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THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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Best wishes for the holiday season from the Commander 17 Wing & Air Force Training Centre

Well, the Christmas tree is up and some holiday decorations are around the house; we are getting set to celebrate Christmas and the New Year in Winnipeg. In fact, it will be a great opportunity to further discover what the region has to offer.

We still have a few weeks to get there. Although we will maintain our full attention to operations that continue until then and throughout the holidays, several units will hold their celebrations and "traditional" activities on the Wing. The WCWO and I look forward to joining you for these joyous moments, and are saddened we can't join the units outside the Winnipeg region for their celebrations as well; perhaps next time around. But before the Commander reminds us where we were posted, we need to put some time in Winnipeg itself ☺

As we would much prefer talking with you than about you, I encourage everyone to smartly take advantage of all opportunities put in place to avoid driving under the influence of alcohol. If you drink, please do it with moderation. A delicious trick to help in that regard, a little discovery by my wife, is to use the absolutely delectable red and white no-alcohol wine from MADD (Mothers Against Drunk Driving).

I am extremely proud to serve as your Commander. Everyday you are the ones transforming intent into action on our extremely important mandates, and you do it remarkably well. There is hardly a day when I am not personally impressed with your accomplishments. I was therefore particularly honoured to recently present awards to some of you, and look forward to the next time.

For the approaching holidays, I encourage all to reflect on our personal well being and to share generously with those less fortunate around us. It is often surprising what a little time or donation can do, both for our own "feeling of accomplishment" and for those who benefit from the gesture.

As you proceed on leave, take a well deserved break with your loved ones and please extend my heartfelt thanks to them for their support. Best wishes to you and your family. I take this opportunity to also extend those wishes to our lodger units, who everyday also contribute to our overall successes; for the WCWO and I, they are part of the Wing.

It's time to pull out those old Christmas music disks and watch some holidays' classics! Like most men, my Christmas shopping is not done. As for my Christmas tree, according to my wife it belongs in a previous century...

Colonel Joel Roy
Commander 17 Wing & AFTC



Meilleurs vœux pour les Fêtes du Commandant de la 17e Escadre et du Centre d'instruction de la Force aérienne

Et bien, l'arbre de Noël est fait, et quelques décorations ornent la maison; nous nous préparons à célébrer Noël et le Nouvel an à Winnipeg. En fait, ce sera une bonne opportunité pour découvrir un peu plus ce que la région a à offrir.

Il reste tout de même quelques semaines avant d'y arriver. Bien que nous maintiendrons notre pleine attention sur les opérations qui continueront jusque là et pendant les Fêtes, plusieurs unités vont tenir leurs célébrations ainsi que les activités traditionnelles de cette période. L'Adjudant Chef de l'Escadre et moi seront heureux de nous joindre à vous pour ces moments joyeux, mais nous sommes tout de même désolé de ne pas pouvoir nous joindre aux unités à l'extérieur de la région de Winnipeg pour leurs célébrations; partie remise. Mais avant que le Commandant ne nous rappelle où nous avons été mutés, il faut que nous passions quelques temps à Winnipeg ☺.

Comme nous préférerais discuter avec vous plutôt que de vous, j'encourage tous et chacun à prendre avantage de toutes les opportunités mises en place afin d'éviter de conduire sous l'influence de l'alcool. Si vous buvez, s.v.p. faites-le avec modération. Un truque intéressant à cet effet, une trouvaille de mon épouse, est de prendre les délicieux vins rouges et blancs sans alcool de MADD (Mothers Against Drunk Driving).

Je suis extrêmement fier de servir en tant que votre commandant. Chaque jour, vous êtes ceux qui transformez les intentions en actions sur nos importants mandats, et vous le faites de façon remarquable. Il ne se passe guère une journée sans que je sois personnellement impressionné de vos accomplissements. J'étais donc particulièrement honoré récemment de l'occasion de remettre des prix à certains d'entre vous, et espère une prochaine fois proche.

Pour les Fêtes qui approchent, je vous encourage tous à porter réflexion sur notre bien être et à être généreux avec ceux moins fortunés. Il est souvent surprenant ce qu'un peu de temps ou une petite donation peu accomplir, autant pour notre « sentiment d'accomplissement » que pour les bénéficiaires de notre geste.

Alors que vous procédez en vacance, prenez une relâche bien méritée avec vos proches et s.v.p. étendez leurs mes remerciements sincères pour leur support. Meilleurs vœux à vous et votre famille. J'en profite aussi pour étendre ces vœux à nos unités hébergées, qui chaque jour contribuent à nos succès; pour l'AdjC Ere et moi, ils font partie de l'Escadre.

C'est le temps de sortir ces vieux disques de Noël et de regarder les classiques des Fêtes. Comme la plupart des hommes, mon magasinage de Noël n'est pas fait. Pour ce qui est de mon sapin de Noël, selon mon épouse il appartient au siècle précédent...

Colonel Joel Roy
Commandant de la 17 Ere et du CIFA

Background Image courtesy of Victor Habbick

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RCAF Band Prepares for Christmas Concerts

By Martin Zeilig
Voxair Photojournalist

"Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything." — Plato

With two visitors clicking photographs as unobtrusively as possible Captain John Fullerton called for another take on the catchy Christmas song Jingle Bell Rock being played by the RCAF Band in their rehearsal hall in Building 90 on the morning of November 19.

This was just one of the toe tapping, head bopping tunes that the band will be playing at the 17 Wing/AFTC Christmas Concert to be held at the Manitoba Theatre for Young People on Sunday, December 8 at 1400 hours.

In another rehearsal studio, the Pipes and Drums of the RCAF Band were going through the songs they'd be playing at the December 8 concert. While over at the Wing Chapel yet another group, the five person Command Brass band, were rehearsing as well.

The 34 member RCAF Band is the only regular force band within the RCAF, noted Capt Fullerton, the band's CO and Musical Director, who has a Bachelor of Music Performance from Dalhousie University in Halifax, NS.

"The skillfulness of the band is readily evident through our ensembles, which includes our show band, Jet Stream, the Pipes and Drums, and Command Brass," he said after the rehearsal. "We also perform in a myriad of smaller ensembles to fill our clients' requests."

The RCAF Band had just finished laying down all the tracks for a double CD, which will include Jet Stream,

Pipes & Drums and Command Brass.

"The main goal of the CD is public relations, to publicize the RCAF," said Capt Fullerton, who joined the forces as a French Horn player and then later took a commission and was posted to the RCAF Band.

"Our plan is to release the CD sometime next April."

He pointed out that on the album, the RCAF Band performs covers of Canadian rock songs, plus one original, Coming Home, written by RCAF Band guitarist Sergeant Mike Hall— a former member of the heavy metal band, Killer Dwarfs.

Sgt Hall, 51, explained that "Coming Home" was inspired by a tour he was on in Afghanistan in 2011 in which he got to play for the Canadian troops.

"It was an amazing experience for me," he stressed.

"It's about an 18 year old from out East who joins the infantry and ends up in Afghanistan. He's looking forward to going home and seeing his mother."

Sgt Hall, who still plays civilian gigs in Winnipeg and Toronto with a number of professional jazz and rock ensembles, said that being a member of the RCAF Band allows him to take part in a variety of musical tasks.

"We have many different ensembles," he added. "So, I get to play every style of music here. We get to do some good work. Our first priority is always the military gigs, plus other gigs in the wider community."

Most of the RCAF Band's members have a minimum of a Bachelor's Degree in Music, or an equivalent degree of experience, observed Capt Fullerton, remarking that he spends half the day making music with fellow band members while the other half day is spent administering the unit.

"We do around 200 engagements a year, both as a band and with smaller ensembles," he said, noting that in October the band's Brass Ensemble played with the Winnipeg Symphony Orchestra in a performance of the

1812 Overture during the WSO'S Tchaikovsky Music Festival.

"Music is the best part of this job. We all grew up wanting to be musicians. We all have a desire to communicate. Live music is one of the ways to reach out and emotionally touch each other. As musicians, we play for an audience. If you don't connect with the audience and find a way to pass on your message, then you've failed in your mission. You have to feel something."

The RCAF Band is instilling national pride, "esprit de corps" in our military, and providing top level entertainment through the sounds of music. Now, that's something to feel good about.



Sgt Fred Tucker and WO Fred Lair of the RCAF Band during a practice session. Photo: Martin Zeilig

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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 6 December 2013 to 4 January 2014 (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). These tickets are available to the military community, including civilian employees.

Questions may be directed to Community Recreation at local 5139, 5976, or 2059.
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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 6 décembre 2013 au 4 janvier 2014 (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). 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.

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17 Wing Karate Club Hosts Youth Tournament

By Martin Zeilig
Voxair Photojournalist

Liam Nociar, 16, never even saw it coming, so lightning quick was the roundhouse kick to his head-- which thankfully never connected--by 16 year old Deepinder Pal Bedi.

The match was over in a flash. Referee Larry Loreth, Chief Instructor for Manitoba, signalled an ippon-- a decisive one full point, the highest score a fighter can achieve in a Japanese martial arts contest.

Pal Bedi, a member of the Shotokan Winnipeg Karate Club, had just won gold in the final match of the 14-17 year old Kumite (non contact sparring) of the first annual 17 Wing Shotokan Karate Club Invitational Youth Tournament, which took place on November 23 in the gymnasium at the Wing Fitness and Recreation Centre.

Over 30 participants, ranging in age from youngsters to teenagers (white belts to black belts), from three different clubs-- including West St. Paul -- took part in the tournament. Many parents were in attendance too cheering on their children, as well as working as volunteers at various related tasks.

Afterwards, 17 Wing/AFTC Commander Colonel Joel Roy, who appeared dressed in Karate gi, presented a trophy to the top dojo-- Shotokan Winnipeg Karate Club -- and posed for group photographs with the participants.

"It was a beautiful technique, well executed, a killing blow with perfect timing," said fourth degree black belt Jacqueline Ingrassia of the gold medal victory by Pal Bedi just moments after it happened. Ingrassia is the Sensei of the 17 Wing Karate Club and a former member of the Canadian coaching team for the International World Shoto Cup competitions

"It reflected the power, yet control, that our students are trained to have."

Tournament director Warrant Officer Chris Webster, who is also president of the 17 Wing Karate Club, commented that competitors were organized together by age group and belt level.

"It's non-contact karate," he added, noting that there

are about 10 young people, plus a number of adults, in the 17 Wing Karate Club, which is registered with the International Shotokan Karate Federation.

"But, they still wear fist protectors and mouth guards."

WO Webster's son, Christopher, 10, a brown belt, won a gold medal in the individual kata competition, a bronze in team kata, and a bronze in kumite.

Besides the kumite contest, competitors at all levels also had to perform a group kata, a formalized sequence of movements that represent various offensive and defensive postures.

After his gold medal win, first degree black belt Pal Bedi, a grade 11 student at St. Maurice School, said he "got lucky" with his knockout kick.

"My opponent was talented," he added humbly.

"This tournament was a great opportunity to get together with other dojos (clubs) and train with them."

Meanwhile, Tara Noel, 17, a member of the 17 Wing Karate Club, said she loved being in the tournament.

The second-degree purple belt competitor, whose father is Captain Jeff Noel, won two silver medals, in kata and kumite, respectively.

"It was so much fun facing kids your own age, and being able to win medals," said Noel, a grade 12 student at Vincent Massey Collegiate, whose brother Matthew was one of the supervisors at the tourney.

"I like learning how to defend myself."

Major David Treanor, whose granddaughter Leoni was competing in the tournament, said he was pleased by the turnout.

"It was good to see the kids," he remarked, noting that he was there to help out WO Webster, as well as to watch his granddaughter's performance.

"They did their best and everyone walked away smiling. That was our goal, to give them experience in preparation for a provincial competition. The kids will practise more and more."

Col Roy, who was involved in two different styles of martial arts training for many years when he was in

Quebec said "For me, I just applaud the commitment from everybody starting with the judges. They do this to serve the kids. It's fantastic to see, and how the parents are doing this for the benefit of their kids. And, then how committed the kids are to their sport."

He also called the 17 Wing Karate Club a vibrant association with people of different ages sharing "beautiful moments" together.

"It's about self progress and self discipline," said Col Roy, remarking that the students help each other to improve, while instructors often learn as much from the students.



Participants during a match at the 17 Wing Shotokan Karate Club Invitational Youth Tournament on November 23rd. Photo: Martin Zeilig

435 Squadron Flight Engineer makes Air to Air Refuelling history

By Sgt Marcel Joyal
435 Squadron

On 4 November, 2013, Corporal Peter Miller made history as he became the first RCAF Corporal, Flight Engineer (FE) to become qualified to conduct Air to Air Refuelling (AAR) operations.

In 2011, the FE trade was restructured under direction from the Chief of the Air Staff. The direction was to begin recruiting technicians with CC130 Hercules and CC140 Aurora experience directly to fly on those platforms as Corporal FEs. Until that point, the CC130 Hercules and CP140 Aurora were considered second tour aircraft, with a prerequisite rank usually of a Master Corporal or Sergeant.

This was a trial to see if the working rank of the FE trade could parallel those of the other Non Commissioned trades in the RCAF. The trail was a success and now there are FE Corporals employed currently in both the Aurora and Hercules fleets today.

At 435 Transport and Rescue (T&R) Squadron, we have the unique responsibility to support two distinct roles, Search and Rescue (SAR) and AAR. All initial FE qualifications are in the SAR role with a minimum of one year of operational experience and 500 flying hours prior to commencing training in the second specialty role.

Corporal Miller's journey to becoming a FE began in the summer of 2011, where he was selected as one of the first Aviation Systems (AVN) Technicians to be directly recruited into the CC130 Hercules FE community. Upon completion of his basic occupational training at 426 Transport Training Squadron at 8 Wing Trenton, he immediately commenced his CC130 SAR FE Course.

Upon graduation in November of 2011 he immediately commenced his on the job training with 424 (T&R) Squadron, until his posting to 435 (T&R) Squadron in early summer 2012. From there, Corporal Miller built his experience and flying time, conducting countless operational SAR and transport operations throughout North America.

This fall, Corporal Miller was nominated for the

CC130 AAR FE Course. This demanding course entailed a week of ground school, followed by an intense two week flying phase. The course concluded with a specialty role check-ride with standards personnel.

Upon completion of his training on 04 November 2013, Corporal Miller will now be employed in both the SAR and AAR roles at 435 (T&R) Squadron. His hard work is a true reflection on 435 (T&R) Squadron's motto, "Determined on Delivery."



On the 4th of November, 2013 at Hangar 16, 17 Wing, Corporal Peter Miller became the first Royal Canadian Air Force Cpl, Flight Engineer to become qualified to conduct Air to Air Refuelling operations. Photo: Photo: Cpl Justin Ancelin

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Season's Greetings

From 17 Wing/AFTC CWO André Normandin

Christmas is time for people to come together with loved ones and friends to celebrate what we share and remember what we have lost. I encourage that we take a moment this Christmas to remember those who have fallen in defence of our national interest, families and friends, as well as those who remain in duty on our behalf around the world. During the Christmas break, all serving members should take the opportunity to spread their important role and responsibility in the Canadian Armed Forces throughout their families and friends. Central to this, for us, will be to increase knowledge and support to our organization and families.

Christmas gives us also the opportunity to pause and reflect on the important things around us, a time when we can look back on the year that has passed and prepare for the year ahead. 2013 has been a very busy, challenging and extraordinary year for our people and families. We showed the Royal Canadian Air Force what we're made of by having the agility and flexibility to operate in multidisciplinary capabilities. I recognize the challenge of going through a period of balancing bud-

gets, when it seems to be a time of increased threats. As we undertake this period of time, it is vital to keep in mind what we are aiming for: the most capable, best trained and deployable Air Force in the world. Your contribution to the Royal Canadian Air Force, in various fields, is now increasingly recognized and valued. At a time of challenges, the Country knows more than ever, that the Royal Canadian Air Force represents reliable powerful security force. By its collectivity, 17 Wing/AFTC community represents an inestimable value in fields as diverse as supporting NORAD, domestic and overseas operations, search and rescue, air force training and more. Like I mentioned on numerous occasions, 17 Wing/AFTC could not achieve its mission without the strong support and sacrifices of spouses, children, parents, friends and Winnipeg supporters. It is unanimous that our greatest resource at the Wing is the people; you are the center of gravity.

I truly want to thank you all for the hard work, commitment and professionalism you have shown in 2013. I am extremely proud to be your Wing Chief Warrant Of-



ficer and lead such a capable Air Force team of men and women. To those of you spending Christmas away from home, you will be in our thoughts. On that note, my family and I wish you all a safe and happy holiday season.

CWO André Normandin

Joyeuses Fêtes de l'adjudant-chef de la 17e Escadre et du Centre d'instruction de la Force aérienne

La période des fêtes donne l'occasion de se réunir avec nos proches et nos amis pour célébrer ce que nous avons et se rappeler ce que nous avons perdu. Je vous encourage à prendre quelques minutes pendant la période des fêtes pour penser aux militaires qui sont morts en défendant notre intérêt national, nos familles et nos amis, ainsi que ceux qui sont en service partout dans le monde. Les militaires devraient profiter de la période des fêtes pour discuter de leur responsabilité et de leur rôle importants dans les Forces armées canadiennes avec leur famille et leurs amis. Il est important de le faire pour améliorer les connaissances à l'égard de notre organisation et de nos familles, et d'en accroître le soutien.

La période des Fêtes nous donne

également l'occasion de prendre le temps de penser à tout ce qui est important pour nous et à tout ce qui s'est passé au cours de la dernière année, ainsi que de nous préparer pour la prochaine année. L'année 2013 fut très occupée, difficile et extraordinaire pour nous et nos familles. En ayant la souplesse et la capacité d'adaptation nécessaires, nous avons montré à l'Aviation royale canadienne que nous sommes capables d'effectuer des opérations dans des domaines multidisciplinaires. Je reconnais qu'il est difficile de traverser une période de contraintes budgétaires, alors que les menaces semblent augmenter. Au cours de cette période, il est essentiel que nous tenions compte de notre objectif : la Force aérienne la plus compétente, la mieux formée et la

plus apte au déploiement dans le monde. Votre contribution à l'Aviation royale canadienne, dans les divers domaines, est maintenant de plus en plus reconnue et précieuse. Pendant cette période de défis, notre pays est plus conscient que jamais de la force de sécurité fiable et puissante que représente l'Aviation royale canadienne. Dans l'ensemble, le personnel de la 17e Escadre/du CIFA constitue une ressource inestimable dans des domaines divers comme l'appui au NORAD, les opérations au pays et à l'étranger, la recherche et le sauvetage et l'instruction de la force aérienne. Comme je l'ai déjà mentionné à maintes reprises, la 17e Escadre et le CIFA ne pourraient pas remplir leur mission sans le soutien et les sacrifices des conjoints/conjointes, des

jeunes, des parents, des amis et des partisans de Winnipeg. Sans aucun doute, les personnes sont notre meilleure ressource; elles sont le centre de gravité de l'escadre.

Je vous remercie vivement de votre travail acharné, de votre engagement et de votre professionnalisme en 2013. Je suis extrêmement fier d'être l'adjudant-chef de votre escadre et d'avoir l'occasion de mener une équipe si compétente d'hommes et de femmes de la Force aérienne. Nous pensons à vous, les militaires qui sont en déploiement pendant la période des Fêtes. Ma famille et moi vous souhaitons à tous de joyeuses Fêtes en toute sécurité.

CWO André Normandin

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Season's Greetings From 2CAD's BGen Bruce Ploughman

As the Holiday Season approaches it gives us the opportunity to relax and spend time with family and friends. The break also gives us a moment to look back at our accomplishments from the past year and to look forward to the challenges the year ahead will bring us. 2013 has been a fantastic year for the hardworking group at 2 Canadian Air Division, with many successes and achievements. The 2 Canadian Air Division CWO, CWO Tremblay and I are extremely proud of the many victories. The tremendous work done by so many to move 2 Canadian Air Division Headquarters from the temporary facility to the new headquarters building is one success story of many. The entire headquarter pulled together and worked in unison to make the move happen as quickly and, most importantly, with as little impact to training as possible. Well Done!

We in the Canadian Armed Forces have also faced the same fiscal hurdles as many other Federal Departments and with this were charged to find more efficient ways to conduct business. The 2 CAD team accepted the challenge and made tremendous strides within the training and development world. The dedicated members within 2 Canadian Air Division have diligently worked, and have made remarkable headway on the review of the over 1000 military trade qualifications managed by 2 Canadian Air Division on behalf of the

RCAF. In doing so we have found many areas for improvement, increasing not only the efficiency of training but also the quality of the training being delivered, keeping the airmen and airwomen of the RCAF on the forefront of technology and professional knowledge. The 2 CAD team has also made noteworthy strides in the way the RCAF select individuals for training. Taking the time to implement a modern and tested means of selecting individuals for training. In time this new tool should yield greater training success rates, significantly reducing the stresses on the RCAF training system and the members involved.

While these are just a few of the many milestones achieved over the past year, they highlight the excellent work being done in Schools, Units, Wings and Headquarters by the devoted professionals of 2 Canadian Air Division. Together, we are making great progress and I am very proud of all their accomplishments.

I hope you all take advantage of the Holiday Season to rest, relax and enjoy time with those you care for. Please remember to enjoy the season responsibly and come back safe and recharged, ready to meet the challenges that 2014 will undoubtedly bring before us.

From Susan, Jeremy, Claire & myself, & CWO Tremblay and his wife, Tracy, Season's Greetings and we wish you health, happiness and all the best for 2014.



Bruce Ploughman
Brigadier-General
Commander
2 Canadian Air Division

Joyeuses Fêtes de Commandant de la 2 Division aérienne du Canada

Comme la saison des fêtes approche à grands pas, nous avons l'occasion de se détendre et passer du temps en famille et avec les amis. La pause nous donne aussi un moment pour réfléchir sur nos accomplissements de l'année qui se termine et à attendre les défis de l'année à venir nous apportera. 2013 a été une année fantastique pour tout le personnel qui travaille assidument à la 2e Division aérienne du Canada, remplie beaucoup de succès et les accomplissements. L'adjudant-chef de la 2e Division aérienne du Canada l'adjudant-chef Tremblay et moi sommes extrêmement fiers nos nombreuses victoires. Le travail considérable accompli par un si grand nombre de gens pour déménager de nos anciens bureaux

temporaires de la Division dans le nouveau bâtiment est un exemple de réussite de plusieurs. Le Quartier Général au complet a du démontrer un travail d'équipe de première classe pour s'assurer que le déménagement se fasse le plus rapidement et, surtout, avec aussi peu d'impact à la formation que ce soit. Mes félicitations à tous!

Nous, dans les Forces armées canadiennes ont également été confrontés par les mêmes obstacles fiscaux que de nombreux autres ministères fédéraux et avons été chargé de trouver d'autres moyens encore plus efficaces de fonctionner. L'équipe de la 2e Division a accepté le défi et a fait d'énormes progrès dans le monde de

la formation et du développement. Les membres dévoués au sein de la 2e Division aérienne du Canada ont travaillé avec diligence, et ont fait des progrès remarquables sur la revue de plus de 1000 qualifications professionnelles militaires gérés par la 2e Division aérienne du Canada au nom de l'ARC. Durant de procès, nous avons trouvé de nombreux domaines d'amélioration, de plus en plus non seulement l'efficacité de la formation, mais aussi la qualité de la formation délivrée, en gardant les

aviateurs de l'ARC sur la pointe de la technologie et des connaissances professionnelles. L'équipe de 2 DAC a également fait des progrès notables dans la façon dont l'ARC sélectionne les candidats pour l'entraînement. Nous avons pris le temps de mettre en œuvre des méthodes modernes et prouvés de sélection des personnes pour la formation. À long terme, ce nouvel outil devrait donner la formation avec de meilleurs taux de réussite, ce qui réduira considérablement le stress sur le système de d'entraînement de l'ARC et les membres impliqués.

Alors que ce ne sont que quelques-unes des nombreuses étapes franchies au cours de la dernière année, elles mettent en évidence l'excellent travail accompli dans les écoles, les unités, les Escadres et au Quartier Général par les professionnels dévoués de la 2e Division aérienne du Canada. Ensemble nous faisons de grands progrès et je suis très fier de tous leurs accomplissements.

Je vous souhaite à tous de profiter de la saison des fêtes pour se reposer, se détendre et passer du temps avec ceux que vous aimez tant. S'il vous plaît n'oubliez pas de profiter de la saison de façon responsable et de revenez en toute sécurité et rechargé, prêt à relever les défis que 2014 apportera pour nous.

De Susan, Jeremy, Claire et moi-même, et adjudant-chef Tremblay et son épouse, Tracy, les salutations de la saison festive et nous vous souhaitons santé, bonheur et les meilleurs vœux pour 2014.

Bruce Ploughman
Brigadier-général
Commandant
2 Division aérienne du Canada

Finkle Scholarship Now Accepting Applications

For the 18th 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 December 13, 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.

For more information please visit umanitoba.ca/student/fin_awards/media/Finkle-Flying_Officer_2013.pdf



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Season's Greetings From 1CAD's MGen Pierre St-Amand

At this joyous time of year, Suzanne and I wish you and your loved ones a peaceful and joyful holiday season and sincerely thank you for your service. We also want to recognize the essential support we all receive from our families and loved ones. I hope that you, members of the RCAF at large, but specifically 1 Canadian Air Division HQ and Wings, civilian members, and families and friends have a lovely holiday season filled with joy and meaning.

As I look back at all that we've accomplished this year, from Air Task Force Mali, to supporting Op RE-NAISSANCE in the Philippines, from our SAR missions at home to our continuing supporting role in Afghanistan, from our sovereignty patrols under NORAD to our role as ambassadors with foreign nations' militaries, we have done it all in our RCAF tradition of excellence. At the time of writing this message, in excess of 400 RCAF members were deployed in over 15 theatres of operation outside of Canada and serving our country with honour. I acknowledge the sacrifices that these members and

their families are making, especially during this holiday season.

We have worked hard, and as usual, have delivered on our missions and commitments with characteristic professionalism and excellence. 2014 will bring its own challenges.

But before we jump to the New Year, let us all take a well deserved pause and enjoy the holidays. For those who will be home with their family this holiday season, I wish you a wonderful time, but ask you to take a moment to think about our fellow aviators who will be away from their families this year and wish for their safe return. It is an honour and privilege to command such a group of professionals and I look forward to all that we will accomplish in 2014. Until then, Merry Christmas, Happy New Year and the very, very best in all things for 2014.

MGen Pierre St-Amand and Suzanne St-Amand



Joyeuses Fêtes de Commandant de la 1 Division aérienne du Canada

En cette période de réjouissance, Suzanne et moi vous souhaitons, à vous ainsi qu'à vos proches, une période des fêtes paisible et joyeuse et vous remercions sincèrement de votre service. Nous aimerions également souligner le soutien essentiel que nous recevons de nos proches. J'espère de tout cœur que tous les membres de l'ARC, mais plus particulièrement les militaires et les civils du QG de la 1re Division aérienne du Canada et de ses escadres, passeront avec leur famille et leurs amis une merveilleuse période des fêtes, remplie de joie et de sagesse.

En réfléchissant à toutes nos réalisations cette année, comme, entre autres, notre rôle dans la Force opérationnelle aérienne Mali, notre appui à l'Op RE-NAISSANCE dans les Philippines, nos missions SAR à

l'échelle nationale, notre rôle d'appui continu en Afghanistan, nos patrouilles de souveraineté sous la commande du NORAD et notre rôle d'ambassadeur dans les forces militaires de pays étrangers, je constate que nous avons tout fait dans le respect de la tradition d'excellence de l'ARC. Au moment où j'écris le présent message, plus de 400 membres de l'ARC sont en déploiement dans plus de 15 théâtres d'opérations à l'extérieur du Canada pour servir notre pays avec honneur. Je voudrais exprimer ma gratitude pour les sacrifices de ces militaires et de leur famille, surtout pendant la période des fêtes.

Nous avons travaillé fort et, comme d'habitude, nous avons accompli nos missions et nos engagements avec professionnalisme et excellence. Nous aurons certainement d'autres défis à relever en 2014. Mais avant de

commencer la nouvelle année, prenons une pause bien méritée et profitons de la période des fêtes. Je souhaite une merveilleuse période des fêtes à tous les militaires qui ont l'occasion d'en profiter à la maison avec leur famille, mais je leur demanderais de prendre le temps de penser à leurs collègues qui sont en déploiement cette année, loin de leur famille, et de souhaiter qu'ils reviennent au pays en toute sécurité. C'est un honneur et un privilège de commander un groupe de professionnels comme vous, et j'ai hâte de voir ce que nous allons accomplir en 2014. Entretemps, joyeux Noël, bonne année, et meilleurs vœux pour l'année 2014.

Mgén Pierre St-Amand et Suzanne St-Amand

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Asst. Dep Minister of Civilian HR Visits 17 Wing

By Martin Zeilig
Voxair Photojournalist

Cynthia Binnington, Assistant Deputy Minister (Human Resources-Civilian), was at 17 Wing/AFTC on 19 and 20 November to participate in the Regional Civilian Human Resources Planning and Coordination Committee (Prairies) meetings with Senior Managers of civilians within the Region. While in Winnipeg, she also met with Major General St-Amand and Brigadier General Drouin within 1 Canadian Air Division.

During an interview with The Voxair, the Ottawa based Binnington noted that there is a transformation underway in Human Resources. ADM HR Civ's mission is to enable and support the Defence Structure and priorities through the effective delivery of Civilian HR Management Services.

"Such a large proportion of our civilian work force are located in the regions, and so it's important to be out here and talk to them and our clients about their concerns, needs and interests," she said.

To achieve this, the Assistant Deputy Minister (Civilian HR) launched an HR Transformation initiative with a high level restructuring of her organization.

HR Transformation is premised on the principle that business transformation activities must strive to maintain cohesion and balance between people, process, and technology to capitalize on common business processes and workflows, supported by technical solutions and tools that allow one action to replace many.

Since 2010 the organization has focussed on Service Centre Transformation, the centralization and integration of HR support across DND and Pay Transformation. More recently the focus has expanded to include the definition of technological requirements to support the changes and a streamlining and realignment of civilian learning and training across the department.

"It's very clear that we need to change how we do our business," said Binnington. "We need to make a contribution to the deficit reduction of Canada, and thus become smaller. But, we still look to every opportunity to change the way we do our work. The way we organize our people, the processes we use and the technology. All

of those things together make up our story of modernization."

She added that the "story" began five years ago and will continue well into the future.

"I think of it as being a life style not a diet," offered Ms Binnington. "It's about continuous improvement. It's about the opportunities. We have to make changes and the best sources are often from people on the frontlines. The Deputy and the Chief are really committed to good management practises and modernization and renewal."

For example, she pointed to the upgrading of the Federal Government's pay system. A new and modern system for the entire civil service is slated to begin operation in Miramichi, New Brunswick by 2015.

"I think one thing that is really important is that civilian public servants are concerned about a number of changes happening. But, these changes are being carefully managed. And, the interests of the team are always taken into consideration. The civilian members of the Defence team are highly valued."



Cynthia Binnington talks to the Voxair. Photo: Martin Zeilig

440 Sqn Hosts Honours and Awards Ceremony

440 Sqn's Honours and Awards were held on November 19 in Yellowknife. Photos supplied by Lieutenant Colonel Vince Wawryk.



440 (T) Sqn CO, LCol Vince Wawryk (left) presents Flight Engineer wings to Cpl Andrew Hall.



Cpl Hall has his FE wings pinned on by his father with LCol Wawryk observing.



LCol Wawryk presents Capt Andrew Oakes with the General Campaign Star for his cumulative CC177 time in Southwest Asia. Squadron Warrant Officer, MWO Glenn Rowlandson looks on.



LCol Wawryk presents Capt Mat Giroux with a certificate recognizing 1000 hours in the CC138 Twin Otter. Capt Giroux also received a certificate for having completed the Officer Professional Military Education program.



LCol Wawryk presents 440 Sqn DCO, Maj Steve Thompson with a long-overdue CC138 Twin Otter 1000 hour certificate.



LCol Wawryk presents Flt Comd, Maj Tony Lowther with a certificate recognizing his 5000 hours of military flying milestone.



LCol Wawryk presents Capt Dale Maedel with a certificate recognizing his 5000 hours of military flying milestone.

Road to High Readiness Training underway

By Lt Nathan Williams

Over the two week period between 21 Oct and 01 Nov 2013, as part of the Air Task Force Road to High Readiness (RTHR) training, members from 17 Wing Winnipeg deployed to CFB Cold Lake, Alberta to undergo Level II training with the staff from 4 Construction Engineering Squadron (4 CES). The team of 26 was made up primarily of Construction Engineering (CE) personnel from 17 Wing, including a total of 22 from a variety of trades, as well as 1 Traffic Tech, 1 Supply, and 2 Transport personnel also from 17 Wing.

Intended primarily as a refresher course for CE personnel, Level II training provides the opportunity for personnel to work-on and practice with much of the deployable kit and camp equipment that they would otherwise be unlikely to see on a regular basis at the Wing. All CE trades trained collectively on some of the equipment, including the setup and teardown of a various shelters and mobile bath and laundry units (MLBU), while also being introduced for the first time to the collective protection (COLPRO), positive pressure, clean environment shelters. Trade specific refresher training was also provided on a variety of equipment, including the Reverse Osmosis Water Purification Unit (ROWPU), Fuel Storage and Distribution System (FSDS), a Power Generation and Distribution System, and the Volumetric Concrete Mixer.

Meanwhile the Traffic, Supply, and Transport personnel took this opportunity to meet with the 4 CES staff and familiarize themselves with the wide array of stores and equipment on hand within their compound, its locations, layout, availability, and serviceability. Training on much of the Transport and Heavy Equipment available at 4 CES was also provided, along with the opportunity to put in many of the mandatory hours of operation required for qualification.

As part of their training, the 17 Wing Command Team was given the opportunity to plan a complete bed down, including the design of a 50 man camp within the 4 CES compound. Requirements for the camp included the equipment available through 4 CES, including a complete generator and electrical distribution system, modular tents, a Carrefoure kitchen, MLBU, and 3 types of shelters. The final seven days of the course were spent setting up and tearing down this 50 man camp, including fire points, force protection, and portable heaters and HVAC systems. Throughout this time members of the Construction section were able to prep and form a section of footing for the 4 CES Sprung Shelter and complete a concrete pour using the Volumetric Concrete Mixer that they had been introduced to the week prior.

Throughout the setup and teardown of this camp the CE team relied heavily on

their accompanying Supply, Traffic, and Transport technicians to track down the required camp equipment within the 4 CES compound and orchestrate its transfer between storage and the camp site. Not only did this setup provide all parties involved with the practical experience utilizing the equipment, but also allowed for confirmation of the status and operability of the equipment, and a level of familiarization with the layout of the 4 CES storage compound. This knowledge will undoubtedly prove invaluable in the spring once the Air Expeditionary Wing returns to the Cold Lake area to validate their high readiness capability, to include a complete camp bed down including the same 4 CES stores and equipment utilized during this training.



Working together to pull the barrel cover over the frame of a MEX 26 shelter. Photo: Supplied

Sports Brings Community Together

By Martin Zeilig
Voxair Photojournalist

As his legs pumped, like powerful pistons, on the pedals of a Le Mond spin bicycle, which was decorated with a pink paper boa and pink balloons around its base, Second Lieutenant Bobby Vincent leaned over the handle bars as if he were in an actual road race.

2Lt Vincent was competing, along with over 25 other cyclists, in the Annual Spinathon at the gymnasium in the 17 Wing/AFTC Fitness and Recreation Centre on November 29.

That was just one of a series of fun physical activities on Military Sports Day, which was being held as part of Sports Day in Canada-- a national celebration of sport at all levels.

Both 17 Wing/AFTC Commander Colonel Joel Roy and 17 Wing/AFTC Chief Warrant Officer Andre Normandin were at the opening ceremonies, and afterwards also did some pedalling on the stationary bikes.

"The CAF has a longstanding and rich sports history where sports are considered an integral part of the continuing training and development of its members, including leadership, and esprit de corps," said Chris Merrithew, 17 Wing Sports Coordinator and coordinator of the day's events.

"A well balanced program helps to improve physical and mental health, promote community integration and

build family relationships. Sports Day in Canada at 17 Wing is a great opportunity for individuals to come out and get active by participating in a fun activity of their choice. Our goal was to have every member of their (particular) unit at 17 Wing come out and participate in at least one activity of their choice during the day."

Among the other sports occurring at the Fitness and Rec Centre were a squash tournament, and a Try-A-Tri (a mini triathlon). Meanwhile, a soccer challenge, with 120 people competing on 10 teams, was held in the gymnasium of Building 21, which was followed by a Zumba class, attended 100 military personnel and civilian employees, including Commander Col Roy and CWO Normandin. This was followed by a session of Power Yoga.

"It's a pretty good event," said 2Lt Vincent, who spoke to a photojournalist while effortlessly pedalling his bike.

"It helps people of the unit to gather together and do sports outside of the work environment. It helps to keep you healthy. You're not stressed and less tired. It makes you more efficient too."

Commented Col Roy: "This is all done in a great spirit of fun and participation. We keep saying how important sport is within the military. It helps develop a team spirit. It's not just a one day event. It's more a way of life. There are so many benefits to be had from sports as a way of life."



The Spinathon in action. Photo: Mike Sherby



Participants show off their style at the Annual Spinathon. Photo: Martin Zeilig



Zumba instructors lead a class of 100 military personnel and civilian employees, including the Wing Commander and WCWO. Photo: Mike Sherby



Over 30 people participated in the Squash Tournament. Photo: Mike Sherby



The Zumba class is enjoyed by a large turnout of participants. Photo: Martin Zeilig

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At 17 Wing Sports Day in Canada

By Martin Zeilig
Voxair Photojournalist

Moments after his first ever fencing match, 17 Wing/AFTC Commander Colonel Joel Roy expressed surprise and appreciation at the effort required to participate in the sport.

Likewise, his opponent, Lieutenant Marla Haring, who was also another newcomer to fencing, remarked that it was more of a workout than she thought it would be.

Along with many other civilians and military personnel, they were participating in the 17 Wing Community Recreation Sports Day at the Fitness and Recreation Centre on Saturday, November 30. The day was being held as part of the RBC Sports Day In Canada event.

The fencing-- one of a number of sports being featured that day -- was taught by Lt(N) Chantel Helwer, who competed for Canada at the 2013 World Fencing Championships, and Officer Cadet Steve Trainor. Both are members of the Canadian CISM fencing team.

"My heart is still racing," said Col Roy. "It gets you pumped up. You really need to remain focused on your opponent. It was a total surprise to me just how demand-

ing it is, and how much skill you need, especially when you're in the protective gear. It was a lot of fun. How cool it is to see the kids learning (to fence) and having fun. It certainly is within the spirit of the day."

A number of other activities were also available throughout the day at the Rec Centre, including: A family triathlon; synchronized swimming, led by two members of Synchronized Swimming Manitoba; tennis, led by Marlon Goldburn, a coach with Tennis Manitoba; Family badminton; Kwik Cricket and a range of track and field activities. There was even a Community Bike Maintenance clinic being held in the front lobby.

"I think it's great to raise awareness of different sports out there, and to encourage kids to be active," said Jacqueline Nordstrom as she sat in the bleachers at poolside watching her three children, Madison, 8, Maverick, 5, and Morgan 3, learning the basics of synchronized swimming.

The day began with a community pancake breakfast, a boot camp, karate, Family Zumba and Family Squash.

Tina Bailey, Director of Community Recreation at 17 Wing and the organizer of the event, said that the day provided an opportunity for families to come out and try

new activities.

She also pointed to a tote board in the main entrance on which the total number of minutes for the two days (Military Sports Day included) of activity had been marked. In total over the two days, 17 Wing recorded over 94,865 minutes of activity having been achieved by all participants. As well, participants who entered their names at one of the events were entered to win a number of prizes, including a Fender Guitar donated by Rockstar Energy Drinks.

In total, with over 300 people participating in both the Military and Community Sports Days, it's safe to say that love of sport is alive and well at 17 Wing.

"Family Day Sports will become an annual event," Bailey said.

Check out facebook.com/thevoxair to see more photos of the sports day.



Col Joel Roy and fellow participants ready to try their hand at fencing. Photo: Martin Zeilig



Synchronized swimming is enjoyed by all who participated. Photo: Martin Zeilig



Ready for the family triathlon, participants pose by the pool. Photo: Martin Zeilig



17 Wing/AFTC Comd Col Joel Roy, Greg Gunther (Sport Manitoba), Mano Navarro (17 Wing Badminton Club) and Rick Harris (PSP Manager) enjoy the pancake breakfast. Photo: Mike Sherby



Some young attendees of Sports Day help make a "Good Luck 17 Wing Athletes" banner. Photo: Mike Sherby

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Wing Commander's Hockey Tournament Sees Another Successful Year

By Mike Sherby

It was three days of fast paced, action packed hockey at this year's Wing Commander's Hockey Tournament. This year, 11 teams signed up to play in the tournament, and although the competition was kept friendly, that didn't mean that these guys took it easy on each other.

After the dust cleared, the WOGs team emerged from the 'A' Division tournament undefeated to take first place in the tournament, defeating The Karlssons of Anarchy in the final game 5-1 after 60 heated minutes of hockey.

The 'B-C' title was taken by CFSSAT in another hard fought game against the TEME team, with a final score of 4-2.

Tournament organizer Chris Merrithew said he was very pleased with the tournament this year.

"It's just great to watch these guys play hockey," he said. "It's fast paced, and the competition is really great. It just shows the level of talent that 17 Wing has in sports and fitness."

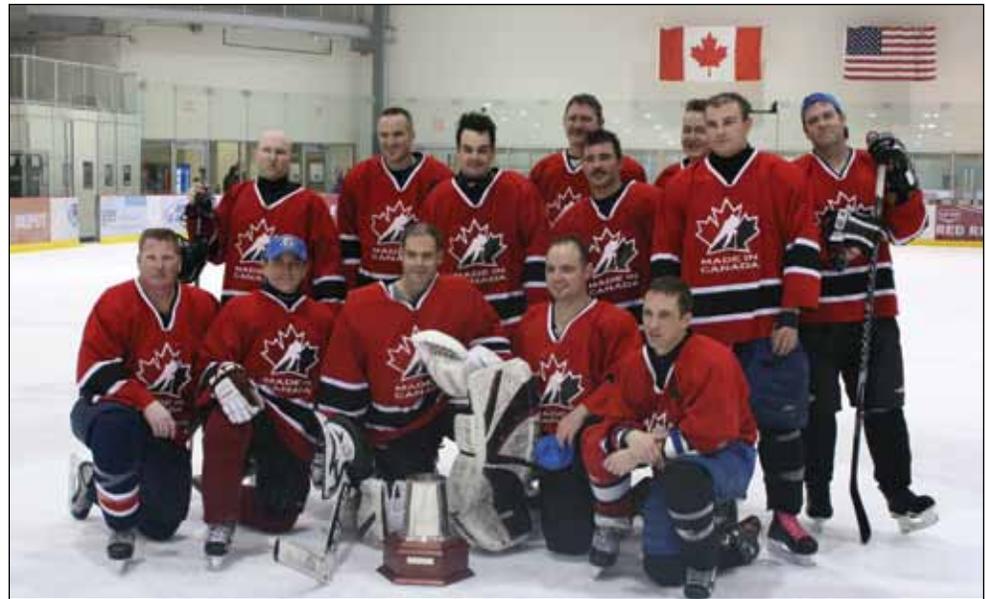
Congratulations to everyone who took part in the 2013 Wing Commander's Hockey Tournament



Col Roy (centre), 17 Wing/AFTC Commander and WCWO Normandin (2nd from left) drop the puck at the Ceremonial Puck Drop for the 2013 WComd's Hockey Tournament. Photo: Mike Sherby



The Goalie for the WOGs prepares to take a shot from the opposing team. Photo: Mike Sherby



The WOGs team poses for a photo after taking first place in the Chamionship. Photo: Mike Sherby

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Commander of 2CAD visits the Air Force Training Centre

By 2Lt Kyle Roman

On November 26, 2013 Brigadier General Bruce Ploughman made his first visit to the Air Force Training Centre (AFTC) since assuming command of 2 Canadian Air Division (2 CAD) back in September of this year.

The visit began with a ceremonial welcome at AFTC Headquarters by the AFTC Commander Colonel Joël Roy and the AFTC Chief Warrant Officer André Normandin.

During the visit, Brigadier General Ploughman received a first hand look at the different units that make up the AFTC, including the Canadian Forces School of Survival and Aeromedical Training (CFSSAT); 402 "City of Winnipeg" Squadron; the Canadian Forces School of Aerospace Studies (CFSAS); and 1 Canadian Forces Flying Training School (1 CFFTS).

"It was a fantastic day, visiting the Air Force Training Centre and witnessing the great work being done by so many dedicated individuals," said Brigadier General Ploughman. "I was able to meet the people behind the great work and get a real appreciation for their professionalism and hard work."

Brigadier General Ploughman ended his visit of AFTC by expressing his gratitude and remarked how he "would like to thank AFTC and the AFTC units - CFSAS; CFS-SAT; 1 CFFTS; and 402 Squadron, for their hospitality in hosting us for the day."



On 26 November 2013, Bgen Bruce Ploughman visits AFTC Winnipeg. Photo: Cpl Gabrielle DesRochers

402 Sqn Marks the Passing of WW2 Veteran and Former Honorary Lieutenant-Colonel

By WO Barry Wright

402 Sqn UPAR

402 "City of Winnipeg" Squadron remembered and celebrated the life of former Honorary Lieutenant-Colonel (Hon LCol) Sydney Chapman during a memorial service 17 Sept 2013 in 16 Hangar, CFB Winnipeg. It was with great sadness but also with joyful reflection that members of 402 Squadron honoured the life of Sydney Chapman, born 11 June, 1920.

Syd, as he was affectionately known, had his first contact with 402 Squadron after joining the Royal Air Force Volunteer Reserve in Birmingham, England in 1939 during the outbreak of World War 2. After the Fall of France, he was assigned liaison duties with the Free French Air Force and units of the Polish Air Force which were seconded to the Royal Air Force. Contact with No. 112 Army Co-Operation Squadron Royal Canadian Air Force (RCAF) first came during December 1940 at Halton, Buckinghamshire, which was later reclassified as No. 402 Squadron RCAF (now 402 "City of Winnipeg" Squadron). During his posting to 5 Group Bomber Command, Syd made contact with the RCAF once again where he assisted in the formation of No. 408 "Goose" Bomber Squadron which flew the HP.52 Hampden Bomber. Later on in the war he was posted to Coastal Command, Training Command, as well as 23 Glider Group which was heavily involved in Operation Market Garden.

At the end of the war Syd and his family immigrated to Canada settling in the Winnipeg area. Syd carried on his affiliation with the RCAF by volunteering with the Air Reserve. As a civilian he worked in the Winnipeg School Division, and later became a Chef. However, he remained in contact with 402 Squadron, displaying his avid support of its customs and traditions. He made significant contributions to the squadron through his personal contacts and efforts, which included WW2 artefacts and mem-

orabilia. As such in 1979 he was appointed Hon LCol of 402 Squadron to highlight an already distinguished association with the RCAF.

After his tenure as Hon LCol he continued to display his dedication for 402 Squadron and its traditions. He attended Christmas parties and other functions always passing on his wonderful stories of life in the military and also adventures while serving in the public eye, which he had many. His stories also delved into his academia years, where he attended many institutions including Oxford University, University of Manitoba, and University of Winnipeg to name a few.

Hon LCol Syd Chapman led an extremely long and fulfilling life. The memorial was attended by serving and former members of 402 Sqn including LCol Marc Rittinger (retired) who had fond memories of Syd rolling up and down the hallways of 16 Hangar in his battery powered scooter with donuts in hand and a broad smile on his face. "I will treasure the friendship I developed with Syd, and the times spent with him, in the last ten years during my time at 402 Squadron. He was a great friend and supporter of the Squadron, indeed a living treasure and link to the Squadron's illustrious history. I will miss him, as will I am quite sure, all the members of 402 Squadron who looked forward to his

regular visits and his stories. His memory and clarity of mind were remarkable. I extend my sincere sympathy to his family and friends. Syd always made of point, almost every Wednesday of visiting the squadron and talking and reminiscing off all the things that he had seen and accomplished with his brothers in arms. But, his greatest respect was always to 402 "City of Winnipeg" Squadron. He will be missed. Rest in peace Syd."

Hon LCol Sydney J. Chapman, 402 "City of Winnipeg" Sqn, 11 June 1920 – 26 Aug 2013



Hon LCol Sydney Chapman. Photo: Supplied

STEVEN FLETCHER
 MP for Charleswood – St. James – Assiniboia – Headingley



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Building 90 Holiday Hours 2013	Le Bâtiment 90 Fêtes de fin d'année 2013 (heures)
24 December (Christmas Eve) - 0600-1600	Le 24 décembre - Veille de Noël - De 0600 h à 16 h
25 December (Christmas Day) - Closed	Le 25 décembre - Noël - Fermé
26 December (Boxing Day) - Closed	Le 26 décembre - Lendemain de Noël - Fermé
27 December 0600-2200	Le 27 décembre - De 6 h à 22h
28 December 0845 -1800	Le 28 décembre - De 8:45 h à 18h
29 December 0900-2200	Le 29 décembre - De 9 h à 22h
30 December - 0600-2200	30 décembre - De 6 h à 22 h
31 December (New Year's Eve) 0600-1600	Le 31 décembre - Veille du jour de l'an - De 6 h à 16 h
01 January 2014 (New Year's Day) Closed	Le 1 ^{er} janvier 2014 - Jour de l'an - Fermé
02 January 2014 - Return to regular hours	Le 2 janvier 2014 - Retour à heures régulières

 <p>17 WING JUNIOR RANKS</p> 	<p>MONDAY – THURSDAY</p> <p>Lunch 1130 – 1300 hrs Afternoon 1500 – 1900 hrs</p> <p><i>(Hours may be extended to 2200 hrs depending on attendance)</i></p>	<p>SATURDAY – SUNDAY</p> <p>CLOSED</p> <p>Hours will fluctuate on nights with scheduled events</p>
	<p>FRIDAY</p> <p>Lunch 1130 – 1330 hrs Afternoon 1500 – 2400 hrs</p>	<p>Pool Tables Air Hockey Foosball</p> <p>Cable TV Shuffleboard</p> <p>WIFI Internet Wii Games TGIF's</p>
	<p>Available for Weddings, Socials, Private or Unit Functions / Contact the Junior Ranks Admin Office Bldg 61 / 204-833-2500-5245</p>	

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Promotion de la santé dans les Forces canadiennes

PARTY PLANNER 2013

<p>Health Promotion offers FREE education and prevention programming to military members, DND/NPF employees and family members.</p>		<p>11 Cross-country skiing gets you out in fresh air. It handles your stress; you'll have not a care!</p> 	<p>12 Help keep your heart healthy and fit; with sauces and gravy, just have a bit!</p>	<p>13 Eggnog varies in the amount of fat, so read the label and check out the facts.</p> 	<p>14 Lower fat is where it's at... for you, the teens, the dog and the cat!</p>	
<p>15 Lower fat is where it's at... for you, the teens, the dog and the cat!</p> 	<p>16 Here's a tip for today's date: put less food on a smaller plate.</p>	<p>17 Fat in desserts can be high... try fruit flan instead of cake or pie.</p> 	<p>18 Water intake to help you stay lean; drink whether thirsty or not, and drink in between.</p>	<p>19 Avoid the crowds at the door; park a distance and walk to the store.</p>	<p>20 Nutrition is part of holiday-time tables, showing vegetables and fruit on all people's tables.</p>	<p>21 "Stressed" ... is "desserts" spelled backwards..</p> 
<p>22 So grab your loved ones by the hand, and walk off the stress in winter's wonderland.</p>	<p>23 T'was the night before Christmas and all through the house, everyone was eating, even the mouse.</p>	<p>24 <i>Merry Christmas!</i> All these dishes can be put on hold; get out, be active, embrace the cold.</p> 	<p>25 Physical activity is an amazing treat; the more you do, the more you can eat.</p>	<p>26 It's the season for a party mood; let's dance and sing and eat great food!</p> 	<p>27 Go outside and enjoy the snow... ski, walk, skate, just go, go, go!</p> 	<p>28 If you do overeat, that's okay; just eat lightly throughout the next day.</p>
<p>29 The holidays are almost over but remember, you can use these tips even after December.</p>	<p>30 Here's a tip to stop your choking, now is a great time to quit smoking.</p> 	<p>31 HAPPY NEW YEAR! Share with friends warm holiday cheer.</p>	<p>Start 2014 on a healthier foot! Learn new tools to adopt a healthier lifestyle:</p> <ul style="list-style-type: none"> Weight Wellness Mental Fitness & Suicide Awareness Managing Angry Moments Stress: Take Charge Top Fuel for Top Performance <p>Call (204)833-2500 ext 4150 for more info or to register.</p>			

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pour un rendement assuré

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What you eat makes a difference!

Top Fuel for Top Performance workshops will provide you with knowledge and practical tips to tune-up your food choices.

12 & 13 Dec 2013
0830-1600 hrs
2 day course/cours du 2 jours
Offret en anglais seulement

For more information or to register contact Health Promotion local 4150

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

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STRESS: Take Charge!
A Canadian Forces Program

Le stress : ça se combat!
Programme des Forces canadiennes

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

Stress: Take Charge!
23 and 24 January 2014
0800 - 1600 hrs
B135 Rm 113

Voulez-vous augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

Le stress: Ça se combat!
23 et 24 janvier 2014
8 h à 16 h
Bât 135, Bureau 113

For more information or to register contact Health Promotion at local 4150

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150

Mental Fitness and Suicide Awareness

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

Mental Fitness and Suicide Awareness: Supervisor Training
This course is course coded!
29 January 2014
0800 - 1600 hrs

For more information or to register, contact Health Promotion at local 4150

Sensibilisation à la santé mentale et au suicide
- Formation du superviseur
Il s'agit d'un cours auquel on a attribué un code!
29 janvier 2014
8 h à 16 h

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150

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

Sensibilisation à la santé mentale et au suicide

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www.facebook.com/WinnipegMFRC www.facebook.com/WinnipegMFRCYouth

During the construction of the new Canex building traffic and parking at the MFRC will be affected. There is no longer thru traffic in front of the MFRC. Please use the entrance on the north side of the three way stop on Wihuri Rd. A drop off parking spot is available at the front of the building, near the wheel chair ramp. This is marked with a drop off/pick up only sign. Additional parking is available in front of the row houses to the north of the MFRC or in the parking lot in front of the Westwin Community Centre (building 33).

La circulation et le stationnement autour du CRFM seront affectés par la construction du nouveau Canex. La rue Comet est maintenant barricadée à la hauteur de Sambre Cr. ; veuillez utiliser l'entrée au nord de l'arrêt à trois sens sur le ch. Wihuri. Une zone réservée aux débarquements est disponible devant le CRFM, près de la rampe d'accès pour fauteuils roulants. Du stationnement additionnel est disponible en face des maisons en rangée situées au nord du CRFM, ou dans le stationnement du Centre communautaire Westwin (bâtiment 33).

Upcoming MFRC Programs and Events

GINGERBREAD HOUSE BUILDING PARTY

Thursday, December 19
9:30 to 11:00 a.m.
Westwin Children's Centre
Registration deadline: December 13
Cost: \$2.00 per family
Parent participation required.
Parents and children can create a yummy gingerbread house together. Please call 204-833-2500 ext 2491 to register.

MAISON EN PAIN D'ÉPICES

Jeudi 19 décembre
de 9 h 30 à 11 h
Centre pour enfants de Westwin
2 \$ par famille
Date limite d'inscription : 13 décembre (présenté en anglais) Amenez vos enfants et "bâissez" une délicieuse maison faite de pain d'épices. Composez le poste 2491 pour inscription.

THE CHRISTMAS BIG SNACK

Wednesday, December 18
9:30 to 11:30 a.m.
Registration deadline: December 11, 2013
Cost: \$5.00
Childcare is available for children ages 18 months to five years.
The holidays are a time for food, family and fun. This program will help you take care of the food. This program will run on the same principles as the Big Cook, except we will be preparing Christmas snacks. Perfect to serve for the afternoon munchies, to use as a teacher gift, or an evening get together. We will be making three different snacks.

« BIG SNACK »

POUR LA SAISON DES FÊTES

Mercredi, le 18 décembre, de 9 h 30 à 11 h 30 5 \$
Date limite d'inscription : 11 décembre (présenté en anglais) Le temps des fêtes se prête à la nourriture, à la famille et aux plaisirs. Ce programme emprunte les mêmes principes que « Big Cook », sauf que nous préparerons trois collations pour la saison des fêtes. Parfait lors d'un petit creux en après-midi, pour offrir en cadeau à un enseignant, ou pour une rencontre en soirée.

CRAFT TIME DROP IN

Monday, December 9
6:30 to 8:30 p.m.
Additional Stress Free Child Care funds available to deployed families.
Are you a knitter, card maker, stamper, scrap booker or other crafty sort? We're offering you the space to come and craft without interruption. Enjoy the company and inspiration of others while you complete your masterpiece.

BRICOLAGE—VISITE LIBRE

Lundi le 9 décembre, de 18 h 30 à 20 h 30
Des fonds additionnels pour le service de garde sont disponibles pour les familles de militaires déployés. (présenté en anglais) Êtes-vous une tricoteuse ? Fabriquez-vous des cartes, faites-vous du collimage, ou tout autre bricolage ? Nous vous offrons une salle pour que vous puissiez bricoler sans interruption. Appréciez la compagnie et l'inspiration des autres pendant que vous travaillez à terminer votre projet.

A PARENT COMMUNITY

Fridays, December 6, 13, 20
9:30 to 11:30 a.m.
Free child care for children 18 months to five years
A 'community' of parents will discuss topics related to parenting children of all ages. Stop in and have some coffee and conversation while your children play and get to know others!
Our public health nurse will be in on Friday December 6th to give a brief talk on Winter fun and safety.

« A PARENT COMMUNITY »

Les vendredis, 6, 13 et 20 décembre
De 9 h 30 à 11 h 30
Le service de garde est fourni si vous avez de jeunes enfants. (présenté en anglais) Durant ce programme, les parents discutent de sujets concernant les enfants de tous âges. Arrêtez-vous au CRFM pour prendre un café pendant que les enfants jouent entre eux.
L'infirmière de santé publique sera au CRFM le vendredi 6 décembre pour offrir un bref exposé sur les plaisirs d'hiver et la sécurité.

DEPLOYMENT NIGHT OUT

Tuesday, December 17
6:30 to 8:00 p.m.
Registration deadline: December 12
Additional Stress Free Child Care funds available to deployed families.
Join us for a relaxing evening in the company of other people who currently are or who have recently experienced a deployment. This month we will be discussing self care and how to manage holiday stress. Our guest presenter will be Laurie Anne Johnson, MSW, RSW.

SOIRÉE POUR LES FAMILLES DE MILITAIRES DÉPLOYÉS

Mardi, le 17 décembre, de 19 h à 20 h 30
Date limite d'inscription : 12 décembre
Des fonds additionnels pour le service de garde sont disponibles pour les familles de militaires déployés. (présenté en anglais) Joignez-vous à nous pour une soirée de détente en compagnie d'autres personnes qui vivent actuellement ou qui ont récemment connu un déploiement. Ce mois-ci, nous allons discuter de l'autogestion de sa santé et comment gérer le stress de la saison des fêtes. Notre conférencière invitée sera Laurie Anne Johnson, MSW, RSW.

COFFEE AND CONVERSATION

Tuesdays, December 3, 10, 17
2:00 to 3:00 p.m.
The Coffee & Conversation drop in program is open to anyone interested in meeting MFRC volunteers and staff. It is an opportunity to learn more about and participate in planning some of the MFRC programs, especially those involving volunteers. The coffee is always on, and the conversation is always interesting!

CAFÉ ET CONVERSATION

Les mardis, 5, 12, 19 et 26 novembre, de 14 h à 15 h
Le programme de rencontre Café et conversation est ouvert à tous ceux et celles intéressés à rencontrer les bénévoles et les employés du CRFM. C'est l'occasion de découvrir ce que vous offre le CRFM et de participer à la planification de certains de ces programmes, en particulier ceux qui impliquent des bénévoles. Le café est toujours prêt et la conversation est toujours très intéressante !

FAMILY BOWLING

Saturday, December 28
1:00 p.m.
Academy Lanes West, 479 Westwood Ave
\$10 per family for two games
Registration deadline: December 19
Spend a fun afternoon together with your family at the bowling alley! Pass a cold, Saturday afternoon at the lanes with other military families. This is sure to be a good time for all ages.

APRÈS-MIDI DE QUILLES EN FAMILLE

Samedi le 28 décembre, dès 13 h
10 \$ par famille, pour deux parties
Date limite d'inscription : 19 décembre (présenté en anglais) Passez un après-midi amusant à jouer aux quilles avec votre famille et d'autres familles militaires ; c'est du plaisir assuré pour les petits et les grands !

BABYSITTER SKILLS TRAINING

Saturday, January 11, 2014
10:00 to 4:00 p.m.
Cost: \$25.00, includes manual, pizza lunch and snacks
Registration deadline: January 6
The Canadian Safety Council's Babysitting course will be offered. It provides new babysitters with the skills and tools to start working as babysitters. On completion of the course, participants may opt to be included in the MFRC babysitters list. Children must be in grade six or be a minimum of 12 years old to participate.

FORMATION DE GARDIEN(NE) AVERTI(E)

Samedi le 11 janvier, de 10 h à 16 h
25 \$ (comprend le livre d'instruction, pizza et collation)
Date limite d'inscription et paiement d'ici le 6 janvier (présenté en anglais) Le CRFM offre le cours de gardien averti du Conseil canadien de la sécurité. La formation fournit aux jeunes enfants voulant garder des tout-petits, les compétences et les outils nécessaires pour commencer à faire de la garde d'enfants. À la fin du cours, et avec la permission d'un parent, les participants peuvent ajouter leur nom sur la liste du CRFM des jeunes qui font du gardiennage. Les participants doivent avoir 12 ans pour assister à cette formation.

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HOUSE FOR SALE!

Perfect family 3 bedroom bungalow just minutes from 17 Wing with double unattached garage in quiet St James/Crestview on a 124 X 60 foot lot.
This 1152 sq ft, smoke free and pet free home features, 3 bedrooms on the upper floor and 1 in the basement, 2 full baths with walk in shower and jacuzzi tub, master bedroom with 2 pc ensuite, finished basement with fireplace and workshop.
For more information or a showing call Christine at 204-803-9204. List price \$309,000.

House For Sale!

1680 sq ft 2 storey, 4 bedroom. Huge pie shaped lot in one of the best neighborhoods in Winnipeg, 10 minutes to 17 Wing, walking distance to all levels of school. Please call Chantalle at 1-204-720-4858 for a showing. See comfree ad 416927 for 302 Whitegates Cr.

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Excellent Condition as it was only used for two months! Fully transferable 6 year extended warranty. For more info. Call: (204) 999-4148.

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Taroscopes

BY
NANCY

Aries (March 21 – April 19): You are not responsible for, or in charge of everything. Focus on yourself and what sustains your soul. Let others deal with their own stuff. Look for the magic in every moment. Be careful not to judge by the external aspects of life for they are not a sign of character per se.

Taurus (April 20 – May 20): You have a renewed sense of resolve and a better idea about how to get what you want. You are strong enough to get the job done. Factor in those you care about when planning. You're wiser than others may think. Be honest and pro-active about any health concerns.

Gemini (May 21 – June 21): When you take a leap of faith the possibilities are endless. Remain optimistic. You'll not only land on your feet, you'll feel vindicated when others realize what an asset you were. Still it's too late to go back. Carry on. Things fall into place logically. Be creative, open and enjoy.

Cancer (June 22 – July 22): Face challenges. Don't get bogged down by perceived limitations. Taking care of your physical wellbeing helps you manage stressful situations. Hurt feelings can result when painful truths come to light. If you were "played for a fool," learn from it and move on.

Leo (July 23 – August 22): Different aspects of your life are coming into balance. When you see what others face you realize how fortunate you are. Take full advantage of an opportunity when it comes your way. Though you may regret what is no longer available, appreciate what you do have.

Virgo (August 23 – September 22): You'll receive shocking news. This is a catalyst that has you swinging into action and is a "heads-up" to get more proactive. Think on your feet. Assess your options and make adjustments to your plans to ensure a stronger position so you're not just reacting in future.

Libra (September 23 – October 23): Don't shy away from confrontation. You gain confidence by standing up for what you feel is right. You have the strength and foresight to straighten things out. You will prevail so persevere. Be proud of what you have accomplished. You'll enjoy a greater sense of security.

Scorpio (October 24 – November 21): This is a time to retreat and reflect on current events and your reaction to them. Don't try to push to see things happening, instead be open to what your heart and soul are trying to tell you. Take things slow and you'll find your way. Trust yourself.

Sagittarius (November 22 – December 21): Take some "alone time" to reflect on and refine your plans for the future. Still be careful not to assume you have to do it all by yourself. Sharing the load and the fun in life is important. An excessive sense of duty to others will alter your enjoyment. Maintain boundaries.

Capricorn (December 22 – January 19): You're ready for change but you may be shocked at the way others react to your decision. Discussions with those who want to maintain the status quo really highlight the need to move on. Though it might be difficult, in this instance, honesty is the best policy.

Aquarius (January 20 – February 18): There is strength in knowledge. Determine the "lay of the land." It's important now to reconcile your needs and desires with your current reality. What you feel you are entitled to comes with responsibilities. Giving back is a good way to build bridges.

Pisces (February 19 – March 20): Promote yourself and your talents on-line and in person. Network. Schedule leisure activities and self-care time to balance the extra work you'll be doing. When you take time to relax it improves your productivity. When you're doing work you love you are more relaxed.

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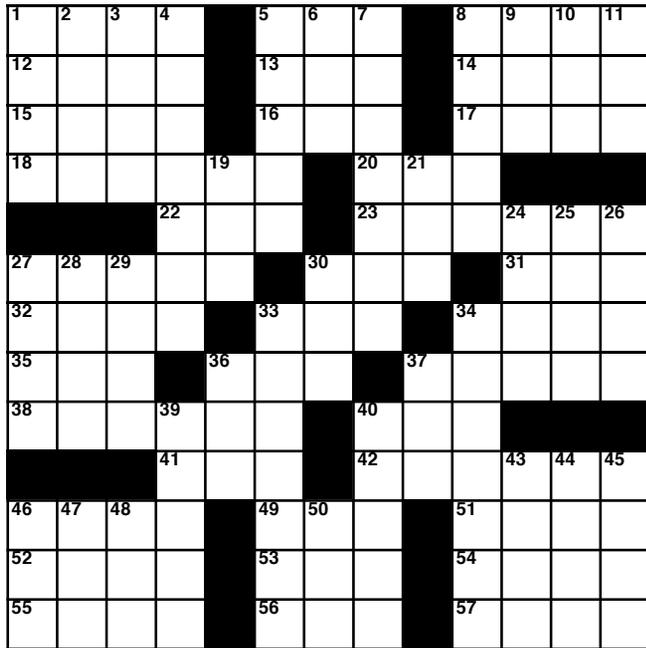
By Bernice Rosella and James Kilner

ACROSS

- 1 Baby's belch
- 5 Slump
- 8 Brew
- 12 Narrow ridge
- 13 Turkish leader
- 14 Confederate
- 15 Dried-up
- 16 Parisian penny
- 17 Restaurant, in Rimouski
- 18 Pancakes, in Pierreville
- 20 To's opposite
- 22 Unspecified
- 23 Enmity
- 27 Fruit, in Falaise
- 30 Jumbo ____
- 31 Make up for a deficiency
- 32 Old, in Orkney
- 33 Go Greyhound
- 34 Father
- 35 British Columbia peak
- 36 Males
- 37 Travel guide?
- 38 Celebrity
- 40 Baby salmon
- 41 Ogle
- 42 Smoked ham, in St Foy
- 46 Beige
- 49 Hullabaloo
- 51 Whit
- 52 Weaver's concern
- 53 Rocky outcropping
- 54 Copyread
- 55 Recedes
- 56 Possessed
- 57 Twenties art form

DOWN

- 1 Pear
- 2 Exploiter
- 3 Scarce
- 4 Not on credit



- 5 Impudent
- 6 Past
- 7 Waffles, to Guillaume
- 8 Bacon, in Bonsecours
- 9 Guido's high note
- 10 Hob
- 11 Canadian whiskey
- 19 Par and pot ender
- 21 Tell
- 24 Overlay with wood
- 25 Gumbo
- 26 Female sandpipers
- 27 Exhibition
- 28 Boorish
- 29 Cavalryman
- 30 Gravy, in Gaspe
- 33 Below
- 34 Checked
- 36 Route, abbr.
- 37 Constellation near Scorpis
- 39 Eggs, in Gentilly
- 40 Norwegian inlet
- 43 Presage
- 44 About the ear
- 45 North Atlantic defense org.
- 46 Kwa
- 47 Gull
- 48 Fleece
- 50 ER chart notation

Together in Church

CATHOLIC

CHAPLAINS

Padre Ray Laudenorio
Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre
Roman Catholic Office 833-2500 ext. 5956

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

Padre Christopher Donnelly
(United Church) Office 833-2500 ext 5349

Padre Darryl Levy
(Baptist) Office 833-2500 ext 5785

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, 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. 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:

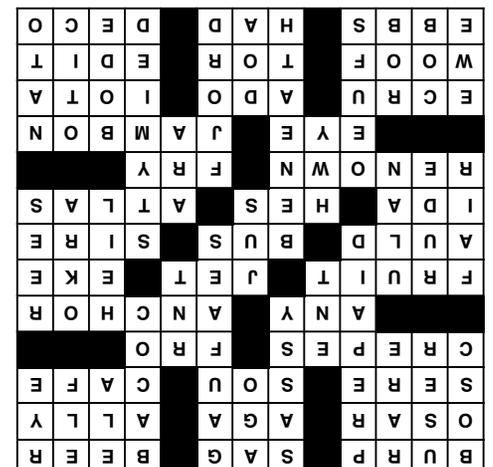
For your convenience, a phone number has been set up to provide callers with info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Those with access to the DIN visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, then click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



2014 Publishing Schedule

Issue Number	Issue Date	Content Deadline
1	15 January	January 6
2	29 January	January 20
3	12 February	February 3
4	26 February	February 17
5	12 March	March 3
6	26 March	March 17
7	09 April	April 1
8	23 April	April 14
9	7 May	April 28
10	21 May	May 12
11	June 4	May 26
12	June 18	June 9
13	July 25	July 14
14	August 27	August 18
15	September 10	September 2
16	September 24	September 15
17	October 8	September 29
18	October 22	October 13
19	November 5	October 27
20	November 19	November 11
21	December 3	November 24
22	December 17	December 8

Crossword Answers



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