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THE VOXAIR

The Winnipeg Military Community News Source Since 1952

Commander-In-Chief Visits Winnipeg



Her Excellency the Right Honourable Julie Payette, Governor General of Canada, waves as she departs 17 Wing, Winnipeg on November 27, 2018. Please see our story on Page 2. Photo: Cpl Angela Gore, 17 Wing Imaging

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Governor General Visits 17 Wing Winnipeg



Her Excellency the Right Honourable Julie Payette, Governor General of Canada, speaks with Sergeant Brandon Scheffter, a Search and Rescue Technician at 435 Squadron during her visit to 17 Wing on November 27, 2018.
Photo: Cpl Angela Gore, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

Her Excellency the Right Honourable Julie Payette, Governor General and Commander-in-Chief of Canada, has a message for all Canadians.

"We are very fortunate to be in a very peaceful country," she said during a visit to 17 Wing, which included a tour of 1 Canadian Air Division, on November 27.

Her Excellency, invested as Canada's 29th Governor General on October 2, 2017, was on a two-day visit to Manitoba, November 26-27.

Her Excellency the Right Honourable Julie Payette, a native of Montreal, Quebec, was an astronaut, engineer, scientific broadcaster and corporate director, before becoming Governor General.

From 1992 to 2013, Her Excellency, who speaks six languages, worked as an astronaut and flew two missions in space. She also served many years as CAPCOM (Capsule Communicator) at NASA's Mission Control Center in Houston, Texas, and was Chief Astronaut for the Canadian Space Agency.

Her visit included a stop at the legislature and talk with Premier Brian Pallister, a visit to the University of Manitoba and a celebration of Francophone culture, seeing "first-hand the realities of life in the city's north end" with the Bear Clan Patrol, and a visit to the Canadian Museum for Human Rights, noted a Canadian Press story.

Her Excellency, wearing a green flight suit with a space flight patch on her shoulder, was shown around 16 Hangar, the home of 435 Transport and Search Squadron and 402 City of Winnipeg Squadron. The visit, which included the Search and Rescue Technicians' section and a visit inside a C-130 Hercules, was led by Brigadier-General Mario Leblanc, Commander 2 Canadian Air Division and Colonel Eric Charron, Wing Commander, 17 Wing Winnipeg.

"It's a great honour having her visit us," Colonel Charron said. "She's the representative of the Queen in Canada. Yesterday I had the opportunity to attend the Lieutenant Governor's residence where there was a reception in honour of the Governor General. It was a chance to see the who's who of the city and the province come together."

He also remarked that the Governor General is a great speaker, noting that she spoke "a little bit" about her experience in space and mentioned that she saw Manitoba "for about a minute" from the International Space Station.

"Just last month we provided a Guard of Honour from 17 Wing to Detachment Dundurn when she went to Saskatchewan for the first time," Col Charron said.

Master Corporal Chad Banks, an aviation systems technician at 435 Sqn, said Governor General Payette's visit was a once in a lifetime opportunity.

"It's nice to have people of her stature come in and see what we do," he added.

During an inspection inside the flight deck of the C-130 Hercules, which was led by Captain Gayle Beau-doin, a pilot with 435 Sqn, Governor General Payette engaged members of the media in a conversation.

"We are open for business," she continued in response to a question about her message for Canadians. "We welcome people. We are based on values of freedom, openness and democracy."

"However, we also have defence," she continued. "That's very important. It ensures the sovereignty of our borders and to defend ourselves. We'll answer the call for other people in need, our friends and allies. That's why we need to be ready all the time."

Governor General Payette praised the Canadian Armed Forces for their ability to help out "right here on the ground in Canada" when there's a natural disaster.

"I had the privilege of training as a Canadian Air Force pilot at CFB Moose Jaw," she said. "That was before I was sent to train as an astronaut at NASA. It really prepared me very well. By the time I ended up at NASA, I was very qualified because I had the opportunity to train with the best."

"I was saying earlier that on my second flight, my seat in the cockpit of the Space Shuttle was this seat, the Flight Engineer's seat, which is an integral part of the flight crew," she added. "I'm very much at home here. I'm part of the military family. Whenever I come to a base I really feel at home. My time at 17 Wing has been too short. We're already making plans to return, and to go out on a mission with Search and Rescue and see how they operate."

Governor General Payette also noted that members of the CAF spend a lot of time just keeping their skills sharpened.

"That's true of astronauts too," she emphasized. "You've got to be ready every day. It requires continuous training. They (the CAF) have great career opportunities for young people, by the way."

Festive Stress - Why the Season can be Anything but Merry

Submitted by Mental Health Dept, 23 Health Svcs

The traditional image of Christmas is, let's be honest, incredibly optimistic. Nearly every portrayal shows a cosy, cheerful and tastefully decorated home, surrounded by pristine snow, in which a happy rosy-cheeked family gathers to share a large dinner cooked to picture-postcard perfection.

Sadly, life is just too complex and messy to ever guarantee the mainstream portrayal of a perfect Christmas. And yet, we still expect it. We expect perfection and repeatedly deny the fact that perfection is not

possible. The result? Stress.

Expectations can cause a lot of stress. And that's just at the personal level. These days, social media means we can see how great everyone else is doing with their Christmas efforts, creating even more pressure.

How many times have you touched base with someone prior to the holidays to see how they were doing only to here "busy", "crazy busy", "insanely busy", "busy, busy, busy". We're expected to respond in like or at least applaud their efforts because being "crazy busy" is considered an asset in our culture.

Then, of course, there are the social expectations that come with Christmas. Spending time with family and friends in an atmosphere of goodwill and cheer is the cornerstone of expectations during the holidays. However, for most families, living up to the expectations set by holiday movies or lifestyle magazines is simply unrealistic.

For military members and their families, trying to meet those expectations takes on an added dynamic. Frequent moves and the absence of a family member due to deployment are the norm for a military family, making that traditional image often an unlikely reality.

For both military and civilian families, the typical sources of holiday stress are:

- fatigue
- unrealistic expectations
- over-commercialization
- financial stress
- the inability to be with one's family and friends

These may contribute to feelings of being overwhelmed and increase an already stressful time. Others may experience an overwhelming sense of sadness, melancholy or even depression. These feelings can lead to:

- insomnia
- rumination

- panic attacks
- excessive drinking
- over-eating
- self harm or suicide

The Mental Health Department at CF 23 Health Services offers these 10 tips to help cope with the season's stress and make the holidays easier:

1. Make realistic expectations for the holiday season.
2. Set realistic goals and pace yourself. Don't take on more responsibilities than you can handle.
3. Make a list and prioritize the important activities. This can help make holiday tasks more manageable.
4. Find holiday activities that are free, like looking at holiday decorations, and enjoying the winter season, whether outdoors or in your own home.
5. Keep track of your holiday spending and stick to your budget.
6. Limit your drinking; excessive drinking will only increase feelings of depression.
7. Celebrate the holidays in a new way if circumstances make tradition unrealistic.
8. Spend time with supportive and caring people.
9. Make time for yourself.
10. Get plenty of rest.

To learn new skills to help you better cope with stress, the Mental Health Department at 23 Health Services offers several 4 session courses such as CBTm (Cognitive Behavioural Therapy with mindfulness) and CBTi (Cognitive Behavioural Therapy for insomnia). The aim of these courses is to teach you how your thoughts, feelings and behaviours can interact and influence each other to create both unhelpful coping mechanisms and disruptive sleep patterns. For more information, please contact Mental Health at (204) 833-2500 ext 5086.

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2 Canadian Air Division: Leading Change the SMART Way



Members of 2 Canadian Air Division touring 431 Squadron (Snowbirds), while attending the Divisional Chief Warrant Officer Leadership Symposium at 15 Wing. Photo: Supplied

by LCdr James Cantafio

As part of their command teams, senior Non-Commissioned Officers (NCOs) at the Wing and Unit levels work alongside senior officers, serving an important role in ensuring that members under their respective commands have the means, resources, and support necessary to effectively perform their duties. As Chief Warrant Officer (CWO) Jean-Claude Parent, the 2 Canadian Air Division (2 CAD) CWO states, "it is important that NCOs work together to support the mission of 2 CAD through strong leadership, communication, and planning." CWO Parent continued, "We need to invest in our people and manage change. Setting goals and objectives that are Specific, Measurable, Attainable, Realistic, and Timely - or SMART, is how we are going

to get there". It was with this in mind that 2 Canadian Air Division senior NCOs recently gathered at 15 Wing in Moose Jaw, Saskatchewan to attend a pivotal symposium on leadership.

The purpose of the Divisional Leadership Symposium conducted from 20-22 November 2018 was to discuss leadership, effective planning and reporting, and best practices. Focus was placed on the role and importance of leadership and planning at the NCO level, necessary to achieve the effective change required to enhance operational

capability of the Royal Canadian Air Force (RCAF). The gathering reflected the need to develop a unified approach to addressing current challenges and concerns pertinent to NCOs serving within the 2 CAD organization. Specifically, the aim of this intense working group was to present solutions required to lead and support the Commander and Canadian Armed Forces (CAF) personnel serving within 2 CAD.

Participants at the CWO Leadership Symposium included NCO representatives from 15, 16, and 17 Wings. 2 CAD units participating in the working group included the Canadian Forces School of Aerospace Technology and Engineering (CFSATE); 3 Canadian Forces Flying Training School (3 CFFTS); the Canadian Forces School of Survival and Aeromedical Training (CFSSAT);

the Canadian Forces School of Aerospace Control Operations (CFSACO), 431 Air Demonstration Squadron (the Snowbirds), and 17 Wing Detachment Dundurn. Guest speakers included subject matter experts in training and professional development from 2 CAD HQ, the Joint Personnel Support Unit (JPSU), and from the office of the Assistant Judge Advocate General (AJAG), Prairie Region.

Leadership, the importance of planning, and improving RCAF processes were the key themes of the symposium. Topics of interest and discussion included leadership, dress and deportment, and the future Personnel Appraisal and Talent Management System (PATMS). Linking Respect in the Workplace with the new Justice Administration and Information Management System (JAIMS) demonstrates that the Command Team is serious about leading by example, improving the administration of discipline, and addressing sexual misconduct through effective management, tracking, and reporting.

Currently there are many challenges facing Training Establishments (TE) and Operational Training Units (OTU) of the RCAF requiring leadership and planning to resolve. Increasing training capacity, the need to adapt to changing Canadian demographics and values, and managing limited resources allocated to training and education are just some of the complex issues impacting 2 CAD. The symposium included collaborative opportunities to exchange ideas and propose solutions through presentations, small breakout group discussions, and briefings conducted in person and through video conferencing (VTC). A highlight of the symposium was the opportunity to tour 431 Squadron, home of Canada's famous Snowbirds aerobatic demonstration team. In all, the symposium was an added value initiative, destined to bring the 2 CAD leadership together to achieve SMART results.

CWO Recognized for Her Volunteer Work with Animals



CWO Sandra Spragg poses with her Volunteer Extraordinaire 2018 Award Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

When she first began volunteering for the Assiniboine Park Conservancy (APC) last year, Chief Warrant Officer Sandra Spragg was just looking for something to do in her spare time.

"I never dreamed that I was going to like this so much," CWO Spragg said.

Most of her volunteer work is done at the Assiniboine Park Zoo. Her day job is as the CWO for the Assistant Judge Advocate General Prairie Region, 1 Canadian Air Division Headquarters.

CWO Spragg's commitment to volunteering was

recognized recently when she was presented with the Volunteer Extraordinaire award for all that she does for APC.

"Sandra joined the APC volunteer team in 2017," Bruce Keats, the Chief Operating Officer of APC said in a statement made during the award ceremony.

"Despite working full-time for the Department of National Defence, she volunteers every weekend, for evening events and activities, as well as on her days off. She is energetic, flexible and will enthusiastically (and efficiently!) complete any task that needs to get done, no matter how obscure. Always ready to lend a hand and promote the park and zoo, we are incredibly lucky to have her on our team."

"I really love it," CWO Spragg, who's been a member of the Canadian Armed Forces for the past 35 years, said.

"You can volunteer in the park. You can volunteer in the zoo. There's training for anything we want to be involved in. I was looking for something to do before I retire from the military. I never dreamed that I was going to like this so much. After 14 months I racked up 1000 hours. I can't believe it. I'm pretty much there for six hours every weekend unless I'm away somewhere."

CWO Spragg's interest in volunteering was sparked during a visit to the zoo one day in early 2016.

"I ran into a volunteer and she gave me the names of the tigers," she said. "That was very cool. Then, I ran into the same volunteer again, not knowing that they rotate every hour. I was by the cougar enclosure at this time. She told me something about the cougars. So, I said to her that I'd be interested in volunteering. I wanted to learn more about the animals. She told me that every March is the volunteer drive and there's approximately 15 hours of training. We have to do at least 60 hours a year in order to remain current.

"I wasn't sure if I could accomplish the 60 hour yearly requirement as I am still working full time.

So, she signed up and started the training process.

"I just can't wait to get to the zoo on Saturday morn-

ings," CWO Spragg said. "My favourite part is interacting with the visitors. We have our uniforms, so we stick out. We answer their questions. I like the fitness. I like walking around. I like looking at all the different animals. I like looking at what's new in each exhibit. The zookeepers do a lot of work--all the enrichment they do for the animals so that their lives can be as good as possible. The keepers work really hard."

There are other benefits too.

"Throughout the year we have volunteer lunches, barbeques, briefings, presentations from different curators, animal care people, all kinds of education and briefings," CWO Spragg observed. "I like to learn. I want to learn as much as I can because the more you pass on to a visitor, it enhances their visit. They feel like they've gotten more out of it. I plan on increasing my volunteer work after my retirement. I think it's a great opportunity. I got training on the Asian big cats. So, I can deliver lectures on the snow leopards and the tigers. I also trained in the northern arctic animal interpretation, and have also trained in several other areas to increase my knowledge and opportunities."

She also mentioned that part of her volunteer award (at 1000 hours) was being allowed "behind the scenes" to see the tigers and the snow leopards with zookeepers, Jacquie and Fran.

"We got to go into their enclosures before the animals were released into their public display areas," CWO Spragg said. "We got to spread out enrichment and toys; and then we watched their release. It took my breath away when I walked into the indoor Tiger enclosure. We all know that they are big and beautiful, but being at such a close distance was breathtaking. I couldn't even speak and was instantly reminded of how dangerous they are. I commend all zoo keepers for what they do, and how hard they work to enhance the lives of each and every animal while in captivity. It was truly an honour and privilege, and I look forward to my next behind the scenes."

Boosting Morale and Getting Fit at 11th Annual Spinathon 2018



Participants having a ball at the Spinathon.
Photo: Bill McLeod, Voxair Manager

by Martin Zeilig, Voxair Photojournalist

With beads of perspiration slowly dripping down her face, Deanne Bennett, Personnel Support Programs Health Promotion Specialist, pedalled to the steady beat of a rock and roll song filling the cavernous confines of Building 21.

She had already been on the bike for 35 minutes with “another 15 minutes to go” before being spelled off by another person.

Bennett was one of about a dozen stationary cyclists, mid-morning, at the 11th Annual Spinathon on

November 23.

Both military and civilian personnel from around the base took part. Besides, the loud catchy music, a series of slides showing various scenic locations flashed onto a screen set up in front of the arc of cyclists.

PSP Fitness and Sports instructors faced the group on another bicycle while calling out instructions to pedal harder or participate in a game, such as throwing a foam ball into a big wire basket.

Tables set up in one corner contained bananas, other fruit and various veggies and healthy beverages for hungry and thirsty cyclists.

“I’m having a lot of fun,” said Bennett, who had a large water bottle filled with water on a stand attached to the stationary bike’s handlebars. “It’s great to participate, and good to get some exercise and see happy people.”

She also lauded the fitness staff for their enthusiasm.

The whole idea behind holding a Spinathon is “getting people away from the desk and the office,” said David Chung, Fitness and Sports Instructor and the OPI for the day. “We want to have them moving and having a little bit of fun while getting some exercise. That’s the main idea behind Spinathon.”

The turnout was excellent, he added, noting that 11 or 12 teams registered in advance, with many “random people” registering that morning or the previous day.

“There are a lot of people coming in today,” Chung commented, mentioning that Wing Commander Colonel Eric Charron kicked things off at 0800 hrs with an appearance in person. “We have games going on for the

day where people can win prizes. It’s not about competition. Today, is fitness related. We just want people to get away from the desk. It’s also a good way to boost morale and keep fit- having a little bit of fun and enjoy some tunes and some games.”

Participants were put through different drills to either increase or decrease resistance, he said.

“I want to boost our unit morale,” Master Corporal Melissa Roberts, who works at the Wing Comptroller Branch, said a few moments after disembarking from a bike. “It’s fun. I sometimes go for a lunchtime spin class.”

Lieutenant Michael Luczynski, who had a small paper cup with some Gatorade in the container on his bike’s handlebars, said it was a great event to get everyone together.

“As a bonus, you get to work out,” he added.

Meanwhile, David Chung also gave a shout out to all his colleagues at PSP assisting him during the Spinathon.

“I’ve got nothing but love for my guys,” he emphasized. “We’re always looking out for each other. When the chips are down, we get it done. They’ve got my back. I’ve got their backs.”

Sponsors, a number of whom provided prizes (in parenthesis), for the Spinathon included, the CANEX, St. James Burger and Chip Company, Kernels Polo Park, True North Sports and Entertainment Limited, Boston Pizza, Hair Force Barbers, and Health Promotion.

RCAF Band Member Selected for Women’s Brass Experience in Toronto



RCAF Trombonist Cpl Sheila MacMillan has a blast blowing her own horn in the band room preparing for “That’s What She Said” in Toronto. Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

Corporal Sheila MacMillan, bass trombonist with the RCAF Band, has been selected to participate with a group of professional female musicians who have joined forces to explore and celebrate their, as a media release states, “mutual love and commitment to the world of brass.”

She’ll be blowing up a storm with them.

The event, which runs January 15-19 at the University of Toronto, is being organized by the Canadian Women’s Brass Collective and is called That’s What She Said- “a week of masterclasses, workshops, excerpt competition, and round table discussions,” says the provided information. The week will culminate in a final performance featuring our guest artists on January 19 at Walter Hall.

“I’m exceptionally proud of this recognition for Cpl

MacMillan,” RCAF Band CO and Director of Music, Captain Matthew Clark said. “She’ll be on stage with some of Canada’s outstanding orchestral musicians. She gives great credit to herself and the unit through this.”

“We are performers, educators, researchers, and conductors,” says the media release. “We are soloists, members of symphony orchestras, chamber music performers, military band members, new music enthusiasts, and early music performers. Our aim is to raise awareness of gender diversity, to foster positive attitudes, and to provide information and role models for the next generation of Canadian brass players as they advance in their journey through music.”

That’s What She Said is for students, enthusiasts, and professionals “to be exposed to the diverse ideas and musicianship” of some of the top professional brass playing women in the country.

“It’s a good opportunity to be immersed with female brass players,” Cpl MacMillan said. “I’m pretty happy to be going.”

This is the initial year for That’s What She Said, she observed.

“I was asked because I spent several years in Toronto as a freelance musician,” Cpl MacMillan, a native of Cayley, Alberta, who’s been in the CAF for almost a decade now. “I made some connections and people remembered me. So, I received an invitation.”

“I have been invited to perform in a brass ensemble which includes members of the National Arts Centre Orchestra, the Toronto Symphony Orchestra, and National Ballet. I have also been asked to be a panelist for the orchestral excerpts competition. There are a number of master classes and performances I would attend as well.”

Cpl MacMillan was first introduced into music performance in her junior high school band program.

“I tried a lot of instruments, and finally settled on trombone in grade 11,” she said. “I attended the University of Victoria and received a Bachelor’s of Music Performance. After that, I moved to Toronto and did my Artists Diploma at the Glenn Gould School Royal Conservatory of Music.”

When done she stayed in Toronto and worked as reservist with the Queens Own Rifles of Canada, Cpl MacMillan said. She intends to visit her former regiment “to keep that connection going” while she’s in

Toronto.

Cpl MacMillan has acquired plenty of experience as a professional musician.

“I’ve played with the Thunder Bay Symphony Orchestra a few times over the years when I was in Toronto,” she said.

Cpl MacMillan mentioned that she also has performed with the Hamilton Philharmonic Orchestra, as well as some smaller orchestras in Toronto- the Ontario Philharmonic Orchestra, Toronto Concert Orchestra, Toronto Sinfonietta, Etobicoke Philharmonic.

The highlight, though, was being called an hour before a Canadian Opera Company rehearsal because one of their bass trombone players was sick in 2016, she observed.

“It was high pressure,” she said. “Unfortunately, there was only one rehearsal. But, a really cool experience. It’s one of those things as a musician you always need to be ready for and available to step into one of those situations and hold your own.”

The Opera, incidentally, was Gotterdammerung by Richard Wagner, added Cpl MacMillan, pointing out that she was handed the music about 20 minutes before the rehearsal.

“It was a success,” she said with a wide smile.

“There were no glitches. I was just focussed on my music, and making sure I didn’t screw up.”

Cpl MacMillan emphasized that her colleagues have been supportive of her going off to Toronto next month.

“I’ve received a ton of support from my Chain of Command, which is pretty amazing,” she said. “This gig is part of professional development, and I’ve got a place to stay.”

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Chanukah Menorah Seeks to Inspire

"The soul of man is the candle of God." King Solomon, the Book of Proverbs



by Capt. (Rabbi) Noteh Glogauer

Within each of us is the power to illuminate this world, to transform darkness into light. Just as a candle requires lighting before it can perform its function so too must our souls be kindled before we can brighten up our own lives and the lives of others. If we wish for positive change in the world, we must all become "lamplighters" and ignite the sparks that lie dormant in one another's hearts.

Today's modern Chanukah Menorah, or candelabra, symbolizes the igniting of Holy sparks and fulfills the function of spreading supernatural light. But the question must be asked, "What is Chanukah?" The answer can be found in an ancient story that tells of a scarce, sacred oil that lasted beyond a single day.

Chanukah, in its simplest form, is a celebration of a miraculous victory of a few over the many, the weak Judean Maccabee army against the mighty Greeks, and the miracle of finding one pure jug of oil. The miracle of the oil seems minor in comparison to those experienced in battle, yet it is that miracle that we commemorate every year since that time of conflict. Let us look at how the miracle of the oil came to be.

The Greek's style of rule was not to eradicate indigenous cultures, but to incorporate them. In the case of the Jewish people, the Greeks were willing to accept the Torah (Holy Bible) as a work of wisdom or philosophy, and the mitzvot (Jewish laws) as cultural practice. What they did object to, however, was the assertion that the Torah is divinely authored and that the Jewish people follow its laws not because they are logical or ethical, but because God has told them so.

The core element of belief and commitment in Judaism is that God, through the teachings of the Torah, commands the Jewish people. It is not a matter of whether the commandments seem logical, or are beyond reason; the Torah does not change to meet whichever philosophy is 'au courant'. Knowing that the Greek's removal of the divine element of Judaism would be fatal to the continuity of the Jewish culture, the Maccabees rebelled even though they knew that there was little chance of victory. Uttering their famous battle cry, "Whoever is for God, with me!" the Maccabees, through their efforts and a series of miracles, eventually regained control of the Holy Temple but not before the Sanctuary was invaded and all the oil for the Menorah had been tampered with.

To the Greek way of thinking, they did not understand why the Jewish people were upset. Why couldn't the Menorah be lit from just plain oil? To them, the only difference between plain oil and the oil in the Sanctuary was the seal designating it for use in the Temple. But of course, the Menorah, which spread its spiritual light to everyone, wherever they might be, needed to be lit with pure, consecrated oil. This, after all, is what the Maccabees had been fighting for all along!

Miraculously, the Maccabees found one small jug of oil, with the seal intact. This jug, however, had only enough oil for one day. Knowing this, they still rekindled the Menorah, and were amazed to find that another miracle had occurred: the oil lasted for eight

whole days.

Every year, as we commemorate Chanukah and the miracles that God has brought about, we are reminded that deep inside each person there is a "cruse (or pot) of pure oil", a tiny part of ourselves, that remains pure and holy - a spark of the Divine which is indestructible and beyond defilement by environmental influences that attempt to lead us away from a moral and spiritual way of life.

The Eight Lights of Chanukah

The Menorah, Hebrew for "lamp", is one of the oldest and well-known symbols of Judaism. For thousands of years, images of Menorahs have been prevalent in Jewish art, architecture, and culture. And over time, the Menorah became an icon for Jewish culture and faith. Even amid the horrors of the Holocaust and the gloom of the Soviet gulag, Menorahs would be lit, warming and inspiring those facing those dark times.

And yet, if the Menorah within Jerusalem's Holy Temple bore only seven branches during the time of the Maccabees, why do the most popular depictions found today have eight branches? The simple answer is that the Chanukah Menorah is not a depiction of the original Jewish Temple Menorah, but rather, it is a different one that commemorates the time when the Holy Temple's Menorah burned miraculously for eight days.

But, as always, there is more to a Jewish story. Spiritually, there is an additional reason to celebrate with eight lights instead of seven.

Kabbalah, or Jewish mystical wisdom, teaches that the number seven symbolizes the natural order of the universe, as in the seven days of the weekly cycle. On the other hand, eight, being the next number beyond seven, symbolizes transcending nature and embracing the supernatural and miraculous.

Since the miracle of Chanukah occurred in 140 BCE (before current era), the eight-branched Menorah continues to serve as a reminder of God's involvement in our lives, past and present, and the miracles performed by our Creator. Even today, when the world stumbles in darkness, the Chanukah Menorah shines bright, inspiring us all and giving us the strength to persevere.

Menorah Lighting - 6 December 2018

Come and be inspired at 17 Wing Winnipeg's first Chanukah Menorah lighting on Thursday, December 6. No matter your background or beliefs, please join the 17 Wing Commander and the members of 17 Wing Chaplain Services at the corner of Fifth Avenue and West Street across from 17 Wing Headquarters at 3:30 p.m. for this historical event. All are also welcome to gather, following the ceremony, in the atrium of 17 Wing Headquarters for a light reception, featuring traditional Chanukah refreshments.

PLEASE JOIN US FOR THE FIRST

17 Wing
Chanukah Menorah
Lighting

With the Wing Commander

LOCATION: 17 WING STEVENSON PARADE SQUARE
THURSDAY, 6 DECEMBER, 2018
1530 - 1600

Reception to follow with Traditional Chanukah Refreshments

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Sports Trivia

Female Sports Achievements

by Stephen Stone

1. Canadian soccer player and Captain of the Canadian national team. She scored all three goals for Canada in the 2012 Olympic semifinal versus the USA which won with help from biased officiating.
2. She is the first of only three swimmers in Olympic history (Krisztina Egerszegi of Hungary and Michael Phelps of the US being the others) to have won individual gold medals for the same event at three successive Olympics (100 m freestyle - 1956, 1960, 1964).
3. She was the first filly, and the favourite at race time, to win the Kentucky Derby.
4. These two females are the only other two fillies to win the Kentucky Derby.
5. This retired professional race car driver was the first woman to qualify and compete in both the Indianapolis 500 and the Daytona 500.
6. She is an American professional motorcycle racer and made history in 2010 as the first woman to win an AMA Pro Racing sprint road race and is also the first woman to win a professional motorsports race of any kind at the Daytona International Speedway, on March 17, 2012.
7. She is the most successful woman in the history of American open-wheel racing—her victory in the 2008 Indy Japan 300 is the only win by a woman in an IndyCar Series race.
8. She is an American professional wrestler, actress, author, mixed martial artist and judoka. She is currently the Raw Women's Champion in the WWE.
9. This daughter of "The Greatest" held the WBC, WIBA, IWBF and IBA female super middleweight titles, and the IWBF light heavyweight title.
10. She was the first woman to play full-time professional hockey in a position other than goalie.
11. This Olympic silver medalist achieved a number of historic firsts during her career, including becoming the first woman to play in any of the major North American pro sports leagues.
12. She was the first gymnast to be awarded a perfect score of 10.0 at the Olympic Games, and then, at the same Games (1976 Summer Olympics in Montreal), she received six more perfect 10s en route to winning three gold medals.
13. This American professional golfer was a founding member and leading player on the LPGA Tour during the 1940s, 50s and 60s. Her 15 major title wins remains the all-time record for a female golfer.
14. This Canadian athlete won a gold medal for the 400 m relay and a silver medal for the 100 m at the 1928 Summer Olympics in Amsterdam. She was called the "best Canadian female athlete of the half-century" and a star at basketball, hockey, softball and tennis. She was named Canada's Female Athlete of the First Half-Century (1900-1950). The Canadian Female athlete of the year trophy is named for her.
15. She was the first American woman to win three gold medals in a single Olympic Games.
16. She represented her country at the 2012 and 2016 Summer Olympics, and was the 2017 World all-around silver medalist, making her the first Canadian gymnast to win a world all-around medal. She is also the 2018 Commonwealth and 2015 Pan American all-around champion and a five-time Canadian national all-around champion.
17. This American was the first woman to receive a license from the National Hot Rod Association (NHRA) to drive a Top Fuel dragster. She won the NHRA Top Fuel championship in 1977, 1980 and 1982, becoming the first person to win two and three Top Fuel titles.
18. A five-time Olympian, her five Olympic medals at the 2018 Pyeongchang games brought her total number of medals up to 15, the most by any athlete in Winter Olympics history. She is ranked first in the all-time cross-country World Cup rankings with 114 individual victories and is also the most successful sprinter in cross-country World Cup history, with 29 victories.
19. This former Canadian competition swimmer, Olympic medalist and former world record-holder won two bronze medals in the 100 m backstroke and 200 m backstroke at the 1976 Summer Olympics in Montreal at the age of 14, behind two East German athletes, Ulrike Richter and Birgit Treiber, who later were confirmed to be longstanding participants of the East German doping scandal. She was also Canada's female athlete of the year and winner of the trophy named after question 14.
20. She was world No. 1 for a total of 332 weeks in singles, and a record 237 weeks in doubles, making her the only player in history to have held the top spot in both singles and doubles for over 200 weeks. She was year-end singles No. 1 seven times, including a record of five consecutive years, as well as year-end doubles No. 1 five times, including three consecutive years during which she held the ranking for the entire year.

Sports Trivia Answers on page 14

College Corner



Aerospace Studies Program 71 Canadian Military Industrial Visit

RCAF Barker College Aerospace Studies Program (ASP) is preparing the course members with the expertise in the project management process to become active players in CAF project and operational test and evaluation units.

ASP 71 conducted their Canadian Military Industrial Visit (MIV) 11-16 Nov 2018 to prepare the course member for their future collaboration with industry in providing the CAF operators with new equipment and technologies. The direct contact with some of our industrial partners provided the course members with a real world perspective to their studies through discussion of current programmes and technologies that are under development. Throughout the visits, they further developed their analytical and critical skills which will serve them well during the course and upon graduation.

The group was welcomed by Bell Helicopter, manufacturer of the CH146 Griffon helicopters

CAE who supplies most of RCAF flight simulators, Pratt & Whitney presented their new manufacturing plant in Mirabel, General Dynamics, a key player in

the upgrades of the CP140 Aurora and CH124 Sea King and DRDC Shirley's Bay which work hand in hand with the project cell to develop new technology to meet the CAF needs. The industrial visits were complemented by a visit to NDHQ and DAEPM.



RCAF Barker College News

Doc Walker joins the RCAF Band for Holiday Hoedown

Vocalists Sgt Dave Grenon and Sgt Cindy Scott (left) follow along as Doc Walker guitarists Dave Wasyliw (centre) and Chris Thorsteinson (right), rock out with Sgt Mike Hall (front), while sound person MCpl Gerrit Reitveld monitors the session. Wasyliw and Thorsteinson met Sgt Hall through their producer Gavin Brown (3 Days Grace, Billy Talent, Barenaked Ladies) who knew Hall from his days as guitarist for Canadian metal legends, Killer Dwarfs. All photos: Bill McLeod, Voxair Manager



by Broose Tulloch, Voxair Layout

Just when you need relief from the onslaught of toy commercials, mall parking, and the overall stress that is the holidays, the RCAF Band has the cure - their annual Holiday Concert! It's family friendly holiday cheer and this year features special guest, Juno Award winning country group Doc Walker.

It was Sgt Mike Hall's idea to invite Doc Walker as their special guest.

"From my perspective I wanted to find a musical guest from Manitoba, with great songs, who are great people who want to help their community, and these guys fit the bill!" Sgt Hall said, adding, "With the diversity of agencies funded by United Way it is very likely each and every one of us will be touched in some way by a United Way agency."

Likewise, it was a done deal for Doc Walker's Dave Wasyliw (vocals/guitar) and Chris Thorsteinson (vocals/guitar)

"I was approached by my friend, and the RCAF band member, Mike Hall, to see if we might be interested in being a part of the event," recalled Wasyliw. "The United Way and the Military Family Resource Centre are two very worth causes, and with the chance to play with the RCAF band, it was a no-brainer! Plus, growing up in Portage La Prairie, we were very close to CFB Southport. Many of my friends and classmates were "army-brats"."

Supporting the community is important, but it's also fun for the boys.

"We have played with the WSO a couple times before. For the opening of the MTS Centre in 2005, and again for a Winnipeg Jets gala in 2013," explained Wasyliw, "I have written string arrangements for a few of our songs in the past for recordings, but playing live with a symphony is a rare treat!"

Wasyliw and Thorsteinson don't just talk about the importance of community and giving back, they continue to live it, remaining grounded in Manitoba even when their music expanded globally.

"I relocated to Winnipeg from Portage about 15 years ago; Chris still lives in Westbourne (in the house he has lived in his whole life!)" Wasyliw said, adding "Most of our extended families are still in Manitoba as well."

Doc Walker hits the stage with the RCAF Band at the Centennial Concert Hall Monday December 10. Also making a special guest appearance will be the Westwood Collegiate Choir! The show starts at 7:30pm with



(L-R) Sgt David Grenon and Sgt Cindy Scott of the RCAF Band harmonize with Dave Wasyliw and Chris Thorsteinson of Doc Walker while they rehearse in the RCAF Band room for the Dec 10 Holiday Concert at the Centennial Concert Hall.

tickets available online at centennialconcerthall.com and at the box office 204-949-3999.

The RCAF Band was created in the 1940s and is comprised of 35 professional musicians, all regular forces members, who hold a Bachelor's Degree in Music or equivalent professional experience. The band is back from England where they performed Public Duties before Her Majesty Queen Elizabeth II!

Oh what fun these sleighing songs will be, but Sgt Hall also wants everyone to remember how important this event is.

"Each year the Government of Canada Workplace Charitable Campaign provides an opportunity for military members and public servants who work for DND to support the wide array of agencies supported by United Way," he explained. "Our members both live and work in this great community, and take pride in being able to give back in so many ways - one of which is by supporting United Way and its member agencies and partners."



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Westwin Community Centre Reopens for Family Friendly Programming



(L-R) Rick Harris, Snr Mngr PSP, Jenelle, Graham, Lily, Ivy, 17 Wing CWO Jerome Rossignol, 17 Wing Commander Col Eric Charron, Chris Merrithew, 17 Wing Fitness Sports and Recreation Manager, and Ben, cut the ribbon for the newly renovated Westwin Community Centre on Nov 28. Photo by Bill McLeod, Voxair Manager.

by Martin Zeilig, Voxair Photojournalist

Sitting on her father's lap, Lily was absorbed in the finger painting activity laid out on the low table before them.

The two year old's parents, Corporal Graham Hollinger, who works at AVCS, and Jenelle Hollinger, along with their other daughter, six month old Ivy, were in the Rumpus Room during the grand re-opening of the newly renovated Westwin Community Centre (Building 33) on November 28.

About 30 people, both military and civilian, were in attendance at the celebration, which included cake, fresh fruit and veggie slices, along with beverages. Wing Commander Colonel Eric Charron did the official ribbon cutting followed by a brief speech.

The renovations, which include durable laminate flooring, reinforced walls and the transformation of the old ceramics club room into a children's recreation area/mini gym, among other changes, began in August 2017.

"This space is beautiful and clean," Jenelle Hollinger said, noting that Lily attends a pre-school pro-

gram at the centre. "It's nice to have a space like this."

The family only arrived in Winnipeg this July, she added.

"We just love it," Jenelle Hollinger said. "The staff are amazing. They're wonderful, and so friendly. It's helped our move a lot."

Ashley Clement, Community Recreation Coordinator, said the new space will provide Community Recreation staff more opportunities to run programs and events.

"It's just great," she added. "It gives us lots of room to work with that we didn't have to work with before."

17 Wing Commander Colonel Eric Charron said the central

word in community centre is "community"-- a crucial focus of what the Canadian Armed Forces is trying to reinforce within its ranks.

He called families the strength beside the uniform. "Here we have a physical presence beside our row housing," Col Charron said after the official ceremony. "Some of the families moving to Winnipeg are here for the first time, while for others it's the second or third time. Our families can feel left out."

But, at 17 Wing, families are within easy walking distance of the Westwin Community Centre as well as the Military Family Resource Centre, he emphasized.

"The serving personnel are quickly integrated into the whole military system, the buddy system, PT (physical training), and all sorts of activities," continued Col Charron, who spent time conversing with several of the young part-time and casual staff people. "It's well established."

He called the programs run at the community centre "an anchoring point" that starts right in the sum-

mer time when newly posted members first arrive.

"I can speak from personal experience," Col Charron said. "My wife and I were able to put our primary school age children into the camp programs here (several years ago when he was first based at 17 Wing). It was a bit of that initial integration, that anchoring point for our kids, before school started and they found friends in the neighbourhood."

"So, they have these 13 to 18 year old instructors, some of whom are also children of military members. That's another great thing our community centre offers, employment for these young instructors and neighbouring teens and getting a chance to interact with children."

He also lauded Comm Rec and the Personnel Support Programs (PSP) staff for their hard work and varied programming at the community centre.

Chris Merrithew, Manager of Fitness Sports and Recreation, said the refurbished centre will have a very positive impact on the various programs.

"It gives military families another opportunity to participate in our activities," he added. "It broadens the scope of what we can provide to military families, and gives us that additional space for our programs. So, we're very excited about that renovation."

He pointed, in particular, to the multipurpose room that will be used extensively for Comm Rec fitness programming, such as Zumba and the mini-gym that "will be great in the summertime for all our children's camps and all the programming we provide and Active Kids."

"We're really happy with this new space," said Colleen Preston, Community Recreation Coordinator. "It's well done. We're very encouraged. We'll be able to utilize this space for all of our programs. We're supposed to be getting a little bit more storage. The materials they've used on the walls are very high quality."

"We offer all the same programs as the City and the YMCA. The nice thing is our prices are better. All of staff are certified and experienced in all the areas and disciplines."

Chinthes Roar and RCAF Band Upset Victory at 2018 Wing Commander's Hockey Tournament



17 Wing Commander, Colonel Eric Charron (second from right), accompanied by 17 Wing Chief Warrant Officer, CWO Jerome Rossignol (second from left), performs the ceremonial puck drop during the 17 Wing Commanders Hockey Tournament on, November 26th, 2018 at the MTS Iceplex, Winnipeg. Photo: Cpl Kyle Morris, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

Captain Chris Worthen had nothing but praise for his teammates after his team won the championship game in the Crosby Division of the 2018 Wing Commander's Hockey Tournament at the Bell MTS Iceplex on November 30.

The final score was 5-3 for 435 Squadron "Chinthe" versus the Yellow Jackets. The tourney, which was comprised of two divisions, had a total of eight teams.

The RCAF Band defeated the Fighting Artichokes, 4-2, to capture the Ovechkin Division championship.

Rick Phillips, Sports Coordinator for 17 Wing, was the OPI for the week long tournament. He was assisted by fellow PSP staff members. Games were all 57 min-

utes of straight time, Phillips said.

"Then, the last few minutes are stop time, so it's basically one hour of ice time," added, noting that while there's no body contact incidental contact is unavoidable.

Although the majority of players were men, each team did have at least one female player, with the Yellow Jackets having two women players, Laurie Gelineau and Amanda North-- both of whom are civilian employees with Defence Construction Canada.

Ms. Gelineau, a forward, was named Player of the Game for her team in the championship final.

"These guys are great," Capt Worthen, who played centre, said in the dressing room several minutes after the game. "So, it's a lot of fun."

He noted that the team was composed of players from 435 Squadron, 402 Squadron and Barker College.

"At the end of the day, we just wanted to play some hockey," Capt Worthen added. "But, win or lose, it's always fun."

He called the tournament's organization "awesome" pointing, in particular, to the bananas, beverages, and other food, including pizza, which were all provided to the teams for free.

"They missed out on the free beer, but maybe we can convince them next year," Capt Worthen joked.

"Our team came together and worked really hard," said Lieutenant-Colonel John A Coffin, CO of 435 Sqn, who also played forward on the squad.

He paid tribute to the other teams in the tourney for their competitiveness and sportsmanship.

"We came out on top because we worked hard," LCol Coffin said. "It was a great game, especially for the fans."

Meanwhile, 17 Wing Commander Colonel Eric Charron said the tournament provided a chance for

members, both military and civilian, to get away from the office and have fun as a group.

"Team sports is what a lot of us grew up with in terms of joining the military," he commented at ice level just after presenting a trophy to the winning team, as well as other prizes to the most valuable players on each team. "The camaraderie, the morale building and being on the ice and seeing all the smiles on their faces."

"The Wing Commander's Hockey Tournament is probably one of our most popular events," said Phillips. "We do it once a year to wrap up the first half of our hockey season. We normally get eight to 11 teams. We separated the teams into these two divisions. The Crosby division was the stronger division."

But, there were good players in the Ovie Division too, he emphasized, noting, though, that a majority of players on the base team, which will compete in the upcoming 2019 CAF Prairie Regional Men's Hockey Championship, were in the Crosby Division.

It takes a lot of planning to get ready for the tourney-- from booking the ice with the Iceplex to arranging prizes, among other tasks, Phillips said.

"A lot of stuff gets done beforehand," he explained.

"So, on the day of the tournament, it pretty well runs itself. You still have to keep an eye on things, such as refreshing the food and drinks. But, most of the work is done beforehand. I have a sports assistant and another fitness instructor. They're both a great help to me."

"We're very fortunate to be able to use the Bell MTS Iceplex. It's a fairly new building. It's world class with modern dressing rooms and all the facilities. The staff themselves are very professional. The players really appreciate it. Everything went well."

Around The Wing



The Lt Governor of Manitoba, The Honourable Janice Filman chats with RCAF Band Trombonist Corporal Sheila MacMillan during the "Opening of the Legislative Building" on November 20, 2018 at the Manitoba Legislative Building Winnipeg, Manitoba.
Photo: Cpl Angela Gore, 17 Wing Imaging



The 17 Wing Guard during the "Opening of the Legislative Building" on November 20, 2018 at the Manitoba Legislative Building Winnipeg, Manitoba.
Photo: Cpl Angela Gore, 17 Wing Imaging



17 Wing Members play in the 2018 Wing Commanders Hockey Tournament, on November 30th, 2018, at MTS Iceplex.
Photo: Cpl Kyle Morris, 17 Wing Imaging



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Around The Wing



402 Squadron ACSO Instructor, Capt David Belley, gives a tour of the 402 Squadron Aircraft Life Support Equipment Shop to MFRC Yellow Ribbon Gala Partners during the MFRC Yellow Ribbon Gala Partner Appreciation Event, on November 21, 2018, at 17 Wing Winnipeg. Photo: Cpl Kyle Morris, 17 Wing Imaging



17 Wing Commander, Col Eric Charron, and 17 Wing MFRC Executive Director Joel Roy, sit with MFRC Yellow Ribbon Gala Partners, during the MFRC Yellow Ribbon Gala Partner Appreciation Event, on November 21, 2018, at 17 Wing Winnipeg. Photo by: Cpl Kyle Morris, 17 Wing Imaging



Spinathon participants injecting some holiday cheer with ugly sweaters, shirts and ties. Photo: Bill McLeod, Voxair Manager



Captain Jason Collingridge, 402 Sqn Air Combat Systems Officer, briefs Providence University College students on the training systems on the CT-142 Dash 8 aircraft, 17 Wing Winnipeg, MB, on 23 November 2018. Photo: Sgt Daren Kraus



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17 Wing Commander Colonel Eric Charron speaks with Polish Second World War veteran Mr Stefan Olbrecht at a commemoration for Poland's Independence Day for the local Winnipeg Polish community on 10 Nov 2018. Photo: Lech Grazyna Galezowski

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Prepare Now for Bad Weather in Manitoba



by Martin Zeilig, Voxair Photojournalist

Now that winter is upon us again, Search and Rescue Technician (SAR Tech) Warrant Officer Dwayne Guay wants people to get rid of the assumption that an emergency situation, such as being stranded in a remote area, will never happen to them.

He should know. WO Guay is an experienced Search and Rescue Technician, a former SERE Instructor (Survival, Evasion, Resistance, and Escape) at the Canadian Forces School of Survival and Aeromedical Training, and now works at the CF Health Services Group Detachment Winnipeg.

For example, WO Guay points out that if your vehicle breaks down in a remote area, you should have enough food and water to endure the complications.

"Basically, you should have the capabilities to survive," he said during an interview earlier this year. "Being prepared for the unexpected will pay double in dividends."

Before heading out somewhere, you should ask yourself "What if I had to spend an extra day out in the wild? Do I have enough to survive?" he added, while noting that this time of year can still be very transitional (later winter/early spring) in terms of weather conditions.

WO Guay noted that survival kits are a necessity. He keeps one in his vehicle.

WO Guay said "standard survival kits are available at various outdoors stores and there are plenty of ideas online to help augment or build them. Survival courses are also available. For example, a local company out of Lac Du Bonnet, International School of Survival offers hands on training and experiences."

"Having a roadside emergency kit in your automobile can provide you and your passengers with the assistance you need to get back on the road," says information on the website, <https://72hours.ca/collections/vehicle-kit/products/72hrs-essential-roadside-emergency-kit>

The kit contains such automotive tools as 10 Gauge Booster Cables, Safety Vest (62cm x 70 cm), Heavy Duty Tow Rope, Oil Siphon Pump, 6" Adjustable Wrench, Utility Knife, among other items.

Meanwhile, the "shelter" and "search and rescue" items included are a hooded rain poncho, emergency blanket, pair of cotton fabric gloves, duct tape, a LED hand crank flashlight, a compact triangle warming sign, plus other items. It all comes stored in a compact bag.

"Being able to pull out an article of clothing, like a

jacket or a sweater, can make all the difference if you have to spend the night out (in your vehicle)," WO Guay emphasized.

He added that you should always operate according to Murphy's Law: "Anything that can go wrong will go wrong."

"The trend today is to be minimalist," WO Guay continued. "But, you have to weigh the pros and cons."

"For example, how many of us carry a candle in our vehicles and day packs? It could keep you heated in a small, confined space. It provides a physical warmth as well as a very important psychological warmth."

It may also help you cope with the unexpected situation, he added. Out of a single candle you can get six to eight hours of light.

"Most people aren't prepared for an overnight in their vehicle. A candle could make a big difference," WO Guay said.

He points out that with a blanket and "a source of spark" (a lighter or matches) for your candle and a small first aid kit, extra bottled water, and a snack low in sugars and high in proteins (such as beef jerky,) a person would be able to survive being stranded in their car on a deserted road in minus 15 Celsius temperature.

WO Guay also suggests having a cell phone charger in your car because everyone has a cell phone readily available these days.

"We travel every day in our cars," he said. "A lot of people take these things for granted."

"Don't forget, too, to always tell someone where you're going."

"Please ask yourself: on my last hunting, fishing trip, or hiking trip, did I inform a friend or a loved one the details of where I was going and when I was expected to return? This small detail is often overlooked."

"Avid outdoorsman frequently fail to inform their friends and loved ones where they're going," WO Guay said, adding that you should always include a time schedule-- when you're leaving and returning with stops in between (if any.) "Even the best of the best sometimes fail to recognize that small mistakes can lead to trip failures."

If children are ever involved, then you need to have a plan for them, as well, he observed.

"The onus is on you," WO Guay said. "The same items you pack for yourself have to be given out to kids, too."

There should be a survival pack in everyone's car, so they can facilitate the priorities. Always be prepared for the unexpected."

He also recommends potentially having a PLB (personal location beacon) like a Spot Beacon with you on your big adventures.

"I've been on SAR Tech missions where a Spot Beacon has facilitated a rescue in minimal time and had great outcomes" WO Guay said.

"Be safe out there!"

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1 CAD Honours & Awards



Deputy Commander, Canadian North American Aerospace Defense Region, and Deputy Combined/Joint Force Air Component Commander for 1 Canadian Air Division (1 CAD), United States Air Force (USAF) Brig Gen Christopher Ireland, presents the United States of America, Meritorious Service Medal (Second Oak Leaf cluster) to USAF, Lt Col Brian Hardeman on Nov 27th, 2018 at 1 CAD, Winnipeg. All photos: Cpl Darryl Hepner, 17 Wing Imaging



USAF, Capt Matthew Alldritt received the Air Force Commendation Medal.



1 CAD Commander, MGen Christian Drouin with the assistance of 1 CAD CWO, CWO Jacques Boucher, present the General Campaign Star to Sgt James Van Zeyl on Nov 27th, 2018 at 1 CAD, Winnipeg, MB.



LCol Jean-Marc Fugulin received the General Service Medal Expedition.



Maj Nikolay Khotylev received the General Service Medal Expedition.



Capt Trisha St-Pierre received the General Service Medal Expedition.



WO M. Dubois received the General Service Medal Expedition.



Cpl Cody Saunders received the General Service Medal Expedition - Rotation Bar.



Capt Colleen Penner received the Special Service Medal - NATO Bar.



Col Kevin Brown received the Canadian Forces Decoration 2nd Clasp.



Capt Mat Strong received the Special Service Medal - NATO Bar, with the support of his spouse Capt Brianne Strong.



CWO Thierry Marques received the Canadian Forces Decoration 2nd Clasp.



MWO Allen Amey received the Canadian Forces Decoration 2nd Clasp.



Maj Audrey Bourassa received the Canadian Forces Decoration.



LCdr William Strecker received the Canadian Forces Decoration.



Capt Colleen Penner received the Canadian Forces Decoration.



CWO Denis Girouard received a CWO Scroll.



Capt Yekaterina Ryabkova received the Commander Canadian Joint Operations Command Commendation.



LCol Joel Ingimundarson received the 2018 NOVA Merit Award.

Healthy Pets for Happy Families

Charleswood Veterinary Hospital
889-3110
3717 Roblin Blvd.
(Just East of the Charleswood Bridge)

Crestview Veterinary Hospital
888-7463
3025 Ness Ave.
(Corner of Ness and Sturgeon Rd.)

Associated Veterinary Hospitals

- ◆ Medicine
- ◆ Surgery
- ◆ Ultrasound
- ◆ Dentistry
- ◆ Vaccinations

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Holiday Stressed? Take Charge!

Le stress durant les Fêtes : ça se combat!



11 December 2018
0830 - 1600 hrs
11 décembre 2018
08h30 à 16h00

Want to increase your stress hardness, enhance your performance, ramp up your resilience?
Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

For more information or to register, contact Health Promotion at (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca

Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca



17 WING WINNIPEG 17^E ESCADRE WINNIPEG

GOOD FOOD BOX PROGRAMME DE LA BOÎTE VERTE

A community-based program designed to encourage healthier eating through the promotion of fresh fruits & vegetables!



Il s'agit d'un programme communautaire qui a pour but d'encourager une alimentation saine grâce à une plus grande consommation de fruits et de légumes frais!

It is a bulk-buying program that aims to lower your grocery bill by buying bulk, fresh fruits & vegetables from local farms & distributors.

Afin de diminuer le montant de votre facture d'épicerie, les fruits et légumes sont achetés en grosses quantités auprès des fermiers et des distributeurs locaux.

THE BOXES ARE PREPARED MONTHLY!

LES BOÎTES SONT PRÉPARÉES CHAQUE MOIS!

Each box contains a variety of high-quality, fresh, nutritious fruits & veggies. Stock depends on what is in season or available at the best value.

Chaque boîte contient divers fruits et légumes frais, nutritifs et de qualité. Le choix dépend de la saison et des occasions d'achat au meilleur prix.

ORDERS CAN BE PLACED ONLINE AT www.cafconnection.ca/winnipeg

PASSER SA COMMANDE PAR INTERNET À www.connexionfac.ca/winnipeg

Online order payment by credit card only. Orders are also accepted at the Rec Centre (Bldg 90) front desk with payment by cash, cheque, credit & debit.

La carte de crédit est l'unique modalité de paiement acceptée par internet. On peut aussi passer sa commande au poste de surveillance du centre de loisirs (Bât.90) avec paiement par comptant, chèque, crédit ou débit.

SEPT / SÉPT

OCT

NOV

DEC / DÉC

ORDER BY / DATE LIMITE

FRI - SEPT 21 SÉPT - VEND.

FRI - 19 OCT - VEND.

FRI - 16 NOV - VEND.

FRI - DEC 7 DÉC - VEND.

PICK UP / RAMASSER

PICK UP / RAMASSER

PICK UP / RAMASSER

PICK UP / RAMASSER

WED - SEPT 26 SÉPT - MER.

WED - 24 OCT - MER.

WED - 21 NOV - MER.

WED - DEC 12 DÉC - MER.

Pick up between 1600 - 1730 hrs • Bldg 33

Ramasser entre 16 h à 17 h 30 • Bât. 33

Small Box \$18

Petite boîte 18 \$

Large Box \$28

Grande boîte 28 \$

ALL PROCEEDS GO BACK TO THE PARTICIPANTS.

TOUS LES PRODUITS RETOURNENT AUX PARTICIPANTS.

NO ORDERS ACCEPTED AFTER THE DEADLINE.

AUCUNE COMMANDE NE SERA ACCEPTÉE APRÈS LA DATE LIMITE.

PLEASE BRING YOUR OWN BAGS/BOXES TO CARRY YOUR PRODUCE HOME.

SVL VOUS PLAÎT APPORTER VOS PROPRES SACS - BOÎTES POUR TRANSPORTER LES PRODUITS CHEZ VOUS.

For more info/Pour plus de renseignements : Ashley.McGraw@forces.gc.ca • ext./poste 7013



Alcohol, Other Drugs, Gambling and Gaming Awareness Training

Formation de sensibilisation aux problèmes liés à l'alcool, aux autres drogues, au jeu excessif et au jeu électronique

24 & 25 January 2019
0800 - 1600 hrs
& 0800 - 1200 hrs

24 et 25 janvier 2019
08h00 à 16h00
et 08h00 à 12h00

Recognize and respond to early warning signs and develop effective interview skills. This training is course coded and is required for all military in a supervisory role. DAOD 5019-7

Reconnaitre 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

For more information or to register, contact Health Promotion at (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca

Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca



DROP 'N' SHOP

Drop your children off for a day of fun holiday activities while you shop!

SATURDAY 15 DECEMBER, 2018

0930-1600 hrs

YOUR CHILDREN WILL ENJOY CRAFTS, GYM, GAMES, SWIM & A MOVIE

PLEASE SEND LUNCH & SNACKS (NOT FREE PLEASE)

AGES 4 - 12 YRS
4 & 5 year olds may register for mornings ONLY - 0930-1230 hrs

ACTIVE KIDS BLDG 33
COST HALF DAY: Membership: \$7 per child Without membership: \$10 per child
COST FULL DAY: Membership: \$10 per child Without membership: \$20 per child

FOR MORE INFO 204-833-2500 ext. 5139 or 2057 Register online by 14 Dec 2017 cafconnection.ca/winnipeg

AGES 18 MTHS - 3 YRS
4 & 5 year olds can register for either half or full day with the MFRC

KIDS CLUB BLDG 33 (NURSERY ROOM)
COST HALF DAY: \$10 per child
COST FULL DAY: \$20 per child

FOR MORE INFO OR TO REGISTER 204-833-2500 ext. 2491

DROP 'N' SHOP

SATURDAY 15 DECEMBER, 2018

SCHEDULE OF ACTIVITIES

COMMUNITY RECREATION • AGES 4 - 12 YRS
* 4 & 5 yr olds may register for mornings ONLY - 0930-1230 hrs

TIME	FACILITY	ACTIVITY
0930 hrs	Bldg 33 - Rec Room	Holiday Crafts & Snack
1015 hrs	Bldg 33 - Activity room	Games
1100 hrs	Bldg 90 - Squash Court #3 & #4	Racquet Games
1145 hrs	Bldg 90 - Theatre	Pizza Lunch & Movie
1300 hrs	Bldg 90 - Gym	Sports
1400 hrs	Bldg 90 - Pool	Swimming
1500 hrs	Bldg 33 - Rec Room	Change - back to Bldg 33 - Snack
1530 hrs	Bldg 33 - Rec Room	Free Time

MILITARY FAMILY RESOURCE CENTRE • AGES 18 MTHS - 3 YRS
* 4 & 5 yr olds can register for either half or full day with the MFRC

TIME	ACTIVITY
0930 hrs	Free Play & Holiday Crafts
1045 hrs	Snack
1100 hrs	Outdoor Play
1215 hrs	Lunch
1300 hrs	Holiday Movie, Play Dough, Puzzles & Games * NAP FOR NAPPERS
1430 hrs	Snack
1500 hrs	Outdoor Play
1600 hrs	Home Time

Free! Family MOVIE NIGHTS

2018

BLDG 90 THEATRE

SUNDAY, DECEMBER 16

Doors Open - 1530 hrs • Show Time - 1600 hrs

More FREE family movies to come!

POPCORN & SLUSHIES AVAILABLE FOR PURCHASE • \$1 EA.

Free! 14 YRS + MOVIE NIGHT SOIRÉE CINÉMA

2018

14 ANS +

Gratuit!

SNACKS AVAILABLE FOR PURCHASE \$1 each

DES COLLATIONS SONT OFFERTES À 1 \$ chacune

WEDNESDAY • DECEMBER 19 DECEMBRE • MERCREDI

BLDG 90 THEATRE BÂT. 90 - THÉÂTRE

DOORS OPEN 1830 HRS LES PORTES OUVERT À 18 H30

SHOW TIME 1900 HRS 19 H AU CINÉMA

For more information contact / Pour en savoir plus, veuillez contacter : ashley.mcgraw@forces.gc.ca • 833-2500 ext./poste 7013

FAMILY HOLIDAY FUN!

COMMUNITY RECREATION

Bldg 90 SUNDAY DEC 9 2018 1 pm - 4 pm

AN AFTERNOON FILLED WITH FAMILY FUN!

1 hour in the gym playing games • 1 hour in the pool • holiday crafts & cookie decorating • visit Santa

ALL ADULTS FREE!

WITH REC MEMBERSHIP: \$3 / CHILD - MAX \$10 / FAMILY • WITHOUT REC MEMBERSHIP: \$4 / CHILD - MAX \$12 / FAMILY

For more info: 204-833-2500 ext./poste 5139 or/ou 2057 • Register online at: www.cafconnection.ca/winnipeg

ACTIVITÉS EN FAMILLE POUR LE TEMPS DES FÊTES!

COMMUNITY RECREATION

Bât 90 DIMANCHE 9 DÉC 2018 13 h à 16 h

UN APRÈS-MIDI REMPLI D'ACTIVITÉS EN FAMILLE!

une heure dans le gymnase pour jouer à des jeux • une heure dans la piscine • création d'artisanat et de décoration de biscuits • visite du père Noël

ENTRÉE GRATUITE POUR ADULTES!

AVEC ADHÉRENT : 3 \$ / ENFANT - MAX 10 \$ / FAMILLE • NON-ADHÉRENT : 4 \$ / ENFANT - MAX 12 \$ / FAMILLE

Pour en savoir plus : 204-833-2500 poste 5139 ou 2057 • Inscrire en ligne au : www.connexionfac.ca/winnipeg



Connect with us:

102 Comet Street / 102 rue Comet
204-833-2500 extension / poste 4500

www.cafconnection.ca

www.facebook.com/WinnipegMFRC

www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

For the most current information on all of our programs, visit our webpage at: www.cafconnection.ca/Winnipeg or follow us on Facebook and Twitter: @WinnipegMFRC

CHILDREN & YOUTH PROGRAMS :

OCCASIONAL CHILD CARE

Casual child care for 6 months - 12 yrs. Call 204-831-1248 to register or ask for more information including cost and extended hours. MFRC Occasional Child Care Centre, 630 Wihuri Rd.

KIDS CLUB

Drop in care for children 18 months to 5 years. \$2 per child per session without PSP membership. Free with one! Please send a snack and diapering supplies if required. Westwin Children's Centre, 642 Wihuri Rd. Tues. & Thurs. 1630 - 1930, Sat. 0900 - 1200.

CREATIVE TOTS

Facilitated play group at our South Side Centre. Parents are required to stay. Bilingual. South Side Youth Centre, 347 Doncaster St. Mon. Thurs. & Fri 1300 - 1500, Tues. 0900 - 1100. Free. Drop-in.

FRENCH SING-A-LONG

No French experience needed. For kids 2 - 7 yrs. This month we will visit with Mrs. Claus and have hot chocolate and cookies. Sat., Dec. 8, 1500 - 1600. Register by Dec. 5. \$5 per family.

DROP AND SHOP

Drop your children off for a day of fun holiday activities while you shop. They will enjoy crafts, gym, games, swim and a movie! Please send nut free lunch and snacks. MFRC Kids Club - 18 mths - 5 yrs 1/2 day \$10, full day \$20. 204-833-2500 ext. 2491. Or PSP Active Kids - 4-5 yrs morning only \$7 with membership, \$10 without, 6-12 yrs. Full day is \$10 with membership.

\$20 without. 204-833-2500 ext. 5139

PARENT & FAMILY PROGRAMS :

A PARENT COMMUNITY

A 'community' of parents will discuss topics related to parenting children of all ages. Fridays, 0930 - 1130. Free. Drop-in.

A PARENT GROUP

Join us for parenting discussions and networking. Wed. , Dec. 12, 0930 - 1130. Free. Drop-in.

NEXT CHAPTER

Find yourself now that the kids are ages 6 & up. Tues., Dec. 18, 0930 - 1130. Free. Drop-in.

PARENTING TOGETHER EVENING

Join us for a parenting group in the evening. Wed., Dec. 19, 1830 - 2030. Free. Drop-in.

ADULT PROGRAMS

FRENCH LUNCH 'N CHAT

Bring your lunch to the MFRC and enjoy French conversation. For confident, intermediate level and advanced level. Thurs., Dec. 6, 13, 20. 1230 - 1300. Free, Drop-in.

CAFÉ EN FRANÇAIS

Join us for a coffee and chat in French. This is a perfect opportunity to practice your French. Wed., Dec. 5 (MFRC), 12 (MFRC), 0930 - 1100. Free, Drop-in.

CRAFT DROP IN AFTERNOON

We will provide the room with space to work and you can finish your blankets, cards, scarfs, paintings, etc. Mon. Dec. 10, 1330 - 1500. Free, Drop-in.

CRAFT DROP IN EVENING

An evening opportunity to work on your projects in the company of other crafters! Mon. Dec. 10, 1830 - 2000. Free. Drop-in.

SOUTH SIDE COFFEE

French or English, parent or not, kids at home or empty nest...everyone is welcome! Wed., Dec. 19, 0930 - 1100.

FINDING EVERYDAY JOY - A YEAR FULL OF JOY

Discuss and share ways for a more fulfilling life by bringing joy into every day through the year. Based on the book 'The Happiness Project'. Thurs., Dec. 17, 1800 - 1930. Register by Dec. 14.

MATURE WOMEN'S GROUP

Share your wisdom and expertise about navigating life's journey. For women 45+. Mon., Dec., 17, 1900 - 2100. Free. Drop-in.

SPECIAL EVENTS

LADIES NIGHT - ORNAMENT EXCHANGE

Bring your girlfriends, sisters, neighbours, a \$5 wrapped ornament and an appetizer or dessert to share and come out for our annual ornament exchange. Lots of food, fun, friends and of course laughter!! Wed., Dec. 5 1900 - 2100, Free Register by Mon., Dec. 3.

COMMUNITY COFFEE BREAK

Everyone from families, community and the Wing is invited for coffee and snacks. Thurs., Dec. 6, 1000 - 1100 Free, Drop-in.

DECEMBER 6 VIGIL

A noon hour service to remember and honour the women from École Polytechnique and the Manitoba women who have been killed by violence this year. Thursday, December 6, 1200 - 1300. Free. Drop-in.

MAGIC CHRISTMAS SHOPPE

Children (12 and under) may visit the special shoppe to purchase gifts for the people on their list. Personal assistants will be on hand to help select and wrap gifts. Each gift will be 50 cents and children must pay cash at the shoppe. Coffee and snacks will be available for parents while they wait. PARENTS MUST REMAIN ON SITE. Tues.,s Dec. 11, 1530 - 2000 and Wed., Dec. 12, 1500- 1930. SPACE IS LIMITED. Register by December 10.

BAKE EXCHANGE

Simplify your holiday baking by coming to our bake exchange. Each person will will make a dozen treats for each person who attends and a dozen for everyone to try. Thurs., Dec. 13, Free. Register by December 6

Call 204-833-2500 ext 4500 to register for programs or for more information

UNITED WAY WINNIPEG PRESENTS ROYAL CANADIAN AIR FORCE BAND MUSIQUE DE L'AVIATION ROYALE CANADIENNE

Holiday Concert

WITH SPECIAL GUEST **DOC WALKER**

CENTENNIAL CONCERT HALL
DECEMBER 10TH, 2018 \$30
TICKETS: CENTENNIALCONCERTHALL.COM 7:30 P.M.

Benefit Concert in Support of MFRC CRFM United Way Winnipeg

MFRC CRFM
MILITARY FAMILY RESOURCE CENTRE
CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES

Holiday Hours

NOTE THE FOLLOWING HOURS FOR THE MFRC OFFICE

- December 13 Closed 1300 - 1630
- December 14 closed 830 - 1200
- December 19 Closed 1130 - 1330
- December 24 - 26 Closed
- December 27 - 28 Open 830 - 1500
- December 31 - January 1 Closed

Family Information Line
1-800-866-4546
FIL@CAFconnection.ca

Phone: (204) 833-2500
102 Comet St. Winnipeg, MB R3J 3Y5
www.cafconnection.com/Winnipeg
@WinnipegMFRC



17 Wing Chief Warrant Officer Jerome Rossignol purchases the first ticket for the Yellow Ribbon Gala earlier in November this year from Heather Witherden at the front counter of the MFRC. Photo: Bill McLeod, Voxair Manager

Sports Trivia Answers

- Christine Sinclair.
- Dawn Fraser of Australia.
- Regret – 1915.
- Genuine Risk – 1980 and Winning Colors – 1988.
- Janet Guthrie.
- Elena Myers.
- Danica Patrick.
- Ronda Rousey.
- Laila Ali.
- Hayley Wickenheiser.
- Manon Rheame.
- Nadia Comaneci.
- Patty Berg.
- Fanny "Bobbi" Rosenfeld.
- Wilma Rudolph.
- Elsabeth "Ellie" Black.
- Shirley "Cha Cha" Muldowney.
- Merit Bjorgen.
- Nancy Garapick.
- Martina Navratilova.

PERSONAL CLASSIFIEDS

CONDO FOR SALE by : Available for viewing and immediate possession. 436-122 Quail Ridge Rd. \$137,500 - 2 Bed, 1 Bath, built in 1976 Taxes: \$1218.13 /Condo fee: \$437.59 /mo Immaculate 864 sq ft/ quiet top flr condo is bright and sunny overlooking a large park. Spacious open concept living and dining room with island is great for entertaining. Sliding glass doors open onto private balcony fr living room. Bathrm accessed fr mster bedrm as well as central hallway. Appliances incl stove, fridge, dwasher, microwave. Laundry room next to unit is spotless and easily accessed. This complex is professionally managed with on site management. 17 Wing Winnipeg is close. A French Immersion School with Daycare and K to Gr 6 is across the street. The location provides easy access to miles of biking and walking trails. Fantastic amenities incl: Year Round weight and cardio rm, sauna; gorgeous club house with pool table, library, kitchen. Seasonal: tennis/ bocce ball court, large swimming pool, and poolside barbeques. Inquiries: call owner 204 804 3287 for details or to arrange viewing. Immediate possession is possible.

Send us an e-mail today to place your FREE Classified ad (of 50 words or less) at: voxair@mymts.net. Classified ads will run for one month (two issues) unless space permits or specified otherwise.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Reconnecting with friends can lower your stress. Research as much as possible on ways you can improve your health. Small adjustments to your lifestyle will work wonders. Commit to doing gentle exercise and taking supplements. Taking charge of your life builds confidence.

Taurus (April 20 – May 20): Assess outstanding tasks and make a commitment to complete work. Make time for loved ones. Keeping up with current trends takes a lot of time and energy. Reconsider if this is essential for success. What feeds your spirit? Are you living in sync with what emotional sustains you?

Gemini (May 21 – June 21): You've reached a goal but you still don't feel great. Things are not falling into place as easily as hoped. This can trigger the need to review your own actions and words to see if they are helping or hindering the situation. Do you feel you're living a life with meaning and purpose?

Cancer (June 22 – July 22): You sense hidden agendas. Instead of getting stressed or frustrated when you feel you don't have the whole picture, encourage open communication. Remain non-judgmental but insist on respect. Deal with uncertainty by focusing on the positive. Good things will come. It's worth the wait.

Leo (July 23 – August 22): People love you, flaws and all. There's no need to keep up a front all the time. Engage in deeper conversations. Share stories of your struggles and challenges. Your experiences can help others. Help a friend or partner get ready for school. Find creative ways to juggle responsibilities.

Virgo (August 23 – September 22): Your efforts are paying off. You feel a sense of renewed hope and vitality. Have an attitude of gratitude. Having the support of loving friends and family is more important than you realize. There is joy in giving but if it only goes one way it can test the limits of your good will.

Libra (September 23 – October 23): Your ideal is to be inclusive, open and easy going. Reality can require you to maintain some boundaries though. It's not necessary to be so nice that people invade your space and take advantage of you. Close the door on people you know are not sincere and respectful.

Scorpio (October 24 – November 21): You'll hear something that makes you realize you need to change your course. Have a "live and learn" attitude. The past is done. No point stressing about what can't be changed. Take calculated risks. Playing it safe won't work for you at this time. Book a trip and get away.

Sagittarius (November 22 – December 21): Someone may not want to follow your lead. Everyone is entitled to their priorities. Explain why you feel so strongly about their participation. But don't insist that your way is the only way. Ultimatums won't work. Aim to develop comradery not forced compliance.

Capricorn (December 22 – January 19): Complete tasks so you have more free time to do what you love. Juggle commitments and learn to say, "No." Seeing that others are enjoying more down time can make you feel the need to map out a plan for the future so you don't feel like you're spinning your wheels.

Aquarius (January 20 – February 18): Sometimes rational, detached decision making works. Other times it's a way to disconnect from deeper feelings. You want some excitement and adventure but you need to connect with others to really feel you're part of the fun. It's time to speak up about what's bothering you.

Pisces (February 19 – March 20): Do some soul searching to determine if your past is negatively affecting you. Make a commitment to deal with any excess in your life. Sift through, sort and file important documents. Create a more balanced lifestyle. Alleviate clutter. Burn the midnight oil to meet deadlines.

FOR APPOINTMENTS with NANCY CALL 204-775-8368

Help Santa stock the **MAGIC Christmas Shoppe**

DONATIONS OF NEW OR GENTLY USED GIFTS (for men, women and children), AS WELL AS WRAPPING SUPPLIES (gift bags, tissue paper, tape) WILL BE GRATEFULLY ACCEPTED AT THE MFRC BETWEEN NOV 28 TO DEC 7.

Aidez le Père Noël **MAGIQUE** à stocker la *boutique pour Noël*

LES DON DE CADEAUX NEUFS OU GENTIMENT USAGÉS (pour hommes, dames et enfants) AINSI QUE DE FOURNITURES POUR L'EMBALLAGE (sacs, papier de soie, ruban adhésif) SERONT GRACIEUSEMENT ACCEPTÉS AU CRFM DU 28 NOV AU 7 DÉC.

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HAPPY HOUR
Every Friday & Saturday 4:00 PM — 7:00 PM

MEAT DRAWS
Friday Night — 7:00 PM • Saturday Afternoon — 3:30 PM

Dec. 7 & 8 – The Covers

Dec. 14 & 15 – Halo Jump

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PROUD OF OUR PAST



PROTECTING OUR FUTURE

Welcome...

ST. JAMES LEGION

Branch No. 4
Royal Canadian Legion
1755 Portage Avenue
Winnipeg, Manitoba

CHASE THE ACE

Monday 6 pm

TEXAS HOLD 'EM

Tuesday 7 pm

ZUMBA

Tuesday/Thursday 10-11 am

LINE DANCING

Wednesday 1 pm & 7 pm

DANCE TO LIVE BANDS

Friday 8pm-1am June-August

Every Saturday 7-11 pm

MEAT DRAWS

Friday 5-7 pm

Saturday 2-5 pm



Chaplain's Corner

Considering the Advent Season before the Season of Christmas

by Padre Hope Winfield

Advent is my favourite liturgical season of the church year. The combination of joy and hope, mixed with energized anticipation, renews my confidence in God's abiding presence in our life. Unfortunately, the busyness of the season can also take away from its true meaning.

It seems to happen every year that several days after Remembrance Day, department stores start playing Christmas songs, and radio stations start a count-down as if Christmas is actually like doomsday. This time of year, stress mounts up as individuals try to reschedule their lives so that they can find time to get the Christmas (e-?)cards sent out and search for the perfect gift, all while disappointment builds-up about not being able to get the gift one would like to give or spend time with the people they want to have near.

As we know, Advent is a time to be prepared for the coming of the Lord, both within our lives in the here and now, as well as at the end of time. We have four weeks to dust off our lenses and sharpen our awareness. Eventually, like waiting for a sunrise, Christ's Light comes to dispel what kept us from seeing or understanding clearly. Unfortunately, if we are too distracted with unnecessary things and no longer see what we spiritually yearn for, we run the risk of missing the whole thing!

Young people depend and learn from the observations of the world around them. As a family, it is essential to take time to remember the traditions of our faith or simply take a moment to reflect on why this time of year is so special. Charitable works and monetary contributions are the offer of love without condition. Hope (no pun intended in regard to my name) is yearning for a better world to come. Peace is a calm quietness and freedom in our soul.

So, why is this time of year special to you? Is it because Block Leave is starting soon and we can be with

friends and family (or at least be away from work)? Is it because we are challenged to think beyond ourselves, and in some small way we can make a difference to another person? Could making a difference be simply by making time to have a coffee with someone who is away from family or has a loved one deployed? Could sharing renewable items such as socks for a homeless person be that spark which enables that person to carry on? Could adopting a veteran and supplying a few simple

toiletries and wish items remind that former warrior that they are still loved and valued? Could volunteering at a soup kitchen, seniors home or animal shelter help us see that we do have much to be thankful for?

This Advent Season, I encourage all of you to take the time to help those around you, to dispel the darkness of the season which focuses on what we don't have, in order that they might see that which we do have... each other, peace, hope, and love.



Wishing you all a very blessed Holiday Season from 17 Wing Chaplain Services

Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE: (English Only) 1100 hrs

COMMUNITY SERVICES:

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

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

Baptism: 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: It meets the first Wednesday of the month at 1300 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

Padre Laura Coxworth
(Pentecostal)
- Protestant Faith
Community Coordinator
ext 5785

Padre Greg Girard
(Christian Reformed)
- Det. Dundurn
306-492-2135 ext 4299

TBD
ext 5272

JEWISH

CHAPLAIN

Padre Noteh Glogauer
(Rabbi)
ext 6914



**17 Wing Military
Community Chapel**
2235 Silver Ave
(west off
Whytewold/
Wihuri Road)

CATHOLIC

STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

SUNDAY MASS: (Bilingual)
Spring/Summer Liturgy Timings: 9am
(Sunday after Easter - Thanksgiving Weekend)
Autumn/Winter Liturgy Timings: 4pm
(Sunday after Thanksgiving to Easter Sunday)

COMMUNITY SERVICES:

Religious Education: Classes can be available to children from Preschool to Grade 6.

Sacrament of Reconciliation: It is available by request and at special times of the year. Contact Padre Gemmiti.

Baptism: We recommend that you contact the chaplain's office for an appointment six months in advance. *Please contact the Chaplain before setting the date for the Baptism or arranging family travel.*

Marriage: Six months notice (1 year preferred) is required for weddings, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

MAIN OFFICES
Administrative Assistant
204-833-2500 ext. 5087
Building 64,
Lower Level, North End.

EMERGENCY DUTY CHAPLAIN
Contact MP Dispatch ext 2633.

INFO PHONE NUMBER
For chaplaincy services and related information, phone ext 6800 and follow the prompts.

WEBSITE
Those with access to the DIN can visit 17Wing.winnipeg.mil.ca, then click '17 Wing', then 'Services'.

CARE & SHARE BENEVOLENT FUND
Contact Wing Chaplain Office for further information.

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