrice de l'unité du NCMC, Marcel Cloutier, et l'infirmière Heather Wesselo ont joué un rôle primordial au sein de l'institution du NCMC. Du côté militaire, je souhaite remercier le commandant du 23e Centre des services de santé, le Capc Julia Roy, ainsi que le Dr Terry McCormack, médecin-chef de la 17e Escadre.

- Colonel Yvan Boilard,
Commandant de la 17e Escadre

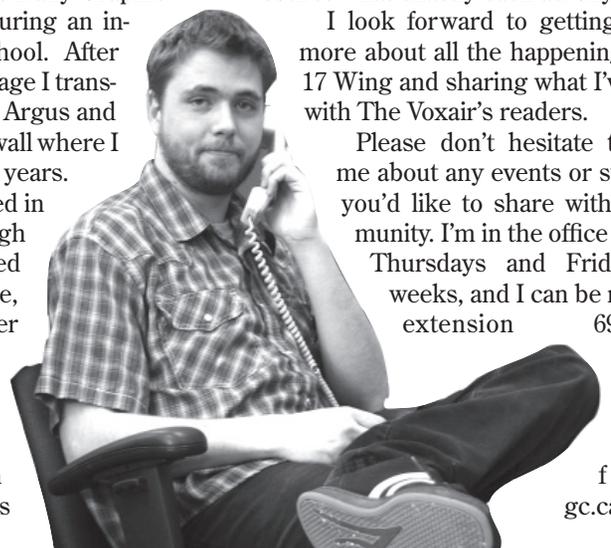
N.B.: On pourra bientôt obtenir des renseignements complémentaires sur le NCMC au CRFM. Voici les coordonnées de la clinique: Northern Connection Medical Centre, 425 avenue Elgin, 940-8777

Voxair welcomes a new reporter

Hello, I'm Shane Gibson, The Voxair's new reporter/photographer. After working at community newspapers in rural Manitoba for the last few years, I've returned home to Winnipeg to complete the one class I need to receive my diploma from Red River College's Creative Communications program. I'm very excited to have the chance to work here at 17 Wing while I work to finish my schooling.

I began my career in journalism in 2008 at the Portage la Prairie Daily Graphic after being hired on during an internship from my school. After spending a year in Portage I transferred to the Stonewall Argus and Teulon Times in Stonewall where I worked for the last two years.

I was born and raised in Winnipeg, and although I've never been involved with the military before, I grew up in the Silver Heights area — just a stone's throw away from 17 Wing — and spent a lot of time around the base with friends whose parents worked here.



I'm also lucky to have a good knowledge of many of the buildings on 17 Wing because I used to be a pizza delivery driver in the area, and as you can imagine, a lot of pizzas were ordered for folks staying at the barracks.

Unfortunately my knowledge of military ranks and all the different acronyms unique to the military is not quite as strong, and I thank you in advance for your patience while I learn just who everyone is, and of course what exactly each acronym means.

I look forward to getting to know more about all the happenings here at 17 Wing and sharing what I've learned with The Voxair's readers.

Please don't hesitate to contact me about any events or stories that you'd like to share with the community. I'm in the office Mondays, Thursdays and Fridays most weeks, and I can be reached at extension 6976, or send me an e-mail at: NEWS@forces.gc.ca

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Apprentice loves his work on the Wing

Sgt Bill McLeod

Wing Public Affairs Photojournalist

"When you wake up and you don't dread going to work you know it's a great job. I look forward to coming in," says apprentice Jason Huclack. Jason is employed at 17 Wing Construction Engineering (WCE) as an apprentice plumber.

Jason didn't always have that feeling. He has been employed by the Department of National Defence (DND) for approximately a year but before that he worked as an apprentice plumber for a large company on construction projects. He says that he has learned a lot of new things about plumbing by going on service calls with WCE. "Sometimes it's something really simple," he says, "but sometimes it can be quite a complex problem."

Jason says he makes less money as a DND apprentice than he did working construction but he is very happy he saw the public service competition and applied for the apprenticeship at the Wing. "Your quality of life is better, your working conditions are better and your benefits are better," he says. "You're able to go on an actual vacation."

Another thing Jason likes is the friendship and high morale of the Wing Construction Engineers (WCE) Mechanical Shop. As he is being interviewed and photographed, other WCE members drop by and joke about his performance. "I love it," he says. "The guys in the shop are great. They're always joking around. I'm taking my lumps as an apprentice."

He is respectful of the military members in his section and says he is learning a lot from them. "I love all the sto-

ries the guys tell about their military experiences. All the people on the base are very friendly. Some people told me it would be different working on base but everyone here is good people," he says.

In recent years it has become harder to fill skilled trade positions in both DND and the civilian work force. According to the Conference Board of Canada, skilled trades are often thought of as "an afterthought for those who lack academic aptitude" in the Canadian educational system and many high schools have cut their technical/vocational programs for financial reasons.

In Jason's case, he had originally decided on a university education and had completed 2 years of a mathematics degree at the University of Manitoba. "I looked at the job market for someone with my degree and the numbers just didn't make sense," he says.

17 Wing employs apprentices in a number of trades including electricians, plumbers, carpenters, heavy duty mechanics, refrigeration technicians, steamfitters, and heating technicians under the DND Apprenticeship and Operational Development Program (AODP). WCE is the largest employer of apprentices on the Wing.

Heather Harding, the Human Resources Coordinator for WCE, cautions that the apprenticeship program in DND is set to end in 2013, not due to having too many skilled workers, but due to budget constraints.

"The AODP has helped us train and grow skilled workers," she says. One of the best aspects for both DND and the apprentices is that once they are accepted, all of their training is paid for and they become permanent employees on an indeterminate contract.

Nothing could make Jason happier. "I hope to put in 30



Apprentice plumber Jason Huclack repairs a leaking valve on a toilet in 16 Hangar at 17 Wing Winnipeg. Jason is one of the apprentices on the Wing who is learning his trade while employed by DND. Photo: Sgt Bill McLeod

years here," he says.

He takes pride in his job and in belonging to DND and the military. "I feel kind of proud to be helping the military," he says. "I like our country. I'm proud of it."

Air Force Run gives back to the Community

Sgt Bill McLeod

Wing Public Affairs Photojournalist

The Air Force Run (AFR) kicks off a new season of fitness at 17 Wing. To underline the event, 17 Wing Commander Colonel (Col) Yvan Boilard, presented cheques of \$3500 each to two military charities at 17 Wing Winnipeg on 12 Jan 2011. The money was raised from the 2010 run and will go to support injured and ill soldiers and military families faced with emergency needs due to conditions of service.

Lieutenant-Colonel (LCol) June Zuurro accepted the cheque on behalf of the Military Families Fund and Private (Pte) Tom Krzeminski accepted the cheque on behalf of Soldier On, the two charities supported by the AFR.

Pte Krzeminski is a beneficiary of the Soldier On program after he was injured in a training accident at Canadian Forces Base Borden in 2006.

"The Air Force Run was founded on the basis that fitness is central to the type of work we do," said Col Boilard at the 2011 launch. "If we wear the uniform we must be fit. As time went on we figured we could help the folks that surround us and Soldier On and the Military Families Fund were the

two organizations we identified with early on."

Soldier On is designed to support injured and ill Canadian Forces soldiers continue to attain and maintain a healthy lifestyle by assisting them in participating in physical fitness, recreation and sport activities.

The Soldier On fund has been used to help members with adaptive sports equipment like modified mountain bikes, basketball wheelchairs and hockey sledges. The fund has also been used to improve sports facilities, create home gyms and provide training for beneficiaries to compete at national and international levels.

The MFF was created in 2007 by then Chief of the Defence Staff General Rick Hillier. The MFF provides Base and Wing Commanders a quick means of assisting military families when faced with an unexpected need.

The MFF does not replace traditional support programs but it has the advantage of being able to be more rapidly accessed by commanders. It has been used in the past to enable families to attend repatriation ceremonies, for spouses to accompany injured or ill soldiers to hospitals and for spouses or families to attend the return of wounded soldiers to Canada.

It has also helped set off the costs of memorials, psychological assistance, rehabilitation, home care and education for military families.

Major Kimberly Lee, USAF, brings a different flavour to this year AFR. She and co-chair Major Rory Moore both work at 1 Canadian Air Division, which gives this year's run a true Air Force focus. This year's fundraising goal is to double the money raised for the two charities in previous years. The 2011 AFR will be held on 29 May 2011 and will include a 5 km Race/5 km Family Run, a 10 km Race, and a half marathon again.

A new feature of the AFR this year is the ability for companies or individuals to sponsor Soldier On participants. The sponsorship will help alleviate the expenses of an injured or ill soldier participating in the Run.

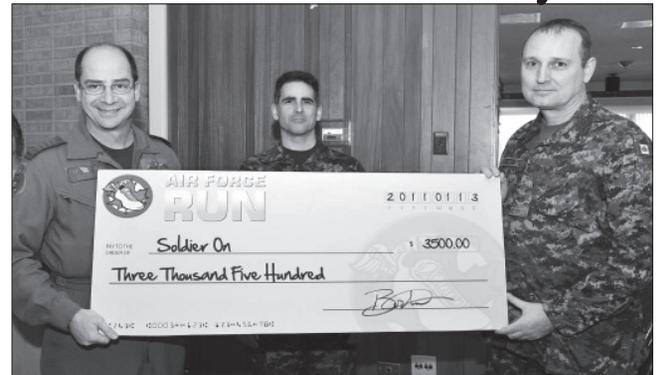
For further information about the AFR including information on becoming a sponsor or registering for the run please visit: www.airforcerun.ca.

For further information about the Military Families Fund please visit:

<http://www.cfpsa.com/mfamily/>

For further information about Soldier On please visit:

<http://www.cfpsa.com/Splashpages/SoldierOn/>



(L to R) 17 Wing Commander Colonel Yvan Boilard and Wing Chief Warrant Officer Mike Scarcella present a cheque to Soldier On, represented by Private Tom Krzeminski, at the launch of the 2011 Air Force Run. Photo: Sgt Bill McLeod



(L to R) 17 Wing Commander Colonel Yvan Boilard and Wing Chief Warrant Officer Mike Scarcella present a cheque to the Military Families Fund, represented by Wing Administration Officer Lieutenant-Colonel June Zuurro at the launch of the 2011 Air Force Run. Photo: Sgt Bill McLeod

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For the love of a Barracuda

Capt Christine Salt
BPAOC 1002

Everyone remembers their first car. It doesn't matter how old or new, what colour or make, that first car was special and was more than just a way to get from A to B. It was no different for Mike Seggie who, at the age of 17, fell in love with a 1968 Plymouth Barracuda.

His mother discovered the car while on a bike ride around the neighbourhood and both parents went back to take a second look with Mike. He promptly went to the bank, got a loan, and made the biggest buy of his young life. Mike had big dreams for the car. It wasn't in great shape but, with the help of his father, he planned to bring it back to its former glory.

Fast forward to September 3, 2008. Now a corporal with the 2nd Battalion, Princess Patricia's Canadian Light Infantry (2 PPCLI), Mike was conducting a security patrol in Zharey district, Afghanistan, when his armoured vehicle came under an insurgent attack. Along with Corporal (Cpl) Andrew Paul Grenon, 23, and Private Chadwick James Horn, 21, Cpl Michael James Alexander Seggie became another soldier who made the ultimate sacrifice. He was only two weeks from coming home.

Shortly after 2 PPCLI returned from Afghanistan, Mike's father Jim, a Master War-

rant Officer with the Royal Winnipeg Rifles, received a visit from one of his son's platoon buddies, Mark "Edge" Ejdrygiewicz. Edge wanted to continue Mike's dream of rebuilding the Barracuda, a subject that both soldiers had talked about endlessly during their deployment.

"Edge knew people in Brandon, Manitoba; he knew how to work on cars," Jim explains. "He provided some guidance. Without his help that car would probably just sit there and never get finished."

The first step in the rebirth of the Barracuda was to get it to Brandon, no small task given its current state of disrepair. So, in May 2009, Jim sat in the driver's seat for the 200 km trip from Winnipeg to CFB Shilo, where Edge and the rest of Mike's unit were based. Safety of the vehicle aside, the drive was an emotional one for him. "There are times I have a moment," he said. "The day I took the car to Shilo there were a few of those along the way that I wished Mike was with me."

Several companies have helped Jim and Edge rebuild the car in Brandon. Fountain Tire donated rims and tires, Brandon Radiator custom-built the radiator, Gunn Transmission played their part and Piston Ring and the Manitoba Mopar Association rebuilt the engine. In Winnipeg, Sandales, a body shop and fabricator, worked on the body.



Cpl Mark "Edge" Ejdrygiewicz and MWO Jim Seggie (left to right) with The Barracuda, a dream project of fallen soldier Cpl Michael Seggie.

The Barracuda was featured at the World of Wheels car show in Winnipeg last March, an exception given its unfinished state. The car was set up with its various parts on display and an information board explaining its origins. The reaction from the crowd was heartwarming to Jim, with several groups having their photos taken in front of the car. Some even offered their services in its restoration.

When Mike's personal effects were re-

turned from Afghanistan, his father discovered a book among the items called *World War Z: An Oral History of the Zombie War*. It seems when Mike was deployed he went around the forward operating bases and signed everything with, "Zombie Slayer." If a car could have a spirit, this one carries a bit of everyone who has played a part in its rebirth, including Mike.

Long live the Zombie Slayer.

Giving the gift of warmth

17 Wing Fire Department looking for children's winter wear



Cpl Zdrill shows off some of the coats the 17 Wing Fire Department has collected for charity. Photo: Shane Gibson

Shane Gibson
Voxair Photojournalist

With temperatures sitting at dangerously low levels across the province, the 17 Fire Department is continuing its efforts to collect gently used children's outer wear to help make sure kids are kept warm and dry this winter.

The 17 Wing Fire Department began collecting children's parkas and jackets, snow pants, boots, mitts and gloves, and toques and balaclavas for the Koats for Kids charity before Christmas, and they will continue taking in the winter wear right up until the end March.

"We were extremely excited to see the amount of clothing that poured in before Christmas and were able to de-

liver it to the distribution centre in time so that many kids had the opportunity to really enjoy their break from school and head on outdoors," said Cpl Jason Loboz of the fire department in an email to the Voxair. "Now, they are back in school, and anxiously awaiting that recess bell so they can go out and enjoy the great outdoors again and again.

"There are always a few that cannot enjoy this simple pleasure however, because they are still without warm winter clothing."

This marks the third year the department has accepted donations on behalf of Koats for Kids here on the base, and the department's Sgt Dennis Matthews says it's something they do so people with extra winter clothes don't have to travel far to donate them.

"The other fire departments in the city do it, and Cpl Loboz felt that this area would be ripe for the picking," explained Sgt Matthews. "If you have jackets, you might not want to run to the closest (city) fire department to drop them off because they're so few and far between. We're centralized on the Wing, so when people come in, the can just stop by and drop them off.

"I think a lot of people like that."

Although Sgt Matthews couldn't say exactly how many pieces of clothing had been donated to date, he did say the department has already been able to take two large loads of winter wear into Koats for Kids. He says the charity usually has a harder time collecting outerwear in the months following Christmas, making any donations all the more valuable now.

"We always find that it slows down right about now, because if people had any jackets and things, they've already given them."

Cpl Loboz hopes to see donations from families who may have given their own children new winter wear over the holiday season.

"Please bring by all those gently used articles children's winter outerwear that you replaced over Christmas or your children outgrew to the 17 Wing Fire Department," he said. "The response has been amazing every year... and this year, hopefully, will be no different."

The department will take donations right up until March 31, and the children's winter wear can be dropped off directly at the 17 Wing Fire Department (bldg 88), as well as at bldg 25, bldg 137, or the base supply building.

Chief of Defence Staff visits CF personnel "North of 60"

Jennifer Wright
Joint Task Force (North)

Canada's Chief of Defence Staff, Gen Walter Natynczyk kicked off a tour of the North in Yellowknife, N.W.T. on Jan. 10, 2011, where he spent the day visiting members of Joint Task Force (North), 440 "Vampire" Transport Squadron, Area Support Unit (North) and the First Canadian Ranger Patrol Group.

He spent much of his first day touring the Yellowknife facilities and speaking with military and civilian defence team members along the way. During his visit he emphasized the importance of their work in the North and how they play an important role in providing assistance to other government departments and agencies when called upon.

The Canadian military has operated in the North since the days of the Yukon Field Force, established in 1898. In 1970, Canada established a permanent military command in Yellowknife with a view to treating the North as a single theatre of operations. In 2006 Joint Task Force (North) was established as part of Canada Command.

Canada Command is responsible for CF routine and contingency operations in Canada, continental North America, and their maritime approaches.



Gen Natynczyk (front, far left) and CPO1 Robert Cléroux, CF Chief Warrant Officer (front, third from right), with members of 440 (T) Sqn in front of one of their CC-138 Twin Otter aircraft on Jan. 10. Photo: Jennifer Wright.

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CFS MET graduates new Weather Observer Briefer Technicians and a QL6B Course

MCpl Joanne Prost
CFS Met

December 9th, 2010 saw the graduation of 16 new Weather Observer Briefer Technicians.

The Met Tech Basic Occupation Qualification (BOQ) Course (Briefer-Observer) is taught at the Canadian Forces School of Meteorology (CFSMet) at 17 Wing Winnipeg. The aim of the BOQ course has been designed to teach entry level Meteorological Technicians the skills and knowledge required to take weather observations, disseminate observed data and brief current and forecast weather conditions. This meteorological information is supplied to Air Squadrons, and tactical and operational commanders in support of military operations. Both Canadian Forces and Environment Canada Forecasters use weather observations to produce forecasts and to provide the raw materials needed to create weather briefings in support of Canadian Forces operations. As well, data from these observations are fed into National and International Climate databases.

Once again we had a very interesting group consisting of a mix of new recruits

and seasoned veterans, who wisely decided to change career paths. The "experienced" folks couldn't believe how good life on an Air Force Wing actually is and adapted quite easily. Due to occupation transformation, the BOQ course also includes several QL3 Bridge-Training (BT) graduates (Met Tech Observers who require the Briefer Qualification).

This course is the first step in these new weather observer briefer's training that will eventually lead them to forecasting on future courses.

We were extremely privileged to have Col. J.P.Y Boilard, Wing Commander for 17 Wing as our Guest of Honour at the graduation. Col Boilard provided many words of wisdom to the graduates; drawing from his vast experiences of relying on various weather services. Col Boilard assisted us in presenting Cpl Stephane Van-Aelst (BOQ), who is off to the Joint Met Centre Gagetown and Cpl Donna McDonald (BT), who is currently stationed in CFB Trenton with the CFSMet "Certificate of Achievement", for obtaining the highest academic mark on the course.

All the students should be congratulated for their hard work. The BT's will no doubt

make great additions to their respective offices and the BOQ students all head to the Joint Met Centre Gagetown to begin their On-job-training.

Col Boilard also assisted us in presenting Pte Christian Couture (BOQ) and MCpl Stephane Mercier (BT) with the CFSMet "Certificate of Merit" in recognition of a high standard of performance and exceptional leadership throughout the course. Well Done!

Last but not least Col Boilard promoted Cpl Vicky Lefebvre, who is stationed at 1 RCHA Shilo to the rank of MCpl. Congratulations MCpl Lefebvre.

Also in house and with much anticipation, Meteorological Technician Course QL6B 1001 graduated on December 10th at CFSMet, with four smiling faces. For these students, what began at the beginning of September, although I'm sure to some it felt much longer finally came to fruition. Even a re-acquaintance with a Winnipeg winter and something called "wind chill", could not deter them as they reached quite a significant milestone in their military careers, that will undoubtedly lead to new roles and challenges.

The aim of the QL6B course is to train

personnel to provide advanced weather support to land, sea, and air operational commanders in the form of forecast and weather warnings. During the course the student is taught basic short range forecasting techniques, techniques to produce a marine forecast for a ship's captain and aviation forecasts for ship-borne helicopter crews. This is the final rank qualifying course in the Met Tech's career.

During the ceremonies, we had the distinct pleasure of having LCol J.R.L. Guillette Commandant of CFSAS as our Guest of Honour. LCol Guillette presented Sgt Glen Slauenwhite from CJIRU Trenton with the CFSMet "Certificate of Achievement," for obtaining the highest academic mark.

The graduates should be commended for their hard work, perseverance, dedication and superb performance in successfully completing this training.

As for the staff at CFS Met, contrary to popular belief, we are always busy with training. Currently a BOQ and a QL6B course are in house with graduations in the middle of April and end June 2011. Till next time "COGNITIO CAELI"



The QL6B 1001 Graduating class. Front Row L-R: WO Brent McDonald (CI), Maj Doug Lawrie (CMDT), LCol Luc Guillette (CFSAS Commandant), CWO Ray Fonger (SCWO), Mr Louis Richard (Standards Officer)

Back Row L-R: Mr Chad Thompson (Instr), Sgt Richard Randall, Sgt Glen Slauenwhite, Sgt Wayne Donner, MCpl Shaun Pulleyn, Ms Natalie Hasell (Instr), Mr Damian Braet (Instr) Missing: Mrs Jasmin Paola (TSU Chief), Ms Cathy White (Instr), Mr Hamish Murray (Instr)



The QL3 1002 BOQ 0004 Graduating Class. Front Row L-R: Sgt Denis Montemont (Course Director), WO Brent McDonald (Chief Instructor WO), CWO Ray Fonger (SCWO), Maj Doug Lawrie (CMDT CFSMET), Col Yvan Boilard (17 Wing Commander), Ms Martha Anderson (DMETOC), MWO Brad Dennis (STDS MWO)

Middle Row L-R: MCpl Joanne Prost (Instr), Pte Angela Fogarty, MCpl Jodey King, MCpl Vicky Lefebvre, MCpl Stephane Mercier, Pte Kristy Doyle, Cpl Catherine Downey, Cpl Donna McDonald, MCpl Guy Caron, Cpl Jean Guillaume Dion, Pte Christian Couture
Back Row L-R: Cpl Stephane Van-Aelst, MCpl Mike Candow (Instr), Pte Jonathan Werthner, Pte Rachel Goulet, Pte Alexander Hard, Pte Joshua Tortorici, Sgt Geoff Rusconi (Instr), Sgt Pat Fortin (Instr), MCpl Kristan Gosbee (Instr) Pte Francis Hurley



Cpl Donna McDonald received the Certificate of Achievement for BOQ 1002 Bridge Training Course in Recognition of the highest performance standard attained on course. Presented by Col Boilard (17 Wing Commander, left) and MWO Denis (STD MWO, right).



Sgt Glen Slauenwhite received the Certificate of Achievement awarded for QL6B 1001 for Highest Academic Mark of the course which was presented by LCol Luc Guillette (CFSAS Commandant, left) AND Mr. Louis Richard (CFSMET Standards Officer, right).



Pte Christian Couture received the Certificate of Achievement for BOQ 1002 Bridge Training Course in Recognition of a High Standard of Performance and Exceptional Leadership on Course. Presented by Col Boilard (17 Wing Commander, left) and Maj Lawrie (CMDT CFSMET, right).



Cpl Stephane Van-Aelst received the Certificate of Achievement on BOQ 0004 in recognition of the highest performance standard attained on course. Presented by Col Boilard (17 Wing Commander, left) and MWO Denis (STD MWO, right).



MCPL Stephane Mercier received the Certificate of Merit for BOQ 1002 Bridge Training Course in Recognition of a High Standard of Performance and Exceptional Leadership on Course. Presented by Col Boilard (17 Wing Commander, left) and Maj Lawrie (CMDT CFSMET, right)



MCpl Vicky Lefebvre is presented with the rank of MCpl by Col Boilard (17 Wing Commander, left) and CWO Fonger (SCWO, right) on 9 Dec 2010 at the BOQ 1002 graduation.

A ride on the mighty rescue machine

Shadowing 435 Squadron on training exercises



Aircraft technicians such as Pte Cedric Barabe (now Cpl) play a vital role in communicating with CC-130 Hercules pilots prior to and during search and rescue missions. File photo: Cpl Daren Kraus.

David Elias

1 Cdn Air Div HQ Public Affairs

Whether you're a professional athlete, a concert musician or a world-class search and rescue (SAR) crew, achieving excellence requires rigorous practice. Civilian Public Affairs Officer David Elias recently tagged along with a Canadian Air Force SAR squadron on one of their training exercises.

Shortly after landing a civilian job with the Air Force, I was encouraged to tag along on a training flight to see first hand how SAR crews do their jobs.

I was a bonafide desk jockey having spent most of my career with my feet planted on the ground and my butt planted in front of a computer. Naturally, I felt a mix of excitement and curiosity about this opportunity to get an insiders view of a Canadian Forces aircraft in action.

Prior to this day, the only aircraft I'd flown on were passenger airliners; to imagine one of those flying cigars trying to help anyone on the ground seemed farcical. But I'd soon fly aboard the mighty CC-130 Hercules which, thanks to its crew, is a saviour in the sky.

As part of my Air Force familiarization flight, I spent the day with 435 Transport and Rescue Squadron based at 17 Wing in Winnipeg, Man., one of about five SAR squadrons across Canada.

The squadron's pre-flight meeting was scheduled for 7:30 a.m., and I arrived at the hangar to find the crew huddled around a table discussing the day's details and going over weather reports.

A lot of planning went into this flight, and I wasn't sure why. My plan was simple: hop in the plane and zoom into the clouds. But, I've learned that in lifesaving, before you can help anyone else, your own safety comes first. And this starts with good preparation.

Planes can crash, even on summer days, because of winds from an unexpected cold front or the hazards of a thunderstorm. If pilots ignore the weather forecasts, they risk their own lives and the lives of others. Since the pilots with this squadron are in the business of saving lives, they take the

weather very seriously.

Canada's vast airspace is about fifteen million square kilometres in size. The crew is briefed on conditions in this airspace – from sea level all the way up to the 40,000 feet.

This seemed insane to me at the time, but as a military SAR crew on exercise, they could have been asked to immediately call off the day's exercise and respond to a real distress call anywhere in central Canada or the Arctic. Flying to a remote location on a moment's notice was a possibility, so we had to understand the big picture of Canada's weather that day.

After a feast of weather information, we learned of the day's rescue simulation: a Canadian Coast Guard ship near Thunder Bay, Ontario would pose as a distressed vessel with a punctured hull. The vessel was said to be bailing out water but was unable to keep up with what was coming on board.

The SAR crew planned to drop an emer-

gency pump to assist the ship's crew with bailing, then provide any other necessary assistance. No problem. We'd find them, toss some equipment out of the back of the aircraft, and be on our way. How hard could it be?

As we left the hangar to board the grey flying titan, I realized how different this was from typical civilian air travel: no baggage check, no boarding pass, no x-ray machines. A nice change. Looking at the chain link fence around 17 Wing, I was reminded that a typical civilian on the other side would not have this privilege.

I took a seat in the aircraft's cockpit. That's right, the cockpit. It's a big cockpit. Seven of us fit comfortably. Everyone was calm, focused and decidedly unexcited. I, on the other hand, was trying hard to look calm, but inside I was giddy.

The heavy drone of the Hercules' four turbo-prop engines combined with the smell of fuel, metal and canvas all blended to make things feel very "military". This aircraft was obviously built for practicality, yet it was surprisingly comfortable, with dull khaki greens and yellows adorning most surfaces. All of my boyhood dreams of being in a cockpit were becoming real: gauges, switches and dials everywhere. My fingers twitched with the urge to touch them all.

As we began to taxi, I remembered telling my wife I'd be home in time for dinner. My mind drifted to the military personnel who have departed in aircraft like this one, with no idea of when they'd share another meal with loved ones. I suddenly felt grateful for all the comforts of my life.

The commanding officer seated to my right passed me a headset, the kind pilots wear that have a microphone.

Cool.

The Hercules is a loud beast, so the headset helps block the noise.

I was then plugged into a jack that allowed me to hear the radio chatter. Suddenly the scale, sophistication and professionalism of the Air Force became real.

Swift, squelchy bursts of words, calls and answers shot in every direction; seemed like twenty people were on the line, relaying information to one another. Everything in an orderly sequence. Each voice was relaxed and practised, and details moved like rapid fire.

For every person inside the aircraft, many others were working outside. Prior to our departure some were loading supplies and performing maintenance. Now, others were guiding the plane down the runway and safely into the air. Communication between the crew members over the headsets was how the whole affair was orchestrated.

To put things into further perspective, we were just one of several aircraft on the move that day, at one wing, in one part of the country.

The Hercules pulled forward, then accelerated, the ground fell away and the crew was silent for a moment. The open sky pulled us off the runway and we hurtled into the great beyond.

It occurred to me, this search and rescue exercise had barely begun.

All the morning's briefings, the pre-flight checks, the amazing launch of this nimble monster were all for one purpose: to improve the skills needed to locate distressed people, then save them.

The journey to Thunder Bay was quick. Seemed like we barely reached cruising altitude and already Lake Superior was on the horizon. A trip that normally takes 8 hours by car took one fifth as long by air. I'd trekked over this part of the country many times for various reasons, but none of those trips seemed as purposeful as today's.

As we approached our destination, the flight's commanding officer pulled out a map to show the distressed ship's expected location. Within minutes, a small red dot appeared on the water, exactly where predicted.

The pilot began a slight descent.

(continued pg. 7)



SAR Tech MCpl Julien Gauthier and Capt Annie Maheux, a navigator from 413 T&R Sqn, 14 Wing Greenwood, N.S., launch streamers from the back of a CC-130 Hercules during a SAR exercise in 2008. File photo: Cpl Kevin Sauvé.

The guts and the glory of CF search and rescue

As we approached the “sinking” target in our simulated search and rescue (SAR) exercise, I was invited into the plane’s belly to watch how supplies are readied and dropped. This is the Herc’s cargo area, and it seemed large enough to hold a bus.

The loadmaster instructed me to buckle into a seat near the plane’s rear. I immediately did as told, and thank goodness, because the plane’s mighty cargo ramp began to open in mid-air.

Soon we were looking directly out of the back of the aircraft, and it was breathtaking. This big ramp allows machines like forklifts, jeeps and armoured vehicles to load onto the aircraft when it is on the ground. But while in the air, it doubles as a staging and delivery platform for supplies (and people, like the intrepid search and rescue technicians (SAR Techs)) who jump out the back when needed.

Flanking the rear cargo bay, on either side, are huge windows which can be installed or covered up mid-flight. These provide SAR spotters a generous view of the search area outside, more practical – and safer – than looking out the rear of the plane.

Perched beside one of these windows was a SAR Tech, recognizable by his bright orange jumpsuit. His eyes were fixated on the approaching red ship, which was the target for our SAR exercise.

At the edge of the open ramp, looking below, was another SAR Tech, tethered to the plane by straps whistling in the wind. He waited for his cue to drop a metallic cylinder. The concentration on these men’s faces was palpable.

On cue, the cylinder was chucked, and after a long fall, it landed in the water close to the ship. Smoke began slowly pluming out.

These smoke plumes help determine water drift and wind speed. Wind at ground level can be completely different than the wind at the aircraft’s flying altitude.

Once the air current and drift were calculated, the pilot circled around a second time to allow the SAR Tech to more accurately drop supplies. In this case, a portable, gas-powered water pump, packed inside a yellow barrel.

When the plane tilted to make its turn, my intestines quivered.

In search and rescue, crews focus on a Canadian Forces motto, “what matters most is the overall effect.” So when the Hercules makes a turn, the comfort of everyone inside is secondary to the mission of saving lives below. At that moment my comfort felt very secondary.

Quick question: how does a plane traveling 140 knots at 300 feet maximize the odds of dropping a pump down to a ship floating on the water?

Answer: A small parachute connected to a 600 foot (180 metre) rope is first released; it is attached to the pump. This rope unravels and lands across the front of the boat, or in the boat’s path so it can be hooked and pulled in.

We approached the boat again.

On cue, the rope was released and spooled out through the air like Spiderman’s web. The pump soon followed.

To my amazement, the rope and the pump splashed down remarkably close to the ship. A good shot from the SAR Tech who dropped it, but he wasn’t the only star here. The best will miss his mark if the plane is off course or if the signal is too early. That’s why the pilot and all the other crew involved in navigating, facilitating and signalling this drop work in coordination.

This was the first of several drops we practiced above the ship that morning. The exercises evolved into various scenarios where different supplies were needed. The ensuing drops were executed with amazing precision.

This was an example of practice making perfect. When lives are at stake, perfection is crucial.

The water scenarios wrapped up and it was time for the SAR Techs to practice their jumps from the aircraft. The pilot set a course for Thunder Bay airfield.

By this point, the performance of the Hercules and its crew had been nothing short of impressive. But after circling hard at low altitudes for half an hour, the wide-screen view out the back of the plane, while cool, was turning my stomach.

I play competitive men’s soccer, so I’m no stranger to the gym and I thought I was in above average shape. But I was in no physical condition to tolerate the manoeuvres executed by this 70-tonne aircraft.

While fumbling oh-so-casually with the air sickness bag,



A SAR Tech and a civilian spotter work together to search for a downed aircraft by looking out of the bubble window inside a CC-130 Hercules. File photo: WO Serge Peters.

I looked at the faces of the other crew members. They were unperturbed; if anything, they were intently focused on the task at hand. The SAR Techs were geared up and approaching the ramp’s edge for their jump.

Once again, my estimation of the training required by these professionals was off by a mile. I thought I could shadow this crew without a hitch, but my naivety was now slapping me in the face.

Luckily, this plane was large and there was room to find some privacy. That’s exactly what I needed as the deep breathing and massaging of the temples was failing to quell the upheaval in my digestive tract.

The SAR Techs gave me a sympathetic glance as I headed for a discrete corner to empty my guts.

When I emerged, they’d already jumped.

To my relief, the Herc soon landed at Thunder Bay airport for lunch. After replenishing some much-needed nutrients, I had the chance to speak with the SAR Techs as they re-folded their chutes inside a nearby airport hangar.

These were stellar chaps. I would later learn that most CF SAR Techs have a similar demeanour: gracious, straight-shooting and benevolent. Heroic men with heroic attitudes.

Like all SAR Techs, these guys are trained paramedics whose brute strength, agility, speed and endurance must regularly meet the military’s most rigorous physical requirements.

They are versed in all-weather survival techniques and Arctic rescue. High mountain survival is also in their repertoire, as well as marine and overturned vessel rescue.

Jumping out of a plane is something some Canadians might consider fun. But how about doing it in freezing cold at 4 a.m. while strapped to an extra 200 pounds (90 pounds metric) of gear? For SAR Techs, that’s where the job begins.

The jump is the easy part. They then need to avoid being skewered by a tree upon landing, then ramble through the wilderness and its ravenous insects to locate people in distress, then deal with any medical and survival requirements survivors may have before helping them evacuate the scene.

Roughly 140 of these SAR Techs are stationed across Canada and are trained, tested and rehearsed regularly so that when lives are at stake, their skills are sharp.

STEVEN FLETCHER
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Apparently, the odds of being injured on the job are 100 per cent at some point. Some SAR Techs have lost their lives, or been critically injured, in line of duty; however, improved and evolving procedures have helped keep more of these highly trained Air Force personnel in action. They are some of the most highly-decorated members of the Canadian Forces, earning the Star of Courage and the Medal of Bravery, sometimes more than once.

On the flight back to Winnipeg I was given a tour of the SAR equipment, stored in bunyans – huge metal crates named after Paul Bunyan because of their size.

SAR Techs don’t take all of this on every jump, only what they expect will be required at a given rescue site.

They also might jump with what they are able to carry, then have the aircraft’s loadmaster drop any extras.

It is humbling to know that crews like this are on call every day of the year around the clock to save anyone who might be lost or distressed somewhere in Canada’s bastions of rugged elements.

Considering all of the hours and resources spent on training the crews that maintain and operate SAR aircraft – much less the SAR Techs and all of their ingenious gear – most Canadians will never realize how fortunate they are to be served by these men and women in uniform.

I thought about this as I tore into a burger that evening at the dinner table.

The term “Canadian Forces” may conjure all sorts of ideas and opinions, but I’ve expanded my understanding of this use of the word “Force” to encompass the power, strength and determination demonstrated by Canada’s search and rescue crews.

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Definitely not a dry cold! SERE cold water training



SERE instructors, Sgt McEachern and Mr Greg Anderson experiencing the effects of cold water immersion. Photo: supplied

Sgt McEachern
SERE Instructor

Credibility, Realism, Relevance. These are some of the values that the instructors with the Survival, Evasion, Resistance and Escape (SERE) Flight at the Canadian Forces School of Survival and Aero medical Training upheld when they took the plunge into the icy waters of Springer Lake on 14 December 2010.

Two months prior, the school reached out to Dr. Gordon Geisbrecht of the University of Manitoba, better known as "professor Popsicle", to enable the instructors of the SERE Flight to better understand and treat a victim who has been submerged in near freezing water, a likely scenario during a Basic or Advanced SERE Course. This training was conducted over two days at the Springer Lake Training Facility.

Day one was theory instruction by

Dr. Geisbrecht as to the findings of his research on bodies submerged into near freezing water over the last two decades and the subsequent physical and psychological effects on the body. This included real world, scientifically proven treatments and how to transport and re-warm a patient to safety.

Day two was the practical application of cold water immersion on the body with environmental clothing and equipment being worn. Instructors plunged into the lake wearing Canadian Forces issued clothing with skis, snowshoes, and backpacks. They first experienced the shock of the cold water and gradually regained their breathing and muscle functions during the five minute immersion in the 0.8 degree Celsius water of the lake. After five minutes of immersion, the instructors exited the water, most under their own power, while others were,

for training purposes, "rescued" in order to demonstrate the various techniques available.

For the members who made their own way out, their ordeal was not over... As SERE Instructors, we are expected to understand and instruct candidates to persevere in the worst of circumstances; the instructors had to light a fire, dry their clothes, and re-warm themselves with no assistance in the minus 25 degree weather.

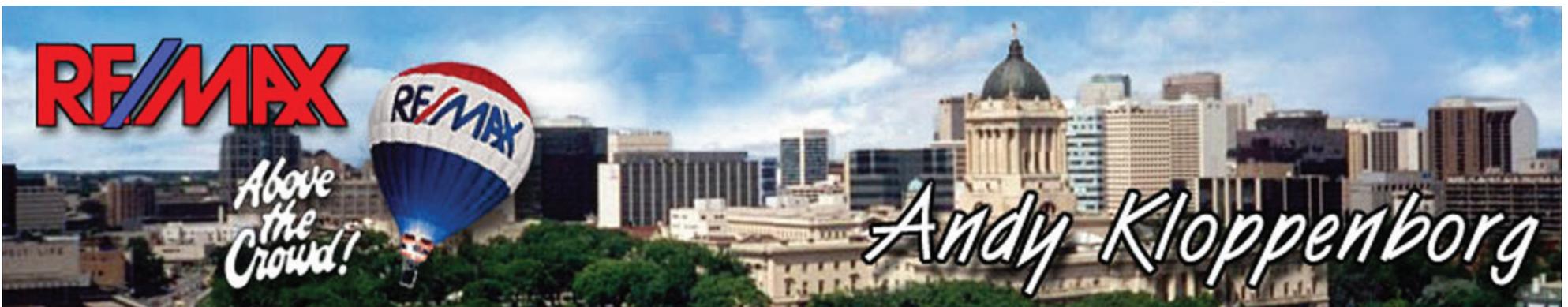
The mock casualties were rescued from the water, prepared for transport and swiftly moved into the warm quarters. This enabled the Instructors to not only work with the immediate response equipment that is carried by resident Search and Rescue Technicians, but also with a students' issued individual equipment, to cover the case when an instructor happens to be

alone with a student.

Conducting the practical phase of this training allowed the Instructors to better understand that in the short term, the effects of cold water immersion on the body are as much psychological as physical, mimicking the stressors that are put on soldiers and aircrews' minds during an evasion situation. Once the day of training was completed, Dr Geisbrecht and the members of the flight held an in-depth After Action Review gleaned all the available information from the training event. Bringing together the individual experiences and the observations of the group as a whole, very good lessons were learned. These lessons will prompt changes to equipment carried by Instructors during all seasons, as well as enable Instructors to better respond to these types of injuries in the future.



SERE instructor, Mr Greg Anderson, entering the water with snowshoes at Springer Lake during cold water immersion training. Photo: supplied



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1st Annual Christmas House Decorating Contest



Maj Jose
WCE HQ

The Christmas House Decorating Contest was the first event for the residents of the RHUs (PMQs) held by the Community Council. At stake was a \$50 Visa gift card and the winner and receiver of this prize went to MCpl Teron of TEME Sqn.

Although small, MCpl Teron's use of lights and the placement within the trees of his yard created a serene and quaint display which won over the judge. The Community

Council wishes to thank all the families who entered, as well as those who did not, but decorated their houses for Christmas. This made the RHU area a little more pleasant for everyone and brought out the community spirit. Well done to all.

The next event to be held by the community council will be the RHU Beautification Contest this summer. Those residents who enter will be judged on their artistic skill with flowers, planters, lawn ornaments and other outdoor fixtures.

Red Friday at Queenston School



On Friday, January 21, members of 17 Wing Winnipeg, along with representatives from the MFRC attended the Red Friday assembly at Queenston School.

In the past year and a half at the school, students and staff participated in two Remembrance Day Services, a Red Friday of unbelievable energy and emotion, a trip to Brookside Cemetery, and a video conference with MCpl Tabatha Morris, Op Athena, Kandahar, Afghanistan, where we invited her whole family to attend as well.

Our title for the assembly was Forces and Friendships, our theme is Families Separated and our message is Be Safe, Return Home. As part of the assembly, students handed packages to the military members in attendance that symbolized a project that the students are working on that will be sent to deployed members. A student hands a package to WO Brian Smart as MCpl Brian Muise, MWO Sue Maranada, and Capt James Kim look on. Photo: Andrea Estensen

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Winnipeg takes home Silver at the 2011 Prairie Region Basketball Tournament

Shane Gibson

Voxair Photojournalist

The 2011 Prairie Region Basketball Championships, held at 17 Wing Winnipeg, wrapped up in dramatic fashion over the weekend, with the Cold Lake squad edging out the host Winnipeg team by just four points in the tournament's gold medal game.

Sports Coordinator, Chris Merrithew says he was very impressed with the quality of play he saw throughout the weekend.

"It went really well and everyone really enjoyed themselves," he said of the tournament. "All the teams were very evenly matched — there was lots of parity between the teams, so really anyone could have beat anyone."

The championships were held at the Bldg 90 Gymnasium from 21-23 Jan 2011, and saw teams from Winnipeg, Edmonton, Shilo, Moose Jaw and Cold Lake compete to decide who would move on to represent the Prairie Region at the Canadian Forces National Basketball Championships.

After narrowly losing their two games on the first day of the tournament, the Winnipeg squad bounced back through their two round-robin match-ups to squeak into Sunday's semi-final games in fourth place. In semi-final action Winnipeg upset the undefeated Edmonton team in overtime by a final score of 74-71 to secure their spot in the finals.

Cold Lake made it into the big game after getting through robin-robin play in second place and bettering Moose Jaw 72-53 in their semi-final game.

In Sunday afternoon's gold medal game, Winnipeg dom-



Brad Arsenault (l) blasts past the Moose Jaw player (r) in the opening game of the 2011 Prairie Region Basketball Championships. Photo: Shane Gibson



Jen Arsenault gets some air on a jump shot against Moose Jaw. Photo: Shane Gibson

inated early on and ended the first 20 minutes of play up 12 points over Cold Lake. Winnipeg's lead was reduced to just three points by the end of the third quarter, and Merrithew says that although both teams battled hard through the final frame, Cold Lake ended up taking the championships by a final of 65-61.

"The last few minutes it was back and forth and you didn't know who was going to win it," says Merrithew. "The Wing Commander and the Wing Chief were there, and the gym was packed — it was a really exciting final."

Following the final game both teams were awarded their medals during the tournament's closing ceremonies, and the Cold Lake team will now move on to the CF National Basketball Championships held in Borden, ON 2-8 April 2011.

Canadian Forces, SISIP Financial Services (FS) and Veterans Affairs Canada (VAC): Meeting the Needs of Medically Releasing CF Personnel

When CF members suffer a career ending injury or illness, the transition can be stressful as they deal with their medical situation and learn to adapt to life as a civilian. The CF provides comprehensive health care, rehabilitation and support from the moment an injury occurs or an illness is identified. When a decision is made that a CF member can no longer serve in the CF and must be medically released, the CF, SISIP FS and VAC focus their efforts on providing the support required to successfully transition the individual to civilian life.

To illustrate the process, here is a fictitious case.

Kevin was an infantryman for 10 years when he suffered a serious leg injury. After three months of medical treatment, he was assigned a CF Nurse Case Manager, posted to the Joint Personnel Support Unit and assigned to an Integrated Personnel Support Centre. After a further year of treatment and rehabilitation, Kevin was awarded a permanent medical category and applied for a Disability Award through VAC. As Kevin no longer meets Universality of Service requirements, he will be medically released. These are some of the supports he can expect:

Nine months before release:

- The CF Nurse, the VAC Case Manager and the IPSC team collaborate to develop a

transition/discharge plan to satisfy Kevin's medical/psychosocial and other support requirements after release.

- Kevin applies for SISIP FS Long Term Disability (LTD) and is assigned a SISIP FS Case Manager and Vocational Counsellor who develop a vocational training plan with him.

- Kevin receives approval from his CO to participate in the CF Vocational Rehabilitation Program for Serving Members, which allows him to be absent from duties for six months before release.

Six months before release:

- Kevin starts full-time vocational training paid for by SISIP FS.

- Kevin and his spouse attend a VAC Transition Interview where VAC support and benefits are explained.

- Kevin applies for a provincial health care card and for post-release coverage under the Public Service Health Care Plan (PSHCP).

- If Kevin's case becomes complex, SISIP FS and VAC Case Managers will review his vocational plan and medical condition to ensure support is coordinated.

Release and 12 to 18 months after:

- VAC medical/psychosocial rehabilitation and SISIP LTD income replacement payments begin. Vocational rehabilitation under SISIP FS continues. SISIP FS re-

views Kevin's medical condition at 12 and 18 months.

24 months post-release:

- Kevin completes his training and SISIP FS provides him with résumé preparation and employment search assistance.

- SISIP FS determines that Kevin has the training and experience to return to work. SISIP FS support ceases. (If Kevin's condition prevented him from returning to work, SISIP FS would determine if he is "totally disabled" and SISIP LTD income replacement support would continue until his condition improved or age 65.)

- VAC continues to provide medical/psychosocial rehabilitation support.

24 months + post-release:

- If Kevin initially has difficulty finding

work due to his medical condition, VAC can provide further Earnings Loss support and job finding assistance.

- Once Kevin is employed, VAC Earnings Loss support ceases. If needed, medical/psychosocial support will continue.

- When Kevin is successfully re-established in civilian life, his VAC Rehabilitation Plan will be closed. If his circumstances change in the future, he can re-apply to VAC for support.

This is a straightforward case scenario and not everyone will share the same experience as Kevin.

For more information, please visit: www.sisip.com and www.vac-acc.gc.ca

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"Management is doing things right; leadership is doing the right things."

Peter F. Drucker, aka "The Father of Modern Management"

Over the next few months, the Learning and Career Centre (LCC) is offering several opportunities for supervisors, managers and employees to develop and build upon leadership skills. These courses, workshops and seminars will give managers, supervisors and employees some of the tools and knowledge to expand upon their skills as current and potential leaders.

The LCC offers the Leadership for Supervisors series of courses to give supervisors and managers the tools to become great leaders by learning to communicate effectively, work as a team, and discover their own style of leading. This series consists of three two-day courses: Understanding My Leadership Style, Communication for Leadership, and Building Excellence in Teams.

Using the Myers Briggs Type Indicator (MBTI), Understanding My Leadership Style gives participants the opportunity to

explore how their own personality impacts communication, decision making and approaches to conflict. Participants also learn about different leadership models and other ways to approach leading. The next session is scheduled for February 24-25 2011.

Communication for Leadership explores ways to communicate in groups, giving participants the opportunity to develop presentation skills and use hands-on methods to become more authentic and effective communicators. The next session is scheduled for March 24-25, 2011.

Building Excellence in Teams helps participants develop strategies for creating a flexible, creative and professional environment conducive to team excellence and effectiveness. The next session will like be offered early in the next fiscal year.

Managing Civilian Human Resources is geared toward new supervisors and managers of civilian employees. Course objectives are centered around gaining an understanding of the range of HR disciplines, providing a clear understanding of responsibilities with respect to the supervision of civilians in DND, and creating an awareness of the roles and responsibilities of HR Officers and other resources available to management.

According to CANFORGEN 030/10, the

course Managing Civilian Human Resources is mandatory for all new military and civilian supervisors and managers of civilian employees. The next session is scheduled for February 7-9, 2011. This course is also offered online through the Defence Learning Network, accessible through the LCC website.

The LCC is pleased to present Coaching Practices for Managers on February 16, 2011. This workshop was designed by the National Managers Community Council specifically for leaders in the Federal Public Service to create the foundation for coaching practices within the workplace. This hands-on workshop and networking opportunity is open to managers, supervisors, team leaders and aspiring leaders from DND as well as other federal departments. Seating is limited for this session so please register prior to the February 1st deadline.

Mentoring programs can also be used to expand leadership skills. In fact, DND offers a formal mentorship program to facilitate the process of matching mentors and mentees. For more information, go to: <http://hr.ottawa-hull.mil.ca/DNDMentoring-MentoratMDN>

The Defence Leadership Curriculum (DLC) supports leadership excellence

among employees at all levels. Whether you are at the beginning of your career, a supervisor, a manager, or at the executive level, the DLC identifies the tools required to meet the leadership challenges in the DND/CF environment. The DLC provides a specific list of courses, programs and other learning activities for all employees at all levels to help them achieve their leadership goals. The direct link to the DLC is: http://hr.ottawa-hull.mil.ca/hrciv/dglpd/dodlri/leadership/en/home_e.asp

Of course, courses can give individuals the tools to become well-informed leaders, but training is not enough. Once managers, supervisors and employees are given the foundation of knowledge to do the right things, how they choose to utilize and build upon that knowledge is ultimately up to them.

All the above courses and workshops are open to military and civilian personnel, with some courses specifically geared towards supervisors, managers and team leaders. To register or get more information please contact the Learning and Career Centre at local 4636, e-mail LCCshare@forces.gc.ca or visit our website at <http://hr.ottawa-hull.mil.ca/lcc-cac/>

Tickets Available/Billets Disponibles – Winnipeg Mardi Gras – 11 and 12 Feb 11

17 Wing Community Recreation is pleased to announce that they have obtained a limited number of tickets for the always exciting and entertaining annual WINNIPEG MARDI GRAS to be held 11 and 12

Feb 11 at the Winnipeg Convention Centre.

Tickets will cost \$10.00 each (Retail at \$16.00) and tickets can be purchased for either 11 Feb or 12 Feb as indicated on the ticket. This is an adults only function.

The tickets are available to the Winnipeg and Southport Military Community, including family members, civilian employees, and community recreation members.

Individuals must pay for and pick up their own tickets from Building 90 Fitness and Recreation Centre.

Tickets will be available for sale, on a first come first served basis, starting at 0600 hrs, Monday, 17 Jan 11.

For Further details, please contact the front desk local 5139 or Tina Bailey local 2059.

More information on the Winnipeg MARDI GRAS can be found at: www.winnipegmardigras.com

BILLETS DISPONIBLES – MARDI GRAS DE WINNIPEG – Les 11 et 12 février 2011

Le service des loisirs communautaires de la 17^e Escadre a le plaisir d'annoncer qu'il a obtenu un nombre limité de billets pour le MARDI GRAS DE WINNIPEG. Cette événement, toujours stimulant et divertissant, aura lieu cette année les 11 et 12 février

2011 au Centre des congrès de Winnipeg.

Les billets, au coût de 10 \$ l'unité (prix de détail : 16 \$), sont valables pour le 11 ou le 12 février, selon la date indiquée sur le billet. Cette activité s'adresse exclusivement aux adultes.

Les billets sont offerts à la communauté militaire de Winnipeg et de Southport, y compris aux membres de la famille, aux employés civils et aux membres du service des loisirs communautaires.

Les personnes intéressées doivent payer et aller chercher leurs billets au Centre de conditionnement physique et de loisirs (bâtiment 90).

Les billets seront mis en vente selon le principe du « premier arrivé premier servi », à compter de 6 h le lundi 17 janvier 2011.

Pour plus d'information à ce sujet, adressez-vous à la réception, poste 5139, ou encore à Tina Bailey au poste 2059.

Pour en savoir davantage sur le MARDI GRAS de Winnipeg, consultez le site www.winnipegmardigras.com.

Groupe

adga
Group

TELECOMMUNICATIONS TECHNICIANS

ADGA is anticipating a large personnel requirement to provide Telecommunications Technician Services to the Canadian Forces Bases across the country. We are in the process of identifying qualified technicians, who are interested in working at various CF bases on a full-time employment basis.

We are seeking highly motivated personnel with previous experience or suitable qualifications in the following areas:

- Telecommunication Cable Plant Designers.
- Lineman Technicians.
- Telecommunication System Specialists.
- Communication System Specialists.
- Telecommunication Technicians.
- Private Branch Exchange (PBX) Technologists.

Personnel must be in possession or have the ability to obtain an Enhanced Reliability clearance.

Interested parties please forward your resume to careers@adga.ca and quote reference #MTT-CM-122.

ADGA is an important player in the Canadian Defence community and is one of the largest suppliers of professional services to DND. We provide consulting services in Engineering, IM/IT, Telecommunications Infrastructure and a broad range of Technical Support Services to many Army, Air Force and Navy programs. We are headquartered in Ottawa with offices in Toronto, Montreal, Halifax, Calgary, and a European Headquarters in Brussels.

Advertisers Wanted

The Voxair currently has spaces open for small business advertising. Call 833-2500 ext. 4120 today to find out how to reach a large military audience in Winnipeg

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HEALTH AND PHYSICAL FITNESS FOR LIFE / SANTÉ ET CONDITION PHYSIQUE POUR LA VIE

Reach your goals in 2011

The beginning of a New Year brings with it an opportunity to reflect upon the past and to plan for the future. The creation of a New Year's resolution is an annual tradition; however, success rates for accomplishing personal goals vary between individuals. Here are some strategies that you can utilize to increase the likelihood that you will be successful in achieving your goals.

Clearly define your goals. Outline exactly what it is that you want to achieve. Ideally, a goal should be sufficiently detailed and should include:

- An objective (what you want to achieve),
- A method (how you will achieve it)
- A timeline (when it will be achieved).

For example: Beginning January 25th, I will work towards increasing my physical fitness by going to the gym four times a week, every week, for forty minutes

Create realistic goals. An appropriate goal is ambitious, but is not unrealistic. If you have a large goal, break it into smaller attainable steps.

Create meaningful goals. Goals that have personal significance are inspiring and intrinsically motivating. When you believe in the value of your goal, you are more likely to achieve it and will work harder to overcome obstacles to success.

Create measurable goals. It is important to incorporate measurable components which can act as benchmarks for tracking progress. It is also important to ensure that your plan is grounded within a realistic timeframe that includes start and end dates for achieving your target.

Incorporate your goals into your schedule. Goals are more likely to be successfully achieved if the strategies that you employ become part of your daily routine.

Get support. Evidence suggests that having peer support greatly increases the likelihood that you will successfully achieve your goal. Seek out friends or family members who can act as a source of encouragement and who will support you through out the process.

Remember: changing behaviour is a process. When working towards achieving a goal, you can anticipate times when you will need to overcome certain obstacles and when you may experience a lack of motivation. When these situations arise, talk about your and remind yourself why it is important for you to achieve your goal. Keep working towards achieving your goal!

The following Health Promotion programs may help you to achieve your New Year's resolutions:

Butt Out: Receive peer support through-out the process of quitting smoking. Learn about smoking cessation aids, coping strategies and about minimizing weight gain.

Next Butt Out course begins 3 February (in preparation for March 1st I Quit!)

Managing Angry Moments: Use self-assessment tools to determine your anger management style, develop conflict resolution and problem-solving skills as well as effective coping strategies.

Next Managing Angry Moments course begins 11 February.

Weight Wellness Lifestyle Program: work to attain or maintain a healthy weight and lifestyle. Learn the principles of physical activity and healthy eating.

Next Weight Wellness course begins 25 January.
To register for these programs please contact Penny:
Local 4150
Penny.wawrzyniak@forces.gc.ca

No School? No Problem No-School Day Camp

Bring your children (Kindergarten to Grade 6) for a fun filled day of gym activities, swimming, movies and more!

Upcoming dates:
Friday, February 4th - Take Flight
Friday, February 25th - Behind the Magic
Friday, March 4th - Multi-Sport
Friday, March 18th - Mad Science

Spring Break Camp
March 28 - April 1
Please note enrolment may only be done for the entire week of spring break.
Pizza Lunch for Spring break is only available on Friday April 1.

Drop-Off / Pick-Up Times: 0715-0900 and 1600-1730

Location: Bldg 90 Fitness and Recreation Centre

Cost: \$18 Members / \$21 Non-Members

PIZZA LUNCH AVAILABLE FOR \$5

To register call Community Recreation Coordinator at
(204)833-2500 ext 2057 or ext 5139
deanne.bennett@forces.gc.ca

National Defence / Défense nationale

Managing Angry Moments

11 & 23 February 0800-1600 Hrs
Bldg 135, room 132
To register call: 4150 or visit
www.pspwinnipeg.ca

Gérer les moments de colère

Février 11 & 23, 0800-1600h
Bâtiment 135, chambre 132
Pour s'inscrire, composez le 4150 ou
visitez www.pspwinnipeg.ca

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes

March 1st / Le 1^{er} mars

I QUIT! / J'ARRÊTE!

Take the challenge! / Relevez le défi!

Register online at (DIN) <http://hr.ottawa-hull.mil.ca/health-sante/iquit-jarrete/>
Inscrivez-vous en ligne à (RID) <http://hr.ottawa-hull.mil.ca/health-sante/iquit-jarrete/>

\$18 000* in prizes / en prix

1 \$3 000*	1 \$1 250*	1 \$750*
27 \$200*	27 \$100*	27 \$75*

Prizes are provided by CANEX and SISIP Financial Services / Les prix sont offerts par CANEX et les Services financiers du RARM

For more information contact: Health Promotion (204) 833 2500 local 4150 www.pspwinnipeg.ca

Canada National Defence / Défense nationale

WEIGHT wellness / POIDS- santé

Programme Style de vie

FOR ADDITIONAL INFORMATION AND TO REGISTER CONTACT: HEALTH PROMOTION LOCAL 4150/4995/4160

Pour s'inscrire ou pour de plus amples informations, communiquez avec le bureau de promotion de la santé: Poste 4150/ 4995/ 4160

DATE: (Tuesday) 25 January – 29 March 2011

TIME & LOCATION: 1200 – 1300 hours Bldg. #33, multi-purpose room

Deadline for registration: 20 January 2011

début: (mardi) 25 janvier – 29 mars 2011

HEURE 12 h - 13 h
bâtiment #33

DATE LIMITE POUR LES INSCRIPTIONS: le 20 janvier 2011

National Defence / Défense nationale

TAKE A STEP TOWARDS AN ADDICTION FREE LIFESTYLE, BUTT OUT TODAY!

POSEZ UN GESTE POUR UN MODE DE VIE SANS DÉPENDANCE : ÉCRASEZ-LA DÈS AUJOURD'HUI !

BUTT OUT / ÉCRASEZ-LA

CANADIAN FORCES / PROGRAMME DE RENFORCEMENT AU TABAC DES FORCES CANADIENNES

3 Feb (information & medication) / fév. 3 (l'information & médicaments)
Thurs: 17 Feb to 10 Mar / les jeudis 17,24 fév. & 3, 10 mars
1130 to 1330 hours / 1130h–1330h
Building 62, Rm 313 / bâtiment 62, chambre 313

To register contact 4150 or visit www.pspwinnipeg.ca

Canada



www.mfrc.mb.ca

204.833.2500 ext. 4500



MFRC travel raffle

The MFRC is holding a raffle for three prizes. The draw will take place at the Yellow Ribbon Gala on February 19.

The first draw is for a trip for four to Edmonton with VIA Rail and included a three-night stay at the Delta Edmonton South. The prize is valued at approximately \$2,500

The second draw is a weekend getaway to Grand Forks, ND, which includes a two night stay at CanadInn-Grand Forks including four waterpark passes, a Gateway Cenex Gas gift card, a gift card for Blue Moose Bar and Grill, and gift cards for Target, Kohl's, and Columbia Shopping Centre. The prize is valued at approximately \$650.

The third draw is for a weekend getaway to Fargo, ND, which includes a hotel stay, gift cards and two passes to the zoo. The prize is valued at approximately \$220.

The travel raffle tickets are on sale now and are available at the MFRC. The draw will be made during the Gala. Tickets for the travel raffle are three for \$10.

Medical clinic accepting new patients

The Northern Connection Medical Centre is affiliated with the University of Manitoba Faculty of Medicine. It is staffed by family physicians, family medicine residents and medical students. A full range of primary care services including obstetrics and pediatrics are available.

The clinic is currently accepting military families as new patients. To become a patient, you need to identify yourself as a military family when calling. The clinic is located at 425 Elgin Avenue, downtown Winnipeg. For more information, call the clinic at 940-8777, or the MFRC at 833-2500 extension 4500. This is for informational purposes only. This does not constitute a recommendation by the MFRC.

COMING ACTIVITIES AT THE WINNIPEG MFRC

ADULT PROGRAMS

- COFFEE AND CONVERSATION VOLUNTEER

DROP-IN
Tuesdays at 2 p.m.

- A PARENT GROUP
Second and fourth Wednesday of each month, 10 a.m. to 12 p.m.

- DEPLOYMENT MOVIES
Saturday, February 5, 1:30 p.m.
Register by February 2

- A PARENT COMMUNITY
Fridays 10 a.m. to 12 p.m.

- FRANCOPHONE LADIES' GROUP
Friday, February 11, 6 p.m.

- PEER DEPLOYMENT SUPPORT
Tuesday, February 22 7:30 p.m.
Register by February 17

- ENGLISH CONVERSATION FOR BEGINNERS
Thursday, February 17
6 to 7:30 p.m.

- NEWCOMER NETWORK TRAINING ORIENTATION
Thursday, February 10, 7 p.m.

Register by Monday, February 7

- MUNCH AROUND MANITOBA- HU'S ASIAN BISTRO
Wednesday, February 16
Register by Friday, February 11

CHILDREN'S PROGRAMS

- SATURDAY CASUAL CARE
MFRC, 102 COMET STREET
Saturday, February 26 9 a.m. to 12 p.m.
Must book at least 24 hours in advance.
Call 833-2500 ext 2491.

- ABC PROGRAM COME PLAY WITH US
Program starts Wednesday, February 2 and runs for 10 weeks.
10 to 11 a.m.
This program is delivered in French

For more information about these programs, please call the MFRC at 833-2500 extension 4500 or check out the latest edition of the Community Connections newsletter, available online at www.mfrc.mb.ca or check our Facebook page (Winnipeg Military Family Resource Centre).

Yellow Ribbon Gala Gala des rubans jaunes

February 19, 2011 ~ Le 19 février 2011

Guest speaker:
Senator Mike Duffy

Conférencier invité
Sénateur Mike Duffy

Entertainment by:
The Air Command Band

Musique de la
Musique du
Commandement aérien

Cocktails 6 p.m. ~ Dinner 7 p.m. Cocktail à 18 h ~ Dîner à 19 h

Delta Winnipeg
350 St. Mary Avenue

Delta Winnipeg
350, avenue St. Mary

\$100 per person
\$900 for a table of 10.

100 \$ par personne
900 \$ pour une table de 10

Il émis un reçu de don pour une partie du prix d'achat
Une reçu pour les dons de bienfaisance sera remis pour une partie du prix d'achat

Dress: formal attire, business suit or mess kit optional
Tenue: tenue de ville, complet ou tenue de mess optional

Celebrating 20 years of serving military families.
Célébrant 20 ans au service des familles de militaires.

For more information or to purchase tickets, contact 833-2500 extension 4500 or visit www.yellowribongala.ca.
Tickets on sale until February 4, 2011.

Pour de plus amples informations ou pour acheter un billet composez le 833-2500 poste 4500 ou visitez www.yellowribongala.ca.
Les billets seront en vente jusqu'au 4 février 2011.

Military Family Services Program Participant Survey

Tell us what you think...

Tell us about your experiences. Provide your feedback to the Director Military Family Services and your local Canadian/Military Family Resource Centre.

Contact your local Canadian/Military Family Resource Centre to obtain your copy of the survey.

YOUR PARTICIPATION IS VOLUNTARY, VALUED AND CONFIDENTIAL!

Surveys are available at the MFRC until March 14, 2011

Your feedback is important. It helps us plan the programs and services we offer to our military families. Be sure to return your completed survey before March 14, 2011 for a chance to win a \$100 gift certificate.

Chaplain's Corner

The grace of being part of community

“The Greek idios means “private”, and idiotos means a private person, as opposed to a person in their public role...”

I read this quote in Shop Class as Soulcraft by Matthew Crawford and as such, I have been contemplating the meaning of it as it relates to my participation as a contributing member of 17 Wing.

The role of a Chaplain is not to be the private, hidden person but one who celebrates the virtue of how we can and do work together. My role becomes the nurturing, caring and considerate Chaplain that does show an interest in people and their surroundings.

A few weeks ago a member told me a story of having a small car accident. He bottomed out on a gravel road which was paved just the day before. It was foggy and he could not see the changes made to the road. He damaged the front end of his car.

He took the car to get it repaired. Initially, the dealer indicated that the cost for repair would be in excess of 1 thousand dollars. He was shocked. He next took it to a small “mom and pop” shop. They indicated that they could do a “simpler” repair to the part that was on the car. A little bondo and paint, and bam, two hundred dollars later, his car was fixed.

He asked, “Why is it that some places inflate their cost? Why don’t big companies care? Do they have any ethical considerations?”

After thinking, my response is related to the difference between the public and private person. The private person may be so attached to what bonuses they obtain for new business. Perhaps the concern is the bottom line which is, “how do I maintain this standard of living?” They are engrossed with a limited world of selfish desires.

On the other hand the public person, who engages in their community, becomes selfless and more open to helping others in a tight spot. They can be empathetic to the considerations of someone they have something in common with, such as making a mistake and knowing that a simple fix to a car could offer grace.

In this case of fixing the car, the Mom and Pop operation offered solutions that did not prevent them from earning a living but allowed some limitation on how much they desired to earn. They were not considering making the dollar their priority; rather it was service to the public that seemed to dominate their point of view. Of course, economically, the Mom and Pop operation is now more likely to get more business because they are willing to be frugal with other people’s money.

As I reflect and as I work as a Chaplain, I find myself leaning towards the grace of being part of community. I think that I would prefer to be a public person who cares for the whole community. I am part of this 17 Wing community, so I enjoy giving of myself and helping people towards a positive perspective of themselves and of their surrounding.

Doubtless we have more questions about what living a role is like. With roles are we true? Are roles authentic? These are questions for another article.

In this reflection we have taken a brief look at what motivates us towards either a private domain or a public relationship. The public role seems to be a more engaged and responsible alternative. In the end we have our own choice to make.

- Padre Will Hubbard

Spiritual Enrichment Lunchtime Sessions on Prayer

The 1 Cdn Air Div Assistant Division Chaplain, Padre † (Capt) Mario Gaulin will be offering a weekly lunchtime Spiritual Enrichment program (14 Jan – 11 Feb 2011) on the topic of “Prayer in Daily Living.”

The first session will be on Friday 14 Jan 2011, 1200-1300 hrs in Bldg 25 (1 Cdn Air Div) on the 3rd floor, rm 339A – McKnight Conf Room.

This is a 5-weeks program where we will be viewing an 8-10 min video from Matthew P. John (DVD Series called “Teach Us To Pray”), followed by Small Group discussions. Bring your lunch to eat while you watch the DVD clip on the topic presented by Matthew John. The topics are:

- Week 1: Redefining Prayer.
- Week 2: Praying Without Ceasing.
- Week 3: Is There Anything Impossible For God?
- Week 4: The Prayer Triangle.
- Week 5: Theology of Prayer.

Overall, the series explores questions like:

- What are the essential components of a prayer that is pleasing to God?
- Is it possible to pray without ceasing? (1 Thesalonians 5:17)
- Why are our prayers unanswered even when the requests are within the will of God?
- How does the Trinitarian God of the Bible (Father, Son and the Holy Spirit) function in response to prayer?
- Why should we pray if God knows our needs even before we ask Him?

More info on the topic is available at www.faithseekingunderstanding.org.

If interested, please let Capt M. Gaulin know by email (Mario.Gaulin@forces.gc.ca) or at 833-2500 ext 2267. An access Visitor Pass will be required while in the bldg.

Sessions d’enrichissement spirituel sur la prière

L’aumônier de la 1^e division aérienne du Canada, Padre † (capt) Mario Gaulin (x 2267), offrira une série hebdomadaire en anglais durant le dîner sur le sujet de « La prière dans la vie courante » durant les vendredis du 14 janv – 11 fév 2011.

La première session du cours commencera le vendredi 14 janv. 11 (12h00-13h00), au troisième plancher, salle de conférence McKnight (339-A) du bâtiment 25 (1 Cdn Air Div).

Emportez votre dîner que vous pourrez manger durant le vidéo de Matthew John (8-10 min) sur le sujet du jour, et la session sera suivie de discussions de groupe. Les cinq semaines couvriront les sujets suivants :

- Redéfinir la prière
- Priez sans cesse
- Y-a-t-il quelque chose d’impossible pour Dieu ?
- Le triangle de la prière

- Théologie de la prière

De plus, la série couvrira les questions tel que :

- Quelles sont les composantes essentielles de la prière qui plaît Dieu?
- Est-il possible de prier sans arrêt (1 Thes 5 :17)?
- Pourquoi plusieurs de nos prières ne semblent pas être répondues?
- Comment le Dieu trinitaire de la Bible, dans la personne du Père Fils et Saint Esprit, répond à la prière?
- Pourquoi prier si Dieu connaît déjà nos pensées et nos besoins avant même que l’on lui demande?

Si vous êtes intéressé, veuillez le laisser savoir au capt M. Gaulin par courriel (Mario.Gaulin@forces.gc.ca) ou au 833-2500 local 2267. De plus, si vous n’avez pas une « passe d’accès » pour le bâtiment, vous aurez besoin d’un/e escorte.

Together in Church

CATHOLIC

CHAPLAINS

Padre R. Laudenorio

Roman Catholic Office 833-2500 ext. 5272

Padre Mark Mawson

Roman Catholic Office 833-2500 ext 5956

Masses (English only)

Sunday 1100 hrs

Religious Education classes are available to all students from Preschool to Grade 6. Please call the office for information.

Confessions The sacrament of reconciliation is offered 20 minutes before mass and by appointment. Contact the chaplain's office.

Baptisms We recommend that you contact the chaplain's office for an appointment prior to the birth of your child.

Marriages Six months' notice is required for marriages, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required.

Catholic Women's League meets in the Chapel Annex the third Monday of each month at 1830hrs.

PROTESTANT

CHAPLAINS

Padre Bonnie Mason

(Presbyterian) Office 833-2500 ext 5417

Padre Bob Granholm

(Mennonite Brethren) Office 833-2500 ext 4277

Padre Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Gord Mintz

(Anglican) Office 833-2500 ext 5785

Padre Curtis Duclos (Baptist)

Det Dundurn Office (306) 492-2135 ext 4299

Sunday Services (English Only) 0900 hrs

Sunday School is held during the service for children ages 3 to 12, except on the last Sunday of each month. Childcare is provided on an as-required basis for children under 3 years of age.

Marriages Contact the chaplain at least six months in advance. A marriage preparation course is a requirement.

Baptisms The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

Protestant Chapel Guild meets the first Sunday of the month at 1800 hrs in the Chapel Annex. All women are welcome.

FOOD BANK

The Food Bank is a joint undertaking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.

EMERGENCY CHAPLAIN

After normal working hours, the Emergency Chaplain can be reached through WOps Duty Centre, 833-2700.

OTHER PHONE NUMBERS:

For your convenience, a phone number has been set up to provide callers with info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Those with access to the DIN visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, then click on 'Services'.

INTERFAITH PRAYER ROOM

Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.



CLASSIFIEDS

Help Wanted

Aircraft Modification Designer (P Eng.) wanted. Apply no later than January 28/11 with cover letter and resume to careers@perimeter.ca.

Wanted: Young professional female looking for a room to rent. Close to base, preferably female roommate. Call: 1-506-977-0714, and ask for Malorie, or e-mail: maloriecampbellx0@gmail.com

Carpool: Looking for someone to carpool with from South St. Vital to 17 Wing. Flexible on days and times, does not have to be everyday. Have own vehicle, non-smoker. Contact Tim at tcary@hotmail.ca or 254-7381.

Looking for a babysitter for two sets of twins that are ages 10 and 11 for 10 hours a week, Saturday evenings, and some Friday evenings. May also consist of one night during the week. Please contact Lorelee Finnie @ canorask@hotmail.com or call me at 416-5339

Men's Ring for sale: Band style with design. Asking \$100.00 OBO. Please call or e-mail Lorelee Finnie at canorask@hotmail.com or call 416-5339

Place your FREE classified ad.
Send us an email: voxair@mts.net

Taroscopes

BY NANCY

Aries (March 21 - April 19):

Apply yourself to the tasks at hand. You wanted to be in charge so get to it. Be methodical. If help is offered, allow your helpers some leeway in their tasks. Be gracious even if you're not totally pleased with the results. Focus on what is still viable instead of past failures.

Taurus (April 20 - May 20):

You can find the perfect balance between all aspects of your life. Show confidence. Good fortune abounds. You'll get what you want at this time. Look for ways to create a sense of harmony among people in your immediate circle. Take the lead when required and others will follow.

Gemini (May 21 - June 21):

You've got a chance to further a positive relationship so make sure you keep the lines of communication open. Let go of past sorrows so you can openly embrace the future. Trust your heart. Use your head.

Cancer (June 22 - July 22):

Your mood and attitude have a strong impact on outcomes. If you are happy, you're energized and make things happen. Change what isn't working for you. Make self-care job number one. You have all that you need to do this if you use a bit of creativity and think outside the box.

Leo (July 23 - August 22):

You need to get focused. What would motivate you to push yourself? Get grounded. Establish a routine that allows you to reach your goals while still including fun. Choose constructive words that foster renewed communication. Look for the silver lining.

Virgo (August 23 - September 22):

Expect radical changes in the next two weeks. Before you can decide what to do in response to this, you need to find a peaceful place and contemplate your options. Seek answers that resonate with your soul. The past is gone. Seek knowledge and go forward boldly.

Libra (September 23 - October 23):

Take a look at what concerns you from a number of perspectives. Make a list of the pros and cons. Consider the long term ramifications of your choices. Don't assume you're limited in any way. Anything is possible. You now have the ability to transform your situation.

Scorpio (October 24 - November 21):

The harder you strive for perfection the more it eludes you. Some things are impossible to fix. Your efforts are futile if you try to fix something with a basic flaw. Repeated attempts will drain your energy. Seek what is best for you and move on if necessary.

Sagittarius (November 22 - December 21):

There is give and take in all relationships. What you give you receive. It's your choice how you want to proceed. If you are loving, compassionate and concerned about others you build strong emotional bonds you can rely on in the future. Show others your creative side.

Capricorn (December 22 - January 19):

Enjoy the emotional connections you make at this time. Some may last. Some may not. The point is to appreciate the moments life gives you. There will be victories and defeats but if you strive for happiness you always win.

Aquarius (January 20 - February 18):

"The more things change, the more they stay the same." There is a time for everything. Allow things to come to fruition in their own good time. Don't push to see results. The main thing is to be open to experiences and share your warmth and wisdom.

Pisces (February 19 - March 20):

Embrace life. Explore new possibilities for growth. Do what brings you joy. Don't be limited to how things were done in the past. Strive to do your best but don't rigidly hold to a specific plan. Your core essence is strong. It shines bright. All is as it should be now.

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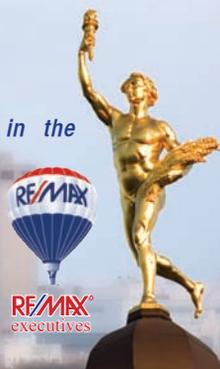


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