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We Remember



Colonel Blaise Frawley, Commander of 17 Wing/AFTC Winnipeg and Chief Warrant Officer Michael Scarcella, 17 Wing Winnipeg CWO, lay the wreath at the Cenotaph during the Remembrance Day Ceremony held at the Winnipeg Convention Center. Photo: Cpl Piotr Figiel. For more coverage on Remembrance Day, see page 2.



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Winnipeg Observes Remembrance Day



The March Past of the 17 Wing Winnipeg Flag Party on Sunday, 11th of November 2012, The Joint Veterans Association of Winnipeg, 17 Wing Winnipeg, the City of Winnipeg, the Cadet Movement of Canada, Girl Guides Canada and the Boy Scouts of Canada participated in Remembrance Day Ceremonies at the Winnipeg Convention Center. Photo: Cpl Piotr Fiegel



Retired Chief Petty Officer First Class George Apps lowers the Royal Canadian Navy flag during the Canadian National Anthem.

When the guns fell silent on the eleventh day of the eleventh month 1918, the world sighed relief that its bloodiest war was over, and prayed that it would never happen again. People rejoiced in peace, celebrated their survival, and turned to mourning their dead. Every year, members of the Canadian Forces gather with Canadians to remember the fallen. HMCS Chippawa hosts a ceremony for Remembrance Day. Photo: Cpl Jean Archambault



Despite the horrible road conditions and the moving of the Bruce Park Ceremony to the St. James Legion, quite a crowd gathered at the Cenotaph to pay their respects. Photo: Alison Dickey.

By: Alison Dickey
Voxair Photojournalist

As many of you recall, on the eve of Remembrance Day in Manitoba, quite the winter storm swept in and left us with over 20cm of snow all over the city of Winnipeg and made the roads quite treacherous to navigate. As the reporter for the Voxair and part of a military family, it is obviously a very important day in my household, so we set out to Bruce Park off of Portage Avenue to pay our respects this year. After having our neighbours push us out of our road after getting stuck, we were on our way to what turned out to be one of the most touching remembrance day ceremonies I can personally recall. Because of the bad weather, the St. James Legion decided to hold

their ceremony indoors at the branch as opposed to outside at their usual Bruce Park Cenotaph. Winnipeggers really came out to show their support of our troops with quite a crowd gathering at the Cenotaph even though the actual ceremony had been moved elsewhere. There may have only been one wreath placed at the cenotaph but the outpouring of respect shown by people of this city was felt in the singing of Oh Canada, God Save the Queen and the moment of silence that was held. It is always great to see a great turn out to a planned event on this very important day but to see such a turn out and someone take it upon themselves to still carry on as best they could with the event, truly showed how Winnipeggers will never forget the sacrifices made for our freedom.

Veterans' Week Presentations



All week from November 5th - 9th at Neil Bardal Funeral Home on Notre Dame Avenue, they ran Veterans' day presentations for schools and the general public twice a day.

Children were bussed in to listen to the stories of three veteran's. John Stoyka was an artillery soldier in WWII, Hugh Mackenzie is a veteran of the Korean War and Cpl Walker Brown from the Royal Winnipeg Rifles, volunteered to do a tour in Afghanistan.

On Thursday November 8th, grade nine students listened to their stories and asked questions. They also had the opportunity to see a few displays from the Royal Winnipeg Rifles Regimental museum, which were brought over for the week of presentations. Photo: Alison Dickey

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2 CAD Commander Receives Medals



LGen Yvan Blondin, commander of the Royal Canadian Air Force, presents BGen Galvin with the United States' Meritorious Service Medal. Credit: Cpl Jean Archambault.

Air Force News

On October 4, Brigadier-General Martin Galvin, Commander of 2 Canadian Air Division, was awarded the United States' Meritorious Service Medal (First Oak Leaf Cluster) for exemplary service and leadership during his posting to NORAD Headquarters.

Lieutenant-General Yvan Blondin, commander of the Royal Canadian Air Force, presented BGen Galvin with the medal at 1 Canadian Air Division/Canadian NORAD Region Headquarters in Winnipeg, Man.

While at NORAD Headquarters in Colorado Springs, Colorado, from July 2009 to June 2011, BGen Galvin (then a colonel) oversaw a major upgrade and transformation of the command centre, greatly improving its security. He also led the integration of intelligence-gathering with partner organizations, which enhanced the command centre's ability to provide critical information to American and Canadian authorities in support of the NORAD mission.

Now, BGen Galvin focuses his leadership skills on his job as commander

of 2 Canadian Air Division. Stood up in 2009, the division is responsible for training the men and women of the Royal Canadian Air Force—from initial trade training to ongoing professional development throughout their military careers. It also develops aerospace doctrine for the RCAF through the Canadian Forces Aerospace Warfare Centre, coordinates the "lessons learned" program to review and learn from past operations, and develops new methods and opportunities in training and education through technology.

5,000 Hours In the Sky



On October 30th, CWO Gary Micklethwaite (center) of 2 Canadian Air Division participated in an AES Op training flight on the CT-142 Dash 8. During the flight, he recorded his 5000th flight hour and completed his "said to be" final radar homing to a simulated contact. Photo: Submitted.

CFSAS Celebrates 25th Anniversary



On 06 November 2012, The Canadian Forces School of Aerospace Studies (CFSAS) at 17 Wing Winnipeg celebrated its 25th Anniversary. The Guest of Honour is (l-r) Brigadier General (ret'd) GE Sharpe, former Commandant CFSAS (July 1987 - July 1989), Lieutenant Colonel Brad Baker, Commandant CFSAS (August 2012 - Present) and former Commandants CFSAS, Lieutenant Colonel (ret'd) MRA Milligan, (April 2004 - June 2005), Lieutenant Colonel (ret'd) DJ McCoubrey, (June 1994 - June 1997) and Lieutenant Colonel (ret'd) MJ Haines (June 1997 - July 2000).

Sgt Bill McLeod 17 Wing Photojournalist

17 Wing Winnipeg, Man- "It is a significant milestone in the continuing history of the school," said Lieutenant Colonel (LCol) Brad Baker, Commandant of the Canadian Forces School of Aerospace Studies (CFSAS), at the opening of the celebration of the 25th Anniversary of the school on November 6, 2012.

On the same date in 1987 then LCol Joe Sharpe, now Brigadier-General (Ret) took command of CFSAS from LCol Armstrong, Commandant of the Canadian Forces Air Navigation School, making CFSAS an independent unit at Canadian Forces Base Winnipeg.

The celebrations, organized by Major Serge Parisien, were held at the school which is located in Building 84 on 17 Wing. The day began in the theatre with a short video demonstrating some of the capabilities of the new multi-media lab. LCol Baker then gave a presentation about the courses developed and taught by CFSAS.

"CFSAS is for everybody. It provides a wide range of education and

training for everybody in a whole lot of different areas," LCol Baker said. LCol Baker pointed out that the school has a throughput of 2056 students per year on their courses with 15,525 students taught in the 25 years it has been open.

LCol Baker gave a presentation on the historical and present day courses of the school and briefed about how the school has collaborated with the University of Manitoba in recent years to be able to offer graduate courses like the Masters of Public Administration and most recently a Masters of Engineering before breaking for refreshments. During the break, an entertaining slide show of historical photographs and articles was played in the theatre.

After the break, LCol Baker introduced BGen (Ret) Joe Sharpe, the first Commandant of the school who had some positive comments on the state of the Royal Canadian Air Force leadership.

"The Air Force that we have today is as strong, is as healthy, and is as respected, both internally and internationally, as the Air Force has ever been in my opinion. I think you're at a point in time where

you're really at a pinnacle," BGen (Ret) Sharpe said. He also cautioned that the audience should enjoy it while they could.

"One of the reasons that the Air Force is doing so well right now in terms of perception is the quality of leadership," he added. "A lot of those people came through this institution and were affected by their time here."

"There is absolutely no doubt, either inside the Canadian Forces or the international community, that the Air Force today is proud, professional and combat capable," BGen (Ret) Sharpe concluded.

Following the presentations, guests of the 25th Anniversary celebrations toured the facilities of the school. Five former Commandants were included among the guests.

CFSAS provides education in aerospace technology, electronic warfare, space education, and RCAF Officer Professional Development. Recently they have added operational test and evaluation project officer training. The staff delivers programming through both distance learning and residential courses.

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MWO King Receives the RCAF Official of the Year Award

By: Alison Dickey
Voxair Photojournalist

MWO Greg King was selected as the 2012 Official of the Year for the RCAF in recognition of his contribution to the sport of swimming. King got involved with officiating swim meets back in 2006 when his son started to compete. King and his family have been posted to 17 Wing for three years now and he officiates for the sport both provincially and for the military. "I am affiliated with the Manitoba Swim Association as well as the military, so I do the nationals for the military, wherever that may be but I also officiate outside of the military," says King.

King says that in order to get involved, you have to start at level one where you're typically a timer or safety official. After that you progress to being a stroke and turn judge and finally you can become the chief finish judge, starter or the referee. "My big thing is refereeing, I found learning swimming rules was very easy after coaching hockey and other sports for so long that it was an easy transition," explains King.

A referee in swimming is in charge of the whole meet and ensures the whole meet runs smoothly. The tempo of the meet and how everything runs that day really reflects on the referee says King. You want to try to avoid any problems or delays, he says. "I did the Olympic trials this year in Montreal and the athletes are obviously very organized and regimented in how they perform. Timings need to be followed quite strictly so that they can get their warm-ups in on time," says King.

The highlight of his officiating career came last year. Since he is a qualified level five official, he was able to do



A shot of MWO Greg King in action as the Referee at the CF National Swim Championships. Photo: Submitted

the Olympic trials where they picked the Olympic and Para-Olympic teams. Following that, they held the Can-

Am meet here in Winnipeg for Para-Olympic teams from around the world, "That was really good seeing swimmers here with disabilities, it was an amazing feat to witness," King said.

There's a wide variety of infractions in swimming explains King. In freestyle, he says it's pretty basic, you can't pull on the lane ropes and you can't walk on the bottom, but pretty much anything goes in that competition. However, when you go to the breast stroke or butterfly categories, things get a bit more complicated. Breast stroke has made a lot of headlines because a swimmer in the 2012 Summer Olympics admitted to cheating by adding in an extra kick. In a competition of that caliber, they utilize camera's in the pool in order to help pick up on these infractions and King enjoyed having that tool at his disposal for the time trials in Montreal in April. However, King points out that if you call an infraction, there are checks and balances to ensure the swimmer is not being treated unfairly and the benefit of the doubt always goes to the swimmer.

MWO King says that he's so focused on doing his job of refereeing that it's pretty hard to pick a favourite athlete or even know who's in what lane. "At my son's meets, I've had to ask people how he did because I didn't have time to check which lane he was in and so on."

Once a year, King travels to Northern Manitoba to run swim clinics and a meet for kids in Thompson or Flin Flon, "It's nice to get them some exposure to the sport that they don't normally get that far north," says King. The swim season runs from the end of October and keeps King busy with meets pretty much every other weekend until July or August.

RCAF Band Christmas Concert Series

If you need to get in the Christmas spirit, the RCAF Band may be just the thing for you. The band has just announced their Christmas tour for 2012 and once again, ensembles of the band will be hitting the road at various non-profit and charitable events throughout the region.

The RCAF Band is comprised of a number of diverse groups and ensembles. During the Christmas season, the RCAF Band ensembles, Jetstream, Command Brass, Vox Air, and the Pipes and Drums of the RCAF Band will be performing at the following locations:

27 Nov -1730 Hrs - Oakville School, Oakville, MB Command Brass & Vox Air

1 Dec - 1330 hrs - Festival of Trees & Lights - Manitoba Hydro Building Vox Air

2 Dec - Time TBA - Stonewall Christmas Concert - Command Brass & The Pipes and Drums of the RCAF Band

4 Dec - 0600-0900 hrs - Big Breakfast TV Jetstream

6 Dec - 1900 hrs - Children's Wish Foundation Christmas Concert, Jetstream

8 Dec - 1300 hrs -Manitoba Legislature Annual Open

House Vox Air

8 Dec - Time TBA -17 Wing All Rank's Children's Christmas Party Command Brass

9 Dec - 1415 Hrs - Festival of Trees & Lights, Manitoba Hydro Building Command Brass

9 Dec - 1430 hrs -17 Wing Christmas Concert - Jet Stream & The Pipes and Drums of the RCAF Band

10 Dec -1900 hrs- Starbuck, MB Command Brass & The Pipes and Drums of the RCAF Band

11 Dec - 1900 hrs- Dryden Regional Training and Cultural Center, Dryden ON Jetstream

14 Dec - 1900 hrs- Virden, MB, The Aud, Jetstream

17 Dec -1900 hrs - Sheldon Williams Collegiate, 2601 Coronation St., Regina SK Jetstream

18 Dec -1900 - Peacock Collegiate, Moosejaw, SK Jetstream

The Band's role is to provide musical support to the Canadian Forces, all levels of government, and to a variety of public functions. As well as all of the public functions, the band will be playing at a number of military events across the region.



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CWO Kevin West Appointed as RCAF's Most Senior NCM



CWO Miles Barham (L), outgoing RCAF CWO; LGen Yvan Blondin, RCAF commander; and CWO Kevin West (R), incoming RCAF CWO. Credit: Sgt Paz Quillé.

By: Joanna Calder
Air Force News

"Where have 35 years gone?"

Chief Warrant Officer Miles Barham posed that question on November 9, 2013, as he prepared to hand over his appointment as Chief Warrant Officer of the Royal Canadian Air Force to Chief Warrant Officer Kevin West. CWO Barham held the position of the most senior non-commissioned member of the RCAF for two and a half years.

The change of appointment ceremony took place in Ottawa; among the guests were Chief Petty Officer 1st Class Robert Clérout, Canadian Forces Chief Warrant Officer, numerous chief warrant officers from across the Canadian Forces and many senior officers, including Lieutenant-General Peter Devlin, Commander of the Canadian Army, Vice-Admiral Bruce Donaldson, Vice Chief of the Defence Staff, and Lieutenant-General André Deschamps, former Commander of the RCAF.

The RCAF chief warrant officer is an integral member of the RCAF command team, leads the Air Force non-commissioned members (NCMs) and advises the commander of the RCAF on matters affecting all NCMs who wear air force blue.

In his farewell remarks, CWO Barham praised the accomplishments of the RCAF Chief Warrant Officers' team. "We've done some tremendous things, especially in the ten years since 9/11," he said. He emphasized the importance of taking care of people. "We're all about peo-

ple and that's the biggest thing we should be concerned about."

Over the past two and a half years, he noted, "we worked on effects" and raising the level of operational training for non-commissioned members.

In the future, he said, mentorship will be a key to success. And he also pledged that there would be a stronger emphasis on traditions and heritage among RCAF NCMs. "We need an understanding of where we came from and where we're going."

As one of his last official acts, CWO Barham presented the Queen's Diamond Jubilee Medal to four RCAF NCMs: Master Warrant Officer Annie Donaldson-Dilello, the RCAF CWO's executive assistant; MWO Bryan Keith Pierce, a search and rescue technician currently employed at the United States Air Force Senior Non-Commissioned Officer Academy in Montgomery, Alabama (MWO Pierce is one of only 20 recipients of the Cross of Valour, which is Canada's second highest decoration for bravery and surpassed only by the Victoria Cross); CWO (retired) Roger Bouchard, who led the initiative to put in place a succession planning process for RCAF NCMs; and CWO West.

"CWO Barham is the product of 35 years of good recruiting, good training and good mentorship," said Lieutenant-General Yvan Blondin, Commander of the RCAF during the ceremony.

"You impress us all," he told CWO Barham. "You

put your heart out there and that's the way you've been throughout your career. On behalf of all of us, and the men and women who you've represented over the past two and a half years – thank you for your service."

Turning to CWO West, he said, "I'm really counting on you to push the Air Force to where it has to go. We're going to be busy."

"We will have challenges, and we'll overcome them by being a family and working together," said CWO West after co-signing the documents appointing him as RCAF CWO.

"I vow to support all of our personnel and their families [and] to accomplish the missions with the excellence we're renowned for."

"Equipment doesn't accomplish missions," he reminded the guests. "People do. I want to move the yardsticks on helping our great people."

CWO West also noted that CWO Barham had been RCAF CWO when the historical designation 'Royal Canadian Air Force' was restored. "This is a historical event. [CWO Barham] is ending his tenure as the last Air Command Chief Warrant Officer and the first Chief Warrant Officer of the modern RCAF."

Finally, he noted, "It is a true honour and privilege to have been appointed as your RCAF Chief Warrant Officer."

CWO Barham has retired from the Regular Force, and has transferred to the Reserve Force. He and his wife continue to reside in eastern Ontario.

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Diamond Jubilee Medal Presented \$3500 Raised for MFRC



Marc Johnson, the Director of Civilian Human Resource Service Centre (CHRS) (Prairies) presents the Queen Diamond Jubilee Medal to Sarah Maines sons, Tyler and Brandon and her husband, Keith. Sarah Maines is a recipient of the Queen Diamond Jubilee Medal. Sarah passed away recently so her family received the medal on her behalf. Photo: Cpl Jean Archambault.

By: Michael Sherby
Voxair Manager

On November 9, 2012, friends, family and former co-workers of Sarah Maines filled the Mess to honour her memory as her husband and children accepted a Queen's Diamond Jubilee Medal on her behalf.

Sarah, who passed away from cancer on the 18th of February, 2012, was a long-time employee of the Civilian Human Resources Service Centre (Prairies). Kathy Smith, the co-worker who crafted Sarah's nomination for the award, said that she nominated Sarah because of the tremendous positive impact she had on everyone around her. According to Kathy Smith, she was beloved by all of her co-workers for her humour and positive outlook.

"She solved a lot more potential work place disputes than she will ever know simply by being herself," Kathy Smith said.

Terry Murray, the former director of

Civilian Human Resources, said that she considered herself lucky to have worked with Sarah, and talked about her rise from the mail room to taking on a national role within the organization.

"Sarah never came to me with just a problem, she always came with solutions," Terry Murray said, adding that she "never lost her sense of humour."

After accepting the award along with their two children, Brandon and Tyler, her husband Keith talked about how "overwhelmed, humbled, and proud," he was.

"Sarah loved getting up and going to work, the bigger the challenge the more excited she got about it," he said. "But she was like a switch, and as soon as she got home, she was an excellent wife and mother."

Kathy Smith may have summed up Sarah's enduring legacy to those who knew her best when she said "she is not being nominated because she died, she's being nominated because she lived."

Finkle Scholarship Now Accepting Applications

For the 17th year, the University of Manitoba and the Finkle family are offering the Flying Officer George Finkle Scholarship and Bursary. These awards are open to Regular Force Personnel and Reserve Force Members (and their immediate families.) Applicants should be raised in Manitoba or Northwestern Ontario and enrolled in a Degree program at the University of Manitoba. The current deadline is January 31st, 2013. There are letters of reference, etc. to be completed.

Flying Officer George Finkle was a north-end Winnipegger who was a master Navigator on Mitchell Bombers with the RAF 180 Squadron. He flew 60 missions against Nazi targets in WWII. During the 1950's, he was a member of 2402 Squadron of the RCAF as a Reservist Fighter Controller. Flying Officer Finkle passed away in 1993. These awards are dedicated to him and the Finkle Family's commitment to Canada and the Canadian Forces.



On hand for the cheque presentation were McDonald's owner Ryan McCullough and his wife and kids, MFRC Board Chairperson Shannon Bisson and kids, MFRC Director Don Brennan, CWO Nesbitt and Commanding Officer LCol Lamarche of 435 Squadron. Phot: Submitted

By: Alison Dickey
Voxair Photojournalist

The Owner and Operator of the Osborne McDonald's was extremely proud of everyone. Together, during a winter storm weekend in Winnipeg, they raised a total of \$3,518.00 for the Winnipeg MFRC. They sold a total of 506 cups of coffee during a blizzard!

A big thank you goes to the 10 fabulous sponsors who without their generosity, none of this would have been possible.

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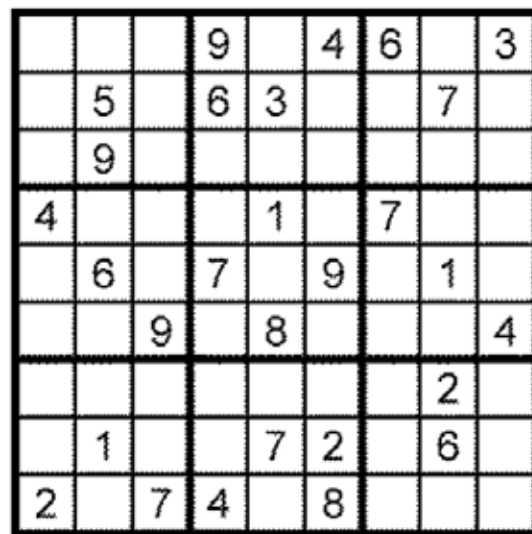
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A Haitian Adventure



Lt Kelsey Penner at work in the Trauma Centre in Port-Au-Prince, Haiti. Photo: Submitted

By: Mike Sherby
Voxair Manager

A member of 17 Wing's 23 Health Services Team had a novel way of spending her leave. Lt Kelsey Penner, a CF Nursing Officer, spent a week in late October volunteering at a trauma centre in Port-au-Prince, Haiti.

Lt Penner was part of a team from Project Medishare, a non-profit organization dedicated to providing health and development services to Haitians. Among other things, the project sends volunteers to help mentor and train Haitian medical staff and provide patient care at Hospital Bernard Mevs Project Medishare, Haiti's only trauma, critical care, and rehabilitation hospital.

Lt Penner says she heard about the program from another CF nurse who'd volunteered, and she was immediately interested.

"It was something that could help me both maintain my clinical skills, as well as an opportunity to do some volunteering."

So Lt Penner, along with another civilian nurse, started fundraising for the \$500 that Project Medishare

asks each volunteer to donate to help cover their flight out of Miami. At the end of their fundraising effort, the two nurses ended up raising over \$1300 in cash, as well as an abundance of medical supplies to bring with them.

"We collected things like medical scrubs and sheets, things that they always have a shortage of at the hospital. In the end we brought about two big military kit bags full of donated supplies."

Once in Haiti Lt Penner's accommodations and meals were covered. She says she was a little surprised when on her first day she saw the hospital she'd be working in. She was expecting a large facility similar to what we have in Canada, and not the open air concept hospital she found.

"The whole court yard area, where the patients were triaged and all the waiting areas for the families were was all open," she says.

This normally wouldn't have been too big of a problem, except that Lt Penner's trip happened to coincide with hurricane Irene. She says that she was amazed by the Haitian's dedication to their family members at the hospital.

"It was pouring rain continually for 5 of the 7 days I was there, and the families are so involved and so caring of their family members, and the only place we had for them to sit was outside, and so we had families curled up on chairs with blankets just trying to keep warm and dry."

Lt Penner says that they'd try to bring the family members inside, but the Haitian staff would push them out just a quickly.

Lt Penner says that the work was an eye opening experience for her, since as she was orienting herself, she'd find a lot of equipment that she takes for granted was missing and she was expected to just 'make do'.

"I think for me, as a forces member, it kind of opened my eyes a little bit to what the NGOs that we work with in the CF are dealing with all the time. They're often working on much more limited resources than what we have."

Despite some challenges, Lt Penner says she found the trip very rewarding, both personally and professionally, and is already planning another trip when she gets more leave.



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Manitoba Legislature Opens With a Bang



Gunners from the Royal Canadian Artillery fire off a 15 gun salute from a C3, 105 Howitzer. Photo: Cpl Jean Archambault



Capt Stephen Hinks from 435 Squadron accompanies Manitoba Chief Justice Richard Scott at the opening of the second session of Manitoba's 40th Legislature. Photo: Cpl Jean Archambault

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Addictions Awareness Week

By: Michael Sherby
Voxair Manager

From November 12-26 this year, the Canadian Forces observed addictions awareness week across the country. This event was aimed at dispelling the myths and wrong conceptions people have around addictions in the Canadian Forces.

By logging on to www.forces.gc.ca/know-sais, members had the chance to take quizzes and win prizes such as an iPod shuffle. Locally, staff from Health Promotion and the Military Police set up information booths around the wing to educate people about the dangers of, among other things, drug use and drunk driving.

Diane Brine, 17 Wing Health Promotion Manager, says that Addictions Awareness Week serves as an important reminder for all members.

"Although it's something that all of us

know about, we still need to be reminded of the dangers that addictions pose."

They made the presentation a little more interactive by allowing people to try on Fatal Vision Goggles, known colloquially as 'drunk goggles', and making them perform a series of everyday tasks, which the goggles made much more difficult.

Brine says that while the goggles may have been a fun way to illustrate the dangers of drinking and driving, there is nothing fun about the results such behaviour could result in.

"What I really like about those goggles is that people don't realize the effect alcohol has on them, and they really illustrate in a concrete way how much drink-

ing impairs your ability to perform even simple tasks."

The Canadian Forces Addiction Awareness website is available year-round, and if you have any questions you can always contact Diane at local 4995.



Maj David Needham, from 1 Canadian Air Division, attempts to throw a ball into a basket while wearing Fatal Vision Goggles, glasses which simulate being drunk. Photo: Mike Sherby.

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Flight Engineer Soaring with 10,000 Flying Hours



Sgt Ron Anderson, a Flight Engineer with 435 (T&R) Squadron, checks the gauges on a CC-130 Hercules. Photo: Sgt. Bill MacLeod.

Sgt Bill McLeod 17 Wing Photojournalist

Sergeant Ron Anderson, a Flight Engineer with 435 (Transport and Rescue) Squadron at 17 Wing Winnipeg, was recognized recently for reaching a milestone that few aircrew attain-10,000 flying hours with the Royal Canadian Air Force.

Major-General Pierre St-Amand, Commander 1 Canadian Air Division, presented a 10,000-hour certificate and his coin to Sgt Anderson at a town hall meeting held at 17 Wing on October 23, 2012. During the presentation Lieutenant-Colonel Steve Lamarche, 435 Sqn Commanding Officer, said, "It's a significant milestone that very few flight engineers or even pilots reach."

Sgt Anderson joined the Air Reserves in 1978 in Edmonton, Alberta, and worked at 418 Sqn, which was flying Twin Otters. In 1982, he began his flying career by becoming a Tech Crewman, a trade specialty.

In 1990, Sgt Anderson became the first reservist to do the Flight Engineer course and shortly after, he joined the Regular Forces. From 1991 until 1995, he flew in Twin Huey helicopters with 427 Sqn before returning to Twin Otters with 440 Sqn.

Throughout his career, he has moved back and forth

between rotary and fixed wing aircraft in Western Canada. He was posted back and forth between 408 Sqn flying Griffons and 435 Sqn flying the CC-130 Hercules 4 times. "There seems to be a bit of a pattern there," Sgt Anderson says.

"I have 5200 hours just on the Twin Otter," said Sgt Anderson. "I think I've landed at every airfield in the Northwest Territories."

Some of Sgt Anderson's career highlights include flying in Somalia in 1993 with in Twin Huey helicopters, flying in Bosnia in 2001 with the Griffon helicopters, and flying in Afghanistan in 2009-2010 with the Griffons. On the CC-130 Hercules he has participated in numerous BOXTOP operations to resupply Canadian Forces Station Alert, flown OPEN SKIES treaty verification flights, is Air to Air Refueling qualified, and is Search and Rescue qualified.

Sgt Anderson has enjoyed his military career. "It's gotten me all over North America, all over Europe and Africa and even Hawaii," he says.

"10,000 hours. It's a big milestone. Not many people reach it," said Sgt Anderson. "It was nice to receive the Commander's Coin."

17 Wing Hosts Bring Your Kid To Work Day



There were approximately 60 kids that participated in this year's bring your kids to work day here at 17 Wing. The morning kicked off with the kids meeting at Building 90 before they headed over to Hangar 16 to get the full tour of 402 Squadron's Dash-8 and then as pictured above got the full tour of 435's CC-130 Hercules airplane. Photo: Alison Dickey



One participant, Coral Militere, volunteered to try out the SAR Tech's kit when the group got the demonstration from Sgt J.P. Cosette in the SAR Tech's lounge at 435 Squadron. "Today was a lot cooler than I thought it would be and trying on the parachute was my favourite part of the day. It wasn't as heavy as I expected it to be...don't get me wrong, it was still heavy but not as bad as I thought it would be," explained Militere. Photo: Alison Dickey

By: Aisha Hussein St. Mary's Academy Participant

Take Your Kid To Work Day at 17 Wing was a very good experience. In the morning, we went to see the SAR Techs. They told us about their experience, and some of the harsh conditions they have to work in. Then, our group went to see a plane. We got to go into the plane which was fun, because I've never been in a plane like that before. After that, we saw some survival and First Aid kits. It was amazing to learn how little you need to survive in certain situations. Next, we went to see the C-130 Hercules

airplane. We learned some interesting facts, like that it could carry up to 90 troops. Once the tour was over, we got to go with our parents. My mom took me to the mess, and we ate lunch there. Finally, I got to my mom's office at the Voxair. I helped her package some of the Voxair newspapers. Later, I got the chance to interview someone who worked in the military. I didn't know very much about that career before the interview. I learned so much more than I had even imagined. I am so glad to have had the opportunity to come to such a wonderful place for Take Your Kid To Work Day.

Sharon Blady MLA for Kirkfield Park 832-2318 SharonBlady.ca	Jim Rondeau MLA for Assiniboia 888-7722 JimRondeau.ca	Deanne Crothers MLA for St. James 415-0883 DeanneCrothers.ca
		

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'Tis The Season To Adopt-A-Veteran



Last year, every veteran at Deer Lodge Centre received a Christmas gift. A number of 17 Wing members delivered over 160 gifts to the Centre on December 22nd. Photo: Submitted.

By: Michael Sherby
Voxair Manager

From humble beginning great things can grow. When George Stetina started collecting gifts to give to military families in need 14 years ago, there's no way he could have foreseen how large an impact his generosity would have.

Stetina, an Admin Clerk at 402 Squadron and a veteran himself, quietly started gathering gifts for less fortunate military members over 14 years ago. Getting names from the Padres, he'd do some fundraising and play secret Santa to a few lucky families.

After doing this for 4 or 5 years he heard about the Deer Lodge Centre, and working with them turned out to be a natural fit. He visited the centre and got the names of 14 or 15 veterans who had no family, did some fundraising, and bought presents for them.

"I'd raise money and get them to fill out a wish list and then I'd bring the stuff over," says Stetina, "It was kind of like a secret Santa, no names or anything, I'd just come by and drop the stuff off."

It wasn't long before word got out about the program, and soon more

and more people started asking about the program until he had a list of every veteran at the centre, all 160 plus of them.

"There was no way I could raise all that money on my own," Stetina says, "so I came up with the idea of the Adopt-A-Veteran program."

Working with staff at the Deer Lodge Centre, Stetina gets a list of gifts that people want, and he then sends the list out to the members of 17 Wing who can then 'adopt' one of the veterans on the list and be a Santa to them. Stetina says that there's no way he could do all the work without the help and support of his co-workers and superiors at 402 Sqn.

Stetina says that it's a moving experience, for both him and the veterans, when he drops the gifts off, especially since many of them are at first reluctant to accept the help.

"There was one guy there, he was sort of an ambassador to the veterans, and every year he refused to be on the list. So one year we sort of tricked him, asking him questions and dropping hints. And when we actually gave him his presents, he got very emotional."

Stetina says that the

gifts asked for can vary quite a bit. They can include larger ticket items like X-boxes, microwaves, and tvs, but he says a lot of the requests are much humbler.

"A lot of it is just generic stuff they use everyday, like slippers or shaving cream. Things a lot of us just take for granted, but that they can't afford."

The program is also a good way for veterans at Deer Lodge to connect with current military members.

"They like to talk to people and tell their stories," says Stetina. "There was one guy a few years ago, and all he asked for was for someone to come and talk to him for a little while."

George Stetina and 402 Squadron will be holding a fundraiser raffle for the program on Sticky Floor Day, Dec 21, with prizes that have been donated from over 100 local businesses. Any additional money from fundraising goes directly to the Deer Lodge Centre to help them run more programs for the veterans.

Anyone interested in adopting a veteran this year can email George Stetina at George.Stetina@forces.gc.ca

RCAF Band Makes Wishes Soar



Three year old Logan Andrews is this year's Ambassador Child and suffers from a very serious heart condition. Photo: Submitted.

By: WO Robert Small
RCAF Band

On Thursday Dec 6 at 7 pm, the RCAF Band – Jet Stream will support the Children's Wish Foundation performing their annual Christmas show at the Franco-Manitoban Cultural Center.

This year's "Ambassador Child" is 3 year old Logan Andrews, an amazing little boy with a very serious heart condition who has had to endure more tests and treatments in his young life than most of us experience in a lifetime.

Such a courageous child deserves to have his most heartfelt wish of meeting Buzz Lightyear, Woody, and seeing anything dinosaur-related in Disney World come true!

"The RCAF Band is proud to be partnering with Children's Wish Foundation

for the 3rd year in a row," says commanding officer Captain John Fullerton. "Working together with this charity, is a great opportunity for us to give back to our community and see how the gift of our music can have such a tangible effect in helping this charity achieve its mandate. Being able to help Logan, this year's Ambassador Child, achieve his personal wish, drives home what is most important during the holiday season: GIVING."

Admission to the event is \$10.00 and advance tickets are available by calling "Children's Wish Foundation" at 204 945-9474.

CCFM doors will open at 6:30 pm with downbeat at 7 pm.

The Franco-Manitoban Cultural Center (CCFM) is located at

340 Provencher Blvd, Winnipeg, MB.

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Buying Green in the Workplace and at Home

17 Wing Sustainability Office

Did you know that DND has a green procurement policy? Resulting from the Public Works Policy on Greening Government, DND responded by creating both DAOD 3015-0 Green Procurement and DAOD 3015-1 Management of Green Procurement. Within these policies, DND commits to applying the principles of green procurement by encouraging all personnel and management to integrate environmental performance considerations into their workplace material acquisition processes. Specifically, these policies communicate the idea that personnel should think long-term when procuring a good or service and consider all related costs throughout its entire life cycle, not just its effect on the current annual budget. Total life cycle costs could include potential reoccurring replacement or maintenance costs, disposal fees and associated costs to the environment and/or human health. To assist personnel in making the right procurement choices, DND has mandated under CANFORGEN 239/10 that "all CF personnel performing Financial Administration

Act section 32 and 34 responsibilities are required to complete green procurement training". For more information, the link and instructions to complete this short, online course can be found directly within the CANFORGEN.

While you may want to buy green, due to a lack of green product labelling laws in North America, it can be difficult to determine which products and services are more environmentally friendly than others. Fortunately, there are a few environmental certification programs and identifiers that you can look for when making your purchases. One of the more recognized environmental certification programs is the Canadian EcoLogo program. Endorsed by Environment Canada, EcoLogo is a third party agency that compares products against various environmental standards that can be implied throughout the entire life cycle of a specific product or service. These standards assess items such as the raw materials used to create a product, its manufacturing practices, packaging and the potential environmental and health effects that may result from its overall use and/or dispos-

al. Products and services that meet these standards are then certified with the EcoLogo label. Thousands of products and services in varying categories have received the certification label including items used in the work place, such as, office supplies, cleaning products and paper. A range of household consumer goods have also become certified including, children's toys, personal care products and even insulation for your home. Often these products do not cost any more than their competitors and are easy to find. Therefore, the next time you are procuring supplies for your workplace or buying something for your home, think sustainably, consider its total life cycle cost and check to see if it's certified by looking for the EcoLogo label on the packaging. For more information or to see the entire list of EcoLogo products available, check out the EcoLogo website at www.ecologo.org.

For more information or questions, please contact the 17 Wing Sustainability Office at +17WsustainabilityOffice@forces.gc.ca

17 Wing Crossword

Canadiana Crossword

Big Deal

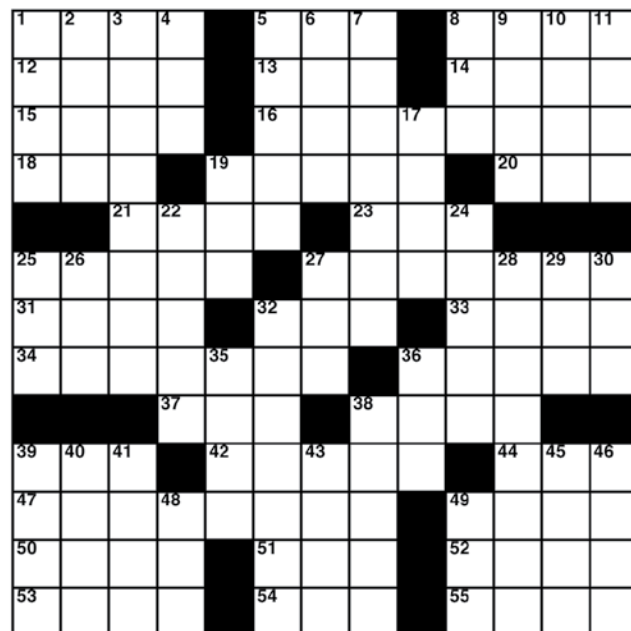
By Bernice Rosella and James Kilner

ACROSS

- 1 Hexahedron
- 5 Hack
- 8 2nd Greek letter
- 12 Newspaper item
- 13 Bon ____
- 14 Figure skating manoeuvre
- 15 Double star
- 16 Saskatchewan lake
- 18 Sin
- 19 Actress Greta
- 20 Biblical your
- 21 Paragon
- 23 Hill critter
- 25 Salvaged
- 27 Math class
- 31 Polite interruption
- 32 Offer
- 33 Metis hero
- 34 Major artery
- 36 Toronto team
- 37 Plead
- 38 CEO
- 39 Opening
- 42 Steal
- 44 Blame
- 47 Manitoba lake
- 49 Kit
- 50 List part
- 51 Mineral bearer
- 52 About aviation
- 53 Poet Pound
- 54 Don'ts opposite
- 55 Distort

DOWN

- 1 Ria
- 2 Over, to Otto
- 3 Saskatchewan community
- 4 Airport info
- 5 Junta



- 6 Eastern ruler
- 7 New Brunswick mountain
- 8 Paddle
- 9 Depart
- 10 High ____
- 11 Problem drinker, slangily
- 17 Aria
- 19 Deity
- 22 Discharge
- 24 ____ firma
- 25 Pouch
- 26 Caught yah!
- 27 Assist
- 28 British Columbia community

- 29 Old auto
- 30 Eagleson and Capone
- 32 Ontario community
- 35 Exam
- 36 Chop
- 38 Swords
- 39 Theatre award
- 40 Ubiquitous biscuit
- 41 Teen ____
- 43 Japanese money belt
- 45 Rhine tributary
- 46 Bow of a boat
- 48 Small, in Strathdee
- 49 Argon or neon

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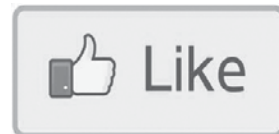
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Wing Spins for Fitness



On 16 Nov 2012, members of 17 Wing participated in the annual Wing Spin-a-thon event. The intent of the event is to promote and embrace the existing health and fitness strategy for the CF and provide the men and women of 17 Wing Winnipeg a venue to get away from the office and enjoy a fun and spirited workout session. Over 70 people participated in the event which included 8 teams from the Wing and 1 Cdn Air Div. PSP staff conducted an array of spin challenges, combined with dynamic spin classes during the course of the day. Teams even went up against each other in some of the cycling challenges. Prize draws were awarded and many participants went home with some great cycling gear. This year CF H Svcs Gp HQ won for Best Decorated Bike. We look forward to next year the event is bigger and better with many more teams registering and more units being involved in this fun event. - James Follette, PSP Fitness

17 Wing Wins National DFit Challenge!



By: James Follette
PSP Fitness Coordinator

Cpl Danielle McCutcheon is finding out that signing up for the DFit.ca website can really pay off.

She's the winner of a brand new iPod after winning a draw for registering for the new website prior to November 9.

As part of the launch, a month long challenge was held to determine which CF Base or Wing would have the highest percentage of its personnel sign up on the www.DFit.ca website. Through the support of many at the Wing, 17 Wing/AFTC (including all military units in Winnipeg) is the CF Large Base winner of this challenge with 648 personnel registered as at 13 Nov 12 (14.4% of eligible personnel). It should also be noted that 17 Wing Det Dundurn was the Small Base winner of the challenge with 54 personnel registering on the website (65.9% of eligible personnel).

The Dfit.ca website was officially launched nationally on 11 Oct at 0900hrs.

The website was specifically developed to prepare CF personnel for the rigours of today's complex and demanding operating environments. It includes task based physical fitness programs designed for Navy, Army and Air Force tactical athletes with the intention of optimizing functional and operational effectiveness.

It also provides a physical fitness program for remote posting members (Class A Reservists, and OUTCAN personnel who don't have access to PSP Staff) and provides them with an applicable range of opportunities for members to be healthy, fit, and easier transition to operations such as the new Project FORCE fitness standards.

Members will also have access to nutritional information and healthy meal plans that they can follow to augment their programs derived by the site and or their Fitness and Sports Instructor. We encourage everyone who has not yet registered to log on and see what the buzz is all about!!!

Red River Exhibition Park Winter Wonderland

Once again the 17 Wing Community Recreation Association is selling tickets to the Annual Winter Wonderland that will be held at Red River Exhibition Park from 30 November 2012 to 5 January 2013 (except Christmas Day).

Tickets are available at the Reception Desk, Fitness and Recreation Centre (Bldg 90) at a cost of \$9.00 each/car or van (including GST). This price is a savings of over \$5.00 from the regular gate admission price. These tickets are available to the military community, including civilian employees.

Questions may be directed to Community Recreation at local 5139, 5976, or 2059.

<http://www.redriverex.com>

Winter Wonderland, au parc de l'exposition Red River

Encore une fois cette année, l'Association de loisirs communautaire de la 17e Escadre vend des billets pour l'activité annuelle Winter Wonderland, qui aura lieu au parc de l'exposition Red River, du 30 novembre 2012 au 5 janvier 2013 (à l'exception du 25 décembre).

Les billets sont en vente au bureau d'accueil du Centre de conditionnement physique et de loisirs (bâtiment 90) au coût de 9 \$ par voiture ou fourgonnette (TPS incluse). Il s'agit d'un rabais de plus de 5 \$ par rapport à l'entrée au prix régulier. Les billets sont à la disposition de la collectivité militaire, y compris le personnel civil.

Si vous avez des questions, communiquez avec l'Association de loisirs communautaire, au poste 5139, 5976 ou 2059.



17 WING COMMUNITY COUNCIL - CONSEIL COMMUNAUTAIRE 17e ESCADRE

The 2012 RHU Christmas Decorating Contest. Le Concours de décoration des ULR pour les fêtes de fin d'année 2012.

The 17 Wing Community Council is proud to announce: The 2012 RHU Christmas Decorating Contest. Show your Holiday Spirit - take part in the contest at no cost! The winners will receive a \$50 gift card, and will be featured in the award winning VOXAIR paper! Judging will take place 16-17 December 12. The final judging will be based on originality, arrangement, theme and overall presentation.

Le Conseil communautaire de la 17e Escadre est fier d'annoncer la tenue du: le Concours de décoration des ULR pour les fêtes de fin d'année 2011. Répartissez l'esprit des fêtes: prenez part au concours, sans aucuns frais! Les gagnants recevront une carte-cadeau de 50 \$; de plus, il fera l'objet d'un article qui sera publié dans le journal primé Voxair! L'évaluation des décors aura lieu du 16 au 17 décembre 12. Le choix sera fondé sur l'originalité, l'agencement, le thème et la présentation globale.



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Le stress : ça se combat!

For more information or to register contact Health Promotion at local 4160

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Pour s'inscrire, composez Promotion de la santé le 4160

Alcohol, Other Drugs and Gambling: Supervisor's Training

5 December
Recognize and respond to early warning signs and develop effective interview skills.

This training is course coded and is required for all military or civilians in a supervisory role. DAOD 5019-7

Sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif: formation des superviseurs

5 décembre
Reconnaître les premiers symptômes et savoir y réagir. Apprendre à faire des entrevues efficaces.

Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code. DAOD 5019-7

To register, contact Health Promotion at local 4150

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

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People volunteer for many reasons. Some of these include:

- To feel needed
- To share skills
- For a change of pace
- To help someone
- To get to know a new community or neighbourhood
- Because a family member or friend pressured them
- To gain leadership skills
- To get a change from being a

leader

- To do their civic duty
- To earn academic credit
- To keep busy
- To make new friends

If any of these reasons strike a chord with you, why not consider volunteering at the Winnipeg Military Family Resource Centre. Volunteers are at the Heart of everything we do at the Centre, and we are always looking for new and continuing volunteers for our programs and activities. Phone Barbara, the Coordinator of Volunteers, at 204-833-2500 local 4519 to sign up or get more information.

We Love Our Volunteers!

In honour of International Volunteer Day, The MFRC Community Coffee Break on Dec. 6, 2012 will recognize our fantastic volunteers!

Please be sure to mark your calendars and join us in celebrating our Amazing Volunteers. You so selflessly donate your time and energy to making the MFRC a

fantastic location for our military families to visit! We would like to say Thank You!

The Coffee Break runs from 10 to 11 AM at the WMFRC, 102 Comet Street. There will be plenty of door prizes, and lots of great food and conversation!

We look forward to seeing you there!

Holiday Hampers for 2012

As in past years, the Winnipeg MFRC is partnering with the 17 Wing Care & Share program to provide holiday hampers.

The Winnipeg MFRC and the Care & Share program realize that the holiday season can be a difficult time. If your family is struggling financially and could use some assistance during this holiday season, please contact Sheila Booker at ext. 4056 or Haley Schroeder at ext. 4512 for program information. Referrals will be accepted until December 18. All calls are confidential.

PANIER DE NOËL

Comme par les années passées, le CRFM de Winnipeg se joint au Programme de soins et de partage de la 17e Escadre pour préparer les paniers de Noël.

Le CRFM et le Programme de soins et de partage comprennent que la saison des fêtes peut être difficile pour certaines familles. Si votre famille éprouve des difficultés financières et a besoin d'un coup de pouce durant la saison des fêtes, contactez Sheila Booker au poste 4056 ou Haley Schroeder au poste 4512 pour de plus amples informations. Les noms seront acceptés jusqu'au 18 décembre. Tous les appels sont confidentiels.

Get Your Orders in Soon For Squeaky Cheese!

During the week of January 21, 2013, MFRC is going to order and pick up fresh cheese curds at Bothwell Cheese! One pound bag, \$7.50; two pound bag \$15.00.

Orders must be placed and paid by Friday, January 18. No orders will be accepted after this date.

Cheese curds will be available for pick up the week of January 21, at the MFRC. An email will be sending to confirm the date and hour.

Qui veut des croûtes de fromage fraîches?

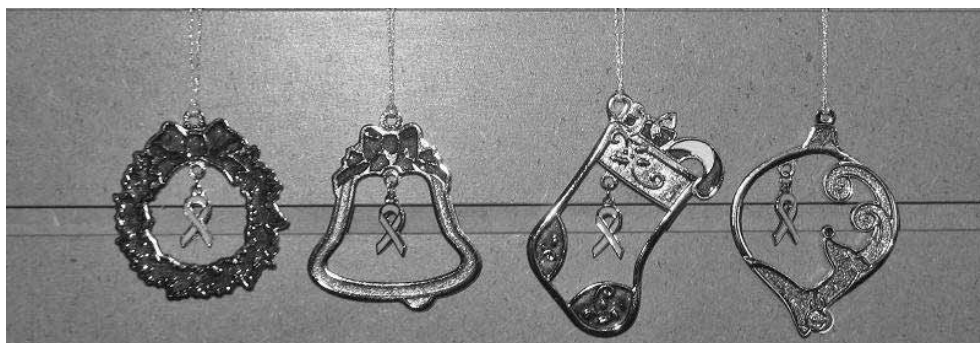
Durant la semaine du 21 janvier 2013, le CRFM commandera et ira chercher des croûtes de fromage fraîches à la fromagerie pour vous!

Sac de 1 livre : 7.50 \$ Sac de 1 livre : 7.50 \$

Vous devez commander et payer votre commande au plus tard vendredi le 18 janvier. Aucune commande ne sera acceptée après cette date.

Vous devez passer chercher votre commande durant la semaine du 21 janvier, au CRFM. Un courriel vous sera envoyé pour confirmer la date et l'heure.

New Christmas Ornaments at the MFRC!!



Yellow Ribbon Christmas Ornaments have arrived! \$10 each! Stop by the MFRC to add to your collection!

Ornements de Noël adornés d'un Ruban Jaune! 10 \$ chacun! Passez au CRFM pour ajouter à votre collection!

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Former Governor General of Canada
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2013

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Cocktails à 18 h ~ Dîner à 19 h

Gala des rubans jaunes

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Chaplain's Corner

Jesus: A Minimalist?

By: Lt (N)Frédéric Lamarre
23 Health Services Chaplain

Society is sneakily pushing us to prepare for Christmas. All the tricks are being used: Christmas carols playing in the department stores, Santa Claus parades, decorations, posters, etc. Capitalism shamelessly exploits this Christian holiday. And we are all following along, spending our savings left and right without asking any questions, or if we do, capitalism wins every time. Yet, isn't Christmas first and foremost a celebration of the birth of Christ? And wasn't Christ's birth very humble? Did he not live simply? Did he not die between two thieves?

But, nowhere in the Bible will you find a passage that tells of Jesus trying to become rich in one way or another. He lived simply. He probably followed in Joseph's footsteps as a carpenter during the first half of his life. Then, during his public life, he mainly preached the Good News and spoke about his Father and the Kingdom of Heaven. There is nothing in the New Testament that would give credence to the fact that Christ or his apostles squeezed money out of the people who came to hear him speak. He went into the villages that welcomed him and slept and ate wherever he would stay. His baggage was probably lighter than the small piece of carry-on luggage we're allowed on flights. Christ was a minimalist. He didn't need much

to be happy. If you are more or less indifferent about Jesus, think about Gandhi. He is a person of our modern age. Without being a Christian, he caught on fairly quickly that happiness does not lie in accumulating worldly goods. Gandhi—this man who brought about peaceful change in India—lived with very little: he had a pair of glasses, a bowl for eating, sandals, a watch and a few other objects. He even learned to weave his own tunic. Today, some of our peers are choosing a minimalist lifestyle too. They are not extraordinary people, but simple people—young and less young—who are gradually discovering the power of nothing and the serenity it can bring them.

For our part, how are we living our lives? Are we living with too much and suffocating because of it? Do we let ourselves be taken over by the never-ending offers from the consumerist society in which we live? This excess can be found everywhere: too many clothes, dishes, books, tools, activities, friends, food at meals, television, radio, cell phone communications, debts, text messages, TV channels, alcohol, video games, etc. It's astounding!

I have a challenge for you. When you get home tonight, put yourself in the shoes of a person who loves freedom and travels light. Look at your home and everything in it with new eyes. Take a bag or box and put all the clutter and useless items in it: newspapers, holey socks, broken mugs, etc. Add a little

something every day. When the box is full, sort through it: make piles to throw away, to give away and to sell. Continue in this manner—a little something—until Christmas. You'll be surprised at how this exercise will free you. Sometimes you'll be tempted to go faster and get rid of some objects quicker. That's fine, but keep it up until Christmas. You won't be poorer; you'll be richer with more space and time. You read that right: more time. The more vases and souvenirs you have, the more time you spend dusting; the more clothes you have, the more time you spend deciding which dress works best for an evening; the more goods and money you possess, the more time we spend worrying about being robbed, etc. Take the time to explain the challenge to your children. They will love finding things that no longer have a use in their bedrooms or in the house.

If you are more courageous, you could make a suggestion to your family to reduce the amount spent on gifts or the number of gifts. You could even search your box of items that have become useless for a little treasure for your sister or friend. And if you are out of wrapping paper, why not wrap your presents with newspaper or tissue paper that you can collect and save for future use?

Through this little exercise, you will experience more than you think. You will shake up your habits and awaken some dormant values. Try it, you'll see!

Frank Wallace Miller 1912-2012

It is with sorrow and sadness we announce the loss of our beloved Frank. He leaves to cherish his memory his children Lois Harris, Riverside, CA; Fran Sech (Mike); James Wallace Miller, grandchildren Cath Roustan (Dennis), Flagstaff, AZ; Jason Harris, Flagstaff, AZ; Michael Sech (Sarah), great-grandchildren Michael Junior Sech and Callum Sech (mother Marion); grandchildren Jamie Sech; Maxine Sech (Kirk). Frank was predeceased by his lovely wife Muriel in 2007; his parents James Wallace Miller and Mary Belle McKenzie; his brother R. Donnie Miller (Ottawa); his sister Marion Coles. He was a serving member of the RCAF 17 Wing from 1939 to 1945. He was a lifetime member of Sparling United Church; he loved singing in the church choir for 50 plus years. He volunteered at Fred Douglas Lodge, Bluebird Lodge and Meals on Wheels. Frank was a worldly person. He was a strong singer, his powerful voice left you with a smile. He loved all music, he was an avid sailor and traveller. He enjoyed summers at West Hawk Lake with family and greatest neighbours ever. Many thanks to all his friends and family for super support. A big thank you to Health Sciences Centre doctors, nurses, health care aides for outstanding services, paramedics and firefighters for their care and concern for the elderly. Fred Douglas Lodge super staff went above care standards in their love and caring for Frank his home for four years; thanking you all! For online condolences or to light a memorial candle please log onto www.mosaicfunerals.ca 1839 Inkster Blvd. 275-5555

Captain Frank

A sailor he was;
On the sea, in the sky.
The Kittihawks would
watch him fly.

A mate he was,
A captain too;
He flew and flew
While watching you.

Yet on the ground,
So calm, so wise,
He cared for all
That met his eyes.

- James Wallace Miller



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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 Darryl Levy
(Baptist) 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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Wanted: Volunteers!

1 Canadian Air Division is looking for volunteers to work in the kitshop. Flexible hours. 1 day a week between 10:00 hrs and 14:00 hrs Please contact PO2 Jennifer Ross at 833-2500 ext 6512

Volunteers Wanted!

The Western Canada Aviation Museum is looking for volunteers in the artifacts, library and restoration departments. Applicants must be able to use a computer for data imputing and indexing. Let us know what your skills are but if you're willing to learn new things, we can teach you! We are always looking for help in other departments as well. Please contact the museum reception desk at: 204-786-5503 to volunteer.

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Taroscopes

BY
NANCY

Aries (March 21 – April 19): You may not be feeling your energetic, decisive self of late. So take a break. Think about new goals. And let yourself mull the options a bit before committing to anything. You could keep “a couple of irons in the fire,” and let time show you which is the most rewarding and enjoyable.

Taurus (April 20 – May 20): Progress isn't easy right now. But the idea of continual improvement is an illusion. Life is rarely linear. You're not alone though. Many others struggle with reality that does not match their expectations these days. Perfection isn't possible. Learn to enjoy and appreciate all you have.

Gemini (May 21 – June 21): You're eager to face a new challenge, to push yourself a little harder to reach a goal or a new level of expertise. Focus on taking care of yourself. Eat well, get enough sleep and exercise. Enjoy doing things that energize and interest you. Seek out what ignites your passion.

Cancer (June 22 – July 22): Try something new. Read or write about a new interest. Searching your roots or reading up on family history could bring surprising discoveries. Teach someone a skill you're adept at. Even when you're doing physical work your mind will be buzzing as you “brainstorm” ideas.

Leo (July 23 – August 22): As you experience an upswing in one part of your life, you'll find some of the people who once supported you are not able to do so. Don't be concerned if they are not available this time. You'll have enough assistance. Offer your own support to others. It all balances out in the end.

Virgo (August 23 – September 22): It's not necessary to see justice done. If someone hasn't honored their end of a deal, sever ties and learn from the experience. Live life on your own terms and in your own way. The best revenge is in living well. You are strong, capable, fair and free to be the best you can be.

Libra (September 23 – October 23): Just because you appear aloof or withdrawn doesn't mean you're not in touch with your feelings. You're calm and controlled. Those who like drama may try to “push your buttons” to get a reaction but don't get drawn into games. Your true friends know “still waters run deep.”

Scorpio (October 24 – November 21): Let bygones be bygones. Agree to disagree on some things. For yourself, be guided by your own sense of what is right. Deeper reflection leads to deeper understanding and acceptance of self and others. A strong, loving relationship does not have to be dramatic to be real.

Sagittarius (November 22 – December 21): Something you thought would last isn't standing up well. Hard work has taken you far but now you need to be more creative to stay ahead. Be honest with yourself about how much you want to invest. Slow and steady growth will take you further than you expected.

Capricorn (December 22 – January 19): A shift in awareness gives rise to conflicting feelings about how to proceed. Don't let uncertainty stop you. Clarify your strongest desires. There is so much potential. There are more options than you realize. Note what old thoughts resurface and the recurring patterns.

Aquarius (January 20 – February 18): The practical aspects of life concern you now. There are so many things outside your control. You'd like some sense of stability. Take care of the essentials. Buy solid, reliable things that last longer. Make a plan to provide for the occasional splurges now and in future.

Pisces (February 19 – March 20): Good things are coming together for you. Let others know you are open to new relationships and friendships. You'll have reason to use your skill with words. Changes you make right now help you feel like you are being more fully yourself. Stand up for what is important to you.

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