



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

January 12, 2011

VOLUME 60, ISSUE 01

FREE

The Tradition Continues 17 Wing Jr Ranks Christmas Party



Honourary Colonel Barry Rempel advises Acting Wing Commander Jeff Clarke on carving a turkey at the 17 Wing Junior Ranks Christmas dinner. The dinner was held at Building 21 on 15 December 2010, and included the Air Force traditions of exchanging jackets, carving the turkey and adding the rum to the pudding sauce. Photo: Sgt Bill McLeod

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Their training kicked in and saved lives



Sergeant Joseph Penman, The Royal Winnipeg Rifles receives the Commissioner's Commendation for Bravery from the Commissioner of the RCMP, William J.S. Elliott. Photo: Cpl Bill Gomm



Warrant Officer Shaun Spence, The Royal Winnipeg Rifles receives the Commissioner's Commendation for Bravery from the Commissioner of the RCMP, William J.S. Elliott. Photo: Cpl Bill Gomm



Master Warrant Officer Hamish Seggie, Joint Personnel Support Unit Prairie Region and a member of The Royal Winnipeg Rifles receives the Commissioner's Commendation for Bravery from the Commissioner of the RCMP, William J.S. Elliott. Photo: Cpl Bill Gomm

Lt Donna Riguidel
17 Wing Public Affairs

It was a nightmare scene that tragically took the lives of three people but thanks to the actions of an RCMP constable, a few civilians and the quick response of several members of the Royal Winnipeg Rifles (R Wpg R), two lives were saved that day.

On 10 December 2010, these heroes were awarded the highest recognition that the RCMP can give them – The Commissioner's Commendation for Bravery.

"We don't normally give this to members of the Canadian Forces and it's a special honour to do it today," said RCMP Commissioner William Elliott.

Sergeant Joseph Penman, Warrant Officer Shaun Spence and Master Warrant Officer Hamish (Jim) Seggie of the R Wpg R were en route to Canadian Forces Base (CFB) Shilo, MB for routine training when they came upon the

accident where Constable Alfred Lavallee of the RCMP was trying to free the people trapped inside the burning vehicles.

"It was so bright. I don't really remember the heat or the smoke but it was the brightest thing I've ever seen," said Sgt. Penman.

The three members, without any concern for their own safety, began pulling at the engulfed vehicles with their bare hands. MWO Seggie pulled pieces of one vehicle's dashboard apart with his bare hands to free a man trapped inside. Sgt Penman and WO Spence, using both a pry bar and their bare hands, tried desperately to pull the van's burning door open.

As a result of their quick actions, a young girl and a man are alive today.

"They showed outstanding bravery and courage, in smoke so thick and black you could barely see," said Corps Sergeant-Major Gene Maeda, Master of Ceremonies for the

event.

All three members credit their training for their ability to jump into action.

"We didn't even have to think, you just act. With these men from my unit, I knew I could trust them to be doing what they needed to do," said MWO Seggie.

The three members remain torn about what happened that day, although they acted quickly, the fire was too intense and eventually drove them back.

"We didn't want to give up," said WO Spence. "Eventually Constable Lavallee pulled us back because of the danger."

And when it was all done, these three men - who had just done an incredibly brave and selfless thing, simply continued on to CFB Shilo for their training as scheduled.

"We just focused on the weekend. We didn't really talk about it at all," said Sgt. Penman.

Komatiks built for Exercise Northern Bison

Cpl Bill Gomm
38 CBG Photojournalist

"We will be packing a komatik with the Unit Medical Station (UMS) and another komatik will be like a snow ambulance," said Master Corporal Calin Ritchie, Medical Technician with 17 Field Ambulance.

Throughout the first week of December, soldiers from 38 Canadian Brigade Group's

Arctic Response Company Group and members of the 2nd Battalion, Princess Patricia's Canadian Light Infantry were building komatiks (wooden sleighs) in Winnipeg, to prepare for Exercise Northern Bison 2011.

Exercise Northern Bison will take place from February 15 to 28, 2011. It will see soldiers conduct a 300 km trek from Churchill, MB to Arviat, NU. The exercise will see both Regular and Reserve Force soldiers work together with the 1 and 4 Canadian Ranger Patrol Groups (CRPG).

Throughout the exercise, the Canadian Forces will be contributing to the government's top priority of protecting the territorial integrity of the Arctic. For the exercise to be successful, soldiers must be able to move, shoot, communicate and sustain themselves in austere northern conditions. The komatiks will play a crucial role in ensuring this success.

The komatiks were constructed using 2 x 10s and 2 x 6s and lashed together along with nylon/plastic strips for runners, galvanized nails, screws, rope and glue. Komatiks will be pulled by snowmobiles throughout the exercise.

"Well the first thing you do is you have to build the runners," said Sergeant Alex Brown, of the Arctic Response Company Group. "You take 2 x 10s and laminate them together. Then cut them down to size, attach the plastic runners, then drill holes in it to attach the cross members (2 x 6s) and lash the cross members on top."

Black polyester weave rope with the core removed was used to lash the cross members to the runners.

"The hammering hurts after awhile," said MCpl Ritchie who was setting the nails deeper after they had been driven through the plastic into the runner. "Especially when you hit yourself a couple of times."

"Everything has been going really well," said Sgt Brown. "We've gotten a lot of work done in the past couple of days and by the end of weekend we should have everything completed."

The goal for the week was to complete 29 komatiks. In addition, boxes were built



Master Corporal Calin Ritchie, 17 Field Ambulance drills pilot holes into the plastic runner as Sergeant Tim Fletcher, Field Support and Training for Combat Support Company Second Battalion Princess Patricia's Canadian Light Infantry, holds the runner in place. Photo: Cpl Bill Gomm

to carry supplies and other items such as the UMS supplies. Both will be essential to Exercise Northern Bison 2011.

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

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Historic Agreement signed with the U of M

17 Wing Public Affairs

"The University of Manitoba, Faculty of Graduate Studies is pleased to partner with the Air Force to offer our Master's of Public Administration degree program to their Aerospace Systems students," said Dr. John Doering, Dean of Graduate Studies at the University of Manitoba (U of M) during a ceremony held at 17 Wing on 08 December 2010. "This is an historic agreement," he said.

In front of an audience comprised of 2 Canadian Air Division Commander Brigadier-General (BGen) R.R. Pitre, as well as senior members of Air Force Training Centre (AFTC), 17 Wing, the Canadian Forces School of Aerospace Studies (CFSAS) leadership team and U of M faculty, 17 Wing and AFTC Commander Colonel Yvan Boilard and Dr. Doering formally signed a partnership document commemorating the joint cooperation program created between and the U of M.

Students of the Aerospace Systems

Course (ASC) at CFSAS now have the opportunity to also graduate with a Masters of Public Administration (Defence Administration) with their ASC certificate by taking additional courses from the U of M. The additional courses will increase the ASC graduates knowledge of human resource management, strategic management and administrative theory.

"Delivering strategic effect for the Air Force, the Canadian Forces and our nation demands serious commitment and investment in the training and education of our most valued resource – our people," said BGen Pitre. "This latest partnership with the University of Manitoba really drives that home!"

For over a decade CFSAS has tried to partner with institutions that would allow graduates of ASC to obtain a post-graduate degree with varying amounts of success. The new partnership with the U of M was strongly supported by the Chief of the Air Staff, Lieutenant-General Andre Deschamps.

In one form or another ASC has been around for 62 years, changing and adapt-



Colonel Yvan Boilard, 17 Wing Commander and Commander of the Air Force Training Centre, and Dr J. Doering sign the commemoration of the agreement between the two institutions. Photo: Sgt Bill McLeod

ing as the technology and air force requirements changed. The partnership was formally recognized at the signing ceremony

but the program actually began earlier this year. Five students are presently enrolled and working towards the degree.

Children's Christmas Party

On Saturday, December 4th, Santa came to visit the children of 17 Wing at Building 90. Not only did Santa hand out candy-canes and gifts, but he added everyone's name to the "nice" list for the coming holiday season!

Santa's elves were on hand to make sure everyone enjoyed an afternoon out of the cold winter wind, providing popcorn and juice. Children enjoyed cookie decorating, a colouring station, bouncy castles and every smiling face was adorned with a painted design from the "face-painting" elves.

New this year was a parent-free store where the children could hand-pick a gift for Mom and Dad which was then wrapped carefully by Santa's helpers.

A special thank you to the children and families for their generous gifts of food and winter clothing for local charities – the donation boxes were filled to the brim!

-Submitted by: Capt JJ Foote, CFSAS



Promotions and Awards



MWO Beaugrand (right), 1 Can Air Div, A4 Mov 4 receiving his promotion from BGen Theun. Submitted by: CWO Shirley Nowe, 1 Cdn Air Div



CWO Damaren (CWO), 1 Can Air Div, A4 Mov 3 receiving his new rank of CWO from BGen Theun. Submitted by: CWO Shirley Nowe, 1 Cdn Air Div

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2011 Air Force Run is starting to warm up

Capt Jeff Noel

Wing Public Affairs Officer

"Our goal for this year is to make the AF Run "the" run for Canadians and ultimately, double last year's donations to our charities" says Maj Kimberly Lee, Co-Chair of the Air Force Run (AFR) 2011 that will take place at 17 Wing Winnipeg on Sunday, 29 May 2011.

A United States Air Force officer posted to 1 Canadian Air Division/Canadian NORAD Headquarters located at 17 Wing, Major Lee says that the entire committee is determined to achieve this target and hopefully our generous sponsors and registered runners will get us there.

Consistently attracting over 1,000 civilian and military runners, joggers, and walkers annually to 17 Wing, the AFR has raised thousands of dollars in support of two outstanding charities, the Military Families Fund and Soldier On.

"A lot of people don't realize it, but these two charities fund everything from repatriation of our fallen soldiers to reuniting families during crisis times. How could you not support those?" said Maj Lee

Although known as the AFR, the focus of this family-oriented, community event is to offer the public an opportunity to come out and meet their neighbours... the men and women of the Air Force, Navy, Army, and the Reserve Forces based in Winnipeg, along with Cadets and our Veterans. The AFR also serves as a platform to promote physical fitness, one of the core elements of the Canadian Forces.

A unique segment of the annual Air Force Run is the 'Shadow Run'. Organized by the men and women of Task Force Afghanistan to coincide with the AFR, the 'Shadow

Run' is held in Kandahar, Afghanistan and the monies raised by that event are used to support humanitarian projects and charities in the Kandahar area.

The success of the AFR since its inception in 2009 is without doubt the result of the dedication to the Air Force of the hundreds of volunteers and cadets who step forward willingly to do the many medial tasks so necessary to making the AFR possible each year.

That dedication is matched by the many groups and organizations that provide support to the AFR such as the many individuals from the community who cheer on the participants, local businesses, the Manitoba Running Association, the City of Winnipeg and the Winnipeg Police Services to name just a few.

Preparations are well underway for AFR 2011 and the event promises to be the best yet.

Information on Air Force Run 2011 will soon be available online at www.airforcerun.ca.

On-line Registration for this historic event will commence on Tuesday, 4 January 2011 at <http://eventsonline.ca/events/airforcerun>



The Air Force Run is a family oriented affair. Photo Credit: Cpl J Archambault

Getting in shape for the New Year

We've all been there. Too tired, too busy, we skip the workout we planned. We know exercise is beneficial: it reduces stress, helps prevent chronic health conditions, manages weight, and increases energy levels. When excuses are all too handy, motivation is hard to come by.

Exercise doesn't have to be something we dread or something we resign ourselves to do simply because we know we should. Here is a simple guide to help you get and stay on the exercise track so that you can reap the many benefits of physical activity.

Find a goal that excites you

What motivates one person may not necessarily work for someone else. The first step in switching to an active lifestyle is reflecting on what drives you personally. People commonly cite losing weight or staying in shape as motivators to exercise. Yet these goals are unspecific and uninspiring.

A good way to motivate yourself to exercise is to tie exercise with a secondary goal—something that excites you and pulls you forward. To find out what kind of secondary goal might drive you, ask yourself: What do I enjoy doing? What am I passionate about?

Maybe you are passionate about giving back to the community. You could try signing up for a charity run and raising money for a cause you care about. Perhaps you enjoy socializing. You could start a walking club with like-minded friends or join an exercise class.

Are you a numbers person? Try using a heart-rate monitor. Competitive? Join a sports league or strive to beat your own fastest time. If you enjoy the challenge of learning a new skill try martial arts, ballroom dancing, or fencing.

Whatever goal you decide upon, make sure it is some-

thing you like. Be honest with yourself. If something doesn't inspire you, it's not worth pretending it does.

Create conditions for success

Becoming a regular exerciser is about changing habits. As we know, habits tend to stick. Yet change is possible.

To illustrate this, take the example of running. People who are trying to run regularly need to find a running goal that excites them (a change in thoughts and emotions); they need to find a running route they like (a change in physical environment); they need to get out and do the running (a change in physical actions); and they need to surround themselves with people who support their goal, for example, a running club (a network of support).

Whatever your goal is, find ways to integrate it with all areas of your life. In doing so, you'll find it more difficult to return to your non-exercising ways.

Find something that works for you

Everyone is busy. Lack of time is a common excuse for skipping exercise. Take a look at your life and find something that works for you. Perhaps a workout right after work is best for you. Or maybe a short walk in the morning before the kids are awake is what gets you active.

Understand also that exercise will make you more effective in other areas of your life. Taking time out of work to go for a walk or take an aerobics, spinning, or yoga class might be just what you need to get your mind on track so you can meet that crushing deadline.

Be easy on yourself

Other common mistakes people make when starting an exercise program are going too fast too soon or being self-critical about slip-ups. Your goal is to become a regular ex-

erciser, not to become the perfect exerciser. You may have bad days. You may have a whole week (or more) where you don't do anything. The trick is not to beat yourself up about it. Adopt perseverance, not perfection as a motto.

Take advantage of community resources. Starting an exercise plan does not necessarily mean laying down a ton of money. Local community centres are great resources for those looking for inexpensive ways to get active.

You may also want to talk to your local health practitioner or check out your local health food store for information about inexpensive exercise events happening in your community. Running stores often host free running clinics in the evenings. These events can be a great way to connect with like-minded individuals and get involved in your community while exercising.

Yes, it is possible to overcome the inertia that stops you from getting out there. Once you get going you'll find that exercising becomes a new habit that you enjoy and look forward to every day.

Quick tips to get yourself exercising:

Make a date: Enlist a friend as an exercise buddy. It'll be harder to skip a workout if you know someone else is counting on you to show up. This same principle works for sports teams: if you miss a game, you have a whole team of people annoyed at you.

Put down a bit of money: It's amazing how motivated you can become when your money is involved. Even something as simple as paying a small race fee can help get you out training. If you are paying for something, you're going to want to get your money's worth.

Write it in your calendar: Set aside a particular time in the week to exercise and write it down. This helps you stay organized so that you can plan the rest of your life around your workouts and not the other way around.

Set up small incentives: Decide on a small reward for yourself if you fit in all your planned workouts for a specific period of time—say a week or a month. Your reward might be something like new exercise socks, a pedicure, or a self-indulgent hour at the spa.

Set aside your exercise gear: Laying out your gear ahead of time will help you save time and eliminate yet one more excuse not to exercise.

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Military Members help spread some Christmas Cheer

Cpl Bill Gomm

38 CBG Photojournalist

"It's like everything we do in Winnipeg," said Kai Madsen, Executive Director of the Christmas Cheer Board (CCB). "The community comes together and The Fort Garry Horse (FGH) are a great part of that group. They come in and help and have so for many years, and it makes a huge difference."

Since 1919, the Winnipeg CCB has delivered Christmas Hampers to people in need. It was originally initiated by Winnipeg churches to provide hampers and gifts to orphans and widows of soldiers who lost their lives in the First World War. Soon after, the people in the community realized there were others who needed help and so the CCB grew to what it is today.

The military connection to the CCB continues to this day, with retired and serving members of the Canadian Forces volunteering as well as The Fort Garry Horse who have been helping deliver hampers since 1984.

Retired members such as Neil Martin – who has been the warehouse supervisor for 20 years – spent 31 years in the Air Force as an Air Frame Technician and Major Don

Brown (retired) who retired from the CF in 1996 worked in Air Command Headquarters Personnel Administration.

"My experience with the military has helped me a lot here, organizing and helping direct traffic and what have you," said Maj Brown (ret'd), while working at the reception area for those wanting to receive hampers.

In the back of the warehouse Preston Arsenault works at sorting donated groceries. As a former Supply Technician in the Air Force sorting groceries and supply go hand in hand.

"I've been volunteering for eight years," said Arsenault who spent 26 years with the CF.

Last year the CCB delivered 19,088 hampers.

"We have an open ended policy if we need to do 21,000 we will do 21,000," Madsen commented. "We might have to scramble a little, but we will do it so the end result will be probably be up 300 to 400 hampers, that's what projections look like."

The delivery of hampers for the FGH is known as Exercise Parcel Push. This year they delivered 211 hampers.



Master Corporal Linda Trac prepares to lower a Christmas hamper to soldiers packing a truck. MCpl Trac is with The Fort Garry Horse Engineers (31 Field Engineer Squadron). Photo Caption: Cpl Bill Gomm

The Voxair: Year in Review

Haiti Relief



A month after a devastating magnitude 7.0 earthquake struck the Caribbean nation of Haiti on 12 January, Team Winnipeg members were deployed assisting relief operations as part of Operation Hestia.

Operation Hestia, the Canadian Forces (CF) participation in humanitarian operations conducted in response to the Haitian earthquake, has called upon the skills of personnel from numerous squadrons, units and schools located here.

In addition to supplying troops, 17 Wing members raised over \$7,000 for relief aid to go to Haiti.

- First published 3 March 2010

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New Hercs take to the sky



Canada's first CC-130J Hercules aircraft, tail number 130601, made its maiden flight on March 3, 2010. The flight took place at the Lockheed Martin Corporation's manufacturing facility in Marietta, Georgia.

The new tactical airlift fleet began its introduction into the Canadian Forces in June 2010 with delivery of the first aircraft six months ahead of the original schedule. The contract for 17 CC-130J Hercules aircraft was awarded to Lockheed Martin in December 2007 and was recently amended to include provisions for fleet maintenance.

- First published 14 April 2010

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17 Wing Men's Volleyball Team Hits Gold at the Prairie Region Volleyball Championship



CF members could be seen in a different kind of uniform 16-18 APR 10 at the Bldg 90 gymnasium, where the Prairie Region Men's and Women's Volleyball Championships were held. Ten teams from across the region came to compete to earn the right to represent the Prairies at the Canadian Forces National Volleyball Championships in May.

In the Men's finals, Winnipeg defeated Edmonton 26-24 in a tight first set and then dominated the remainder of the match, defeating CFB Edmonton 25-18 and 25-13, making them PR Men's Champions.

- First published 28 April 2010

Fifth annual Manitoba Moose Military Appreciation Night



Winnipeg's American Hockey League team, and the Manitoba Moose, honoured the Canadian Forces on Saturday, March 13 in their fifth annual Manitoba Moose Military Appreciation Night (MMMAN).

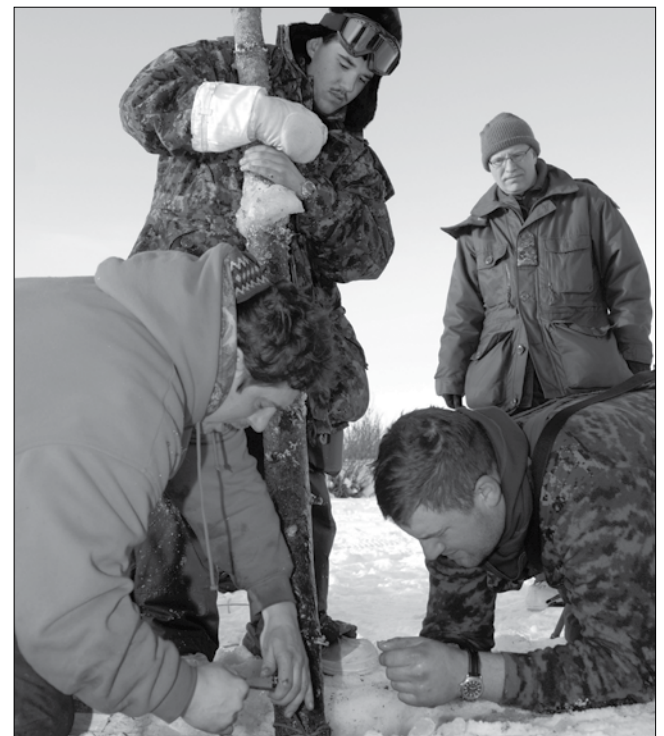
The evening's events included the awarding of the first annual Manitoba Moose Canadian Forces Community Service Award. This award will be presented annually to a member of the Canadian Forces who has displayed outstanding service and dedication to the Province of Manitoba through volunteer participation in community organizations, government sponsored activities or humanitarian work. This year's recipient was Maj David Proteau, a flight commander at 1 CFFTS for initiating the first MMMAN five years ago and continuing to contribute to its success each year.

Other events included the performance of the Canadian and American National Anthems by the HMCS CHIPPAWA Band escorted by the HMCS CHIPPAWA colour party, in recognition of the Canadian Naval Centennial. Several video montages were shown on the big screen of the Canadian Forces work at home and abroad. Gen Walt Natyncyk, Chief of the Defence Staff, provided a light-hearted video thanking the Manitoba Moose for their support of the Canadian Forces and thanking the Canadian Forces members and families in attendance for all of their hard work.

The Manitoba Moose wore special Canadian Forces themed jerseys for the game, featuring the Canadian Forces Crest, Support Our Troops Yellow Ribbon and the Canadian Naval Centennial Crest in a striking white, black and silver colour scheme.

- First published 28 April 2010

Exercise Northern Bison 2010



More than 100 Army Reserve soldiers from across 38 Canadian Brigade Group (CBG) took to the sub-arctic about 30 kilometres outside Churchill, Manitoba for Ex NORTHERN BISON from 14-21 February.

This training event is one of several steps to increasing the Army's northern capability.

- First published 17 March 2010



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The Voxair: Year in Review

Dreams Take Flight For 25 Lucky Military Kids



For the 16th year Dreams Take Flight loaded a plane full of kids that wouldn't be able to visit Disney World under normal circumstances. This year, for the first time ever, a large number of children from military families were included as one of the groups.

"This is the 5th time we've taken a group. We've been able to send one or two kids a year, which was amazing

but this year we get to send 25 kids, this is huge," said Diane Brine of the Military Family Resource Centre (MFRC) Winnipeg while walking to the fairy boat heading to the Magic Kingdom.

The job of selecting which kids get to go on the trip was a very difficult task. The MFRC takes on that role for the kids from the military families.



17 Wing MFRC felt lucky to be involved with the program, since although Dreams Take Flight is in eight cities across Canada, the Winnipeg MFRC is the only military group involved with the program.

- First published 12 May 2010

Yellow Ribbon Gala



The 2010 Yellow Ribbon Gala exceeded all expectations. It was a fun-filled evening, attended by approximately 300 people from the business and military communities and other supporters of the Winnipeg MFRC.

- First published 3 March 2010

Minister Peter MacKay Attends Closing Ceremonies for Operation Nunavut 10



Minister Peter MacKay participated in the closing ceremonies for Operation Nunavut 10, the Canadian Forces' annual exercise in the high Arctic. The year's first Arctic operation featured the first ever landing of a CC-177 Globemaster at Canadian Forces Station (CFS) Alert, and concurrent training between the Arctic Response Company Group and the Canadian Rangers, who conducted their patrols further north than ever before.

"The Canadian Forces successfully achieved their aim of demonstrating and improving upon their capabilities to respond to safety and security challenges in our Arctic," said the Honourable Peter MacKay, Minister of National Defence, who attended the closing ceremonies. "The unexpected yet successful search and rescue of Australian Tom Smitheringale during Operation Nunavut 10 demonstrates why we need a strong presence in the Arctic, as well as continual improvements on the capabilities to operate here."

- First published 12 May 2010

Squadron Introduces New CO



LCol Richard Pamplin was officially introduced to the men and women of 435 "Chinthe" Transport and Rescue (T&R) Squadron as their new Commanding Officer during a command appointment parade held at the Wing.

- First published 3 February 2010

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Wing Commander's Honours and Awards

On 14 Dec 2010 at The Officers' Mess, 17 Wing Commander, Colonel (Col) Yvan Boilard held a Wing Commander's Honours and Awards Ceremony.



Lieutenant Commander (LCdr) Bonita Mason receiving her General Campaign Star.



Captain (Capt) Myrian Lafrance receives her General Campaign Star.



Major (Maj) Eric Grehan receives his 2nd clasp to the Canadian Forces Decoration.



Major (Maj) Terry Smith receives his 2nd clasp to the Canadian Forces Decoration



Captain (Capt) Bernard Toenders receives his 2nd clasp to the Canadian Forces Decoration.



Chief Warrant Officer (CWO) Reg Barnes receives his 2nd clasp to the Canadian Forces Decoration.



Warrant Officer (WO) Kim Wallin receives his 2nd clasp to the Canadian Forces Decoration.



Sergeant (Sgt) Don Robertson receives his 2nd clasp to the Canadian Forces Decoration.



Master Corporal (MCpl) David Tower receives his 1st clasp to the Canadian Forces Decoration.



Major (Maj) Natalie Woodruff receives her 1st clasp to the Canadian Forces Decoration.



Captain (Capt) Jeffrey Noel receives his 1st clasp to the Canadian Forces Decoration.



Captain (Capt) Alexis Schenik receives his 1st clasp to the Canadian Forces Decoration.



Sergeant (Sgt) Robert Parrell receives his 1st clasp to the Canadian Forces Decoration.



Sergeant (Sgt) Vincent Thorne receives his 1st clasp to the Canadian Forces Decoration.



Master Corporal (MCpl) KR McAulay receives his 1st clasp to the Canadian Forces Decoration.



Sergeant (Sgt) Daniel Donaldson receives his 1st clasp to the Canadian Forces Decoration.



Corporal (Cpl) Edmond Lebrun receives his 1st clasp to the Canadian Forces Decoration.



Major (Maj) Trenna Reeve receives the Canadian Forces Decoration for 12 years of dedicated service to the Canadian Forces.



Captain (Capt) Sylvie Allaire receives the Canadian Forces Decoration for 12 years of dedicated service to the Canadian Forces.



Captain (Capt) Kristian Boyd receives the Canadian Forces Decoration for 12 years of dedicated service to the Canadian Forces.



Captain (Capt) Mackenzie Doucet receives the Canadian Forces Decoration for 12 years of dedicated service to the Canadian Forces.



Captain (Capt) Adam Pentney receives the Canadian Forces Decoration for 12 years of dedicated service to the Canadian Forces.



Captain (Capt) Kevin Judd receives the Canadian Forces Decoration for 12 years of dedicated service to the Canadian Forces.

Wing Commander's Honours and Awards (continued)



Sergeant (Sgt) Michael Decaire receives the Canadian Forces Decoration for 12 years of dedicated service to the Canadian Forces.



Corporal (Cpl) Roger Orichesky receives the Canadian Forces Decoration for 12 years of dedicated service to the Canadian Forces.



Major (Maj) Mary Ann Beaugrand receives an Air Command Commendation.



Mr. Louis Richard receives an Air Command Commendation.



Captain (Capt) Jenifer Foote receives a 1 Canadian Air Division Commander's Commendation.



Chief Warrant Officer (CWO) Joseph Sampson receives a Wing Commander's Commendation.



Captain (Capt) Robert Hawley accepts a Wing Commander's Commendation on behalf of 17 Wing Readiness Training Flight



Corporal (Cpl) Steven Longworth receives a Wing Commander's Commendation.



Sergeant (Sgt) Calvin Smith receives a Wing Commander's Commendation.



Chief Warrant Officer (CWO) John Dyer receives a Chief Warrant Officer Scroll.



Sergeant (Sgt) Michael Decaire receives a Certificate of Achievement. He has completed 300 parachute descents.



Sergeant (Sgt) Shelley Matheson receives a Certificate of Appreciation.



Warrant Officer (WO) Geraldine Hibbs receives an ISAF House Coin.



Chuck Haarsma receives a 25 Years of Service Certificate.



17 Wing Readiness Training Flight, Sergeant (Sgt) Jason Cuppage, Corporal (Cpl) Stanley Bond, Sergeant (Sgt) Daniel Ketcham, Master Corporal (MCpl) Carole Dalman, Sergeant (Sgt) Peter Wilson, Master Corporal (MCpl) Carol Svendsen, Warrant Officer (WO) Robert Mcorley, Captain (Capt) Robert Hawley, Corporal (Cpl) Jason Allan, Sergeant (Sgt) Michael Decaire, Warrant Officer (WO) William Rideout and Master Corporal (MCpl) Timothy Gillespie with their 17 Wing Commander's Commendation.



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All photos were taken by Cpl Jeanne Archambault, 17 Wing Imaging. The Voxair would like to congratulate all Honours and Awards recipients

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The Voxair: Year in Review

Air Force Run soars despite Mother Nature



No one can ever say that runners are a weak-kneed bunch, at least not the ones that showed up for the 2nd annual Air Force Run which was held at the Wing on Sunday, May 30th.

The night before the race, a series of thunderstorms had torn a swath of destruction across the Winnipeg area. At the Wing, the storms fury overturned tents, flung signs every-which-way and dumped over 150 mms of rain.

"At six o'clock that morning (race day) I almost told the General Officers not to come," said Major Rob Clark, 2010 Air Force Run Chairperson. "I wasn't sure how it would all come together."

Despite the destruction, with steely determination and a lot of elbow grease, squadrons of race volunteers had everything ready to go by race time. As a result of their tremendous effort the event, only in its second year, impressed many runners.

Children decked out in rain coats and boots, such as a smiling Ava Hartwig who was resident in a polka-dot jacket, waited with their families for the start of the Family Fun Run. Later, still smiling happily, she and her dad Steve crossed the finish line to the cheers of hundreds of spectators who cheered every runner in.

Popular race review blog See Mike Run summed it all up: "This year's Air Force Run was a 100% improvement from last year's race. The race committee is to be commended for pulling out all stops to inch this race towards excellence."

- From the 17 Wing website, published June 18, 2010

Change at the Top for WAdmin Branch



On 31 May 2010 a change of appointment ceremony with Colonel J.P.Y. Boilard as the reviewing officer saw Lieutenant-Colonel J.R. Zuurro take over the post of W Admin O from outgoing Lieutenant-Colonel L.L. Brodeur.

- First published 9 June 2010

Jim Holland R.I.P.

17 Wing Winnipeg grieved and yet celebrated the life of a dedicated and talented leader with the passing of CWO (ret'd) Jim Holland.

Mr. Holland's commitment to the base in a variety of roles long after his retirement from the military enriched the daily lives of many Canadian Forces members and civilians alike.

Serving as the advertising sales representative for The Voxair for over 20 years, Mr. Holland's passion for the job was evident, never failing to hand-deliver copies of the paper to Deer Lodge Centre as well as ANAF #283 and RCL @ 4.

Mr. Holland was also a founding member of the CFB Winnipeg Golf Club and continued to serve as the treasurer until his passing.



Wing gives 115% for GCWCC

Proving once again that Team Winnipeg goes all out, the Government of Canada Workplace Charitable Campaign (GCWCC) for 17 Wing reached 115% of its goal for the year.

The goal of \$125,000 was reached in November and as of the start of December the campaign had brought in \$143,889.67. For a number of years Team Winnipeg—comprised of Military and civilian members from 17 Wing, 1 and 2 Canadian Air Divisions, Joint Task Force West, and 38 Canadian Brigade Group, has been slightly behind the Winnipeg Tax Centre but this year generous members have managed to make the Winnipeg military community the number one fundraising group in the Winnipeg GCWCC area.

Canvassing Team Winnipeg raised the majority of the money but events like the Herc Pull, Toonie Walk and Run, TEME breakfast, Chilli Cook Off, Garage Sale, Ball Hockey Tournament and Book Sales helped put Team Winnipeg over the top.

Of special note, 3 Canadian Forces Flying Training School in Portage La Prairie raised \$18,000 and only have 160 personnel employed there.

"I am quite impressed with the generosity of the DND team here at Winnipeg," said Captain Justin Boileau, the military co-chair of the 17 Wing GCWCC. "We were lucky to have such a great team of dedicated volunteers helping to facilitate the gift giving process. The campaign's success is attributed to their hard work and generous spirit," he added.

- First published 15 Dec 2010

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The Voxair: Year in Review

A Royal Visit for 17 Wing



Military and civilian personnel from 17 Wing, 1 and 2 Canadian Air Divisions and their families cheered enthusiastically Saturday, 3 July, as the motorcade carrying Her Majesty Queen Elizabeth II and His Royal Highness Prince Philip, Duke of Edinburgh, pulled onto the tarmac at 17 Wing prior to the Royal couples departure from Winnipeg

- First published 14 July 2010

Gen Natynczyk Visits 17 Wing



It was an up-close and personal visit on Friday, 10 Sept. for the Chief of the Defence Staff (CDS) as he met with military and civilian members of Team Winnipeg to show his appreciation for their work and answer any questions they had during a massive Town Hall meeting held in building 21 at 17 Wing.

- First published 22 Sept 2010

Highlanders celebrate 100th anniversary



Skirling bagpipes, beating drums and swinging kilts filled downtown Winnipeg streets as The Queen's Own Cameron Highlanders of Canada stepped off from the Scots Monument on Waterfront Drive the sunny morning of 23 October 2010 to exercise their Freedom of the City as part of their centenary celebrations.

- First published 08 November 2010

Fall Fair Offers Fall Fun



From the kick-off at the Wing Commander's Welcome with coffee, tea and dainties to the Community Recreation Fair where local activities and groups were showcased, to the 5th annual Helping Professionals display that raised awareness of health and fitness issues, there really was something for everyone this year at the annual Fall Fair.

- First published 08 Sept 2010

Reservist runs for Wounded Warriors

For most 25 year-olds being a full-time student at the University of Winnipeg working toward a double major in criminal justice and sociology in addition to being an army reservist with the Fort Garry Horse armoured reconnaissance unit at McGregor Armoury would be more than enough to keep them fulfilled.

Corporal Mackenzie MacLeod however, felt the desire to give back to those deployed members of the Canadian Forces (CF).

The athlete active in multiple sports including bodybuilding, cycling, martial arts, swimming and diving ran from Dauphin, Manitoba into Assiniboine Park in Winnipeg over a 9 day period from July 1 to July 9 to raise money and awareness for the Wounded Warriors Project. The organization focuses on four main support streams including donating personal transportation devices to wounded service members, operational stress injury awareness, padre's contingency for first-line caregivers in the military hospital in Germany and individual support.

- First published 18 August 2010



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HEALTH AND PHYSICAL FITNESS FOR LIFE / SANTÉ ET CONDITION PHYSIQUE POUR LA VIE

Please help us welcome Diane Brine to the Health Promotions Team

Health Promotions in Winnipeg welcomes Diane Brine as their new Health Promotion Manager. Diane is a graduate of Université Ste Anne and is completing her Diploma in Adult Education from St Frances Xavier University.

Diane comes to Health Promotion from the Winnipeg Military Family Resource Centre where she worked for 15 years in Youth & Adult programming. No stranger to Health Promotions; she regularly partnered with Health Promotion and is a trained facilitator of the Managing Angry Moments program. Growing up in a military family and a former reservist and spouse of a retired military member, she understands the uniqueness of the military lifestyle and some of the challenges it presents. Diane is excited to be joining the Strengthening the Forces team and working with the military community to promote healthy living.



17 Wing Wood Hobby Club Raffle Winners

The Blanket Chest was won by MWO Gary Delaney (1 Cdn Air Div);

The Corner Curio Cabinet was won by Marty Nichol (Wing TIS);

The Picture Frame/Room Divider was won by Capt Maria Nazar (RCSU Prairie);

And the Wine Caddy was won by WO Glen Souva (1 Cdn Air Div).

The tickets were draw by Col Boilard on 17 Dec at 09:00 at the club.

All winners were informed that afternoon of their good fortune.

Community Recreation Winter Programs

Fitness programs:

Ultimate Cycling

Mondays 1700-1800, Jan 10 - Mar 28

Take an ultimate ride in this all out, anything goes cycling class. Take your cycling to the next level.

Aqua Fit

Mondays 1800-1900, Jan 10 - Mar 28

A low impact water work-out class for all ages.

Yoga

Tuesdays 1915-2015, Jan 11 - Mar 29

This class is open to all levels of yoga experience.

Cardio Combo: Spin, Step & Sweat

Wednesdays 1645-1745, Jan 12 - Mar 30

An exciting combination of spin, step and strength exercises. This class will challenge your body while keeping your attention through transitions and variety.

Zumba

Thursdays 1645-1745, Jan 13 - Mar 31

A fusion of Latin and International music that creates a dynamic, exciting and effective fitness system.

Pilates

Thursdays 1800-1900, 1800-1900

Pilates engages your mind and improves posture and body mechanics by increasing core strength.

Muscle Boot Camp

Thursdays 0630-0730, Jan 13 - Mar 31 or
Saturdays 0930-1030

This is a fun and fast-paced full body resistance using a variety of apparatus. Suitable for all fitness levels.

Weight Room Circuit

Fridays 1800-1900, Jan 14 - Apr 1

Whether you know your way around a weight room or not, you're sure to learn a thing or two and get a great workout in this class.

** All Fitness Programs are \$55 for the season and include one free week. **

Recreation Programs:

Pick-Up Squash

Thursdays 1900-2100

Learn to play, improve your skills, or just come out to socialize. This program will be guided by a certified squash instructor and is a great opportunity to have fun and get some exercise.

Pick-Up Floor Hockey

Tuesdays 1930-2100

Floor hockey is an excellent work-out and a great opportunity to meet new friends. All players and skill levels are welcome. Teams will be chosen each week.

Multi-Sport Night

Thursdays 1800-1900

Each week a new sport will be chosen based on a vote by participants. Popular sports such as volleyball, basketball, or soccer are just a few of the possibilities. Come out for a fun night and be ready for anything!

New Cooking Classes *New*

Wednesdays 1900-2100

Jan 19 - Mar 23

Cost: Members - \$60.00

Non-Members - \$75

Community Recreation are pleased to offer you this new cooking course designed to help you develop new skills and ideas to make healthy, nutritious meals. The instructor will provide a different meal each week for you to cook and taste, or even take home for freezing. Most equipment will be provided to the participants.



Family/Childrens Programs:

Active Kids

Mondays/Wednesdays 1700-1900

Saturdays 0930-1130

Free

Let us take care of your kids (ages 5-12) while you work out! We will provide your kids with a change to participate in fun games and activities.

Family Gym

Tuesdays 1800-1930

Thursdays 1600-1800

Free

Join us for an evening of fun, exercise, and socializing with the whole family

Family Swim

3rd Sunday of the month 1300-1700

Cost: \$ 2 per person or \$6 per family for members

\$ 3 per person or \$10 per family for non-members

A themed afternoon for families which includes swimming between 1300-1430, followed by a craft session in the MPR, and finally a movie in the theatre at 1500 hrs. Snacks will be available to purchase before the movie.

Upcoming dates and themes are:

20 Feb: Under the Sea

20 Mar: Adventure

17 Apr: Superhero

Good Food Box Dates

January: Order by Jan 21, pick up on Jan 26

February: Order by Feb 18, pick up on Feb 23

March: Order by Mar 25, pick up on Mar 30

April: Order by Apr 15, pick up on Apr 20

www.mfrc.mb.ca

204.833.2500 ext. 4500

Information about the MFRC Deployment Services

The Winnipeg MFRC offers a variety of programs and services designed specifically for people who are experiencing a separation from a loved one. If you are a family member of some one who is, or will be deployed please contact Dana Glover, Deployment Program Coordinator at 833-2500 ext 4507 for more information on the topics listed below.

Top ten things to know about MFRC Deployment Services.

1. Any absence away from home for 30 days or more related to work (e.g. TD, course, tasking or overseas deployment) is considered a deployment and makes the families eligible to receive deployment services from the MFRC.

2. The MFRC does not limit the definition of family to spouse or partner. We also include parents, siblings or anyone else the CF member feels would benefit from our services while they are away from home.

3. Clearing out at the MFRC prior to your deployment is mandatory.

4. When you clear out of the MFRC you will receive an information package containing comprehensive informa-

tion on our programs, services and important deployment related resources.

5. Video Teleconferencing (VTC) - VTC allows people at different locations to speak and see one another in real time. Whether for a birthday, anniversary, the upcoming holiday season or no reason at all the VTC is a great way to spend time face to face with your deployed loved one. VTC services are available at the MFRC and are really easy to access.

7. Stress Free Childcare Program - Becoming a single parent while your partner is away can be stressful. Besides carrying the workload of two people doing chores around the home you are now expected to be both mom and dad. In order to help you find time to take care of yourself, the deployment program has implemented a stress free child care policy. A monthly, monetary amount has been allocated per family who currently has a member away from home. This money can be used towards casual child care or to pay a care giver in your own home.

8. If you have a deployed family member who is returning home let us know! We can provide you with Yellow Rib-

bons (at no charge) for you to decorate with.

9. The MFRC has a large parcel packing station. We have everything you need to wrap your package for safe travels. This includes; boxes of various sizes, brown kraft paper, packing tape and mailing labels.

10. Our resource library contains a variety of information on deployment. This information is contained in such formats as books, pamphlets, workbooks and DVD's. It pertains to topics such as; how to deal with deployment or reunion stress; how to help your children through a deployment; tips on what to send in care packages; tips for parents of a deployed member and many more.

During a deployment some families may feel as if they have no trouble coping, while others may feel as if they need some extra assistance to help them get through. Either way, the MFRC offers a variety of programs and services that are designed with everyone in mind. Information briefings, social get-togethers or workshops can help connect you with other people who are sharing the experience of a deployment.

Volunteering...how to build your career by helping others

Volunteering is a great way to practice the skills you already have and gain new skills that could be useful in getting work in the future.

Volunteering gives you a chance to:

- Check out Careers - volunteering gives you a chance to explore different occupations-and to meet the people, challenges and rewards they involve.
- Learn new skills - volunteering gives you a chance to sharpen the skills you already have and learn new ones that can help you build your career.
- Get Experience - volunteering can help you get the workplace experience you need.
- Keep on top of things while unemployed - volunteering your skills is a great way to keep them sharp during a period of unemployment.
- Feel more confident - volunteering lets you try

new experiences, meet new challenges and discover new strengths.

- Turn your interests into action - your hobbies and other leisure activities may help you connect with an exciting volunteer role that could lead to a new occupation.
- Express yourself - volunteering gives you a chance to practice effective ways to express your opinions, contribute ideas and solve problems - all very important skills in any workplace.
- Get a feel for the workplace - by volunteering in a variety of organizations, you get to experience many ways of working. You also gain a better understanding of what kinds of jobs are available.
- Make a career change - by first getting volunteer experience in a field of work, you can make your skills more relevant to your new goal.

• Feel happy and healthy - by volunteering, you will find new challenges that energize you or activities that help you relax.

• Connect with community - volunteering allows you to be part of cultures, issues, activities and lifestyles you might never experience otherwise.

• Get to know yourself - volunteer experiences can be a good way to learn more about yourself-your abilities, interests and commitment-as well as your potential to grow and develop.

- Source: Government of Alberta Human Resources and Employment, 2003

Contact Barbara Thuen, Coordinator of Volunteers at the MFRC for more information.

833-2500 local 4519 or Barbara.Thuen@forces.gc.ca

Santa visits the MFRC



Santa and one of the Elves take time out from visiting the MFRC Childcare Centre Christmas Party for a photo together on Dec 16, prior to getting back to work in preparation for their big day.

Yellow Ribbon Gala
Gala des rubans jaunes

February 19, 2011 ~ Le 19 février 2011

Guest speaker: **Senator Mike Duffy**
Conférencier invité: **Sénateur Mike Duffy**

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Pour de plus amples informations ou pour acheter un billet composez le 833-2500 poste 4500 ou visitez www.yellowribbon gala.ca.
Les billets seront en vente jusqu'au 4 février 2011.

Military Family Services Program Participant Survey



Tell us about your experiences. Provide your feedback to the Director Military Family Services and your local Canadian/Military Family Resource Centre.

Contact your local Canadian/Military Family Resource Centre to obtain your copy of the survey.

YOUR PARTICIPATION IS VOLUNTARY, VALUED AND CONFIDENTIAL!

Please be sure to fill out the survey, available at the MFRC until **March 4, 2011**. Everyone who completes a survey will be given a ballot to be entered into a draw for a \$100 gift card.

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Chaplain's Corner

Spiritual Enrichment Lunchtime Sessions on Prayer

The 1 Cdn Air Div Assistant Division Chaplain, Padre † (Capt) Mario Gaulin will be offering a weekly lunchtime Spiritual Enrichment program (14 Jan – 11 Feb 2011) on the topic of "Prayer in Daily Living."

The first session will be on Friday 14 Jan 2011, 1200-1300 hrs in Bldg 25 (1 Cdn Air Div) on the 3rd floor, rm 339A – McKnight Conf Room.

This is a 5-weeks program where we will be viewing an 8-10 min video from Matthew P. John (DVD Series called "Teach Us To Pray"), followed by Small Group discussions. Bring your lunch to eat while you watch the DVD clip on the topic presented by Matthew John. The topics are:

- Week 1: Redefining Prayer.
- Week 2: Praying Without Ceasing.
- Week 3: Is There Anything Impossible For God?
- Week 4: The Prayer Triangle.
- Week 5: Theology of Prayer.

Overall, the series explores questions like:

- What are the essential components of a prayer that is pleasing to God?
- Is it possible to pray without ceasing? (1 Thessalonians 5:17)
- Why are our prayers unanswered even when the requests are within the will of God?
- How does the Trinitarian God of the Bible (Father, Son and the Holy Spirit) function in response to prayer?
- Why should we pray if God knows our needs even before we ask Him?

More info on the topic is available at www.faithseekingunderstanding.org.

If interested, please let Capt M. Gaulin know by email (Mario.Gaulin@forces.gc.ca) or at 833-2500 ext 2267. An access Visitor Pass will be required while in the bldg.

Sessions d'enrichissement spirituel sur la prière

L'aumônier de la 1^e division aérienne du Canada, Padre † (capt) Mario Gaulin (x 2267), offrira une série hebdomadaire en anglais durant le diner sur le sujet de « La prière dans la vie courante » durant les vendredis du 14 janv – 11 fév 2011.

La première session du cours commencera le vendredi 14 janv. 11 (12h00-13h00), au troisième plancher, salle de conférence McKnight (339-A) du bâtiment 25 (1 Cdn Air Div).

Emportez votre diner que vous pourrez manger durant le vidéo de Matthew John (8-10 min) sur le sujet du jour, et la session sera suivi de discussions de groupe. Les cinq semaines couvriront les sujets suivants :

- Redéfinir la prière
- Priez sans cesse
- Y-a-t-il Quelque chose d'impossible pour Dieu ?
- Le triangle de la prière
- Théologie de la prière

De plus, la série couvrira les questions tel que :

- Quelles sont les composantes essentielles de la prière qui plait Dieu?
- Est-il possible de prier sans arrêt (1 Thes 5 :17)?
- Pourquoi plusieurs de nos prières ne semblent pas être répondues?
- Comment le Dieu trinitaire de la Bible, dans la personne du Père Fils et Saint Esprit, répond à la prière?
- Pourquoi prier si Dieu connaît déjà nos pensées et nos besoins avant même que l'on lui demande?

Si vous êtes intéressé, veuillez le laisser savoir au capt M. Gaulin par courriel (Mario.Gaulin@forces.gc.ca) ou au 833-2500 local 2267. De plus, si vous n'avez pas une « passe d'accès » pour le bâtiment, vous aurez besoin d'un/e escorte.

In Memoriam



Corporal Steve Martin was killed in action on December 18th, 2010, after an improvised explosive device detonated while on operations in the Panjwaï district of Kandahar Province, at approximately 12:30 p.m. local time.

Cpl Martin was from the 3rd Battalion, Royal 22e Régiment, serving with 1st Battalion, Royal 22e Régiment Battle Group, based at CFB Valcartier, Quebec.

Our thoughts are with the families and friends of our fallen soldier during this difficult time. We will not forget the sacrifice of this soldier as we continue to bring security and hope to the people of Kandahar Province.

Together in Church

CATHOLIC

CHAPLAINS

Padre R. Laudenorio

Roman Catholic Office 833-2500 ext. 5272

Padre Mark Mawson

Roman Catholic Office 833-2500 ext 5956

Masses (English only)

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 Bonnie Mason

(Presbyterian) Office 833-2500 ext 5417

Padre Bob Granholm

(Mennonite Brethren) Office 833-2500 ext 4277

Padre Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Gord Mintz

(Anglican) Office 833-2500 ext 5785

Padre Curtis Duclos (Baptist)

Det Dundurn Office (306) 492-2135 ext 4299

Sunday Services (English Only) 0900 hrs

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

Marriages Contact the chaplain at least six months in advance. A marriage preparation course is a requirement.

Baptisms The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

Protestant Chapel Guild meets the first Sunday of the month at 1800 hrs in the Chapel Annex. All women are welcome.

FOOD BANK

The Food Bank is a joint undertaking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.

EMERGENCY CHAPLAIN

After normal working hours, the Emergency Chaplain can be reached through WOps Duty Centre, 833-2700.

OTHER PHONE NUMBERS:

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

INTERFAITH PRAYER ROOM

Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.



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