



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

January 28, 2009

VOLUME 57, ISSUE 1

FREE

## Celebrating the Centennial of Flight



### Legendary aircraft stops in Winnipeg

By OCdt Donna Riguidel  
Assistant Wing Public Affairs Officer

A bit of Air Force and Canadian aviation history made a visit to Team Winnipeg Monday, 12 January when Hawk One, a vintage Cold War era fighter aircraft, made a brief stop-over during its flight from 4 Wing Cold Lake Alberta to Ottawa.

One of hundreds of similar

day-fighters that served with the Royal Canadian Air Force in the 1950s and early 1960s, with some 300 alone based in Europe, the F-86 Sabre was a symbol of the West defence against aggression at the height of the Cold War.

The centrepiece of the Centennial Heritage Flight, whose motto is Resurrect, Celebrate and Motivate, Hawk One is a Canadair

F-86 Sabre Mk V that has been lovingly refurbished in the colors of the Royal Canadian Air Force's (RCAF) legendary Golden Hawks aerial demonstration team.

The aircraft, a flying tribute to commemorate 100 years of powered flight in Canada, will make numerous appearances with the Canadian Forces Snowbirds throughout Canada in the months ahead.

Flown by LCol Paul Kissman (Ret'd), Hawk One will be back in Manitoba to perform alongside the Snowbirds at Canadian Forces Days at Southport, Portage La Prairie, June 6 to 7.

Canadian Forces Days is a free event open to the public that will bring together equipment and personnel from the Air Force, Army and Navy.



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# Fort Garry Horse under new commanding officer

By John Towns  
Voxair staff

On January 17, The Fort Garry Horse welcomed a familiar face back into command.

After spending time as a staff officer at 38 Brigade Headquarters, LCol Dave Atwell has returned for a second tour as commanding officer of The Fort Garry Horse, replacing LCol Ken Sabatier, who will be moving up to brigade headquarters to assist with growth and professional development.

LCol Atwell, whose previous tenure as commanding officer ended in 2005, says he is very pleased to be returning to a command position.

"I'm very excited to be coming back to the regiment. I enjoy regimental life a great deal – I enjoy being with the soldiers, and having the opportunity to work and

train with them," he said.

"I enjoyed my job at brigade headquarters, but I really enjoy command, and being close to the soldiers as much as I can."

LCol Atwell, while excited to return, says that he is a little apprehensive about the changing nature of the challenges facing the regiment.

"Certainly there were challenges the first time I was commanding officer, but the challenges have changed since then, so I'm going to have to figure my way through them," he said.

Under LCol Sabatier's command, members of The Fort Garry Horse formed the core leadership group for a convoy escort group deployed in Afghanistan, and LCol Atwell plans to ensure that the unit continues to contribute experienced soldiers overseas. LCol Sabatier

er says he will be more than happy to assist LCol Atwell however possible in adjusting to whatever challenges face the regiment.

"The regiment does act very much like a team," said LCol Sabatier. "Ex CO's pitched in and helped me out when I needed it, and I hope to do the same for him if he needs anything."

Both men agree that growth is the main agenda for the unit, and now the unit leadership has reached a stage where it will be able to handle any influx of recruits.

"I think that now, our leadership depth is probably the best of any reserve unit in Western Canada," said LCol Sabatier. "We're in a position where we need soldiers, or we'll have more leaders than troops – which, of course, isn't the worst position to be in."

LCol Atwell says that procuring those troops is his now his first priority.

"The big thing that I want to set for the next few years for the regiment is an agenda of growth," he said.

"To meet all the missions



From left: LCol Dave Atwell, 38 Brigade Commander Col Robert Poirier, HCol Andrew Paterson and LCol Ken Sabatier sign the change of command certificates, installing LCol Atwell as the commander of the Fort Garry Horse for the second time.

that we're being asked to do, to meet all the tasks that we're being given to do, I believe that our real job over the next three or four years is to grow substantially."

In addition to the change of command parade, the Fort Garry Horse also had a changeover in Honourary Colonel.

A full 60 years after first stepping in to the regiment's home at McGregor Armoury as a member of the Issac Newton High School

basketball team, HCol (ret) Gary Solar handed over his position to HCol Andrew Paterson.

HCol (ret) Solar began his military career as a trooper with the Fort Garry Horse in 1953, and served in a variety of positions at various levels all over Western Canada, including a tour as Commanding Officer of The Fort Garry Horse, commander of the Manitoba Militia District and Deputy Commander of Prairie Area.

HCol Paterson has served as the HCol to the regiment since 2000, and is excited to be taking over HCol (ret) Solar's position.

"It's been my honour to be associated with this historic regiment," said HCol Paterson.

"This is a great historic regiment, with great people and great dedication to Canada, and it's my true honour to be associated with the young men and women who serve our country."

## Inaugural Air Force Run set for May

By OCdt Jennifer Doornink  
Wing Public Affairs

You may have heard rumours regarding an Air Force Run to be held here at 17 Wing this spring. Well, let me clear the air... the rumours are true. Team Winnipeg will be the host for the first ever Air Force Run.

To be held on Sunday, May 31, on and around 17 Wing Winnipeg, this historic running event is open to both the public and military members.

Participants will have a choice of routes ranging from five and 10 kilometres and 10 km fun runs/ walks

to a gruelling 21.08 km half-marathon that has been officially recognized by the Manitoba Runners' Association as one of their Grand Prix events for 2009.

Launched on January 15, the official website for the run is up, running and ready to be viewed.

Currently, the website contains information regarding the run, and contact information.

The webpage is still being developed, with information continually being added.

Check back frequently to keep up-to-date with the run, and to submit your on-line



registration at the earliest

You can view the website at [www.airforcerun.ca](http://www.airforcerun.ca)

## Correction

On Page 6 of the December 17, 2008 issue of Voxair, the incorrect photo was placed in the In Memoriam section for Cpl Thomas James Hamilton. We are deeply sorry for the error. This is the photograph that should have run.



Did you know PSP offers many activities for the military community? Visit [www.pspwinnipeg.ca](http://www.pspwinnipeg.ca) for information.

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February 11	January 30
February 25	February 13
March 11	February 27
March 25	March 13
April 08	March 27
April 22	April 10
May 6	April 24
May 20	May 8
June 3	May 22
June 17	June 5
July 1	June 19

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# CFSAS recognized for scholarship fundraising efforts

By John Towns  
Voxair staff

After a roadside bomb claimed the life of Cpl Jordan Anderson in Afghanistan in July of 2007, the 3 PPCLI member became the first person to receive a degree posthumously from the University of Manitoba. By all accounts, Cpl Anderson showed an incredible dedication to learning, which is why a scholarship fund was created in his memory to allow others to pursue higher education.

On January 16, the U of M presented the Electronic Warfare section of the Canadian Forces School of Aerospace Studies with a plaque in recognition of their fundraising efforts on behalf of that memorial scholarship.

Recognition, however, is not just what the plaque is about.

"The impetus for getting that plaque was actually to

keep that fundraising effort going after I leave," said Director of Electronic Warfare Programs Maj Geoffrey Young, USAF. "Having something solid like a granite plaque put up where everyone can see it, where it's visible, will keep the fundraising effort going."

Maj Young, who is on exchange with the CF until July 2010, helped to spearhead fundraising efforts for the scholarship, which will be awarded annually to one CF member and one Cadet.

Because the Electronic Warfare section brings in students from across Canada, it is in an ideal position to spread awareness about the scholarship, and to have a constantly changing group of potential donors, according to Maj Young.

"It really didn't take much," he said. "During a break in the course, I'd introduce the topic, I would explain a little bit about Cpl Anderson, and what had hap-

pened, and his circumstance, and how the University of Manitoba was connected. Then I'd put a jar – basically an empty five-gallon jar – and people would fill it with change. And it added up quickly."

Currently, the scholarship fund has raised about 40 per cent of its \$10 000 goal. Once the fund reaches that goal, it means that the scholarship can be offered every year, based on the interest earned by the initial investment. The more money that is raised, the more money can be offered each year as part of the scholarship.

Seeing community support like this kind of fundraising for a scholarship is unusual, according to Professor James Fergusson, who is both director of the Centre for Defence and Security Studies at the U of M and the HCol for CFSAS.

"This is a very special circumstance. The University has lots of awards – a



HCol James Fergusson, left, presents Maj Geoffrey Young with a plaque from the University of Manitoba, which recognizes CFSAS' fundraising efforts for the Cpl Anderson memorial scholarship fund.

lot of families have established scholarships and the like, but this is a very unique situation," said HCol Fergusson. "The scholarship was created in memory of a

fallen soldier, and much of the support for the initiative is coming from the military community, I think it's very important – it's not something that we normally see.

Usually people donate once, and then the fund is established. This is something that's continuing and growing. It's a wonderful initiative."

# Members of 17 Wing show generosity to Koats for Kids

By John Towns  
Voxair staff

Every year, the 17 Wing Fire Department takes part in the Koats for Kids program to collect winter clothing for underprivileged children around the city. And every year, they expect a good response from 17 Wing personnel.

But not this year. This year, employees of 17 Wing and their families responded phenomenally, and donated about four times the amount of winter clothing that the 17 Wing Fire Department has come to expect.

"Every other year we have, you know, a good turnout, but not really more than that. In past years, we've had maybe half of one big box," said Wing Fire Chief MWO Gilles Desruisseaux.

"But this year, we've already filled two huge boxes just full of winter clothing, and there's still clothes com-

ing in. We just want to say thank you to the Wing personnel, this year we had a great response."

As a testament to the generosity of 17 Wing members, the boxes are so loaded with winter clothes that it took three fire crew members to move one of the boxes – which are almost big enough to be described as crates – into position for a picture.

The Koats for Kids program, which is sponsored by the United Way of Winnipeg, celebrated its 20th anniversary this season, having collected more than 120,000 articles of winter clothing – including boots, hats, scarves, mitts and, of course, coats – for children in need.

The 17 Wing Fire Department got involved through the Winnipeg Fire Paramedic Service, who is a partner in the event.

"We have a close rela-

tionship with the City of Winnipeg fire department – we do joint training sessions and stuff like that," said MWO Desruisseaux.

"Every year, they asked us if we want to be involved. Of course we do, so in November this year, we sent an email to the whole wing, just asking for donations, if anyone has a coat or any winter clothes to donate."

Officially, the Koats for Kids program runs from October to February, but MWO Desruisseaux wants people to know that they can bring winter clothes to the 17 Wing Fire Hall, (Building 88) at any time of the year.

"Some people think that this is only for a couple of weeks before Christmas, but even in February or March, if you find some clothes that you're not using anymore, don't throw it away, give it to us. We'll keep it – we'll keep it all summer long if



Wing Fire Chief MWO Gilles Desruisseaux looks through some of the winter clothes donated by 17 Wing members to Koats for Kids, which collects winter clothing for needy kids in the city.

need to be," he commented. "Winter is long in Winni-

peg, and we want to encourage people to bring winter

clothing that they no longer need all year long."

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## DAAG National Executive visits 17 Wing Winnipeg

By Natalie Fondren-Gasc  
DAAG Prairie Region Civ Co-Chair

Fourteen members of the Defence Aboriginal Advisory Group (DAAG) took part in the biannual National Executive meeting at 17 Wing Winnipeg November 6-7. The group consisted of both military and civilian co-chairs representing DND Bases from Esquimalt to Halifax.

The new DAAG Prairie Region Champion, LCol Brodeur, and the Wing Commander welcomed the group. As well, an Elder, Mike Calder from the Behavioural Health Foundation, conducted a smudging ceremony and prayer in the beginning and the end of the meetings.

For two days the group discussed items such as succession planning, spirituality, and upcoming events.

There were plenty of passionate discussions surrounding the DAAG's charter, mission, and vision; but on the most part the entire group primarily focused on goals for recruitment, retention, and development.

As civilian co-chair of the local Prairie Region DAAG for the past two years, it has been an honour to be part of such an outstanding group of people. Their visions and dedication for the future of Aboriginal people within the Department of National Defence is nothing short of extraordinary.

An excellent example of this is the National Executive

has decided to invite, apart from the National Executive Committee, all DAAG members to be part of our upcoming national meetings in 2009.

The purpose will be to discuss Aboriginals in the CF, upcoming events, and issues past and present. The next one will be held in Esquimalt, B.C. in February.

We at 17 Wing Winnipeg invite and encourage all interested military and civilian - Aboriginal and non-Aboriginal members to come join our group. For further information please contact either Sgt Devin Beaudry, local 6899, or Natalie Fondren-Gasc, local 5070. We look forward to sharing another exciting new year with you all.



Members of the DAAG National Executive were in Winnipeg recently. Representatives came from all DND bases from Esquimalt to Halifax.

## 17 Wing firefighters—ready to serve

By Lt Jeff Noel  
Wing Public Affairs Officer

You can smell the smoke. Quickly you exit and wait for help to arrive. Shortly afterwards, the wail of sirens registers in you mind and seemingly within seconds, firefighters arrive from several different directions. In minutes they have assessed the situation and neutralized the threat.

As they go about securing their equipment you realize that something is different about them. Moments later you recognize that some of them are wearing Canadian Forces Firefighter insignia... they are military firefighters.

Since 1994 members of Team Winnipeg's 17 Wing Crash-Fire-Rescue (CFR) Service have, in concert with their counterparts from the Winnipeg Airport Authority, the City of Winnipeg's Fire and Paramedic Services, responded to emergencies of all types here at 17 Wing.

"Military firefighters have been at 17 Wing since the early 1950s," said Sgt

Dennis Matthews, Team Winnipeg's Assistant Fire Chief.

"The Wing Fire Hall is manned 24/7, 365 days a year," he said.

"We're very fortunate to have a total force unit consisting of 15 Regular and 7 Reserve Force firefighters whose primary duty is to respond to emergencies on the airport with Winnipeg Airport Authority firefighters," said Sgt Matthews.

"But we also perform a multitude of other duties that range from responding

to medical/fire calls here at the Wing to conducting fire inspections of military facilities."

When you require emergency assistance here at 17 Wing remember - Call 911. If time permits, and your safety is assured, then call Wing Operations at local 2700.

If you have any questions about emergency procedures here at 17 Wing then please feel free to contact the Wing Firehall at local 2646. They'll be happy to help you out.



The 17 Wing Fire Department is always ready to assist.

## LCdr Mumford retires

By Sgt Denise Benson

After 29 years of exemplary service, LCdr Ron Mumford retired from the Regular Forces on 20 December 2008. His careers

as a Medical Assistant and Personnel Selection Officer took him to Petawawa, North Bay, Ottawa, Kingston and finally Winnipeg.

He and his wife Sheila have since moved back to their lakefront property in the Petawawa area where he has accepted a Reserve position

as a PSO.

LCdr Mumford's enthusiasm and knowledge will be greatly missed on the Wing. His pleasant personality and great sense of humour will definitely be missed by the personnel in Building 135. We wish him well in his new position.



LCol Leo Brodeur, WAdminO, left, presents LCdr Ron Mumford with his Certificate of Service.

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# LCC course offering now available on pop-ups

By John Towns  
Voxair staff

If you're looking to sign up for a course at the 17 Wing Learning and Career Centre (LCC), but aren't sure what courses they currently offer, the answer is literally popping up in front of you.

The LCC is changing the way it advertises – instead of an email for each course the LCC will be running, they're going to do one email at the start of each month, but they also will start making extensive use of the pop-up message board that comes up when people log into their computers.

"We're going to put every course we offer on that, and what we're hoping is that people will actually be looking to that, instead of expecting individual emails from us," said Primrose Knazan, a Learning Assistant with the LCC.

You can just scroll down to the LCC's link, and once you click on it there will be information on all available courses. A listing of courses will also be offered on the

LCC's website, at <http://hr.ottawa-hull.mil.ca/lcc-cac/>

The LCC offers a variety of courses, including Lunch and Learns, which are open to anyone from CF members and their spouses to civilians working on base.

Participants bring their lunch, and are educated on a variety of topics at no cost.

Past Lunch and Learns have covered everything from financial planning to making greeting cards and Christmas decorations.

Knazan said the LCC is hoping that the new method of advertising will help avoid people being overwhelmed with emails about new training opportunities.

"Unfortunately, since we're offering about five to ten courses per month, that made five to ten emails that people were getting," she said.

"People were getting inundated with emails from all around the base, so we hope that the new system will be more streamlined and easier to keep track of."

The new advertising

system was implemented in December, and while Knazan admits that it was not the best time to gauge if the new system was working, she hopes to see more people in courses in the new year.

"December isn't the greatest month to try something like this, because everyone seems to be gone for the holidays," she said.

"Hopefully that will change when everyone gets back. We really don't want to get to the point where we have to cancel half our courses due to low enrolment.

"A lot of our courses right now are not empty, but they're certainly not full. We want more people to check out our website and try to sign up for these courses."

Knazan also said the LCC is always looking for feedback from people on base about the courses being run and the new advertising system.

"We also want people to let us know if they have ideas, also. Give us feedback about how this new system is working."

# In support of military families

By Lt Jeff Noel  
Wing Public Affairs Officer

Being separated from family for long periods is an everyday way of life for service members and their loved ones. It is also a familiar way of life for internationally acclaimed singer, composer, and Air Force HCol Loreena McKennitt.

"During these past two years as Honorary Colonel of 435 Squadron, I have come to appreciate the depth of devotion and sacrifice required of the men and women in our military, both at home and abroad, and of their families" said HCol McKennitt.

As a result of that awareness, recently HCol McKennitt was on hand at McNally Robinson at Grant Park Shopping Centre to sign copies of her recent holiday release *A Midwinter Night's Dream* and to donate the proceeds of those sales that day to Team Winnipeg's own Military Family Resource Centre (MFRC).

"We are very appreciative of the support offered

by HCol McKennitt," says WO Troy Zuorro, Chairperson of 17 Wing Winnipeg's MFRC's Board of Directors. "She felt it was a great opportunity to showcase our organization which will undoubtedly help to educate Winnipeggers on our Mission."

That mission according to MFRC Executive Director Don Brennan is to enrich the quality of life for those who share in the unique military lifestyle by providing

specialized programs and services to promote health, education and social well being.

"We're responsible for all Military Families in the larger Winnipeg area and Portage, as well as Thunder Bay," said Brennan. "Any funding shortfalls we have for our programs are made up through various fundraising activities in these areas throughout the year or by kind gestures from supporters like Loreena."



435 Sqn HCol Loreena McKennitt, WO Troy Zuorro and Don Brennan at the Grant Park McNally Robinson.

# March 1<sup>st</sup>, I Quit! is back

Submitted by Health Promotion

It's that time of year again. We are gearing up for our annual March 1st I Quit! smoking cessation challenge. This challenge offers a chance for smokers to finally butt out and join the majority of Canadians who've already worked hard at quitting smoking.

Smokers are challenged to register with two non-smoking supporters using the website at <http://hr.ottawa-hull.mil.ca/health-sante/iquit-jarrete> or using the hard copy brochures (drop-off boxes located at building 90, building 63, and MFRC).

If you quit smoking 1 March 2009 and stay smoke free for the month of March, you may be eligible to win up to \$3,000 in national and local prizes.

Non-smoking supporters are also eligible to win prizes. Our thanks go out to CANEX and SISIP who have graciously provided these prizes.

New this year, register by 1600 hrs on Friday 13 February 2009 and you will be entered to win an early bird prize provided by 17 Wing Health Promotion.

So what are you waiting for? Find two non-smoking supporters and register.

Deadline to register is midnight 28 February 2009. Smokers who have quit after 1 September 2008 are also eligible to participate in the challenge.

The challenge is open to CF Members, Reserves, Cadets and their family members



as well as DND, NPF and MFRC employees. Please see the website and/or brochure for eligibility criteria, rules and further details or contact Health Promotion at local 4160, 4150, or 4995.

Make 2009 the year you quit smoking! It's not easy, but it's doable. If you're ready to quit, take it on. Good luck.

If you are interested in receiving help to increase your chances of quitting smoking, feel free to attend our upcoming Butt Out program information session on 29 Jan 09.

The program runs 5 Feb – 16 Apr 09. Contact Health Promotion for further information or to register.

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## Stoneybrook Air Cadets celebrate the holidays

Submitted by 307 Stoneybrook Sqn

Wrapping, singing and bowling may not seem to have anything in common with celebrating Christmas but they do for the Air Cadets.

From mid-December to Christmas eve, the Air Cadets were at the mall in Steinbach, wrapping gifts as part of their fundraising.

AC K. Benson showed off his holiday spirit with his Santa hat. He had a lot to say about the process and how to do it right. "I love to wrap presents, I've been doing it since I was really young, he said. "It makes me feel good to do this."

FlCpl J. Schram and Sgt T.J. Friesen could not hold back their excitement when they were asked to wrap a box over six feet long.

They both agreed it was the biggest box that they ever wrapped. The effort drew a small crowd of shoppers.

Joining up with the Legion and Ladies Auxillary in a bake sale Friday and Saturday to help with fundraising and share experience, "is a great way to help each other out" said Dawn Nesom



AC Benson wraps gifts as part of 307 Stoneybrook Sqn's December fundraising.

past chair and volunteer of the sponsoring committee. "We really need to work together and keep on helping our community."

With music and choir experience in her background Heather Benson one of the volunteer parents coached a team of Cadet Carolers.

The Cadets shared their love of music with seniors

and staff at Bethesda Place in Steinbach.

Winding up 2008, the Cadets celebrated over pizza and glow bowling at the Steinbach bowling alley.

While they were cheering each other on you could see the big picture. When these kids are together it is like watching one very big family, enjoying their time with each other.

## Safe Driving Week winners

During the recent Safe Driving week, held December 1-7, 2008, MSE Safety conducted daily patrols of 17 Wing property and the connecting roads.

These patrols were in search of safe DND & POMV vehicle drivers that exhibited legal and defensive driving techniques.

Those drivers demonstrating these techniques qualified for an award.

During our patrols we encountered numerous drivers of DND and POMV vehicles who demonstrated safe driving practices.

Each year, DND vehicle collisions cost the CF a significant portion of the operating budget that could be better spent on essential equipment.

Therefore, in an effort to minimize the cost of collisions each member that holds a DND licence should be familiar with Defensive Driving techniques.

Please put these techniques into practice and keep our roadways and training areas safe for all.

During the Safe Driving

Week, we searched very diligently and found five personnel within the 17 Wing Winnipeg area of responsibility who were worthy of the honour to receive a grand prize of an auto safety kit.

Capt Palavicino, OC TN has awarded these kits to this year's winners: Maj Haywood, 1 Canadian Air Division, Capt Woolven, RCSU; Cpl McNutt, CFRC, Cpl Helgeson, 17 Service Battalion; and Pte Oke, 6 Int.

Congratulations go out to all safe drivers at 17 Wing Winnipeg.

For all those drivers who were not recognized, but did drive defensively, congratulations and thank-you for making our roads a safer place.

17 Wing MSE Safety will continue to conduct Safety patrols to monitor DND drivers on a routine basis.

Remember – safe and courteous driving habits cost nothing but a moment of your day.

Dangerous driving can cost you or others the rest of your lives.



Cpl R. McNutt from CFRC receives a winter emergency kit from MCorp K. Wery of 17 Wing MSE Safety.

## Færoese offers franking labels

By Alf Brooks

In October 2008 the Færoese Post Office began selling franking labels at a self-service machine in Tórshavn. Over the years a number of other countries have offered a similar product; customers can buy the labels to use as stamps instead of buying regular

stamps.

The plan is to issue a new set of franking labels with new motifs every year.

The 2008 issue is entitled Post and is designed by Færoese artist, Edward

Fuglø.

Customers can choose the value of the franking labels, but the minimum value is Danish Kroner 0.50 and the maximum value is Danish Kroner 100.00.



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# Junior Ranks' Christmas dinner fun for all involved

By John Towns  
Voxair staff

On December 17 at 1200 hrs, the gym at Building 90 played host to approximately 360 members of the Junior Ranks, who crowded in for their annual Christmas Dinner.

The event involves members from both 17 Wing and 1 Canadian Air Division Headquarters, who sit down to a three course dinner. The dinner began at noon, with the seating of the head table and the ceremonial exchange of ranks, where Pte Alixandra Ferwerda, Pte Christopher Biggs and MCpl Miles Linklater took on the roles of Wing Commander, Honorary Colonel and Wing

Chief Warrant Officer respectively.

A compliment of musicians from the Air Command Band was on hand to entertain the diners, who were also treated to renditions of some Christmas carols from a choir of officers and senior NCMs.

Just like all Junior Ranks' Christmas Dinners across the CF, the meal was served by Officers and senior NCMs, who volunteer for the opportunity to serve in droves, according to CPO2 Craig Hartley, 17 Wing Messes and Accommodations Officer.

"We have about 100 servers, serving the wine, water, beer, pop and the food, and they're comprised of Officers and senior NCMs,

and they're all volunteers," CPO2 Hartley mentioned.

"It's a great opportunity for senior ranks to show their appreciation for all the women and men of the CF and enhance their esprit de corp."

The tradition of officers and senior NCMs serving the meal to junior NCMs cannot be traced to any one time period, though it is believed to have become a standard practice since at least the 18th century.

That, as well as the ceremonial role-reversal of a select few of the lower ranking members and highest ranking officers hearkens back to the Roman festival of Saturnalia, when servants and their masters would switch



"Pte" Howden and "Col" Ferwerda share a laugh over the turkey.

places for the day.

The planning for the dinner usually begins around October; when the Mess Committee, Chief Steward, Chief Cook and WCWO, and others sit down to ar-

range the venue, the menu and the entertainment.

They also take steps to ensure that nobody will drive intoxicated after the dinner, by providing everyone with either taxi cabs or inexpen-

sive accommodations for the night.

"The Christmas dinner is one way to show our gratitude, and give the Junior Ranks the chance to be entertained and have innocent fun at the end of the year," said CPO2 Hartley.

"Primarily the dinner is a time to build up a lot of esprit de corps and morale for the junior ranks, and to thank them for the results they have demonstrated in their strenuous jobs throughout the year. This Wing has a high operational tempo, and is experiencing staff shortages; so really, what better way is there to say thank-you to all our subordinates from all their Officers and Senior NCMs?"

# 1 Cdn Air Div/CANR generous with holiday donations

By Karen Christiuk

The merry elves of 1 Cdn Air Div/CANR were out in full force this year,

collecting toys and food items and raising funds for charity.

"We raised a total of \$7,835, which is \$1,735

more than last year," said Christmas Charity Party Chairperson Manon Deschamps.

"We are donating \$5,665 to the Christmas Cheer Board (plus \$50 gift cards in each of our hampers for a total of \$650), \$1,295 to the 17 Wing Care and Share Foundation, and \$225 to Pennies from Heaven."

All funds were raised through a number of creative activities including a charity auction, popcorn raffle, lotto tree, paper airplane launch, Santa "Stretch" Claus raffle, golf and chocolate draw, and Christmas cheer wreath.

The highlight of the festivities was the 1 Cdn Air

Div Got Talent contest in the cafeteria on December 19, emceed Sarah Phillely and Denis Gray.

SSgt William Lloyd (with CD backup vocals by Maj Caraway), Cpl Alan Jones, Cmre Mike Mayer, Lt Julie Laberge and Cpl David Labine showed off their singing skills and survived the slams and praises of four critical judges (Sgt Scott Baker, Sgt Cindy Kennedy, Cmre Ray Walker and Marty Morrisette).

In the end, the Canadian singers were left in the dust as first prize went to United States Air Force member SSgt William Lloyd, who received a standing ovation

for his original and catchy 1 Cdn Air Div Rap.

Thank you to everyone who helped making this year's holiday activities a

great success, thanks to everyone who gave donations of baking for the annual bake sale, and a special thanks to the committee members.



Jake Fehrl

SSgt William Lloyd wowed the crowd with his 1 Cdn Air Div Rap at the 1 Cdn Air Div/CANR Christmas charity party.



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# EME members complete a successful recovery mission

BY WO Ray Lomond  
17 Wing Winnipeg

On 16 April 2008, at the conclusion of their Basic Survival Course conducted by Canadian Forces School of Survival and Aero Medical Training (CFSSAT), students were being transported from the training area near Nopiming Provincial Park.

Due to extreme warm temperatures followed by cool temperatures from the previous week, the regularly traveled routes had left the CFSSAT Instructors with poor ice conditions to travel on.

During their journey, the BV206 broke through the ice after crossing over top of a beaver dam and proceeded to take on water.

True to tradition, the Electrical and Mechanical Engineers (EME) were quick to react to the challenge.

Cpl Paul Kuras and Cpl Vance Taylor were first to

respond and promptly loaded up a second BV206 and headed off to the vehicle casualty.

Upon arrival, it was immediately realized that the swamped BV206 could not be safely reached as standing between them and the casualty was a river crossing that proved to be too much for the BV206 to navigate (or so they thought).

In response to this dilemma, a map Recce was conducted of the area and a secondary route was established.

When another attempt was made, the rescue BV206 was able to successfully cross the river (although at times it seemed like everyone inside may have been forced to learn how to swim).

After completion of the crossing, they were able to follow the tree line and make their way to the casualty.

Several recovery attempts were made utilizing

the self-recovery winch, but were unsuccessful as our own rescue BV206 was quickly sinking into swampy marsh surrounding the casualty.

It became apparent that we were going to require more assets in order to perform this recovery.

Like all good EME Techs not wanting to give up or admit defeat, we decided to make one more attempt. Unfortunately, with the continuing thaw, this time the river showed us who was boss.

The result was almost losing our own vehicle and going for a swim in the process.

After some thought and debate, it was decided that the only plausible way to recover the BV206 was a joint operation between EME and the Air Force and to have the BV206 air lifted to dry ground.

Phase One of joint operations was conducted on 5 May 2008 by 17 Wing 435 Sqn SAR, and EME personnel.

An aerial Recce was carried out in order to determine if there were any other access routes available and to get photos of the current scene.

On 2 May 2008, a team was assembled to make their way into the recovery site and to prepare the BV206 for air lifting.

ATVs were utilized by floating them across the riv-



The BV206, under its own power, is driven out of the resting point onto a flatbed. It will be undergoing repairs at the TEME Sqn.

er on top of a Zodiac, but the swampy terrain proved to be too much for these vehicles.

Two days later, EME was back at it and the only vehicle that was able to make it all the way to the casualty was an 8x8 Argo driven by our own ETQMS, MWO Duke Karsten with Cpl Paul Kuras as co-driver.

Together, they installed the lifting eyes and prepared the vehicle to be air transported. Unfortunately, due to the unavailability of air lift capabilities, we were forced to make alternative means of recovering the BV206.

In July 2008, Phase Two was conducted and a large scale recovery operation was undertaken by EME.

Despite limited resources (a self powered winch), the BV206 was successfully recovered from its watery

tomb and was placed on somewhat solid ground at Springer Lake.

At this point, it was decided that an attempt would be made to drive the vehicle out in late January 2009 once the ground had been frozen solid and after the route had been proven safe

to drive on.

Finally, on 17 January 2009 at 2001 hrs, under its own power, the BV206 was driven out from its resting point on to a waiting flatbed in order to be shipped back to 17 Wing Winnipeg TEME Sqn to under go much need repairs.



The BV206, in the water, June 2008.



An aerial view, just before the final push.



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# Fallen soldier's wish granted in a unique way

By Cpl Bill Gomm  
38 CBG Public Affairs

“I continue to be amazed and impressed where I find comfort and from whom,” said Wendy Hayward. Her son, Cpl James Hayward Arnal, had a birthday wish but was killed by a roadside bomb while on foot patrol in Kandahar, Afghanistan on July 18, 2008.

On January 11, 2009, Cpl Arnal's birthday wish came true in a unique gathering hosted by The Hindu Society of Manitoba in the form of a memorial service to honour all Canadian Forces soldiers who have either lost their lives or who have been wounded in action in Afghanistan.

“In India, as you know, a couple of months ago there was a big terrorism attack in

Mumbai where lots of people died,” said Anil Jindal, President of the Hindu Society of Manitoba. “We held a memorial service for all those who lost their lives in that attack.”

“In the New Year a number of our members came and said: ‘Look, a lot of Canadians are sacrificing their lives in Afghanistan for peace and freedom of humanity and that we should be holding a service for them.’”

Jindal wanted CF soldiers to know their efforts in Afghanistan allow Canadians to enjoy freedom, to enjoy the standard of living and the peaceful life Canada offers.

“We want them to know that they are doing a great job in helping Afghanis over there so the Afghan people can live peacefully and with

freedom in their own country.”

Jindal declared a minute of silence to honour, to thank and to remember those who have died in Afghanistan.

Wendy Hayward was asked to address the audience and eloquently spoke about her son and his memory.

“I was recently sent a letter that my son had written to a grade 11 student about two months before he was killed. They had been corresponding back and forth and the student had asked him what he had wished for his birthday. And James' response to that was: ‘My birthday wish would be a moment of silence for all the fallen soldiers,’” said Hayward. “Today you have given him his birthday wish and I'm truly, truly thankful for that.”



Wendy Hayward and Captain Kevin Olive, the Padre at CFB Shilo, sit with members of the Hindu Society of Manitoba during the prayer service.



Wendy Hayward is presented a copy of the Bhagavad-Gita by Venkat Machiraju, left, and Sudhir Kumar, right, after addressing temple members. Cpl James Hayward Arnal was killed by a roadside bomb in Afghanistan on July 18, 2008.



Colonel Robert Poirier, Commander of 38 Canadian Brigade Group, is presented a copy of the Bhagavad-Gitay by Venkat Machiraju, left, and Sudhir Kumar, right, after addressing temple members.

# 17 Mission Support Squadron ready for deployment

By Capt Yvonne DeCaire  
Wing Public Affairs

“One doesn't need to look far to see the impact support troops have on any mission,” said Major Pat Falardeau, officer commanding 17 Mission Support Squadron (17 MSS). “A well planned mission always has a detailed plan to ensure that no requirement is forgotten.”

Indeed their has been much planning and training over the past year as a significant number of personnel from Team Winnipeg prepare to deploy in support

of Canada's overseas commitments in southwest Asia. In the midst of that training was Exercise Maple Guardian, a six week joint operations exercise in Wainwright, Alberta.

For 17 MSS Maple Guardian gave them the opportunity to practice all the support roles they will be expected to perform when they deploy.

“It was good to work with the Army. It really built up our morale because it was planned so well and went smoothly thanks to the hard work, dedication and

experience of the NCOs,” said Captain Tony Johnson, a Logistics officer with 17 MSS.

When deployed later this year, 17 MSS will deliver both close and integral support to deployed Air Force operations in the areas of engineering, information services, logistics, human resources, finances and communications until their return.

“We are looking forward to this deployment,” says Captain Johnson. “We have prepared and trained for this, and we're ready to go.”



The 17 MSS Joint Support Centre.

# Honours and awards



17 Wing CE photos by Cpl Colin Atkinson

MGen Marcel Duval, Commander 1 Canadian Air Division, presents Capt Chene with the Canadian Forces Decoration.



LCol McKenzie receives the Canadian Forces Decoration 1 (CD1). She also received the Commander's Commendation from the commander of the Joint Task Force Western Area (JTFW).



MCpl Baker receives the Canadian Forces Decoration 1.



Capt Nicholls receives the Canadian Forces Decoration 1.



Capt Hopf receives the Canadian Forces Decoration.



Capt Smith receives the Canadian Forces Decoration.



CWO Heath receives the CD2.



Col Boyer receives the CD2.



MWO Doody receives the CD2.



Capt Isenor receives the CD2.



Charles Hunter receives a Certificate recognizing 25 years of service.



LCol Young receives the Director of Flight Safety's Commendation.



CWO Scheppler receives the Chief Warrant Officer's Scroll.



MWO Laforge receives the General Campaign Star.



CWO Fougere receives his Chief Warrant Officer's Scroll.



Cpl Grogan (Air Mov) receives his flag after 27 years of service from Capt McCharles.



17 Wing CE

Maj Mark Schneider, left, presents David Korpesho with his 25 year award. He has worked with DND's Construction Engineering Squadron at 17 Wing Winnipeg since 1983. He started as an Architectural/Structural Designer and became CE Squadron's Engineering Manager in 1988.



Lt Mitchell is promoted from OCdt by LCol Leo Brodeur, WAdminO.



PO2 Vermette, WSupply & Food Svcs (cook at Food Svcs) receives his promotion from LCol Watson, W LE O as Anne Vermette looks on.



WComd Col Scott Howden coins Sgt Coleman (Stocking at WSupply).

# Secret Santa brightens veterans' holiday season

By Cpl Brenda Gullen  
Wing Photojournalist

It was during the holiday season nine years ago that the spirit of Christmas overwhelmed Cpl George Stetina, a Resource Manage Support Clerk at Team Winnipeg's 402 'City of Winnipeg' Squadron.

While busy making baskets for the disadvantaged, Cpl Stetina wondered who looked after the Christmas needs of veterans at the Deer Lodge Centre, a local long term care and rehabilitation facility. He decided to become their Secret Santa.

Cpl Stetina contacted Rosie Sikora, Deer Lodge's Recreation and Volunteer Services Manager, and together they compiled a list of veterans who were alone or had no family in the area. Then the dynamic duo worked meticulously to find out and then fulfill the veterans' Christmas wishes.

"My son and I stood outside in the cold at 5 a.m. to get a Wii for a vet," recalls Cpl Stetina. What touched this Secret Santa's heart was after his own son accurately understood why they were doing this for the veterans.

This year Cpl Stetina was snowed under when he received a list containing the names of more than 75 veterans. Realizing that he could no longer do it on his own, Cpl Stetina sought the assistance of CWO Mario Dion, his Squadron Chief.

When this special project was explained to him, CWO Dion enthusiastically offered

his support and together they went to the Wing for support. The response was remarkable, with emails from as faraway as Halifax, N.S. in the east and Penhold, Alta. in the west.

"With the overwhelming support from the Wing and others, I went back to Deer Lodge and asked for all the vets," said Cpl Stetina, "They came back with the list of 168 veterans and we provided them all with a Christmas hamper."



Cpl Stetina helps veteran Lloyd McDougall with one of his Christmas gift bags.



Tom Dillon (MDC) receives his flag for 26 years of service.



Capt Paul Scott receives the Canadian Decoration CD 1 Medal.



LCol Marc Ferron, Canadian Forces Air Navigation School (CFANS) and CFSAS Commandant presents Lt Lynn Ubell with promotion to the rank of Captain.



Maj Geoffrey Young of United States Air Force (USAF) receives his diploma for successful completion of Air Command and Staff College Distance Learning Program.



Sgt Matthew Deutcher receives the Canadian Decoration.



Maj Stephane Morency receives his CD 1.

## Centennial of Flight art contest call for artists

The Air Force Centennial of Flight Project, in celebration of 100 years of powered flight in Canada, is pleased to present the Centennial of Flight Military Aviation Art Contest.

Over the past century, flight has become, and remains, an important part of this nation's rich and proud heritage.

Aviation helped map the north, led to significant contributions in peace time and in conflict and, is a major component of Canadian industry today.

We in the Air Force, take pride in the rich role the military has made to Canada's aviation legacy.

To recognize this historic milestone, and to honour the military's contribution to it, the Centennial of Flight Project has created the Centennial of Flight Military Aviation Art Contest.

Paintings submitted to the contest will be displayed in an online art gallery so that Canadians across the country may appreciate the proud military aviation heritage we share.

The deadline for submissions being considered for prizes is 2 March 2009. Please visit the Air Force Centennial of Flight website, at [www.airforce.canadiancentennialof-flight.com](http://www.airforce.canadiancentennialof-flight.com), to learn more.

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# New Year's half marathon kicks off 2009 in Kandahar

By Capt Krzysztof Stachura  
3rd Battalion, RCR BG PAO

Fighter jets, armoured vehicles and soldiers with weapons is not the typical backdrop for a competitive event, but then again, Afghanistan is not a typical place to hold one.

On January 1, 2009, 135 soldiers representing several nations braved the morning chill and waited for the start of the race.

Perhaps the magnitude of the race was not like a major half-marathon, but the spirit of competition was evident.

The race was the appropriate distance and the

course, despite being flat, was at an altitude of 3300 feet, which greatly added to the challenge.

"The idea behind organizing the event came as a result of a conversation with a friend while going out for a morning run," said Capt Paul Williams (Time: 1h51m43s), the race organizer and a member of F Battery, 3rd Battalion, The Royal Canadian Regiment Battle Group.

Trooper Caine Warburton, from Australia, was the overall winner and finished in an impressive 1h19m12s.

"To be honest, I was

very surprised with the attendance," added Capt Williams. "This is a busy place. The race was organized early in the morning so that everyone could get back to work."

Being physically fit and maintaining a high level of physical fitness, even during deployments, is not only important, but the responsibility of every soldier. At work for 12 to 18 hours a day, seven days a week, soldiers still find time to go to the gym and jog.

"We had a good group of people show up for the race. Some were here aiming for



With the blast of a horn, runners begin the 2009 Kandahar Airfield half-marathon. 135 soldiers took part in the run that started early in the morning on January 1, 2009.

a personal best and others were here for the feeling of

accomplishment. Despite some sore muscles, I think

everyone had a good time," added Capt Williams.

## Tips for avoiding injury this snowboarding season

By Lindsay Chmilnisky,  
Fitness Coordinator Assistant

According to a recent survey, snowboarding is the fastest growing winter sport and has been for the last 10 years.

It has increased in the last ten years by 31 per cent, or by 5.3 million participants. The fact that snowboarding was highlighted world-wide when it became an Olympic event in 1998 was one of the major factors for this increase in popularity.

If you are thinking about this sport, there are many things to consider before hitting the slopes. Fitness level, proper equipment and proper instruction are just a few.

When training for the snowboarding season, emphasis should be on balance and strength. This includes the wrist, elbow, shoulder (for getting up and falling down); the neck, core and lower back (injury protection); and legs and ankle (increased muscle endurance =

more rides).

Here are some exercises to focus on.

To work your wrists, elbows and shoulder try basic push-ups. Here are some tips for proper technique:

1. Lie down on the floor with your hands at shoulder level, palms flat on the floor and shoulder-width apart,



The proper technique for pushups can help strengthen your elbows, shoulders and wrists to keep you in top shape for snowboarding.

and feet together.

2. Look slightly for-

ward rather than down at the floor.

3. Keep your legs straight and your toes under your feet.

4. Straighten your arms as you push your body up off the floor. Keep your palms fixed at the same position and keep your body straight. Try not to bend or arch your

upper or lower back as you push up.

5. Exhale as you push up.

6. Pause for a moment.

7. Lower your body slowly towards the floor. Bend your arms and keep your palms in fixed position. Keep body straight and feet together.

8. Lower body until your chest almost, or just lightly touches the floor. Try not to bend your back. Keep your knees off the floor, and inhale as you bend your arms.

9. Pause for a moment. Begin straightening your arms for a second push-up. Exhale as you raise your body.

10. Repeat 10 to 20 times, or more.

11. Stretch your chest and arms after exercise.

For a core exercise try crunches.

1. Lie down with your back flat to the floor.

2. Elevate your feet so your knees are at a 90 degree angle to your body. It may be easier to rest your feet on a chair, or keep them on

the floor and just bend your knees.

3. Cross your hands in front of your chest. For more advanced crunches, put your hands behind your head, but with the fingertips lightly touching the head, not clasping the head or neck.

4. Make sure there is a fist's worth of space between your chin and chest.

5. Draw your belly button in to the base of your spine.

6. Curl up until your elbows reach your knees, or as far as you can go. Pause. Be careful to use abdominal rather than back, leg or neck muscles.

7. Exhale as you sit up. Inhale as you lie down.

8. Repeat 10 to 25 times, or more.

To work your legs try squats.

1. Place your feet shoulder width apart. Hold your arms straight out front for balance. Lower yourself as if you were sitting in a chair behind you. Keep your

knees back behind your toes your knees, and in line with your feet. They should not bow in or out. Lower yourself until your thighs are at 90 degrees, or near parallel to the ground.

2. As soon as you have reached the bottom position, pause, and then rise up immediately. Drive up through your heels and straighten your back until you are standing upright.

3. Repeat 10 to 20 times, or more.

Always remember to be prepared physically before trying a new sport.

If you are interested in trying snowboarding, PSP Community Recreation is offering a weekend trip to Asessippi from Friday, February 27 to Sunday, March 1, 2009. For more information about the trip call Lindsay at 833-2500 ext 2057.

Information for this article came from: [www.natives.co.uk](http://www.natives.co.uk), [www.WikiAnswers.com](http://www.WikiAnswers.com), and [www.together.net/~ronjav/sbtp/getting-started.htm](http://www.together.net/~ronjav/sbtp/getting-started.htm).

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## New staff for Health Promotion team

By Christine Crockatt  
Health Promotion Manager

Greetings from the world of Health Promotion! I am the new Health Promotion Manager at 17 Wing.

I have a Bachelor of Human Ecology in Family Social Sciences as well as an Applied Counselling Certificate from the University of Manitoba.

I have been working with the Winnipeg Regional Health Authority and the Interlake Regional Health Authority for the past three-



and-a-half years in health promotion and community development.

I also have experience working at a youth mobile crisis team here in Winnipeg that assists youth and their families in crisis 24 hours a day.

I am very pleased to be a part of the team and I am excited to be working with the military community.

The military experience is new to me; however, I am looking forward to this new experience and the challenges that follow.

Health promotion in the Canadian Forces is expanding and I am delighted to be a

part of this growing network of people that are working to strengthen the health and well-being of those who serve our country.

I will be working on the Wing Monday through Thursday from 0800 to 1500 and can be found in bldg 63, rm 130 or at local 4995.

Please contact me at your convenience should you be interested in any programs or campaigns.

Thank you for all of the warm welcomes and I look forward to working with you.



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### Volunteer of the Year

Congratulations to Alan Parkin, the MFRC Volunteer of the Year for 2008. Alan was presented this award in recognition of his dedication and support to the Winnipeg Military Family Resource Centre throughout 2008. He is an avid supporter of just about every event or activity with the MFRC, and brought his wonderful skills, talent and knowledge to his interactions with our military families. We appreciate all that Alan, and all of our other dedicated volunteers, offer to our Centre and our families, showing once again that volunteers are the heart of everything we do at the Winnipeg MFRC.

### Attention volunteers

I am in the process of updating all of the volunteer records and data. If you have volunteered with the MFRC in the past, and haven't heard from me by phone or e-mail in a while, maybe I don't have current contact information for you! If you are interested in volunteering and have never been in touch, then for sure I don't have your information. Please help me to update my files by sending me your information. I can be reached at 833-2500 local 4519 or at [Barbara.Thuen@forces.gc.ca](mailto:Barbara.Thuen@forces.gc.ca). We have some new and exciting plans for the Volunteer Program, and you won't want to miss out.

### Coffee and Conversation

Calling all volunteers! We have just started a new program for volunteers called Coffee and Conversation, taking place every Tuesday at 2 p.m. at the MFRC. It is open to all volunteers, and is a chance to get to know one another better, find out more about the program, share stories, and plan future volunteer activities. Child care can be arranged if necessary. No need to pre-register, just drop in for an hour or so. Hope to see you soon!

### Deployment Get Together - Cancellation

With our Yellow Ribbon Gala just around the corner, things are starting to get very busy here at the MFRC. I will not be holding a Deployment Get Together on Tuesday February 10 at 1:00 pm (as of right now there is no one registered for this event). This workshop is re-scheduled for Saturday, March 14 from 1 – 4 pm. Watch for more info in the monthly Deployment Newsletter and Community Connections.

### Children and deployment

An absent parent can be difficult on children. Children experience various feelings associated with the loss and sometimes children need help to express them. At the MFRC we have many resources for parents to help their children express their feelings. Here are a few: A Father to be Proud of; My mom is a Soldier; Joey's Mom is Going Away; Our Griffon; Student Deployment Journal; Military Families are Special; Various Colouring & Activity Books

### New Year's resolutions?

If your New Year's resolutions include getting more involved in your community and helping others, the Winnipeg MFRC Volunteer Program may be the place for you to start. Our volunteers are involved in all of the programs offered at the Centre, and have an opportunity to connect with other military families in an open and welcoming environment. You can be involved with individuals, small groups, children, adults or even working on solitary projects. You will have a chance to share your skills and talents, and to learn new ones, and to discover new interests. Please contact the Coordinator of Volunteers, Barbara, for more information, at 833-2500 local 4519 or [Barbara.Thuen@forces.gc.ca](mailto:Barbara.Thuen@forces.gc.ca), or drop in to the MFRC for a visit. We currently have many activities from which to choose, and are always looking at new ways for volunteers to become involved.

### Pyjama Party

Ladies, put on your PJs, and come on down to the MFRC. We will be hosting a pyjama party for you! Have a manicure, massage, partake in our chocolate fountain and enjoy good company. There will be other surprises throughout the evening. This night is just for you. February 20, cost \$5.

### Financial Health Seminars

The Winnipeg MFRC presents Three Sessions of Financial Health Clinic 7 to 8:30 p.m. Thursday January 29, February 12 and February 19, 2009. Each session will include a short presentation on the new Tax Free Savings Account, a short presentation on Loans at Prime for Retirements Savings Plans and questions and answers for financial health. Presented by: Marshall Sidey and Howard Mar, Consultants from Investors Group

### Family Handbooks

Give your family a head start in managing the challenges of deployment and separation. The MFSP Family Handbook provides resources and practical advice that is helpful for all stages of deployment. Drop by and pick one up today.

### Learning Fair

The 17 Wing Learning Fair will take place on February 25, 2009 at Building 90 from 10 a.m. to 3 p.m. More than 30 educational institutions from across Canada will be available for information.



### Donation

The Royal Canadian Legion, 215 Henderson Highway Branch Ladies Auxiliary donated \$500 to the Winnipeg MFRC. The money will be used to enhance children's programs at the Centre. Thank you for your generous support.

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# Yellow Ribbon Gala

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 Monday to Friday 8:30am - 4:30pm

## Saturday, February 21<sup>st</sup>, 2009

Delta Winnipeg - 350 St. Mary Avenue

Cocktails 6:00pm - Program 6:45pm - Dinner 8:00pm

### \$85.00 per person\*

\*Includes a charitable receipt for \$40.00  
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Dress: Mess Kit, Formal Attire  
 Ticket sales begin November 3, 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FEBRUARY 2009						
1	2 1 pm - Casual Child Care 3:45 pm - Afterschool Club 	3 9:30 am - Creative Tot Shop 3:45 pm - Afterschool Club 6 pm - Kool Kids 8 pm - Teen Drop-In	4 3:45 pm - Afterschool Club 6 pm - Kool Kids 6:30 pm - Triple P 8 pm - Teen Drop-In	5 9:30 am - Mother Goose 9:30 am - Casual Child Care 10 am - Coffee Break 1:15 pm - Let's Go 3:45 pm - Afterschool Club 6 pm - Youth Advisory Council 6 pm - Kool Kids 8 pm - Teen Drop-In	6 10 am - Parent Community 3:45 pm - Afterschool Club 6:30 pm - MTPP 7 pm - Teen Drop-In	7 1:30 pm - Kool Kids 
8	9 1 pm - Casual Child Care 3:45 pm - Afterschool Club 7 pm - Conversation en Français	10 9:30 am - Creative Tot Shop 1 pm - Deployment Group Coffee Get-Together 3:45 pm - Afterschool Club 6 pm - Kool Kids 6:30 pm - Mom's Night Out 8 pm - Teen Drop-In	11 3:45 pm - Afterschool Club 6 pm - Kool Kids 6:30 pm - Triple P 8 pm - Teen Drop-In	12 9:30 am - Mother Goose 9:30 am - Casual Child Care 1:15 pm - Let's Go 3:45 pm - Afterschool Club 6 pm - Kool Kids 8 pm - Teen Drop-In	13 10 am - Parent Community 3:45 pm - Afterschool Club 7 pm - Teen Drop-In	14 1:30 pm - Kool Kids
15 	16 <b>Louis Riel Day</b>  <b>CLOSED</b>	17 9:30 am - Creative Tot Shop 3:45 pm - Afterschool Club 6 pm - Kool Kids 8 pm - Teen Drop-In	18 3:45 pm - Afterschool Club 6 pm - Kool Kids 6:30 pm - Triple P 8 pm - Teen Drop-In	19 9:30 am - Mother Goose 9:30 am - Casual Child Care 3:45 pm - Afterschool Club 6 pm - Kool Kids 8 pm - Teen Drop-In	20 10 am - Parent Community 3:45 pm - Afterschool Club 7 pm - Teen Drop-In	21 10 am - Kids in the Kitchen 1:30 pm - Kool Kids  <b>YELLOW RIBBON GALA</b> Delta Hotel 7 pm
22	23 1 pm - Casual Child Care 3:45 pm - Afterschool Club 7 pm - Conversation en Français	24 9:30 am - Creative Tot Shop 3:45 pm - Afterschool Club 6 pm - Kool Kids 8 pm - Teen Drop-In	25 10 am - 17 Wing Learning Fair 3:45 pm - Afterschool Club 6 pm - Kool Kids 7 pm - BOD Meeting 8 pm - Teen Drop-In	26 9:30 am - Mother Goose 9:30 am - Casual Child Care 1:15 pm - Fun with Music 3:45 pm - Afterschool Club 6 pm - Kool Kids 8 pm - Teen Drop-In	27 10 am - Parent Community 3:45 pm - Afterschool Club 6:30 pm - MTPP 7 pm - Teen Drop-In	28 10 am - Kids in the Kitchen 1:30 pm - Kool Kids

# Mission impossible?

By Padre Lance Magdzaik

When passenger Tom Burnett aboard United Flight 93 learned that the hijacked plane was on a suicide mission, he realized that time for an attempt to thwart that tragedy was swiftly running out.

He ended his final call to his wife with, "Don't worry, we're going to do something."

If you could do something to save the lives of one or two people on a hijacked plane, would you?

If you and many others together could save the whole plane, would you join with them?

Today many of our brothers and sisters are living in poverty or war places.

They are aboard the plane of their lives, hijacked by ignorance, greed and escalating consumerism.

Shocking statistics, constantly updated in real time, available at [www.stopthefunger.com](http://www.stopthefunger.com).

By tracking his journeys in the Gospels, someone once concluded that during the years of his ministry Jesus walked 3,125 miles.

Our journey has traversed the dimensions of time for 2,000 years.

The journey now includes the lives of more than two billion Christians, representing one-third of the world's population.

Jesus Christ inaugurated what many may have seemed as a mission impossible or at least improbable.

His chosen associates had little by way of human standards to recommend

them for the task, but Jesus called and the fishermen responded, and in that dynamic of call and response, they began to be what Jesus intended: fishers who would draw into the saving net of God's grace all who agreed to repent and believe.

As a Chaplain, I have been called to what the Chaplain's Manual describes under the Spiritual Values in a beautiful statement: "Chaplains offer care and support to every member of the community regardless of faith, religion, and belief, or their absence. Chaplains provide spiritual counselling, and offer soldiers a connection with people and life at home, as well as to a sense of transcendent and eternal truth and values. Chaplains are non-threatening and familiar, and in part they are advocate, ombudsman, conscience, symbol, and encourager..."

In the same way, God calls each of us to mission.

That call overcomes the impossibility of whatever we are intended to do for God and for others.

In today's hectic world, we may often find our resolve to follow the gospel being diverted.

We miss opportunities for forgiving, healing and comforting, for providing for those in need.

Life rushes around us, people move on or die and the opportunity for reconciliation and loving service may be lost forever.

"Now... the time is fulfilled and the kingdom of God has come near... today I call you - come follow me..."

## In Memoriam

### Private Michael Freeman



On 26 December 2008, Private Michael Freeman was killed when the ar-

moured vehicle he was traveling in was struck by an explosion in Zharey District about 12:45 p.m. Kandahar time. The soldiers were conducting security operations in the area when the explosion occurred. Pte Michael Freeman was a member of 3rd Battalion, The Royal Canadian Regiment based at CFB Petawawa. All members of Task Force Kandahar are thinking of the family and friends of our fallen comrade during this time of sorrow.

### Warrant Officer Gaétan Roberge



On 27 December 2008, Warrant Officer Gaétan Roberge was killed when an explosive device detonated in his

vicinity in the Panjwayi District. The incident occurred 25 kilometres west of Kandahar City. The soldiers were conducting security operations in the area when the explosion occurred. WO Roberge was a member of the 2nd Battalion, The Irish Regiment of Canada. He was serving as a member of the Police Operational Mentoring and Liaison Team. We are all thinking of the family and friends of our fallen comrades during this sad time.

### Sergeant Gregory Kruse



On 27 December 2008, Sergeant Gregory John Kruse was killed when an explosive device detonated in his vicin-

ity in the Panjwayi District. The incident occurred 25 kilometres west of Kandahar City. The soldiers were conducting security operations in the area when the explosion occurred. Sgt Kruse was a member of 2 Combat Engineer Regiment, Canadian Forces Base Petawawa. He was serving as a member of 3rd Battalion, The Royal Canadian Regiment Battle Group. We are all thinking of the family and friends of our fallen comrades during this sad time.

### Trooper Brian Richard Good



On 7 January 2009, Trooper Brian Richard Good was killed when his armoured vehicle struck an improvised

explosive device approximately 35 kilometers north of Kandahar City. The soldiers were conducting security operations in the area when the explosion occurred. Trooper Good was a member of The Royal Canadian Dragoons based at CFB Petawawa. He was serving with the 3rd Battalion, The Royal Canadian Regiment Battle Group. The thoughts and prayers of every member of Joint Task Force Afghanistan are with Trooper Good's family and friends during this very difficult time.

## Together in Church

### Catholic

#### Chaplains

**Padre Lance Magdzaik**  
Roman Catholic Office 833-2500 ext 5272

**Padre Joe Johns**  
Roman Catholic Office 833-2500 ext 5785

**Administrative Assistant**  
Carol Cochrane Office 833-2500 ext. 5087

**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

**Chaplain Bonnie Mason**  
(Presbyterian) Office 833-2500 ext 5417

**Padre Bob Granholm**  
(Mennonite Brethren) Office 833-2500 ext 4885

**Padre Will Hubbard**  
(Anglican) Office 833-2500 ext 5349

**Padre Ken MacRae**  
(Presbyterian) Office 833-2500 ext 5087

**Padre Gord Mintz**  
(Anglican) Office 833-2500 ext 5087

**Padre David Stewart**  
(Presbyterian) Office 833-2500 ext 4277

**Padre Curtis Duclos** (Baptist)  
Det Dundurn Office (306) 492-2135 ext 4299

**Administrative Assistant**  
Carol Cochrane Office 833-2500 ext. 5087

**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.

#### 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.

#### 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.



## Toonies from the heart

Volunteers will be collecting money for the Care and Share program.

**When: February 13, 2009**

**Where: Wihuri Road and Airforce Way gates**

**Why: For the Care and Share program.**

The Care and Share Program is a benevolent fund that assists military families help each other.

For more information on how you can donate to the Care and Share program, please call 833-2500 ext 4512 or 5272.



## Classifieds

### For sale

**Bowflex Tread Climber TC 3000.** 1 year old, awesome workout. \$1800. Call Vic or Kim, 475-0622. (20)

### Coming events

Full Gospel Business Men's Fellowship - Breakfast Meeting, 0900 Sat 07 Feb 09 at the Best Western Charterhouse Hotel, York at Hargrave. Harry Waluk will tell of experiencing God's kindness in business. Men and women welcome. \$9, local 2130 to reserve by 05 Feb.

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# TAROSCOPIES

## TAROSCOPIES

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**Aries (March 21 - April 19):** If you are plagued by mood swings, this is probably due to a loss you suffered in the past. Excavate buried issues and resolve them. Through perseverance you will overcome your doubts and become confident and optimistic once again. Take a chance. Do something different.

**Taurus (April 20 - May 20):** Assess what is happening and how your actions have brought you to this place. Down time can be productive if you use it for rest and contemplation. Read about how others have dealt with similar situations. Write down options and brainstorm new possibilities with others.

**Gemini (May 21 - June 21):** Stretch out of your comfort zone. Create a new image with help from friends. Resistance can make you stronger and more creative at finding solutions. You will prevail when faced with a new challenge. You learn how to expose and manage the hidden obstacles created by others.

**Cancer (June 22 - July 22):** You get an idea and you want it to develop as you see it. Yet it takes a great deal of work, which means others will have to be involved. What should be simple becomes complex when you factor in the personalities of the people you assign tasks. Ask for help if you need it.

**Leo (July 23 - August 22):** What you say may not hold up under scrutiny if you embellish. This is a time to be honorable and reputable in your words and actions. What you think and what you assume may swing from extravagant to realistic so temper your actions. Who you are is bigger than just your image.

**Virgo (August 23 - September 22):** Never mind what others do or where they go. Live your own unique dream. Do what you enjoy. Planning will only get you so far. Some things are serendipitous. Spend more time in physical pursuits and hobbies; solutions to issues can come to you indirectly at these times.

**Libra (September 23 - October 23):** Your life is in tune with your inner self. You know your strengths. Events beyond your wildest dreams unfold. Don't worry about the daily steps required to accomplish a goal, just keep moving in that direction. Use philosophical insights to ground yourself in your truth.

**Scorpio (October 24 - November 21):** You may get carried away and say more than you should have if you don't pay attention. Past hurts may be the actual cause not the current situation. Others may lose patience with you if you continue to allow old issues to influence your actions and shape your future.

**Sagittarius (November 22 - December 21):** Things are really looking up. It's very fulfilling to put the finishing touches on a job well done. All is right in your world from your perspective. Still while you are enjoying life's rewards, don't forget to practice empathy for others. Relationships are more rewarding.

**Capricorn (December 22 - January 19):** You've got big plans and since you've succeeded in the past at similar work, you see this as an easy undertaking. However if you plan to mix friendship and business, you need to ensure the legalities are in place ahead of time to deal with all eventualities.


**Aquarius (January 20 - February 18):** You balance work and leisure easily at this time. Others may suggest you are lucky but in fact you're working hard. So take the credit and don't succumb to worries. Assess and plan. Act when inspiration hits. Note if others are jealous of your success, then avoid them.

**Pisces (February 19 - March 20):** Take special note of when your hunches are right. You'll find a pattern emerges. Use your intuition to make decisions. Explore your unconscious desires and fears; factors that are at the root of behaviors that keep you from being able to speak your mind and live your dreams.

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