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# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

January 28, 2015

VOLUME 64, ISSUE 2

FREE

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## 17 Wing Opens New Community Skating Rink



Col Roy uses a hockey skate to cut the ribbon on the new south side skating rink. From left to right: Vic Lee, Defence Construction Canada, Wing Chief Warrant Officer Mike Robertson, 17 Wing Commander Colonel Joel Roy, Wing Administration Officer Lieutenant-Colonel Danielle Clouter, Wing Administration Chief Warrant Officer Sandra Spragg, and Personnel Support Programs Manager Rick Harris. For more, see page 2. Photo: Sgt Bill McLeod

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# Rink Rats Rejoice: The South Side Skating Rink is Now Open

By Martin Zeilig  
Voxair Photojournalist

After a formal ribbon cutting ceremony, 17 Wing Commander Colonel Joel Roy, along with a few others, decided to go for a skate around the new community outdoor skating rink off Doncaster Street.

Almost two dozen military and civilian employees from 17 Wing were in attendance at the event to mark the rink's official opening took place on January 15. Among them were several personnel from the 38 Combat Engineering Regiment (CER), who prepared the base for the rink under the direction of Wing Housing Liaison Major Phil Dawes and Vic Lee of Defence Construction Canada.

"I want to thank CER for their efforts," said Col Roy as he laced up his skates in the nearby community centre just prior to testing out the new rink.

The rink is part of a larger eight to ten year development vision for the entire community. It's one of the first elements to be upgraded as part of the South Side Residential Area Master Plan.

The size of the rink, which is 60 percent the size of a regulation NHL rink, is well suited to needs of the local military community.

"The location of the rink will allow for the eventual development of a new community centre between the existing Youth Centre," said Maj Dawes. "This will be an

important anchor to developing a community core for the RHA. The construction of the rink is consistent with the standard constructions for City of Winnipeg outdoor rinks."

Besides the rink, members of 38 CER also levelled the ground around some of the PMQs to help prevent flooding.

Master Corporal Ryan Perry of 38 CER was the project manager for the initiative. He says that the construction project provided important on-the-job training for his crew.

"We were approached by Major Dawes to take on a couple of community improvement projects," he says. "What that entailed was to change the grade on some of the areas in the PMQs to prevent flooding, and tied in with that, to construct a community garden and a fitness trail. Then we moved on to the construction of



17 Wing Commander Col Joel Roy stick handles a puck while WCWO Mike Robertson skates on the new outdoor skating rink on the south side residential housing units. Photo: Sgt Bill McLeod.

a small hockey rink for the kids and the people who live in the PMQs."

The rink work involved levelling out the ground, bringing in gravel, and creating "an excellent surface" so that it could be flooded. The boards enclosing the rink were built and installed by a private contractor

MCpl Ryan called the projects intense work.

"Basically, we started with a field, and we had to solve major draining issues for the people there, and with that we created a nice area for a community garden, and a really nice fitness trail," he said, noting that a total of nine members from 38 CER worked on the project.

"Over the summer we had qualified equipment operators, like back and dump trucks, so it was an opportunity for these guys to get more time operating the equipment. It was an excellent training opportunity to push these guys along and have them gain confidence and new skills. We're part of the larger CAF community, and we got to showcase to 17 Wing what our capabilities are."

The rink, grading, fitness trail and community gardens are just a few of the investments 17 Wing is making to help improve life at CFB Winnipeg said Col Roy.

"This year (2014), when we sat down on how we were going to plan the budget, one of the objectives was how we were going to invest in our military community," he said.

"Earlier, we had a town hall meeting with many ideas. These things take a while. This year we were extremely successful in putting money where our families will benefit. I'm extremely proud of what's been accomplished. There are many people with a lot of talent."



Members of 38 CER enjoy a friendly game of foosball after the rink ribbon cutting ceremony. Photo: Mike Sherby

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Derksen Printers  
204-326-3421

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VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col Roy. Opinions and views expressed do not necessarily reflect those of the Editor, the Wing Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. We will not be responsible for any loss or damage to any advertiser or third party resulting from the failure of an advertisement to appear in any of our editions or from any error or omission in any advertisement which is published.

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Winnipeg, MB R3J 3Y5  
This newspaper is printed using  
environmentally safe inks.  
Publications Mail Agreement No. 1482823

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# Fitness & Sports Director Retires After 52 Year Career



Mr. Al Brazeau has retired after 52 years of meritorious service with the CAF and CFMWS. In celebration of this historic milestone, a retirement breakfast was held at the Officers Mess on January 16, 2015 in his honour. Al joined the CAF in Sep of 63 as an RMS Clerk, later remustering to the PERI trade. His 34 years of military service saw him serve 5 UN tours and 11 postings, including CFB Europe. He joined the ranks of CFPSA in Apr 97 at 17 Wing Winnipeg as the Fitness & Sport Director where he served until retiring. Good luck Al. Photo: Mike Sherby

# WComd Holds 2015 Welcome Back Coffee Break



Dozens of Wing members took a pause from their busy post-holiday return to work to enjoy the first Wing Commander's Coffee Break of 2015. The break was held in the WOSM Fireside Lounge on Jan. 13, 2015. Photos: Martin Zeilig

# 17 Wing Community Choir Makes Sweet Harmony

By Martin Zeilig  
Voxair Photojournalist

Sergeant David Grenon, the musical director of 17 Wing's new MFRC Community Choir, methodically flips through the pages of his song book.

Each page contains the music and lyrics of a different song, including O' Canada, And So It Goes, Build Me Up Buttercup, and many other pop, gospel, and other songs.

The choir's first ever rehearsal was held on Monday, January 19, 2015, from 1830-2030 hrs at the 17 Wing Chapel, located at the corner of Wihuri Road and Silver. Practises will be held every Monday at that same time, said Sgt Grenon, whose day job is singing in the RCAF Band.

The choir members are enthusiastic about this new club.

"When I heard from Sgt Grenon that he was thinking of starting up a local MFRC Community Choir I immediately indicated my interest in joining," said Captain Bettina McCulloch-Drake, Public Affairs Officer at 17 Wing.

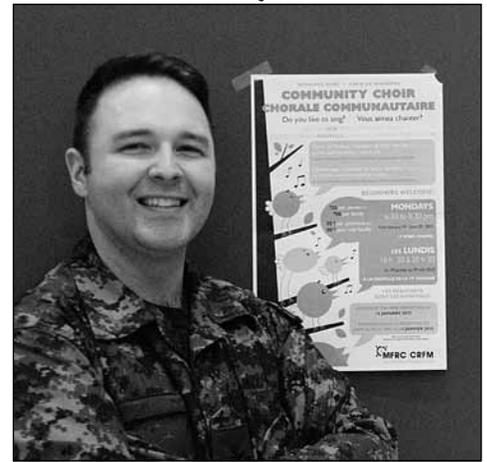
"I enjoy singing and have belonged to a variety of choirs over the years. I am not disappointed. With only one practice under our belts I know that this is a fun group, and I look forward to working together to put together a memorable performance sometime in the spring."

Lieutenant-Colonel Dan Desrochers, Commandant of CFSAS, expressed a similar sentiment. He and his wife, Line Daigle, are both members of the choir.

"We are very happy to have the opportunity to join the choir, and to be part of a musical ensemble again," said LCol Desrochers. He says that "quite a few years ago" he and his wife met through the band as well as the choir at le Collège Militaire Royal de St-Jean-sur-Richelieu.

"Joining this choir here in Winnipeg gives us the opportunity to participate again in a great activity with other music lovers. The first rehearsal reminded us of the challenges of four-part harmony, but provided the immediate satisfaction of very promising results in a great atmosphere."

Sgt Grenon first had the idea of a com-



Sgt David Grenon, singer with the RCAF Band, is looking for even more people to join the MFRC Community Choir. Photo: Martin Zeilig

munity choir a couple of years ago. Then this past October he discussed the concept with Melanie Lyrette, the MFRC's second language training coordinator.

"We spoke about it and came up with a plan: our goal, costs, and what our vision is for it," said Sgt Grenon.

"I think it's important to build our military community," said Lyrette. "It's good for the community spirit."

The choir, which is open to both military members and civilians at 17 Wing, is now an official part of MFRC's programs.

"It doesn't matter what rank or unit you're in, as long as you show your support for the CAF you can join," said Sgt Grenon, who studied music at the U of Montreal and at the Université du Québec à Montréal.

"I've got very talented people in the choir. It's a community fun-based activity."

There are currently eight men and 20 women in the choir, which includes six members of the RCAF Band.

Sgt Grenon says he is looking for more singers of both sexes, and that he would eventually love to see 50 people in the choir.

"It doesn't matter what the quality of your voice is as long as you can match pitch and memorize rhythmic lines," said Grenon. "I want a high quality product, but the main goal is to have people enjoy themselves. They're going to be challenged musically."

The Cost of joining the choir is \$25.00 for singles, \$50.00 for a family (with a reduced rate available), and daycare is available for younger children.

For further information contact Sgt Grenon at local 5182, or through email at David.Grenon@forces.gc.ca



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# OSIs and the CAF: Help is Always There



**LCdr Linda Forward, Commanding Officer of 23 CF Health Services talks to the Voxair about Operational Stress Injuries (OSIs).**

**By Martin Zeilig  
Voxair Photojournalist**

While post-traumatic stress disorder has received a lot of media attention over the past several years, it's just one of several operational stress injuries that can affect members of the Canadian Armed Forces (CAF).

The term Operational Stress Injury (OSI) was devised by the CAF to describe the range of negative health effects caused by military service.

Veterans Affairs Canada defines an OSI as "any persistent psychological difficulty resulting from operational duties performed while serving in the Canadian military." It covers a broad range of problems including diagnosed medical conditions such as anxiety disorders, depression, and PTSD as well as other conditions that may be less severe, but still interfere with daily functioning.

"PTSD is more chronic in nature than other OSIs, and usually occurs later after a particular stress," says medical doctor Lieutenant-Commander Linda Forward, Commanding Officer of 23 CF Health Services and Wing Surgeon at 17 Wing. "It can be characterized by changes

in behaviour, mood, sleep patterns, dreams and many other symptoms."

Statistics show that diagnoses for PTSD have nearly doubled from 2002 to 2013, jumping from 2.7 to 5.3 percent of total members in the CAF.

"This is concurrent with Canada's role in Afghanistan," says LCdr Forward, who received her medical degree from the University of Manitoba in 2008.

Nevertheless, depression is still the most common mental health issue in the CAF says Dr. Debbie Whitney, Clinical Coordinator and Staff Psychologist at the Operational Stress Injury Clinic in the Deer Lodge Centre.

The OSI Clinic, one of a number run by Veteran's Affairs Canada across Canada, is a specialized outpatient program that serves Canadian Armed Forces veterans, currently serving members of the CAF, eligible members of the RCMP, as well as the families of those individuals.

"The clinic is located at Deer Lodge Centre because of its historic and ongoing ties to veterans, and is fully funded by Veterans Affairs Canada," says Dr. Whitney.

"Our goal is to help people improve their quality of life through a better understanding of the impact of severe stress. We do this by providing assessment and treatment services for OSI, such as psychotherapy and pharmacotherapy; by providing marriage and family therapy; and, by delivering education and research that advance our understanding of these issues."

She says that OSIs are either caused or made worse by service experiences.

"OSI encompasses the whole broad range of military experience," Dr. Whitney said. "For example, you could be a witness or be part of something during training, such as an accident."

It can occur to anyone: you could be a Search and Rescue Technician tasked on a mission, a soldier mobilized to fight floods, or experience something while deployed overseas.

"The majority of people deployed to a war zone come

back with PTSD symptoms. You've been in extremely stressful situations where you've witnessed terrible things happen to other people," says Dr. Whitney.

"They come back wound up, vigilant, jumpy, and are thinking about the things they witnessed. So the majority of people come back with these symptoms. But they wear off over time. However, for some of the people these symptoms linger for a variety of reasons we don't understand yet. Often peoples' lives become smaller. You're actually in a state called 'fight or flight.'"

This anxiety uses up a lot of energy, which in turn affects a person's inner chemistry, causing them to become depressed.

"PTSD and depression go together at least 50 percent of the time, according to data from our clinic," said Dr. Whitney.

A CAF member who walks into 23 CF Health Services Centre and asks to see a doctor or a mental health professional will first be given an initial assessment.

"That's how we determine whether they should be referred to the OSI Clinic," LCdr Forward says.

"Then they get an initial assessment again at the clinic to determine their course of therapy. We'll take anyone with any acute needs. We're still their primary care physicians here, and we still get feedback from the OSI Clinic on how their therapy is progressing."

According to Dr. Whitney the specific treatment protocols for PTSD can often be completed in three to six months.

"But it can certainly take longer to integrate the gains from your treatment depending on individual circumstances," she says, adding that treatment often involves other members of the family and sometimes more than one problem.

"Often people have lived with these problems for a long time, so it takes some time to detangle. But therapy combined with a strong support system outside of therapy does offer hope."

## 17 Wing Fund Receives Grant from SISIP AND CANEX for Morale and Welfare Programs

**By Mike Sherby  
Voxair Manager**

On Thursday, January 15th, Winnipeg SISIP Branch Manager John Clarey presented 17 Wing Commander Colonel Roy with a ceremonial cheque in the amount of \$109,136, which represented the amount provided to the Wing Fund from CANEX and SISIP during FY 2014-15. Though this was the first year that there has been a formal cheque presentation, SISIP and CANEX have been providing grants to Wings and Bases to help improve CAF Morale and Welfare programs since their inception

in 1969 and 1968 respectively.

Col Roy promised to continue to put the grant to good use in helping fund initiatives that will benefit morale and welfare programs at the Wing.

"I'm very happy to accept this grant, and I've already got a lot of ideas of how to make some great things happen at the Wing," he said.

The funding is provided to the Wing Fund, from which it is used to help fund various morale and welfare programs and activities, community events and other initiatives. Examples include providing grants to Unit commanding officers to assist them in their unit morale and welfare programs, the Wing recreational sports program, Annual Fall Fair, the end of summer Family TGIF, Sports Day in Canada, Wing Fund BBQs and other events.

"We are presenting this cheque as a testimony to our commitment and support of the community of 17 Wing," Clarey said.

Tina Bailey, 17 Wing Fitness, Sports, and Recreation Director, has seen her programs benefit greatly from grants like this. Through them, they have enabled her to provide programs such as their monthly Military Family Day, the year round Active Kids program and offer a varied aquatics program.

"Donations like these help ensure that we can keep our costs down and continue to offer quality programs to the military community," she said.

Nationally, SISIP and CANEX provided grants of over \$6.3 million to Bas-

es and Wings across Canada this year. The amount of money each base receives is partially determined by how much revenue they generate. With the construction of the new CANEX building at 17 Wing nearly complete, the grant received here is expected to grow next year.

Clarey says that he's happy to be able to give back to the community and provide funds to help boost morale and welfare events Wing wide.

"This cheque is also a reminder to all our CAF members that these funds are possible thanks to the services you subscribe to through SISIP Financial. Indeed, every dollar spent through acquiring services from SISIP contributes to generating growth," said Clarey during the presentation.

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**John Clarey (center) presents the ceremonial cheque to 17 Wing Commander Col Joel Roy (left) and 17 Wing PSP Manager Rick Harris (right). Photo: Mike Sherby**

# 1CAD Member Represents CAF in Canadian Squash Championships

**By Capt Audrey Jordan**

The title of Canadian Squash Champion was decided in Montreal this year from the 9-11 of January. Provinces were able to submit one men's and one women's team of three players each, with one spare. The host province was allowed to enter two teams.

As well, the Canadian Armed Forces sent a team of men and women this year to compete against the provinces and territories. This was great news for the women's team, as in the recent years only a men's team had been sent. The last time a women's team was sent was in Cornerbrook, NF in 2001.

Capt Audrey Jordan from the 1 Canadian Air Division was one of the four players sent this year to compete. Along with Maj Melissa Reyes, Capt Jordan was a team member on the 2001 women's team. The men have all represented the CAF in at least one of the years the CAF sent a men's team, and three of them were in the team last year, with Maj Comtois taking Maj Gilles Couture's place.

The team members were as follows:

Mens: Maj Dan Begin, MCpl Brian Reid, Maj Luc Leveille, Maj Simon Comtois.

Womens: Maj Melissa Reyes, Capt Jillian Sicard,

Capt Audrey Jordan, Capt Melanie Jupp.

Prior to the competition, the CAF Women's team was seeded 8 out of 9 teams based upon the individual ranking on Squash Canada website. CAF Men's team was Ranked 11 out of 11.

The competition was fierce, and the women's team lost a close fought bronze medal match of the consolation playoffs. The men's team won the bronze medal match of the consolation playoffs. Quebec 1 won the tournament on the men's side and Alberta on the women's side. The tournament was held at the club sportif MAA and the Atwater club, Montreal.

Capt Jordan said that she was very happy to have been able to participate in the event.

"As players, we are really grateful that the CAF and PSP recognize the benefits of sports competition against our civilian counter parts. Not only does it reflect positively on the CAF, but it allows us to apply the physical fitness we need to maintain as CAF personnel to be physically prepared for the complex and demanding operating environments."



Capt Audrey Jordan, top row, 3rd from left, pictured with her team, and the Alberta team. Photo: Supplied

# 17 Wing Presentations & Promotions



Pte Allan is presented his first hook. Left to right: LCol Clouter, Pte Allan, CWO Spragg.



WO Semenchuk receiving the RMS (Resource Management Support) Clk Coin. The RMS Clk Coin is handed out to deserving RMS Clks. Left to right: LCol Clouter, WO Semenchuk, CWO Hurley, CWO Spragg.



Sgt Longman receives the RMS (Resource Management Support) Clk Coin. The RMS Clk Coin is handed out to deserving RMS Clks. Left to right: LCol Clouter, Sgt Longman, CWO Hurley, CWO Spragg

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# Local Author of Military Histories Pens First Fantasy Novel

By Martin Zeilig  
Voxair Photojournalist

"Once upon a time, in the not so distant future, a beautiful world existed, not quite earth yet not from beyond our universe. And in this land, man existed. But not man as one would expect unless one possesses the special gift of being able to pull back the blanket of first glances."

So begins a new and as yet untitled work in progress from local author Sheila Enslev Johnston, a former member of the CAF. Johnston lives in Winnipeg with her husband, Lieutenant Colonel Paul Johnston, who's posted to 1 Canadian Air Division, and their four children.



Sheila Johnston is in the middle of writing her first fantasy novel. Photo: Supplied

This is her first foray into fantasy fiction, although not her first published work.

Johnston is the author of four previous books on the Canadian Military, including *Inside the War in Afghanistan*, *Iraqi Conflict*, *Canada's Peacekeepers*, and *Battles of World War I: The Quiet Heroism of Canadians*. Senator Romeo Dallaire wrote the introduction to her first book.

"I was the first person he did that for," Johnston says. She has also written a children's book, *A Father To Be Proud Of*.

"The book is based on the true story of how my father, Jens Enslev, explained his absence to me and my brother Jason as he prepared to leave on a United Nations peace keeping tour of duty," said Johnston, who joined the military in 1986 as a signals officer but reclassified to artillery, making her Canada's first female artillery officer.

"My father raised us as a single parent, which was quite significant considering the years and that he remained in the army," she says.

This story also serves to commemorate her much loved brother who has killed in a 1989 car accident while on Christmas leave. He was also enrolled in the military and served as an artillery gunner.

While her current project is a departure from her previous works, Johnston says that she's a long-time admirer of fantasy novels.

"I have always been a big fan of JRR Tolkien and I pride myself on discovering George Martin before HBO's *Game of Thrones*, but it was not a field I ever thought I would explore."

But then Johnston had two publishing houses approach her about doing a fantasy book, so she embarked on her current project.

"I must add that it has been great fun creating characters out of my head, the way I used to when I was young," she says. "But my biggest challenge has been to not copy what other fantasy writers have already done. Fantasy has so much room for creativity yet it can be challenging to not repeat what has already been done before. It is an exciting project however, and my goal is for it to be my Winnipeg project. We are here for two years so I hope to finish it by summer 2016."

Then, readers will be able to step into "the age of heroes and gods, evil doers and giant beasts, all of whom breathed the air of mystery and magic as naturally as we now take in oxygen."

## The Jetliners Land at the MTYP



The Jetliners Jazz Orchestra perform at the MTYP on Sunday, January 25. Photo: Sgt David Grenon

Jetliners, the Royal Canadian Air Force (RCAF) Band's Jazz Orchestra, performed in front of a very receptive audience last Sunday (25 Jan) at the Manitoba Theatre for Young People (MTYP) in Winnipeg. That was the second ensemble to perform for the RCAF Band's Concert Series at the MTYP. Their next public concert for this Concert Series will be on 10 May with Command Brass! Don't miss it! More info at [rcafband.ca](http://rcafband.ca)

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# Picture Perfect: Inside 17 Wing Imaging

By Mike Sherby  
Voxair Manager

These days taking a picture is easier than ever. Taking a good picture though, that still takes technical skills, patience, and an artist's eye for detail. It's these skills, along with many others, that the Image Techs at 17 Wing Imaging bring to every job they do.

"It's been about 3 years of training and I'm still not fully qualified yet," says Cpl Darryl Hepner, an Image Tech with Wing Imaging. "Now we're under the public affairs branch, so it's changing a bit. We're going to be doing more interviewing and more video."

Due to the changes in the trade, the training process to become an Image Tech is in the process of being streamlined from several shorter courses with on the job training in-between, to one all-encompassing 9-month course.

Cpl Hepner entered imaging as a new recruit, but most Image Techs are actually veterans of the CAF. His colleague, Cpl Justin Ancelin, decided to remuster into the trade two years ago after having spent 12 years in

the Navy.

"I've been doing photography since I was deployed in the Persian Gulf in 2008. I took something like 10-15,000 photos and just fell in love with it," he says.

Cpl Ancelin's work area is decorated with photos that he took while on vacation with his family in South Dakota, proving that photography is more than just a job for him.

The job of Image Tech is incredibly varied. Their primary tasking is flight safety: taking picture of failed components or issues on aircrafts. Members take one-week turns holding a cell phone which can be called 24-7 in case of emergencies. But that's just the start of it, their other tasks include doing official portraits, photographing accidents and fires, change of command ceremonies, sporting events, and they even provide free passport photos for military and civilian employees on the Wing.

And on top of all that, they're also tasked with covering everyone on base, from 38 CBG to Dundurn and Southport.

Wing Imaging currently has 6 members assigned to it, including one Tech who just got back from taking photos in Libya with Op REASSURANCE.

It can be a busy, unpredictable job, but it also provides its members with incredible opportunities.

"One year during SAREX I got to jump out of a Comorant helicopter with a video camera strapped to me," Cpl Hepner says. "Then they had to ditch us on a cliff because they got a real call, and we had to do about a hundred foot rappel to get off the cliff."

One of Cpl Ancelin's favourite moments involved documenting the recovery of an old aircraft from a farmer's field.

But being an Image Tech isn't all fun and games, and Cpl Ancelin estimates that they spend a majority of their time in the office, archiving all the photos they take.

"I'd say about 20% of our job is photography, and the rest is on the computer. For every photo you take you have to embed the date, a caption, and lots of other information. If you shoot 60 photos, that's a lot of information you're putting into them."

## ATF Lithuania Troops Return Safely Home



17 Wing Imaging's Cpl Gabrielle DesRochers sent us this striking photo of two CF-188 Hornets from CFB Bagotville escorting the CC-150 Polaris and its troops coming back from Lithuania on January 11, 2015. Cpl DesRochers has spent the previous 4 months posted to ATF Lithuania as an Image Tech.



Members of 17 Wing Imaging, not used to being on the opposite side of the camera, pose for a photo in their studio in Hangar 16. From l to r: Cpl Hepner, Sgt LeBlanc, and Cpl Ancelin. Photo: Mike Sherby

## RCAF Run Shirt Sale



Members of the 17 Wing Administration Team proudly sport the RCAF Run colours during morning physical fitness training on Thursday, January 8 at 17 Wing Winnipeg. For more information on how to purchase a technical t-shirt, please contact Major Charleen MacCulloch by email at CHARLEEN.MACCULLOCH@forces.gc.ca. Register now for early bird pricing at [www.rcafrun.ca](http://www.rcafrun.ca)

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# CAF Marks 5 Years Since Earthquake in Haiti

By Alycia Coulter and Lucy Ellis

Five years ago on 12 January 2010, Haiti was struck by a catastrophic earthquake which measured at 7.3 on the Richter scale. Within 24 hours, Canadian Armed Forces (CAF) members were on the ground ready to respond to the crisis.

The epicenter of the earthquake was located about 15 km from Port-au-Prince – the country's capital. As a result, critical national infrastructure was damaged or destroyed. Tens of thousands of people were killed and it is estimated that approximately 3 million people – one third of Haiti's population – were affected by the earthquake.

The Disaster Assistance Response Team (DART) arrived in Port-au-Prince on 13 January 2010. Joint Task Force Haiti (JTFH) deployed shortly after. At its peak, JTFH included 2,050 personnel, who were located in Port-au-Prince, Léogâne and Jacmel. The task force also included two Royal Canadian Navy ships – HMCS Athabaskan and Halifax – six CH-146 Griffon helicopters, a field hospital, an infantry battalion with engineering assets, and other support, maintenance and medical personnel.

The members of JTFH delivered a wide range of services on the ground such as emergency medical services, engineering expertise, mobility by sea, land and air, and security support.

The CAF humanitarian operation, known as Operation HESTIA, was one of a multitude of international peace-support, stabilization and humanitarian operations that the CAF have conducted in Haiti in the past 25 years.

Today, seven members are deployed as part of Operation HAMLET, which is the Canadian Armed Forces' current participation in the United Nations Stabilization Mission in Haiti (MINUSTAH). This ongoing mission began in 2004 in response to political instability in the country. At the time of the earthquake, the CAF were also engaged in this operation.

"Canada has a long history of participating in UN Missions in Haiti," said Major (Maj) François Dufault, the Military Component – Chief of Staff Coordinator at MINUSTAH. "Our training and experience make us good staff officers and our Canadian culture and multi-cultural awareness and policies make a good balance between all the different nations involved in MINUSTAH."

Maj Alain Aubé deployed as a lessons learned officer for 44 days in 2010 to Jacmel. "The damages that I noticed were mainly towards civilian infrastructure like roads and hotels, such as the road between Léogâne and Port-au-Prince," he said.

Although the MINUSTAH logistics base was spared by the earthquake, the MINUSTAH headquarters building along with other important buildings such as the National Assembly and the Presidential Palace were severely damaged.

Maj Aubé is currently deployed on Operation HAMLET in Port-au-Prince. He has seen the progress of both the mission and the country from the perspective of a variety of regions in Haiti. While there is still work to be done in Haiti, Maj Aubé and other deployed members notice the difference that has been made. "Back in 2010 I was not in the city, but I can tell you what I have heard from others," said Maj Aubé. "The roads are improved, and buildings have been built; there are signs of improvement."

Haiti has changed since the earthquake, and so has MINUSTAH.

"The mandate of MINUSTAH was enlarged after the earthquake to support the immediate recovery, reconstruction and stability efforts. The size of the military component was increased temporarily and the Canadian participation went from 5 to 10 military staff officers for a period," said Maj Dufault.

The role of MINUSTAH has continued to evolve since then. As the Haitian National Police (HNP) has modernized and developed, MINUSTAH's military component has moved from the lead to a supporting role. Today, the

HNP is the lead agency during operations.

For the Canadian contingent that is currently deployed, Operation HAMLET has also been an opportunity to build relationships with regional allies. "We work with mainly South American nations," said Maj Aubé. "I have had the chance to learn a little bit of Spanish, learn about other cultures, and have seen other ways of working."

Particularly, CAF members have developed strong ties with the Brazilian Battalion (BRABAT). From June to November 2013, a platoon of 34 personnel from 5 Canadian Mechanized Brigade Group Valcartier integrated into the 18th contingent of the Brazilian Army. Two staff officers continue to work with the BRABAT in the fields of operations and civil-military co-operation. This international collaboration and joint training helps the CAF to effectively operate in Haiti.

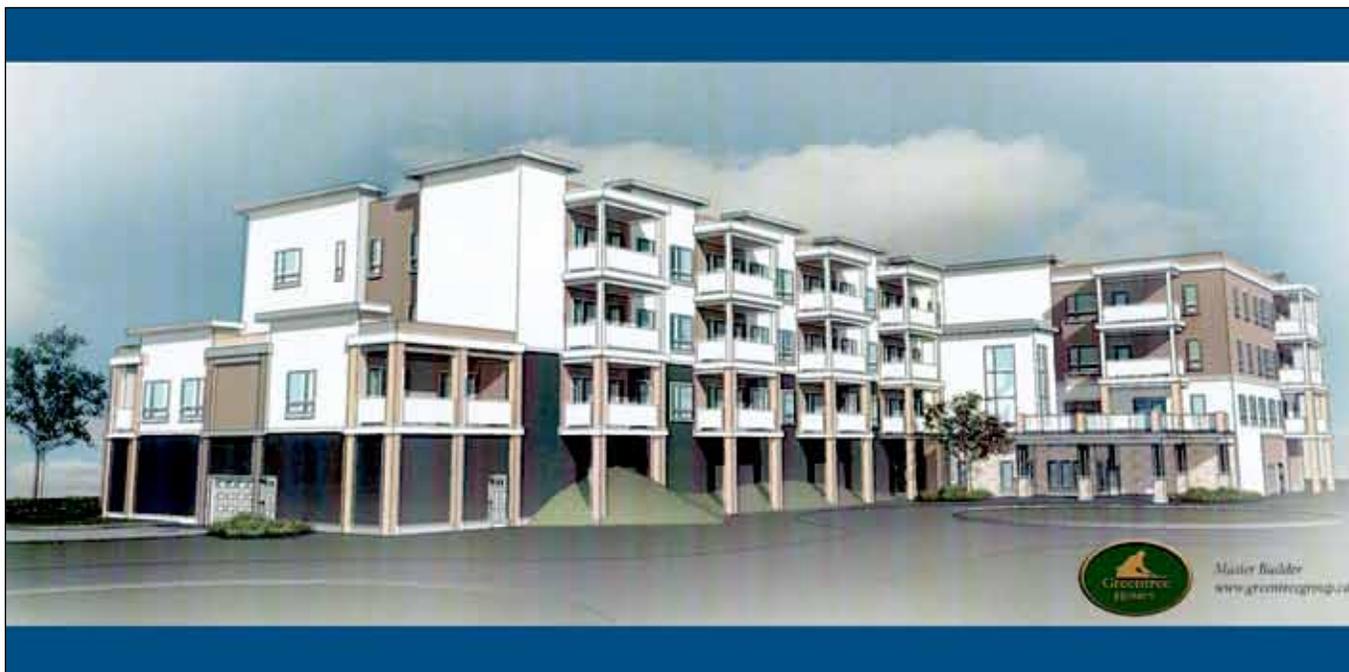
Those who deployed to Haiti as part of Op HESTIA five years ago remember the devastation that resulted from the earthquake. Much work is still required to rebuild the country, but the Canadian Armed Forces, along with international partners, continue to support Haiti through operations like Operation HAMLET.



Two Canadian Griffon helicopters and a Canadian CH-130 Hercules airplane gathered at Jacmel airport. These aircrafts provided all the military teams working in this area with equipment and personnel so they could bring help to the population of Jacmel. Photo: Cpl Julie Bélisle



Léogâne, Haiti. 9 February 2010 - A Griffon Helicopter from Valcartier lifts boxes of food to be delivered to the people of a little mountain village near Léogâne. Photo: Cpl Julie Bélisle



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# Loreena McKennitt Formally Invested as Honorary Colonel of the Air Staff and RCAF

By Joanna Calder

*"Democracy does not thrive as a spectator sport."*

Singer. Songwriter. Musician. International recording star. Philanthropist. And now honorary colonel of the Royal Canadian Air Force.

Honorary Colonel Loreena McKennitt and Lieutenant-General Yvan Blondin, commander of the RCAF, signed the official "assumption of appointment" documents investing her and confirming her position as honorary colonel of the Air Force on January 21, 2015, in Ottawa, Ontario.

"I am delighted to be standing before you today as the honorary colonel of the Royal Canadian Air Force," said Honorary Colonel McKennitt. "And I'm certainly honoured and humbled to be so welcomed into such a distinguished family."

She was appointed to the position by the Minister of National Defence in August 2014 and received her appointment scroll from Governor General David Johnston on September 5, 2014, during the RCAF's honorary colonels conference in Quebec City.

"On behalf of Canadians, I thank you," Honorary Colonel McKennitt told the assembled members of the Air Staff during the investiture ceremony. "There can be no nobler a calling than that of serving others. I am reminded of Cicero's words which were so famously adopted in the inaugural speech of John F. Kennedy: 'Ask not what your country can do for you, but rather what you can do for your country'. And those words ring as relevant today as they did in Cicero's time – and you answered the call."

"During the several years I held the role as honorary colonel of 435 Transport and Rescue Squadron, I had the privilege of learning about and being exposed to a great deal of what you do and how you do it...."

"I have learned of the many of compromises and sacrifices you and your families quietly incur as you go about your daily duties.... I have been in utter awe of the



Honorary Colonel Loreena McKennitt and Lieutenant-General Yvan Blondin, commander of the Royal Canadian Air Force, sign the documents investing Honorary Colonel McKennitt as honorary colonel of the Air Staff and the Royal Canadian Air Force in a January 21, 2014, ceremony in Ottawa, Ontario. Photo: Cpl Lisa Fenton

sophistication of your training, your capacity for leadership and your devotion to humanity and the common good.

"I accepted the role of honorary colonel largely inspired by the belief that democracy does not thrive as a spectator sport," she continued. "That if we care about the democracy we live in, we all need to do our part to preserve it."

"As Canadians, we are deeply privileged to have some of the finest men and women serving our country and the international community," she said. "Around, behind and beside them are some of the most remarkable families you will find anywhere. As citizens we owe them all our duty of care."

Honorary Colonel McKennitt is officially the honorary colonel of the Air Staff, which is located at National Defence Headquarters, as the Royal Canadian Air Force is not a "unit" of the Canadian Armed Forces in the way that a wing or squadron or school is a unit. The members of the Air Staff support the commander of the Royal Canadian Air Force and provide advice and assistance in developing policies, plans and programs.

"Although she is honorary colonel of the Air Staff," explained Colonel (retired) David Peart, special advisor to the commander of the RCAF, "she is recognized as the honorary colonel of the entire RCAF, and takes an interest in all RCAF matters."

"It was fortuitous that her appointment scroll could be presented in Quebec City among the other RCAF honorary colonels to herald the fact that she is now honorary colonel of the RCAF as a whole," he continued. "Today is her introduction to her unit here in Ottawa and the formalization of her appointment."

"This is just fantastic," said Lieutenant-General Yvan Blondin in his remarks following the signing of the appointment documents. He recounted that he first met Honorary Colonel McKennitt in Winnipeg when he was commander of 1 Canadian Air Division and she was honorary colonel of 435 Squadron. One evening, he attended a dinner at which she was the guest speaker. "I heard Loreena McKennitt speak about me, about us in uniform, about my family... She connected with people [and] I was impressed."

Then, a few years later, he and his wife attended one of her concerts in Ottawa. "Right in the middle of the show she stopped singing and started talking to the crowd ... about 'us'. About her family. About ordinary Canadians doing this job – and people were touched."

Last year, at the same time that he was considering who should be invited to become honorary colonel of the Air Force, a letter, thanking Honorary Colonel McKennitt for her service with 435 Squadron, was waiting for his signature.

"I remembered the way she spoke and the way people listened to her," he continued. "So I put an 'X' on the letter and wrote on the bottom, 'Dear Loreena, would you

become my Air Force honorary colonel?'"

Lieutenant-General Blondin continued by saying that most people think of sleek, modern machines when they think of the Air Force, but that each aircraft needs dozens if not hundreds of Air Force people to support it. And all of those people have families who make sacrifices because of the postings, deployments, risks, and day-to-day routine of working in the Canadian Armed Forces.

"Family is air force business and having Loreena beside me as we push the issues regarding families – that for me is one of the best things we can be doing with honorary colonels [such as Honorary Colonel McKennitt]."

"On behalf of all of us in the Air Force thank you for the way you speak, the way you make people see what we do, and the way you put our families in front of Canadians," he said to Honorary Colonel McKennitt.

"Thank you and welcome to the RCAF."

After signing the appointment documents, Honorary Colonel McKennitt joined Lieutenant-General Blondin and Chief Warrant Officer Patrick Young, the chief warrant officer of the RCAF, for her first official duty as honorary colonel: presenting decorations and awards to members of the Air Staff. Among the presentations were several Canadian Forces Decorations for long and distinguished service and commendations from the commander of the RCAF, the commander of the Canadian Joint Operations Command, and the Vice Chief of the Defence Staff.

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# 17 WING FIRE CHIEF'S CORNER

## Plan and Practice Home Fire Drills



Home fires are a serious threat to your family's safety. Many home fire injuries and deaths are caused by smoke, not flames. A closer look gives an important clue to a way those frightening numbers are reduced. Many deaths and injuries occur in fires that happen at night, while the victims are asleep. A reliable way to awaken these sleepers before the environment becomes untenable would help more people escape un-injured.

Now there is a reliable way. Buy a smoke detector; give it as a present. A new battery twice each year (when you change your clocks) and you will be a part of reducing the national figures of fire deaths.

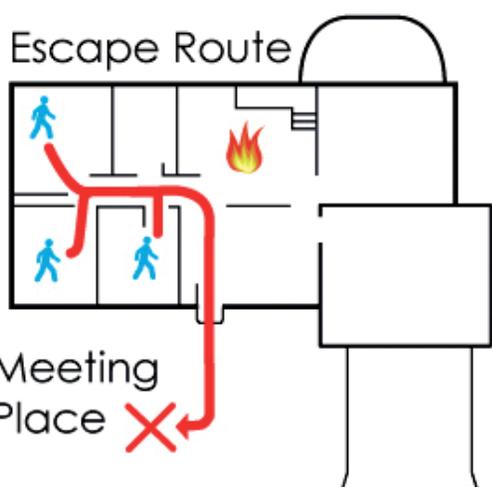
Plan and practice for a safe escape. Home fire drills may sound silly, and a serious fire is no fun to talk about, but a little time spent selecting escape routes and practicing what to do if the detector goes off may save lives if fire ever comes to your home.

1. Walk through the main escape route several times. Try it in the dark or with your eyes closed. Memorize the number of steps between obstacles or turns. If a piece of furniture keeps getting in the way, move it to clear the path.

2. Plan alternate ways of escape from each room. If the main route were blocked by fire or smoke, how would each family member get out? If bedroom windows are too high for safe jumping, perhaps you should buy a rope ladder to keep at a window in each bedroom.

3. If you must go through a smoke-filled area, crawl on hands and knees with your head low to avoid breathing smoke.

4. Agree on a place to meet outside the home so you can count noses and be sure everyone is safe. For further information, please contact your local fire station



[www.facebook.com/thevoxair](http://www.facebook.com/thevoxair)



## Bldg 90 Pool Closed for Maintenance



Maintenance give the pool in building 90 an nice acid wash. Due to the corrosive nature of the acid, they must wear special masks and suits while doing the work. Photo: Martin Zeilig

The lap pool, kiddie pool, and hot tub in the 17 Wing Fitness and Recreation Building will be closed from January 22 to approximately March 8th to allow important maintenance to be performed.

Crews will be acid washing both pools, grouting, any performing other required repairs that come up. As well, a new guard chair will be replaced and a portion of the wall in the spectator area will be upgraded from wood to plastic.

During the closure, 17 Wing Members are invited to swim at St James Civic Centre and the Centennial Pool. Military ID or a Rec Pass must be show at the desk in order to gain entry.

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# VOXAIR READS

Title: **Hitler's Final Fortress: Breslau 1945**

Author: Richard Hargreaves

ISBN: 978-1-84884-515-2

Hardcover

Pages: 268

Illustrations: 44 B/W, 11 maps

Publisher: Pen and Sword Publishing

By Maj Chris Buckham

Breslau has had a long and storied history that has, like many European cities, seen ebbs and flows in fortune. Following the First World War and the collapse of the German Empire, Breslau was plunged into an economic decline that saw vast numbers of people destitute and without hope. The rise of the Nazi's in the late 20's/early 30's witnessed a corresponding resurgence in Breslau's fortunes as Germany's economy recovered. With recovery, however, came the control and infiltration of the Nazi regime into all aspects of Breslau's life. The onslaught of war did not see a diminishment of Breslau's fortune's as its location precluded it being bombed or damaged (gaining the region the unofficial moniker "Luftschutzkeller Deutschlands" – Germany's air raid shelter).

All of this ended with a sudden brutality in January, 1945 as the massive Soviet armies under Marshall Konev drove west using all of the lessons of Blitzkrieg so painfully learned over the previous three and a half years. By 13 February Breslau was declared a festung (fortress) by Hitler, had been bypassed by fast-moving Soviet forces, and was now under siege. For three months, despite constant bombardment and gradual but inevitable constriction, Breslau held out, true to the orders of Hitler. The end was preordained however, and on May 6th Breslau surrendered. The Russians, furious at the long siege, inflicted a horrific, drunken revenge upon the population. This, sadly, was not the end of the suffering for the people of Breslau as, in a final act of tragedy, the population was evicted and the city and region were given to Poland as part of the peace treaty. Breslau, a city existing since 1241, was reborn as the Polish city of Wroclaw.

Hargreaves has blended a synopsis of the history of the region and city with an outstanding rendition of the siege and its aftermath. Drawing upon a plethora of first hand published and unpublished

sources, he has skillfully blended a macro and micro view of the battlefield, thereby providing the reader accounts of the conflict that add depth, context, and a personal element to the narrative.

Hargreaves' writing style is very lucid and engaging. He provides an expansive bibliography as well as extensive footnotes. The book has a number of small scale maps at the beginning of the narrative that enables the reader to follow the advance of the Soviet forces into the city. I would have enjoyed having a larger scale map showing the relative positions of the German and Soviet forces before the commencement of the final drive into the heart of Germany. Additionally, Hargreaves discusses tactics, motivations and



weapons that were utilized by the combatants that are excellent in providing the readers with insight into both the capabilities and the morale of the opposing forces. He does draw attention to some little known efforts by the Soviets involving 'underwater bridges'. These were bridges that were built below the surface of the rivers to hide them from the Germans. I would have liked to have seen footnoting around this point outlining where the ideas for this originated as it was both effective

and unconventional.

Overall, this book is an enjoyable and educational success. Hargreaves' efforts should be included in any casual or serious historian's library. It sheds light upon an aspect of the war in the east that few of us in the west are aware of. Even in the dying days of the war, when all was lost, the Germans continued to fight ferociously against the Soviet juggernaut. The price that the people of Breslau paid for this devotion was staggering. Well done and strongly recommended.

*Major Chris Buckham is a Logistics Officer in the Royal Canadian Air Force. He has experience working with all elements including SOF. A graduate of the Royal Military College of Canada, he holds a BA in Poli Sci and an MA in International Relations. He is presently employed as an ILOC Officer with the multinational branch of EUCOM J4 in Stuttgart, Germany. He maintains a blog of his reviews at: [www.themilitaryreviewer.blogspot.com](http://www.themilitaryreviewer.blogspot.com)*

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Qualifications: Bachelor's degree in Business Management, Administration, Hospitality or a related field AND some years of experience in golf course or outdoor centre management or in a related field

OR

College diploma or certificate in Business Management, Business Administration, Hospitality or a related field AND several years of experience in golf course management or related field

OR

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AND

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Application Submission: Submit resume to NPF HR Office quoting competition # WIN-15-003.

Email: [npfhrwinnipeg@cfmws.com](mailto:npfhrwinnipeg@cfmws.com) or online: [www.cfmws.com](http://www.cfmws.com).

We thank all applicants in advance for their interest in this position, however, only those selected for an interview will be contacted.

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# Operation SNOWSTORM

By **Kathy Dmytrisin**  
**Health Promotion Director**

Maintaining a 'health' routine in the winter months can often be a challenge. It's no surprise that we sometimes lose motivation with shorter days and freezing cold temperatures. However, Strengthening the Forces has some great news for you! There are many seasonal activities available to keep you active and in a positive frame of mind when the forecast is for more snow! In fact, Strengthening the Forces has a feature web page called Operation SNOWSTORM. It provides healthful tips and highlights the importance of health and wellness during the winter months.

We invite you to discover something new!

<http://cmp-cpm.forces.mil.ca/health-sante/ps/hpp-pps/winter-hiver/index-eng.asp>

For more information on Operation SNOWSTORM or for more information, please contact Health Promotion at 204.833-2500 ext 4150



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## Com Rec Holds Spa Sunday Movie Night

On Sunday, 18 Jan the Bldg 90 MPR was host to Massage Therapists, an Arbonne skin and body care consultant, Pampered Chef, and 17 Wing Health Promotion. A group of women (Military members, Military spouses and Community Members) enjoyed effective neck/shoulder massages, a facial cleansing treatment, nail/cuticle treatment, fresh made salsa, blended smoothies and snacks before enjoying the Free Movie Night. This was a successful event and PSP Community Recreation will run more events like this in the future. The next Free Movie Nights are 1 and 15 Feb and 15 Mar and will be Star Trek (2009), Star Trek: Into the Darkness and We're the Millers respectively. A small canteen with popcorn, chocolate bars and drinks will be available for purchase (\$1 each).



Participants paint their nails during the spa event that took place before Free Movie Night.

**Free!**

# MOVIE NIGHTS

SUNDAY  
FEBRUARY 1



Star Trek (2009)

SUNDAY  
FEBRUARY 15



Star Trek Into Darkness

SUNDAY  
MARCH 15



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## Upcoming MFRC Programs and Events

### STORY SACKS

Wednesdays, February 4, 11, 18

From 9:15 to 10:15 a.m.

Childcare is provided for children ages 18 months to five years old.

Registration deadline: January 30, 2015

Parents will learn how to bring books alive with props, games and activities. Parents will make a Story Sack for their child. Books, supplies and inspiration provided!

### PUT A SONG IN YOUR STEP!

Friday, February 27

from 9:30 to 10:30

Registration deadline: February 23, 2015

Join Sonja from Weebeejammin' for a half hour of music fun. Then spend another half hour learning ways to bring music into your daily routine. You will also make a musical instrument. Parents may participate in this program with or without their children present.

### ALPHABET SOUP IN MOTION

Tuesdays, February 3 to March 24

From 1:30 to 3:00 p.m.

MFRC, 102 Comet St.

Parent participation is required

Registration deadline: January 29, 2015

This program involves movement, literacy and nutrition. Parents and children (2-5 years old) will be cooking, moving, singing and enjoying story time. For information and to register call 204-833-2500 ext 2491. Funding provided by the WRHA.

### EVENING CHILDCARE

Wed., Feb. 11 from 5:00 to 7:00 p.m.

Westwin Children's Centre

\$12 children 1-2 yrs; \$10 children 3-5 yrs.

Registration deadline: February 9, 2015

Give an early Valentine to yourself and enjoy some child free time. School age children may wish to visit the MFRC Youth Centre.

### SURVIVAL FRENCH

Wednesdays, February 11, 18, March, 4, 11, 18

From 1:15 to 2:15 p.m.

Registration deadline: February 9, 2015

Does your preschool child speak a little bit of French or none at all? As a parent, would you like to be more at ease when French is spoken? Would you like to learn to speak French in an easy and fun way? The MFRC is offering a new program called Survival French. This language workshop helps non-francophone parents to learn French while having fun. They can acquire enough French to understand what their child is learning. For parents, learning just the right amount of words to help them through their child's activity is going to be so empowering.

### INFORMATION SESSION

#### FAMILY LAW - MANAGING CUSTODY AND VISITATION

Wednesday, March 11 from 6:45 to 9:00 p.m.

Childcare provided with preregistration

Registration deadline: March 4, 2015

Next in our series of Information Sessions is Family Law. Mr. Kelly Land of Chapman, Goddard and Kagan will be presenting on the topic: Managing custody and visitation.

### INFORMATION SESSION

#### BUYING OR SELLING YOUR HOME IN THE WINNIPEG MARKET

Wednesday, February 25, 2015

from 6:45 to 9:00 p.m.

Childcare provided with preregistration

Registration deadline: February 20, 2015

The posting season is fast approaching and with it the possibility of needing a real estate agent to help you sell your home or find a new one. Eldren Thuen from Judy Lindsay Team Realty will provide you with information to help you better understand what you should expect from your agent, whether selling or buying, and how you can better prepare yourself when selecting an agent or company to assist you.

### KIDS IN THE KITCHEN

Wednesdays, February 4—March 25 from 5:00 to 8:00 p.m.

\$20 Must be between 12—16 years old

Registration deadline: February 2, 2015

Come have some fun while learning to make simple, healthy meals, and tasty treats that you can use to impress your friends and family. Please drop into the MFRC to

complete a registration form and pay the fee before the deadline on February 2nd. For More information please contact: John Bailey, Youth Coordinator at 204-833-2500 ext. 4511 or email at [john.bailey@forces.gc.ca](mailto:john.bailey@forces.gc.ca)

### BOARD OF DIRECTORS

The MFRC Board of Directors provides support, assistance and guidance to the Centre's staff to ensure the programs and services provided meet the needs unique to OUR community.

Through this governance role and emphasis on communication, cooperation and mutual respect, the Board of Directors plays a key role in our Centre becoming an effective, high profile organization.

The Board of Directors meets once per month to discuss current and ongoing issues relating to the Centre.

The Board of Directors consists of 10 - 12 full voting members, the majority of whom must be family members. This ensures programming at our centre reflects the needs of our community.

### WHAT'S IN IT FOR YOU?

- Gain valuable experience in democratic procedures, grass roots planning and evaluation processes.

- Be a part of a National Organization with Resource Centres all over Canada and overseas.

- Have a voice in the programs and services which are offered in your community and how they are delivered.

- Meet new people, learn new skills.

For more information, please contact the Coordinator of Volunteers, Barbara Thuen, at 204-833-2500 local 4519 or [barbara.thuen@forces.gc.ca](mailto:barbara.thuen@forces.gc.ca)

WINNIPEG MFRC ~ CRFM DE WINNIPEG

2015 YELLOW RIBBON GALA  
GALA DES RUBANS JAUNES 2015

FUNDRAISING RAFFLE  
TIRAGE AU SORT

**GRAND PRIZE ~ GRAND PRIX** total value: \$3192 ~ valeur totale: 3192 \$  
CHURCHILL GETAWAY ~ VOYAGE À CHURCHILL  
Via Rail Travel to Churchill, pre-paid Visa Gift Card ~ Voyage à bord de Via Rail, Carte Visa prépayée

**PRIZE 1 ~ 1<sup>ER</sup> PRIX** total value \$2000 ~ valeur totale: 2000 \$  
TRAVEL GETAWAY ~ FORFAIT ESCAPADE  
Travel Voucher from Travel Mug Café ~ Crédit-voyage de Travel Mug Café

**PRIZE 2 ~ 2<sup>E</sup> PRIX** total value \$770 ~ valeur totale: 770 \$  
WINNIPEG STAYCATION ~ FORFAIT DÉCOUVERTE DE WINNIPEG  
Joey's Restaurant Gift Card, Original Joe's Restaurant Gift Certificate, Fort Garry Hotel Pkg, 2 Winnipeg Jets Tickets for March 19<sup>th</sup> vs. the St. Louis Blues

Carte-cadeau de Joey's Restaurant, certificat-cadeau de Original Joe's Restaurant, une nuit à l'Hôtel Fort Garry, 2 billets pour la joute des Jets de Winnipeg contre les Blues de St. Louis, le 19 mars

**PRIZE 3 ~ 3<sup>E</sup> PRIX** total value \$611 ~ valeur totale: 611 \$  
FAMILY ACTIVITY PACKAGE ~ FORFAIT-CADEAU POUR LA FAMILLE  
Boston Pizza "Family Night Out" gift certificate, Boston Pizza "Pizza Party for 8" gift certificate, Adrenaline Adventures Family Day Pass, Manitoba Museum Complimentary Pass x 4, Manitoba Children's Museum Gift Package

Certificat-cadeau de Boston Pizza "Une soirée en famille", certificat-cadeau de Boston Pizza "Pizza Party pour 8 personnes", admission d'une journée à Adrenaline Adventures, 4 admissions au Musée du Manitoba, paquet-cadeau du Musée pour enfants du Manitoba

Tickets are currently available for purchase from the MFRC and will also be sold during the Yellow Ribbon Gala. Vous pouvez vous procurer des billets au CRFM et ils seront également vendus lors du Gala des rubans jaunes.

**TICKETS \$5 EA. 5 \$ PAR BILLET**

Draw Date/Date du tirage: February 21, 2015 ~ 21 février 2015  
Draw Location/Lieu du tirage: Victoria Inn Hotel  
Draw Time/Heure du tirage: approx. 2245 hrs ~ vers 22 h 45

2000 TICKETS PRINTED 2000 BILLETIS IMPRIMÉS

# PERSONAL CLASSIFIEDS

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Cub scouts - 8 to 9

Scouts - 10 to 12

Venturers - 13 to 17

We meet weekly Wednesday evenings at 6:30 pm at Sansome school and the KW Community Center. Both are on Sansome Avenue.

For questions or information check out www.Scouts.CA or email Dean Parsons at Kirkfieldgc@gmail.ca

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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

# Chaplain's Corner

## This New Year's, Make a Spiritual Resolution

By Padre In Seob Won

It is a New Year.

When the New Year comes, many people make New Year's resolutions.

Some people make a promise to change a bad habit such as quitting smoking or eating less junk food. Other people make a promise to develop a positive habit such as starting an exercise program or volunteering in their community or recycling more things.

The tradition of New Year's resolutions dates all the way back to 153 B.C. January is named after Janus, a mythical god of early Rome. Janus had two faces, one looking forward and one looking backward. This allowed him to look back on the past and forward toward the future. On December 31 the Romans imagined Janus looking backward into the old year and forward into the New Year. This became a symbolic time for Romans to make resolutions for the New Year and forgive enemies for troubles in the past. The Romans also believed Janus could forgive them for their wrongdoings in the previous year. The Romans would give gifts and make promises, believing Janus would see this and bless them in the year ahead.

Regardless of the resolutions that individuals commit to, the goal is to improve the quality of their life in the coming year.

As a padre I would like to challenge you to have one more New Year's resolution, which is a Spiritual New Year's Resolution. Let us try to get actively involved in our spiritual activities no matter what type of religion we have.

Our job as a padre is trying to help people who are in need. Our main goal is to help members to recover from their difficult situations and go back to their normal life. Chaplains of The Royal Canadian Chaplain Service (Service de l'Aumônerie royale canadienne) are committed to ministering to their own, facilitating the worship of others and caring for all. That is why we do not only have Christian padres in CAF. We also have Muslim Imams and Jewish Rabbis. Even though we only have Christian padres on the 17 Wing Chaplain team, we have been trying to accommodate a prayer room for members who have other religions than Christianity and we are soon to see the fruit of this endeavor.

As a padre I also strongly believe that Spiritual Fitness is as important as Physical Fitness. When we are fit spiritually, we can more easily bounce back to normal life when we have difficult situations in our life. We call it spiritual resiliency. This Spiritual Resiliency is also very important for our operation and mission success as well.

So, how about making a Spiritual New Year's Resolution this year?

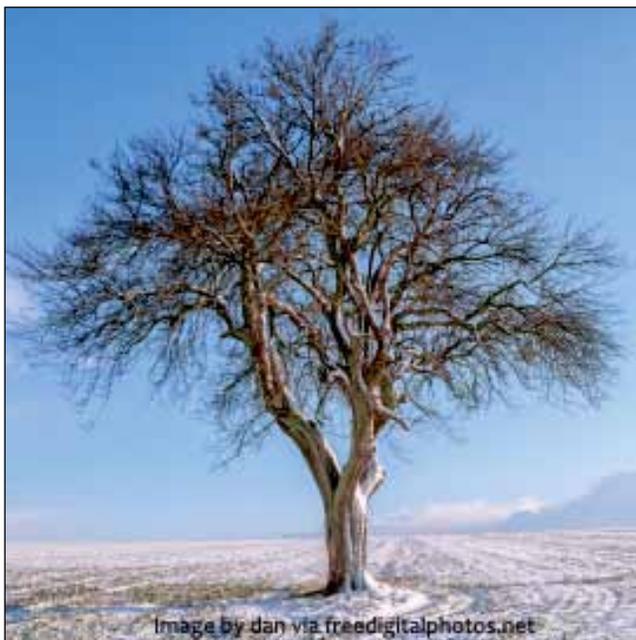


Image by dan via freedigitalphotos.net

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### CATHOLIC

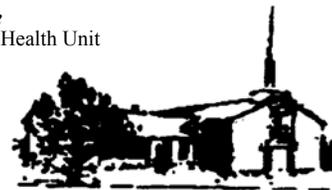
#### CHAPLAINS

**Padre Paul Gemmiti**  
Roman Catholic Priest  
833-2500 local 4885

**Padre Emanuelle Dompierre**  
Roman Catholic PA - Mental Health Unit  
833-2500 local 5086

**Padre Frédéric Lamarre**  
Roman Catholic PA  
204-833-2500 ext. 5087

**Mass (Bilingual)**  
Sunday 1100 hrs



**Religious Education:** classes are available to all students from Pre-school to Grade 6. Please call the office for information.

**Confession:** The sacrament of reconciliation is available by request. Contact Padre Gemmiti's office.

**Baptism:** We recommend that you contact the chaplain's office for an appointment prior to the birth of your child. *Please contact the Chaplain before setting the date for the Baptism or arranging family travel.*

**Marriage:** Six months' notice is required for marriages, as counseling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required. *Please contact the Chaplain before setting the date for the marriage or arranging family travel.*

### PROTESTANT

#### CHAPLAINS

**Padre Jack Barrett (Wing Chaplain)**  
(Anglican) 833-2500 ext 5417

**Padre Christopher Donnelly**  
(United Church) Office 833-2500 ext 5785

**Padre Darryl Levy**  
(Baptist) Office 833-2500 ext 5272

**Padre Charles Baxter**  
(Ukrainian Orthodox) Det. Dundurn. Office 306-492-2153 ext. 4299

**Sunday Services** (English Only) 0900 hrs

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

**Marriages** Contact the chaplain at least six months in advance if possible. A marriage preparatin course is a requirement. *Please contact the Chaplain before setting the date for the marriage or arranging family travel.*

**Baptisms:** The Sacrament of Holy Baptism is available by contacting a Chaplain. Baptism Preparation is a requirement. *Please contact the Chaplain before setting the date for the baptism or arranging family travel.*

**Protestant Chapel Guild** meets the first Sunday of the month at 1900 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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