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THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

January 25, 2012

VOLUME 61, ISSUE 02

FREE

Man In Motion returns Rick Hansen 25th anniversary relay passes through 17 Wing



Photo: Cpl Bill McLeod

Rick Hansen leads the 17 Wing medal-bearers and support runners onto the Wing from the Air Force Way gate. The medal-bearers (L-R in yellow jackets) were Captain David Horne, Corporal Fraser Cameron and Corporal Dietrich McKenzie. Story on page 9.

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Legacy of Care housing construction at 17 Wing

New residential housing unit to be barrier free transitional accommodation



A view of the construction site where the new Barrier Free Transitional Accommodations is being built on Conway Street near Air Force Way. Photo: Sgt Quinn Bailey

Sgt Bill McLeod
17 Wing Public Affairs

Construction began on a new Residential Housing Unit (RHU) on Conway Street near Air Force Way at 17 Wing during the first week of January 2012.

The new RHU will be Barrier Free Transitional Accommodation to support injured members who are receiving care

in the Winnipeg area. The residence is designed to have space for electric wheelchairs, enlarged doorways, wheelchair ramps, accessible bathroom facilities, wheelchair accessible countertops and electrical panels.

The RHU will include a garage for a wheelchair accessible vehicle and will be all on one floor. The residence will be 2400 square feet.

The new residence is being constructed as part of the Legacy of Care initiative announced on 28 September 2010 by the Honourable Peter MacKay, Minister of National Defence, and the Honourable Jean-Pierre Blackburn, Minister of Veterans Affairs.

"This government recognizes the exceptional challenges faced by seriously injured Canadian Forces personnel and their families as a result of sacrifices made in service to this country," said Minister MacKay at the time of the announcement. "With these new measures, our government is establishing a legacy

of care that improves the quality of life for our seriously injured personnel and their families."

Some housing units on the Wing have already been modified to better support ill and injured personnel and family members, but the new unit is designed to be a permanent solution to help military families until the injured member's health improves or they transition to civilian life.

For more information about 17 Wing please visit:

<http://www.airforce.forces.gc.ca/17w-17e/index-eng.asp>

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The Royal Canadian Air Force Heritage Museum: Passing on a Proud History

2Lt P Godfrey

Air Force Heritage and History

The first thing visitors to 1 Canadian Air Division notice upon entering the Bishop building are the displays of the Royal Canadian Air Force Heritage Museum, located in the Atrium. One of 68 Accredited Canadian Forces Museums, the museum introduces guests to our proud RCAF Heritage and History.

According to the Canadian Forces Museums Manual "The role of CF Museums is to preserve and interpret Canadian military heritage in order to increase the sense of identity and esprit de corps with the CF". To that end one of the best collections of Air Force memorabilia related to military aviation in Manitoba may be found in the old Flight Cadet Mess located in Building 66.

Formerly known as the Manitoba Military Aviation Museum, the doors to this heritage collection were first opened to the public in 2006 under the guidance of the 17 Wing Heritage Officer Captain Mike Rozak. At the request of the then 17 Wing Commander, Colonel Scott Howden, the collection subsequently became an annex of the RCAF Heritage Museum in 2008.

Following a three year hiatus, due to roof repairs and other building renovations, the doors to this magnificent collection reopened in January 2011. Under the expert

guidance of the RCAF Deputy Historian, Petty Officer Second Class Brad Froggett, military personnel on loan to Heritage and History worked tirelessly to reorganize the collection's artifacts and displays to museological standards.

The Director of Air Force Heritage and History (AF H&H), Dr. Richard Mayne thinks museums are an exceptional mechanism to connect with Canadians, and educating both the public and serving CF members on our proud heritage and history. Accordingly, the 17 Wing collection provides visitors with an opportunity to learn the history of military aviation in Manitoba as it relates to the RCAF.

One of the key points that allows museums to connect with the public is accessibility. In its current location within the gates of 17 Wing, the 17 Wing Heritage Collection is not easily accessible to the general public. To ease this difficulty the Director of AF H&H has a long term vision of an urban CF museum - a centre of excellence for military history, focused on the RCAF here in Winnipeg. The museum would present RCAF heritage and history within Manitoba to the public on a larger scale, and would also include representation from both the Canadian Army and the Royal Canadian Navy. A potential future location for this center of excellence is still in discussion, with plans for it to be located in an area

that is fully accessible to the public. The Director of AF H&H envisions the RCAF portion of this museum focusing mainly on the story of the RCAF within Manitoba, of which the 17 Wing Collection will play an essential part.

The impetus for such a grouping already exists to a small extent within 17 Wing. Items on display in Building 66 from the RCAF Heritage Museum and the Intrepid Society include the Air Marshal Curtis Dining Room Suite and the Sir William Stephenson display respectively.

Items were also brought together from various other military museums in Winnipeg including the Royal Winnipeg Rifles, 17 Service Battalion, HMCS Chippawa, and the RCAF Heritage Museum and put on exhibit in the Netherlands Theatre.

With the reinstatement of Royal designation of the RCAF, attention has once more been brought to the importance of heritage and history. With this increased interest, museums and collections have become even more important in passing on our proud heritage and history to both serving members and the public as a whole. We can not move forward without remembering where we came from, as such it is encouraged that you visit the various military collections and museums located on 17 Wing, Minto and McGregor Armouries, and HMCS Chippawa.

Heritage and History hosts two appreciation lunches



In December Air Force Heritage & History hosted an appreciation luncheon for the 17 Wing Ghost Squadron. From left around the table to right: Earl Dayman, Jerry Gallipeau, Chris "Red" Nielson, Mark Bosman, Harry Harry, Gary Maxted. Submitted by 2Lt P. Godfrey



The AF H&H civilian volunteers enjoy their appreciation lunch. From left to right: Pte. Barkman, OS Phillips, 2Lt. Hung, Joan Whiston. Submitted by 2Lt P. Godfrey

CJOB Radio newscaster awarded Minister of Veterans' Affairs Commendation

On Wednesday, Jan 18. Barry Burns of CJOB 68 Winnipeg was awarded the Minister of Veterans' Affairs commendation at a ceremony in Calgary. Burns was one of 13 Western Canadians to be honoured for their service to veterans. A 37 year radio veteran with 21 years of reserve military service, Burns is President of the Royal

Military Institute of Manitoba, a National Director of the Navy League of Canada and a governor of the Canadian Corps of Commissionaires. As well, Burns was executive Director of the Pillows for Troops program and was a director of the Duke of Edinburgh Award program. In 2011 Burns was given a Canadian Lifesaving award for

saving a drowning victim at Falcon Lake, Manitoba. In 2006 Burns was embedded with CF troops at Kandahar Airfield where he reported back daily live on radio stations from coast to coast.

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Former 1 Cdn Air Div Commander receives U.S. Legion of Merit award



Admiral Samuel J. Locklear, III (left), presents LGen Charlie Bouchard (right) with the U.S. Legion of Merit (Degree of Officer) for exceptionally meritorious service, in Ottawa on Jan. 10. Credit: Cpl Anthony Laviolette.

Admiral Samuel J. Locklear, III, presented the United States (U.S.) Legion of Merit (Degree of Officer) to Lieutenant-General Joseph Jacques Charles Bouchard on Jan. 10, for exceptionally meritorious service as Deputy Commander, Allied Joint Force Command, Naples and Commander, Operation Unified Protector, from October 2009 to December 2011.

The U.S. Legion of Merit is the sixth highest in order of precedence in the U.S., and may be awarded to individuals who distinguish themselves by exceptionally meritorious conduct in performing outstanding service to the United States. The second or any subsequent award of this decoration must be in the same or a higher degree than the previous award. The U.S. Legion of Merit can be awarded in four degrees to foreign military personnel.

LGen "Charlie" Bouchard was first awarded the U.S. Legion of Merit (Degree of Officer) after his tenure as deputy commander, United States North American Aerospace Defence (NORAD) Command Region, Tyndall Air Force Base, Florida, from July 2001 to July 2004. He was awarded a second U.S. Legion of Merit (Degree of

Officer) for his service as deputy commander of NORAD, Peterson Air Force Base, Colorado, from Aug 2007 to Jun 2009. This is his third award of this decoration.

"While protecting Libyan civilians in support of United Nations Security Council Resolutions 1970 and 1973, LGen Bouchard maintained a balanced perspective and understanding of the broadest strategic issues", said Defence Minister Peter MacKay. "LGen Bouchard served with distinction, and excelled in an extremely demanding, and complex operational assignment."

On Nov. 24, 2011, Governor General and Commander-in-Chief of Canada, David Johnston, awarded the Meritorious Service Cross (Military Division) to LGen Bouchard during a ceremony on Parliament Hill recognizing the efforts of Canadian military personnel who took part in the NATO mission in Libya. He was also recently appointed an Officer of the Order of Canada for his contributions to global peacekeeping and security, and for his support for the protection of human rights.

"LGen Bouchard's guidance positively impacted

North Atlantic Treaty Organization (NATO) operations overseas, in the Balkans, Iraq, Libya, and the Mediterranean Sea", said Gen Walt Natynczyk, Chief of the Defence Staff. "A proven leader, through his superior effort and initiative, LGen Bouchard reflects great credit on himself personally, on NATO, and on the Canadian Forces."

Admiral Samuel J. Locklear III, United States Navy, is serving concurrently as Commander, U.S. Naval Forces Europe; Commander, U.S. Naval Forces Africa; as well as NATO's Commander, Allied Joint Force Command, Naples.

Voxair Manager retires



After many years of dedicated service to 17 Wing, Maureen Walls has decided to step down from her position as the Voxair Manager. All of us here at the newspaper would like to thank Maureen for her tireless efforts to put out the best newspaper possible. And although she'll no longer be managing the paper, Maureen will still be around as the Voxair's ad sales representative. All the best Maureen!

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Operation JAGUAR personnel aid Jamaican trade school students



Students at the HEART Technical School listen closely as aviation technician MCpl Jeff Thomas of Task Force Jamaica explains the maintenance he is doing on a band saw in the school's cabinetry shop.

Capt Steve Dieter

In August 2011, Operation JAGUAR brought the men and women of Task Force Jamaica to the island nation to provide aviation support to the Jamaica Defence Force. During their months away from home, members of the task force — technicians and aircrew, many of them with previous deployments — wondered what they could do to help the community where they would make their temporary home.

Lieutenant-Colonel Geoff Roper, the commanding officer of the Jamaica Defence Force Air Wing, answered that question with an introduction to the HEART Technical School, a facility for inner-city youth on East Bell Road in Kingston. That spark caught fire with the members of Task Force Jamaica.

"The response from the team was overwhelming," said task force commander Lieutenant-Colonel Christian Lalande. "Everyone wanted to contribute in some way, from repairing machinery to preparing classrooms."

Operated by Operation Friendship, a Jamaican non-governmental organization, the HEART Technical School offers trades training and basic academic programs to help disadvantaged youth improve their career prospects. Students learn cabinetry, welding, plumbing, electrical wiring, construction, health care and food preparation skills along with English, mathematics, and an introduction to entrepreneurship.

Valuable as it is to the community, the school itself needed assistance. Current equipment that should have been hard at work sat quiet, waiting for repairs. Outdated equipment needed to be replaced.

This is where Task Force Jamaica comes into the story. With an initial cash grant of \$2,000 from the Canada Fund for Local Initiatives, a Canadian International Development Agency (CIDA) program based at the Canadian High Commission, they bought spare parts, tools and paint and other preparation supplies for classrooms. Then they got to work: repairing idled equipment, painting classrooms, and visiting with the students.

The initial CIDA grant was soon followed up with a donation of \$6,000 from Boomer's Trust, a fund set up by the Canadian Forces in co-operation with the charitable foundation established in memory of Corporal Andrew "Boomer" Eykelenboom, who lost his life in Afghanistan in August 2006, to support development projects in Canadian Forces theatres of operation.

"There are no better ambassadors for

Canada, anywhere in the world, than the women and men of the Canadian Forces," said High Commissioner Stephen Hallihan, Canada's Head of Mission in Jamaica. "They always leave their area of operation better than when they went there, and that's obviously and certainly the case here today."

Task Force Jamaica's efforts at the HEART Technical School caught the attention of General Walt Natynczyk, the Chief of the Defence Staff, who dropped by during his recent visit to Jamaica.

"No matter where we go around the world, we look for ways and means of contributing off the battlefield, in ways that will have an enduring effect on people and societies," Gen Natynczyk said.

The members of Task Force Jamaica completed their work at the school in late November 2011, just before returning to Canada.



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Spreading warmth to Saskatchewan Army Reservists

Sarah Ferguson
38 CBG, U of R student journalist

The University of Regina is spreading warmth to Saskatchewan reservists this winter, with a generous gesture of support.

University President and Vice-Chancellor Dr. Vianne Timmons distributed over 700 neck warmers to 38 Canadian Brigade Group Reserve Units across the province—that means one for every reservist in Saskatchewan.

Soldiers of the 10th Field Artillery Regiment RCA (10 Fd Regt) accepted the neck warmers on behalf of all 38 CBG soldiers in Saskatchewan in a ceremony held on December 15 at the Regina Armouries.

Each neck warmer features the University's trademark colors of green and gold, and sports a University of Regina logo.

"It was a nice gesture," said Major

Timothy Rupcich, 18 Battery Commander, 10th Field Regiment. "Dr. Timmons is a phenomenal lady; she's really stepped up to support us all and we appreciate it."

"It feels pretty good to be recognized for what we do," said Bombardier Courtney McKay of 10 Field Regiment. McKay added that she hopes to pursue a degree in Political Science and Psychology at the University next year.

Dr. Timmons said the idea for the neck warmers arose during her visit to Nunavut as part of the Canadian Forces Liaison Council's Northern Diplomatic Tour in June, where she became acquainted with the Canadian Forces Junior Ranger Program.

"I had the privilege of going (to Nunavut) with foreign attaches and five executives to see our University operations and understand the challenges of being in the North," she said. "The trip was extensively sponsored by the military, so I got to

see what happens with the Reserves and Junior Rangers there," she added. "I was so impressed with the whole Junior Ranger program; it fills an important void for youth in the North."

Dr. Timmons said she decided to sponsor the Canadian troops when she learned that members of the Junior Rangers do not receive hats or mittens as part of their uniform.

"I learned they receive jackets, but many of them don't have anything else," she said. "So Tim Kramer (CEO of Saskatchewan-based Kramer Ltd.) and myself, along with the other executives thought it would be a great opportunity to do some sponsorship; he got toques for everybody and I got neck warmers."

Dr. Timmons said that when she got back to Saskatchewan, she decided to take a look at the needs of reservists in the province. "It turned out that after our trip up north, we had enough neck warm-

ers to support all the reservists in Saskatchewan," she said.

As a result of her ongoing commitment to supporting the reserves, Timmons was given the title of Honorary Major for the 10th Field Artillery Regiment RCA.

"Being an Honorary Major means I can be more visible in the support I give to the Reserves," she said. "The unit can expect to see me at events and speak out about the Reserve program; my title will also serve as a means of encouraging university staff and faculty who work in the Reserves," Timmons said.

"We're supporting the future of our country by supporting our young people (in the Reserves), the Junior Ranger Program and the military," said Timmons. "It's a great way to earn money for the students; they get to see the world and learn skills and leadership in many areas; I'm a big supporter of the program," she said.

Safe driving rewards



Col T.M. Ross congratulates the 3 Wg Transportation Officer on winning the 1 Cdn Air Div MSE Safety Award. (from left to right: Col T.M. Ross, Capt M. Blais, Maj M. Hubert)

Capt L.S. Tkacz

Colonel Mark Ross, Director of A4 Logistics, has recently honoured 3 Wing

Bagotville and 22 Wing North Bay with the 1 Canadian Air Division Mobile Support Equipment (MSE) Safe Driving Award.

The award ceremony took place dur-



Maj J.H.D. Labrie congratulates Sgt S. Larocque from 22 Wg Transport on winning the 1 Cdn Air Div MSE Safety Award. (From left to right: Col T.M. Ross, Maj J.H.D. Labrie, Sgt S. Larocque and Maj M. Hue)

ing the annual Air Logistics Symposium on 22 November 2011 at 17 Wing Winnipeg. The conference is a national level gathering of RCAF Logistics leaders and managers from all Wings representing Supply, Administration, Transport, Movements, Foods, Finance and Electrical Mechanical Engineering.

The MSE Safe Driving Award is presented annually to a large Wing such as Bagotville and a small Wing such as North Bay to recognize the Wing's accomplishments of achieving the lowest MSE Collision Rate in the RCAF. This rate is derived from a calculation of preventable collisions, a constant and the total kilometres driven by the Wing.

Repairs due to MSE collisions costed the RCAF \$619,000 in 2010. 254 out of

343 or 74% of all collisions in 2010 were preventable; meaning that the collision could have been avoided had the driver done everything possible according to the teachings of defensive driving. It is therefore, the responsibility of all Transportation Authorities to educate and train all drivers and operators in order to mitigate injuries and to minimize the cost of repairs. By far the largest number of collisions, 29%, occurred due to the backing of vehicles. Other significant causes were misjudging clearance and poor driver judgement.

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Fort Garry Horse parcel push

Every holiday season since 1984, Army Reserve soldiers from The Fort Garry Horse and cadets from 1226 Fort Garry Horse Cadet Corps, volunteer to deliver hampers on behalf of the Winnipeg Christmas Cheer Board. This annual tradition, dubbed 'Exercise Parcel Push,' provides the Winnipeg-based regiment opportunity to connect with their local community while lending a hand to a very worthy cause. The Christmas Cheer Board was started in 1919 by a number of Winnipeg Churches. The original intent was to provide Christmas hampers and toys for the widows and orphans of the soldiers lost during World War One.



Corporal Aaron Montgomery (right) and Master Corporal Adam Briggs (left) load their military Mercedes G-Wagon at the Christmas Cheer Board warehouse on Ellice Ave. with parcels destined for Winnipeg families. Photo: MCpl Gregory Rutledge



Corporal Alexander Pulak from The Fort Garry Horse loads hampers filled with food and gifts destined for disadvantaged Winnipeg families at the Christmas Cheer Board warehouse on Saturday, 17 December 2011. Photo: MCpl Gregory Rutledge



Master Corporal Shaun Duguay (left) and Corporal Aaron Montgomery (right) of The Fort Garry Horse deliver Christmas Cheer Board hampers in Winnipeg's North End on Saturday afternoon. Photo: MCpl Gregory Rutledge



Fort Garry Horse Cadets Brendan Stearns (left), and David Cummings (right), pack Christmas hampers into volunteer drivers' vehicles for delivery to disadvantaged Winnipeg families at the Ellice Ave. Christmas Cheer Board warehouse on Saturday morning. Photo: MCpl Gregory Rutledge

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Fire Hall collects Koats for Kids



MCpl Keeping (left) and Cpl Feere (right) from the 17 Wing Fire Department, show off some of the goods that have been donated to the Koats for Kids drive. Photo: Alison Dickey

Alison Dickey
Voxair Photojournalist

As winter has finally arrived in Winnipeg and the bone chilling temperatures of minus 40 degrees set in, it's more important than ever to get your donations in for the Koats for Kids campaign.

This year's campaign, which is run by the 17 Wing Fire Hall, started back in October and they will be accepting dona-

tions right up until the end of March.

Master Corporal (MCpl) Jason Loboz says so far they've collected hundreds of donations this year, "There was an urgent call out for donations before Christmas and when we showed up with a full cargo van to the warehouse, the volunteers were pretty overwhelmed."

Each year the Koats for Kids campaign, which is a United Way initiative, receives requests for approximately

10,000 outerwear pieces.

Although, the campaign is called Koats for Kids, they are looking for donations of any winter outerwear including: scarves, mitts, toques and boots.

The Fire Hall has been involved with the campaign for approximately six years and if you would like to make a donation, there are a few drop-off points in and around the base. There is a box at 1 Canadian Air Division as well as in the

Construction Engineering building and of course, you can always look for the red door at the Fire Hall in order to make your donation.

MCpl Loboz and the Fire Hall would like to thank all who have donated to the campaign so far this year and look forward to many more contributions from 17 Wing members.

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Rick Hansen Relay – Rekindling Memories and Inspiring a Nation to Continue the Challenge



Rick Hansen (right) kicks off the 151st day of the 25th anniversary relay outside of 1 Canadian Air Division. Looking on are Capt Dave Horne (left, in yellow), and the support runners. In total 7,000 participants will cover 12,000 kms, with the relay scheduled to finish on May 22, 2012 in Vancouver. Photo: Alison Dickey



Wing Commander Col Blaise Frawley (left) thanked Rick Hansen (right) and his team for including 17 Wing Winnipeg in the relay, and presented him with a commemorative RCAF baseball hat. Photo: Alison Dickey

Capt Yvonne DeCaire

1 Cdn Air Div Public Affairs

"I was very excited at the prospect of meeting Rick again. As a young person, he was one of my personal heroes. After 25 years, the enthusiasm, drive and joie de vivre that inspired me then, still shine brightly today. For me, to have an opportunity to take part in this relay and then run alongside Rick was a significant personal milestone, one that I'm certain I will cherish for the rest of my life, and one that will continue to inspire me to continue trying to make the world a better place," said Capt. David Horne, one of the Rick Hansen medal-bearers at 17 Wing.

On 21 January, the Rick Hansen 25th Anniversary Relay crossed 17 Wing on the way through Winnipeg. Rick met the 17 Wing medal-bearers and support runners at the Air Force Way gate for the handover of the medal to a military member and for a small ceremony at Mynarski Hall at 1 Canadian Air Division.

Captain Horne met Rick Hansen 25 years ago when he ran through Odessa, Ontario. "When Rick started his Man in Motion tour, he took on what seemed an impossible task. I was at the time very impressed, not only with what he accomplished, how far he went, but mostly with his incredible enthusiasm and joy. When I ran with him on that cold wet October day, he was cheerful despite being cold, wet and tired. Since then, Rick has continued to tackle seemingly impossible tasks, and continued to inspire people around the world," said Capt. Horne.

As well as Captain David Horne, Corporal Fraser Cameron and Corporal Dietrich McKenzie were the also chosen as military medal-bearers. Despite the low

temperature, an added wind-chill in the -20s and a very busy schedule, Rick Hansen honoured 17 Wing by leading the medal bearers and a contingent of 24 volunteer support runners onto the Wing.

The medal-bearers were chosen based on their contribution to their community to empower youth, champion inclusivity, protect the planet, and promote health, active living and the advancement of medical progress.

Cpl. Cameron, a member of 402 "City of Winnipeg" Squadron is lead trainer and president of the 17 Wing T3 Triathlon club. He works hard at encouraging others to lead an active life and has empowered youth by coaching Track and Field. "I am honoured that I have been chosen to take part as a representative to lead and encourage others to live a healthy and active lifestyle through sport, such as triathlon, and teach injury prevention. People tend to take for granted that they can jump on a bike, strap on their shoes or jump in the pool any time they want. I'm there to encourage people to live their lives to the fullest, discover what they can achieve and feel rewarded by participating in sport and taking their bodies to their limit in a safe manner. We need to make sure that everyone has the accessibility to be able to do whatever sport they want to their physical ability," said Cpl Cameron.

Rick Hansen has served as an important role model for many Canadians over the years and that is apparent by his impact on many throughout his life. Rick's run through 17 Wing rekindled memories for many from the first Man-in-Motion tour and gave cause for reflection.

Another of the chosen medal-bearers, Cpl. McKenzie

was no exception to this. He was 11-years-old when he presented Rick Hansen with funds raised at his school 25 years ago in Red Deer, Alberta. "I was so impressed that I got my mom to take a picture of my hand when I got home, that hand that Rick Hansen had shook. My mom still has the picture," chuckles Cpl McKenzie. "Rick said to me, 'No matter how hard life gets just keep pushing forward'," Cpl McKenzie relates he has never forgotten those words and they had a very large impact on him for many years to come. "I essentially grew up without a father so a male role model was really needed. When Rick Hansen came through Red Deer he inspired me. He made me realize that there is going to be a better day. When life gets you down you have to think positively."

Cpl. McKenzie understands the term 'intestinal fortitude' and has had to endure many hardships during his lifetime. Diagnosed with a rare condition in 2006 that results in progressive degeneration of his bone marrow, he understands how hard it can be to always keep pushing forward. Cpl. McKenzie works hard on his fitness to maintain his health and quality of life. This helps him to make the most of his time with his family of four children and two foster children. "A lot of people would consider my condition a frailty...but I'm not giving up. Rick Hansen has wheeled around the world in his wheelchair. As a kid it made me realize that you can choose who you become and what you achieve in life. You don't let your circumstances dictate that for you. It's great getting to see Rick and be inspired all over again. It gives me that push to just keep going!"

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Why does rent for DND housing change annually?

Did you know that the Canadian Forces Housing Agency (CFHA) is a part of the Department of National Defence (DND) and cannot earn a profit on the housing it provides? In fact, all of the rent money collected from occupants goes back into the operation and maintenance of the housing portfolio.

These are some common questions and misconceptions about the rent adjustment process:

How does CFHA ensure that the shelter charges (or rent) collected are fair? Why is my rent adjusted when there have been no changes or improvements made to my home?

All rent adjustments are driven by changes in the market. Shelter charges are set annually by the Canada Mortgage and Housing Corporation (CMHC) by appraising the value of a representative selection of housing units at each site. Dur-

ing this process, CMHC compares DND housing units to houses in the private market, looking at factors like type of unit, size, age, general condition and how close they are to various amenities. Shelter charges for DND housing units vary because of these factors, and they reflect the rent charged for comparable houses in the local market.

Why are rents adjusted annually?

It is the policy of the Government of Canada to ensure that shelter charges for Government housing are comparable to the rent charged for similar homes in the local private market. This ensures fairness for all Canadian Forces (CF) members, regardless of where they choose to live. If the Department froze rents or charged less than market value, it would not be fair to the more than 85 percent of CF members who have chosen to live in accommodations in the private market.

Shelter charge is not part of a CF member's compensation package and is not a benefit. Treasury Board and DND accommodation policies are in place to ensure that the shelter charges set for Crown housing are fair, and that all government employees are treated equitably. Also, freezing shelter charge below market rates would create a taxable benefit for occupants.

What if the market changes substantially and results in a high rent increase?

There are measures in place to ensure that people living in CFHA housing will not experience a rent adjustment that is too large. Shelter charges cannot be increased by more than \$100 per month, regardless of the CMHC appraisal value. If the shelter charge represents more than 25 percent of the gross combined household income of the occupants, customers can apply to have the shelter charge

reduced. Additionally, Ontario, British Columbia and Manitoba have rent-control legislation that restricts the shelter charge increase to a certain percentage. This legislation is adhered to when adjusting shelter charges in these provinces.

The CFHA has recently sent letters to DND Housing Occupants to provide information on the results of this year's shelter charge adjustment process. These letters provide 90 days advance notice of the adjustments that will take effect on 1 April 2012.

Please contact your local Housing Services Centre for more information or if you are a customer and have not yet received your letter of notification of rent adjustment. All contact information for CFHA and more information on shelter charge adjustments and provisions on affordability can be found on the CFHA website at www.cfha-afc.forces.gc.ca

Pourquoi les loyers des logements du MDN changent-ils chaque année?

Saviez-vous que l'Agence de logement des Forces canadiennes (ALFC) fait partie du Ministère de la Défense nationale (MDN) et ne peut pas encaisser de profits provenant des logements qu'elle fournit? En fait, tous les revenus provenant des occupants sont réinvestis dans le portefeuille de logement afin de couvrir les frais de maintenance et d'opération.

Voici quelques-unes des questions et des malentendus relatifs aux ajustements des frais de gîte :

Comment est-ce que l'ALFC s'assure que les loyers sont équitables? Pourquoi est-ce que le loyer peut être ajusté même si le logement n'a subi aucun changement ou aucune amélioration?

Les changements au marché privé sont la cause des changements aux frais de gîte. Chaque année, la Société canadienne d'hypothèques et de logement (SCHL) établit les frais de gîte par l'entremise d'une évaluation des valeurs d'une sélection représentative de logements à chaque site. La SCHL compare

les logements du MDN à ceux du marché privé, en tenant compte de leur type, leur taille, leur âge, leur condition, ainsi que leur proximité aux services environnants. Les frais de gîtes qui sont établis pour les logements du MDN varient selon cette évaluation, et reflètent ceux du marché privé local.

Pourquoi y a-t-il un ajustement chaque année?

C'est la politique du gouvernement du Canada de veiller à ce que les frais de gîte pour les logements de l'État soient comparables à ceux du marché privé local. Cette politique assure l'équité pour tous les membres des Forces canadiennes (FC), peu importe où ils choisissent de vivre. Si l'Agence figeait les loyers, ou si ceux-ci étaient établis en dessous de ceux du marché privé local, plus de 85 % des membres des FC qui vivent dans des logements du marché privé en seraient désavantagés. Les frais de gîte ne font pas partie du régime de rémunération des membres des FC, et ils ne constituent

pas non plus un avantage social. Les politiques de logement du Conseil du Trésor et du MDN sont en place pour garantir que les frais de gîte pour les logements de l'État soient justes et que tous les employés du gouvernement soient traités équitablement. De plus, en figeant les frais de gîte on créerait un avantage imposable pour les occupants.

Et si un changement important au marché local produisait une forte hausse des frais de gîte?

Des mesures ont été mises en place afin d'assurer que les occupants des logements gérés par l'ALFC ne subissent pas des hausses à leurs frais de gîtes trop grandes. Les frais de gîte n'augmenteront pas de plus de 100 \$ par mois, peu importe la valeur évaluée par la SCHL. Si les frais de gîte représentent plus de 25 % du revenu brut d'un ménage, les locataires peuvent soumettre une demande de réduction de ceux-ci. En outre, l'Ontario, la Colombie-Britannique et le Manitoba ont des lois et des règlements qui contrôlent

les loyers et qui limitent l'augmentation des frais de gîte à un certain pourcentage. Ces lois sont respectées lors des ajustements des frais de gîte dans ces provinces.

L'ALFC a récemment envoyé des lettres aux occupants des logements de l'État afin de partager les résultats du processus d'ajustements des frais de gîte de cette année. Ces lettres fournissent un minimum de 90 jours d'avis pour les changements qui prendront effet le 1^{er} avril 2012.

Veillez communiquer avec votre Centre de services de logement pour obtenir de plus amples renseignements ou si vous êtes un client et vous n'avez pas encore reçu votre lettre au sujet du rajustement des frais de gîte. Toutes les coordonnées de l'ALFC et de plus amples renseignements concernant le rajustement des frais de gîte et les dispositions relatives à l'abordabilité sont disponibles sur le site Web de l'ALFC au www.cfha-afc.forces.gc.ca

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Community Recreation Winter Schedule

WINTER SCHEDULE
JANUARY 9TH-APRIL 1ST

	Children & Family Programs	Fitness Pass Classes	Drop-In Adult Recreation Programs	Casual Swim	Lap Swim	Holiday & Special Events
Mondays	1800-1930 Family Gym	1700-1800 Indoor Cycling 1800-1900 Aqua Fit		1630-1900 (Kiddie Pool Only) 1900-2000 (Both Pools)	0630-0730 1100-1300	
Tuesdays	1630-1900 Swimming Lessons 1630-1915 Active Kids	0630-0730 Muscle Boot Camp 1800-1900 Yoga	1930-2100 Indoor Ball Hockey	1900-2000 (Kiddie Pool Only) 2000-2130 (Limited Space)	0630-0730 1100-1300 1500-1600 1900-2000	
Wednesdays	1800-1900 Family Gym	1630-1730 Fitness Class		1630-1900 (Kiddie Pool Only) 1900-2000 (Both Pools)	0630-0730 1100-1300	December 21st - Movie - A Christmas Story December 28th - Movie - Elf January 4th - Movie - Elf The Santa Clause
Thursdays	1630-1900 Swimming Lessons 1630-1915 Active Kids	0630-0730 Muscle Boot Camp	1900-2100 Squash 1930-2100 Outdoor Ice Hockey	1900-2000 (Kiddie Pool Only) 2000-2130 (Limited Space)	0630-0730 1100-1300 1500-1600 1900-2000	
Fridays		1800-1900 Weight Room Circuit		1630-1900 (Kiddie Pool Only) 1800-2100 (Both Pools)	0630-0730 1100-1300 2100-2145	December 30th - Holiday Jitters January 6th - Holiday Jitters
Saturdays	0900-1200 Swimming Lessons 0915-1130 Active Kids	0930-1030 Muscle Boot Camp		1300-1600 (Both Pools) 1600-1700 (Both Pools)	1600-1700	Birth Day Party and Special Event Bookings Available December 17th - Shop'N'Drop
Sundays		0930-1030 Yoga		1300-1600 (Both Pools) 1600-1700 (Both Pools)	1600-1700	Birth Day Party and Special Event Bookings Available December 4th - Cookies & Crafts with Santa

17 Wing Winnipeg Goldeyes Scuba Club

Learn to SCUBA Dive

Basic Open Water Course, Starts 27 Feb 12

Course includes 12 class and pool sessions, followed by a minimum 4 open water check out dives. Class and pool training Monday nights. Student will need to purchase fins, mask, and snorkel. Wet suit rental not provided for OWD.

COST \$375 for military, \$420 for associate

Location: 17 Wing Base Pool - Bldg 90 Recreation Centre

A discover SCUBA session is being run 22 Feb 12, 2000-2130h for \$ 25 if you would like to give it a try.

Email us:

President: Joanne.Legge@forces.gc.ca

V/President: Jack.Williams@forces.gc.ca

Club membership

\$30 military single / \$35 military family

\$40 associate single / \$45 associate family

For more information please contact: Joanne or Jack
Chief Instructor: Armando

Contacts: Armando ph: 334-0505

Joanne ph: 612-0947

Jack ph: 833-2500 ext 6860

<http://goldeyesscubaclub.webs.com>

Club de plongée autonome Goldeyes de la 17^e Escadre

Apprenez à faire la plongée sous-marine!

Cours de base de plongée autonome en eau libre, à compter du 27 Fév 12

Le cours comprend 12 séances en classe et en piscine, suivies d'un minimum de quatre épreuves de plongée en eau libre. La formation en classe et en piscine aura lieu les lundis soirs. Les stagiaires doivent se procurer des palmes, un masque et un tuba. Il ne sera pas possible de louer une combinaison humide en vue de la plongée en eau libre.

PRIX : 375 \$ - militaires; 420 \$ - associés

Endroit : Piscine de la base, située dans le bâtiment 90 (centre de loisirs) de la 17^e Escadre

Venez découvrir la plongée le 22 fév 12 pour 25,00 \$, de 20h00 à 21h30

Pour nous joindre par courriel :

Présidente : Joanne.Legge@forces.gc.ca

Vice-président : Jack.Williams@forces.gc.ca

Cotisation

30 \$ - militaire (cotisation simple) / 35 \$ - famille de militaire

40 \$ - associé (cotisation simple) / 45 \$ - famille d'associé

<http://goldeyesscubaclub.webs.com>

Personne-ressource : Joanne ou Jack

Instructeur-chef : Armando

Numéros de téléphone :

Armando 334-0505

Joanne 612-0947

Jack 833-2500, poste 6860



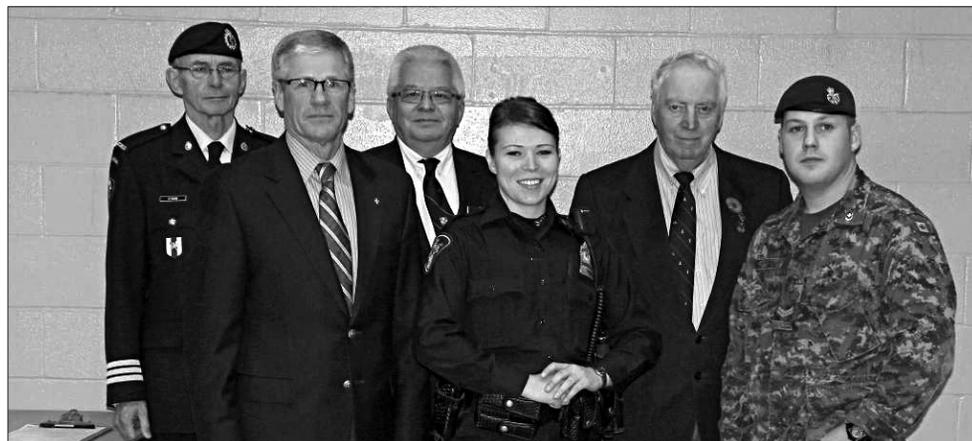
Saskatoon Soldiers receive Lifesaving Award

Maj Tong Engelberts

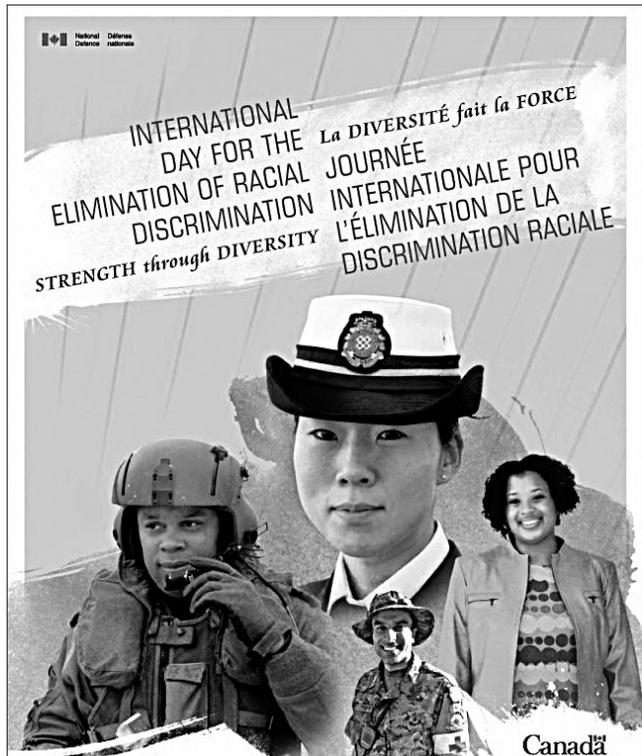
SITG Ops Officer

15 November 2011 at Sergeant Hugh Cairns V.C. Armoury in Saskatoon held a ceremony for Cpl Matthew Hrycuik, North Saskatchewan Regiment (N Sask R), and Cpl Rachel Brower, 16 Field Ambulance (16 Fd Amb) for their actions on 11 April 2011. Members of the St Johns Ambulance Society awarded the St Johns Ambulance Gold Life Saving Award to the two courageous Cpls.

On April 11, 2011, Cpls Brower & Hrycuik teamed with one another, used their first aid skills to save lives. They were close to the scene when they witnessed a small plane crash into the sound barrier on Waneskeywan Road while on its approach to the Saskatoon Airport. Without hesitation, they ran to assist the occupants trapped inside. Realizing the plane was leaking fuel and posing imminent danger of explosion, they quickly pulled the three casualties from the wreckage and to safety. They assessed the casualties and worked together to administer emergency first aid to stabilize the casualty and treat their injuries. They stayed with the casualties and continued to monitor their conditions until Emergency Services arrived. Cpls Brower and Hrycuik were commended for their courageous actions, teamwork and their knowledge and use of first aid in saving a life.



Sgt Hugh Cairns VC Armouries, Darrell McFadyen, Don McDonald, Jim Stakiw and Larry Wong presented two St John Ambulance Life Saving Awards (Gold) to Cpl Matthew Hrycuik (far right), and Cpl Rachel Brower (Center), for their actions on 11 April 2011. Photo courtesy of the Saskatchewan Council



Help Wanted:

Are you looking to earn a few extra dollars? Then join the Voxair team as a paper carrier for either the South Side RHUs or the North Side RHUs. The Voxair is published bi-weekly, year round. If you're interested, please forward your information to: voxair@mts.net or call us at: 204-833-2500 ext. 6976.

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Topics include: every day eating, fine tuning your eating, what to eat for training and recovery, body composition and sport supplements.

The next Top Fuel for Top Performance course will run 30-31 January. For more information on this or any other Health Promotion program, please contact us at local 4150.

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Canada

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Bouffe-santé pour un rendement assuré
30 & 31 janvier 2012
0800h à 1600h
bâtiment 135, chambre 132

Venez découvrir quand, quoi et quelle quantité manger pour retirer le maximum de vos aliments et de vos activités!

Pour s'inscrire, composez Promotion de la santé le 4150

Bouffe-santé
POUR UN
rendement assuré

STRENGTHENING THE FORCES
ÉNERGISER LES FORCES

Canada

We all have our
(ANGRY)
moments.

Managing Angry Moments
27 February & 5 March 2012
(MAM)
(Must attend both days.)
0800 hours to 1600 hours
Building #135, Room #132

MAM is neither a counselling nor a treatment program. Through education, it aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

For more information or to register contact Health Promotion local 4150

Gérer les moments de colère
27 février & 5 mars 2012
(GMC)
(Doivent assister aux deux jours.)
0800h à 1600h
bâtiment 135, chambre 132

GMC n'est ni une thérapie ni une thérapie ni un traitement. Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptation qui vous conviennent.

Pour s'inscrire, composez Promotion de la santé le 4150

STRENGTHENING THE FORCES
ÉNERGISER LES FORCES

Health Promotion in the Canadian Forces
Promotion de la santé dans les Forces canadiennes

Nous avons tous nos moments
(DE COLÈRE).

Managing Angry Moments
27 February & 5 March 2012
(MAM)
(Must attend both days.)
0800 hours to 1600 hours
Building #135, Room #132

MAM is neither a counselling nor a treatment program. Through education, it aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

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Pour s'inscrire, composez Promotion de la santé le 4150

STRENGTHENING THE FORCES
ÉNERGISER LES FORCES

Health Promotion in the Canadian Forces
Promotion de la santé dans les Forces canadiennes

STRESS: Take Charge!
A Canadian Forces Program

Le stress : ça se combat!
Programme des Forces canadiennes

For more information contact the Health Promotion Director or your Base/Wing or Formation.
Pour plus de renseignements, communiquez avec le directeur de la promotion de la santé de votre base, escadron ou formation.

STRENGTHENING THE FORCES
ÉNERGISER LES FORCES

Want to increase your stress hardiness, enhance your performance, ramp up your Resilience?

Stress: Take Charge!
8 & 9 February 2012
0800 hours to 1600 hours
Bldg. #135, Room #132

To register contact Health Promotion local 4150

Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

Le stress: Ça se combat!
8 & 9 février 2012
0800 h à 1600 h
bâtiment 135

Pour s'inscrire, composez Promotion de la santé le 4150



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CDS, CBC journalist to speak at Yellow Ribbon Gala

The Yellow Ribbon Gala is the Winnipeg MFRC's biggest annual event, and the 2012 Gala will be no different.

The committee has been hard at work, ensuring that this year's event will be enjoyed by all in attendance, and there are a few exciting things in the mix this year.

"We are pleased to announce that the Chief of the Defence Staff, General Walter Natynczyk, has agreed to be our keynote speaker," said Don Brennan, MFRC Executive Director. "His attendance at the Winnipeg MFRC's Gala has generated a lot of interest in this year's event."

For the first time, there will be a second speaker at the Yellow Ribbon Gala—Mellissa Fung, a CBC reporter and author will also be speaking. In 2008, Fung was taken captive after finishing interviews at an Afghan refugee camp. She was held by her captors for 28 days, and her book *Under an Afghan Sky: A Memoir of Captivity* recounts her experiences during her ordeal.

"We were excited to have Ms. Fung accept our invitation to speak at the Gala," said Brennan. "She has an interesting story to tell, and we are anticipating that gala attendees will be eager to hear what

she has to say."

In addition to our two fantastic speakers, the Royal Canadian Air Force band will be performing at the 2012 Yellow Ribbon Gala. The band has been a steadfast part of the Gala for the past six years, and has always received rave reviews from people in attendance at the Gala. We are fortunate to have such a huge talent at CFB Winnipeg, and the Winnipeg MFRC is honoured to have the band perform again this year.

The Yellow Ribbon Gala wouldn't be complete without prizes. There will be two raffles this year. The first is a chance to win an autographed Winnipeg Jets jersey, valued at more than \$500. The jersey draw will only be open to those attending the Gala.

The second raffle is a travel raffle. The first draw in the travel raffle is for two tickets anywhere WestJet flies (some restrictions apply), the second draw is for two tickets anywhere in Canada WestJet flies (some restrictions apply), the third draw is for a trip for four to Churchill on VIA Rail and a hotel stay (some restrictions apply), and the final draw is for a \$250 gift certificate package courtesy of

the Grand Forks Visitors and Convention Bureau. Tickets are three for \$10 and will be available soon at the MFRC.

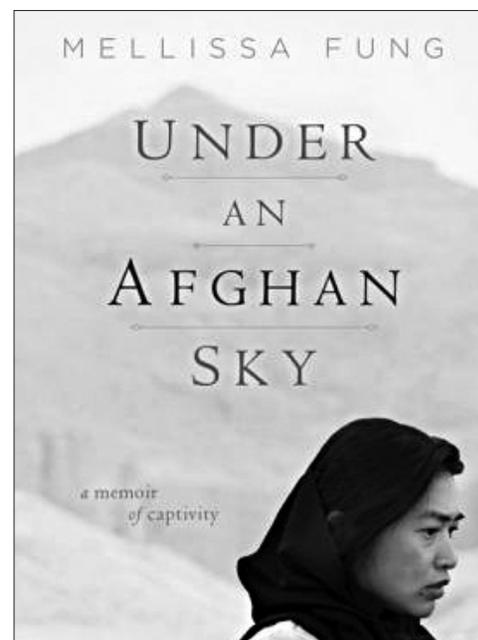
In addition, anyone who purchases tickets to the Gala will be entered to win the door prize of two leather jackets, donated by Peerless Garments.

The Yellow Ribbon Gala takes place February 18, 2012 at the Delta Winnipeg starting at 6 p.m. Tickets are \$100 each or a table of 10 for \$900 and are available at the Winnipeg MFRC. A limited number of tickets are available. Be sure to get yours before it's too late.

Be sure to watch the pop-up and our Facebook page

(facebook.com/WinnipegMFRC) for details about the raffles and the Yellow Ribbon Gala.

For more information about the Gala, call 833-2500 extension 4500.



CBC reporter Mellissa Fung will be on hand to discuss her experiences in Afghanistan.

Yellow Ribbon Gala Travel Raffle 2012

Tickets available at the Winnipeg MFRC

Draw to be held February 18, 2012 at 350 St Mary Ave 9:00 p.m. (approx)
Purchasers do not need to be in attendance to win. Winners will be contacted February 21.

Draw 1
Two tickets anywhere WestJet flies (some conditions apply) valued at approximately \$4,000

Draw 2
Two tickets anywhere in Canada WestJet flies (some conditions apply) valued at approximately \$3,000

Draw 3
four VIA Rail tickets To Churchill, includes hotel & whale watching tour (some conditions apply) valued at approximately \$3,000

Draw 4
Simply Grand prize pack from Grand Forks Visitors & Convention Bureau valued at approximately \$250

<p>WinterFest Saturday, March 3, 2012 12 to 3 p.m.</p> <p>Westwin Community Centre</p> <p>Activities include*: sleigh rides, snowshoeing, children's activities, ice skating, swimming, and much more!</p> <p>* weather dependent</p> <p>Refreshments provided</p> <p>Defence team: \$2 per person \$6 per family</p> <p>Public: \$3 per person \$10 per family</p> <p>Tickets are available at the MFRC and Building 90.</p> <p>Tickets must be presented at time of entry. Tickets available for sale at the door.</p> <p>For more information, contact Dana at extension 4507 or Tina at extension 2059</p>	<p>Fête de l'hiver Samedi le 3 mars 2012 de 12 h à 15 h</p> <p>Centre communautaire de Westwin</p> <p>Activités offertes*: promenades en traîneau, raquette, activités pour enfants, patinage, baignade à la piscine, et encore plus!</p> <p>* si la température le permet</p> <p>Collation comprise</p> <p>Équipe de la défense: 2 \$ par personne 6 \$ par famille</p> <p>Public: 3 \$ par personne 10 \$ par famille</p> <p>Les billets sont en vente au CRFM et à l'édifice 90.</p> <p>Les billets doivent être présentés à l'entrée. Des billets seront également en vente à l'entrée.</p> <p>Pour de plus amples informations, contactez Dana au poste 4507 ou Tina au 2059.</p>
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Presented by / Présentée par

NORAD Tracks Santa Program has record-breaking success in 2011



Canadian Forces LGen Tom Lawson, North American Aerospace Defense Command deputy commander, and NORAD Tracks Santa volunteer Karol Vanderploeg, take calls from children at the NTS Operations Center Dec. 24, 2011. Photo: Tech. Sgt. Thomas Doscher

This year, the North American Aerospace Defense Command's NORAD Tracks Santa Program exceeded its own records in the number of calls, emails and Facebook and Twitter followers on December 24.

The program, which began after a misprinted ad in a local paper in 1955, has volunteers and NORAD staff answering queries on the location of Santa Claus as he circles the globe delivering presents on December 24.

More than 1,200 volunteers in the 23-hour NORAD Tracks Santa operations center answered nearly 102,000 calls this year from children looking for Santa Claus (up over 20,000 from 2010). Volunteers ranged from Peterson AFB family members volunteering their time to First Lady Michelle Obama, who for the second year, answered NORAD Tracks Santa calls from Hawaii. They also answered 7,721 emails, which is also an increase from last year's count.

The NORAD Tracks Santa website, www.noradsanta.org, had 18.9 million unique visitors access the site from 220 countries and territories across the globe during the month of December, while fans of the NORAD Tracks Santa Facebook page neared 1 million followers. More than 101,000 people also followed Santa's progress on Twitter, which is nearly double the number from the previous year. The NORAD Tracks Santa site, featuring ultra-cool Google Earth maps and other interactive games, also offered photos, videos and lots of fun facts about Santa and his reindeer throughout the month of December.

New this year was the addition of free apps in the Apple Store and in the Android Market. Parents and children were able to countdown the days until Santa's take off on their smart phones and track his progress. The app received a total of 1.4 million downloads.

"Throughout the year the men and women of NORAD work hard to provide aerospace security for North America, but for this one night every year, we are able to bring the magic of Christmas to children around the world," said Jamie Graybeal, deputy Chief of Staff for Communication at NORAD. "We at NORAD are honoured to be a part of so many peoples' holiday traditions. Thank you to our many volunteers and our contributors for making this program possible, and we look forward to doing it again next year."

ST. CHARLES CATHOLIC SCHOOL

331 St. Charles Street

Tuesday, January 31st, 2012
Kindergarten Open House- 6:30 p.m.

Wednesday, February 29th, 2012
K-8 Open House - 6:30p.m.

Tuesday, March 20th 2012
K-8 Open House- 1-3 p.m.

If you have a child turning five this year, are you ready for kindergarten? Is your child?
We invite you to come and find out at St. Charles Catholic School.

Pre- register today and reserve your spot!
Please call Darlene at 837-1520.

St. Charles is a K-8 school, offering full day, every day kindergarten, Before and After School Care, a Violin Enrichment Program, K-8 French, Arts Program, as well as a Hockey Skills Development Program. Academy Kids Daycare is also located on the premises. For more information, please visit our website at www.stccs.ca or call 837-1520.

Quality Education that is Intellectually Challenging and Faith-Filled

Correction: In our 11 January issue of The Voxair, we incorrectly stated that BGen Rick Pitre assumed command of 2 Cdn Air Div/Air Force Doctrine and Training Division from BGen Martin Galvin. When in fact it was BGen Galvin who assumed command from BGen Pitre. We apologize for the mistake to all parties involved.

Together in Church

CATHOLIC

CHAPLAINS

Padre Mark Mawson (Wing Chaplain)

Roman Catholic Office 833-2500 ext 5417

Padre Ray Laudenorio

Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre

Roman Catholic Office 833-2500 ext. 5956

Ms Catherine Landry

W Chap Admin Assistant

Office: 833-2500 ext 5087

Masses (English only)

Tues, Weds, Thurs 1210 hrs

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 Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Gord Mintz

(Anglican) Office 833-2500 ext 5785

Padre Frank Staples (UCC)

Det. Dundurn. Office 833-2500 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'.



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Denis 275-7581 or 5611

Volunteers Wanted:

1 Canadian Air Division kitshop is looking for volunteers. Flexible hours, 1 day a week between 10:00 hrs and 14:00 hrs.

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- CRIBBAGE: Thursdays at 7:30 pm
- DANCING: Friday & Saturday evening 8:00-12:00 pm
- MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

Taroscopes

BY NANCY

Aries (March 21 - April 19):

General changes occur daily but this is a time when you need to be prepared for major changes. Fair play is important at this time, so hold to your standards. Reestablish boundaries or assert yourself especially if you're feeling pressured to do something you don't agree with.

Taurus (April 20 - May 20):

Assess your energy level. Plan your day in accordance with how energized you feel. Find new ways to do things that don't leave you feeling exhausted. If you make some things more fun you won't procrastinate. If you find a way to streamline a task, you'll create more leisure time.

Gemini (May 21 - June 21):

Establish rules in the areas of your life in which you have authority. How you experience life is up to you. Demand accountability of self and others but gently. This shouldn't require drastic action just honesty. The ideal environments is one in which you can thrive and grow.

Cancer (June 22 - July 22):

You're having flashes of awareness and insights about all kinds of things. So much is changing; what was once easy seems difficult at this time and what was difficult is easy. Still when an opportunity pops up, be willing to run with it. See where it takes you. Finding out is fun.

Leo (July 23 - August 22):

Take small steps to reach a goal. Use common sense to tame an imagination running wild. When you're in new territory you can't just rush in and take over. If you have been naive about the long range ramifications of choices made in your youth, work to repair your reputation.

Virgo (August 23 - September 22):

Yes there are boundaries and limitations you must work within, but structure can be useful. Procedures are helpful. Get organized and you'll make steady progress. Instant results aren't possible. Save yourself from disappointment. Do the work. You'll be glad you did.

Libra (September 23 - October 23):

Schedule quiet time to relax. Learn about wellness. Retreat from the hustle and bustle. Get extra sleep. Restful surroundings lift your spirits. There is no need to rush for fear of missing opportunities. They will be there waiting for you when you're ready.

Scorpio (October 24 - November 21):

Prepare to finish up something you started a while back. Dragging your heels on this won't help anything. Just do it. Find a new focus and move on. If you were waiting until you felt certain. The time has come. A more unconventional outlet or interest appeals to you.

Sagittarius (November 22 - December 21):

So what is it you really want? If what you have looks pretty good but it isn't satisfying you, then check your expectations. Do you appreciate what you have? Be honest with yourself and others. Let them know you need to feel a sense of control over your future.

Capricorn (December 22 - January 19):

Allow things to develop or to heal naturally. Luck is with you at this time. Pick wisely when you wish for what you want for you will probably get it. Learn from the past. You've been tempted before by promises of a quick return but real success comes with time. Be patient.

Aquarius (January 20 - February 18):

Take a good look at your finances. Questions need answers at this time. How do you plan to finance your future? Where do you want to go? What do you want to do? What are you waiting for? Ponder these then relax and let things unfold. When effort is required, apply yourself.

Pisces (February 19 - March 20):

To succeed, balance your resources in terms of money and energy. Do the essentials but make times for your dreams. Let go of illusions and "might have beens." Stay open to new possibilities. Be spontaneous but if an idea is really radical, sleep on it before you decide to go ahead.

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