

IN THIS ISSUE:

Eight Year Old finds his passion for CF at Fort Garry Horse Open House

Page 3

CF Ombudsman pays a visit to Winnipeg

Page 4

Winnipeg Reservist First CF Olympic Torch Bearer

Page 5

440 Squadron Honoured for Arctic Patrol Assistance

Page 8

Spin-A-Thon a rollicking success

Page 9

Raising The Flag on 2 Canadian Air Division



Col Daniel Edgar, Director of Air Force Training (at right, foreground), raises the national flag on November 19 over 2 Canadian Air Division HQ for the first time after the Division's official stand-up on 25 Jun 09 (note the beautiful November weather made available in Winnipeg for the event!). Assisting and supporting Col Edgar are (right to left) BGen Rick Pitre, Comd 2 Cdn Air Div, CWO Allen Mandigo, AF CE Trg CWO, CWO Sonny Rose, HQ CWO, and Col Rick Witherden, COS 2 Cdn Air Div. The assembled members of 2 Cdn Air Div HQ look on during the ceremony.

Photo: MCpl Bob Mellin



PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

Steven Fletcher,
Member of Parliament
Charleswood-St.James-Assiniboia

Phone: 204-984-6432
Fax: 204-984-6451
3111-A Portage Avenue
Winnipeg, Manitoba R3K-0W4

FOR REGULAR UPDATES ON STEVEN FLETCHER VISIT WWW.STEVENFLETCHER.COM

DOMENICA'S
UNISEX HAIRSTYLING

2255-G Ness Avenue

Ph: 885-3665 or 832-6978



Mon & Tues
9:00 am - 6:00 pm
Wed to Fri
9:00 am - 8:00 pm
Saturdays
8:30 am - 5:30 pm



- Military Men Cuts.....\$10
- Perm & Cut.....\$43^{sup}
- Flat Tops.....\$10
- Frost & Cut.....\$45
- Colour & Cut.....\$38
- Senior Men Cuts.....\$9
- Children's Cuts.....\$9-14
- Ladies Cut.....\$16
- Ladies Blow Dry.....\$16
- Foils.....\$4 to \$6

MGen Blondin Visits Winnipeg



Col Yvan Boilard, Wing Commander, left, and MGen Yvan Blondin, Commander of 1 Canadian Air Division, sit with community stakeholders during a visit to 17 Wing on November 20. It was MGen Blondin's first official visit to 17 Wing as a Commander of 1 Canadian Air Division.

Correction:

Last issue's photograph of the official IPSC opening was taken by Lt Donna Riguidel, not John Towns.

Find out how we can
make your ad work harder.
Call 833-2500 ext 4120 today!

VOXAIR

OFFICE HOURS

Monday to Thursday
0830-1600 hrs

CONTACT

Ad Sales/Main Office
(204) 833-2500 ext 4120

Accounting
(204) 833-2500 ext 4121

Submissions/Reporter
(204) 833-2500 ext 6976

voxair@mts.net
+VOXAIR@PersSvc@Winnipeg

VOXAIR STAFF

LCol L. Brodeur
Editor-In-Chief
(204) 833-2500 ext 5281

Rick Harris
Managing Editor
(204) 833-2500 ext 4299

Maureen Walls
Office Supervisor
Sales Manager

Karen Griffin
Production
Coordinator / Layout

Misra Yakut
Accounting

John Towns
Reporter / Photographer

Traci Wright
Proofreading

Jim Holland
Advertising Sales
204 832-0115

Printed By
The Winkler Times
(204) 325-4771

Visit Us Online: www.voxair.ca

VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col Y. Boilard. Opinions and views expressed do not necessarily reflect those of the Editor, the Wing Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. We will not be responsible for any loss or damage to any advertiser or third party resulting from the failure of an advertisement to appear in any of our editions or from any error or omission in any advertisement which is published.

Correspondence should be addressed to:
The Voxair
17 Wing Winnipeg,
PO Box 17000 Stn forces
Winnipeg, MB R3J 3Y5
This newspaper is printed using
environmentally safe inks.
Publications Mail Agreement No. 1482823

Promotion of Private Businesses in articles submitted for publication is not permitted except in cases of appreciation for donations where only the company name is included. (Companies or individuals that are currently in arrears shall not be published.) Individuals or groups shall not make any offer of promotion in The Voxair Newspaper of products and/or services for exchange in donations.

Do your
part...
recycle
or pass
along this
newspaper
when
you're
done.

Adopt a Veteran

Karen Griffin
Voxair

The holiday season can sometimes amplify feelings of loneliness or distance from family when your mobility isn't what it used to be, which is why donating some holiday goodies through the Adopt A Vet program at Deer Lodge is a great way to spread holiday cheer.

402 Squadron's George Stetina, Administrative Assistant and former Canadian Forces member spearheaded the program. "We started 'Adopt a Vet' last year when we were taking on too many people.

Before I would raise money and go shopping for fifteen or sixteen people but last year we got a list from Deer Lodge of 175 people." This year the number is 166 and there are only 50 vets who are remaining to be adopted.

This means individuals can receive a Christmas list for a veteran in need, purchase the gifts and drop them off to Stetina.

"I can't meet them under the privacy act," says Stetina, but they are people who either have no family or their family doesn't visit

often.

Stetina works with the Recreation and Volunteer Manager at Deer Lodge, Rosie Sikora, who consults with nursing staff on the floor to find what residents would enjoy over the holiday season.

"So far we've raised \$800," says Stetina, "it doesn't go that far when you're purchasing stuff for over 100 people."

To participate in the program or to donate, you can contact George at 6732 or george.stetina@forces.gc.ca.

402 Sqn

10th Annual
Christmas Fundraiser
for Vets @ Deer Lodge

Purpose: For the past 9 years, members of 402 Sqn have selflessly sought corporate donations to generate prizes for the silent auction held during the Sticky Floor Party. It's that time again... we need your help. Last year, money raised from the silent auction was used to purchase gift bags for vets in Deer Lodge whom have no family. We need to let them know that we are thankful for their service, and our freedom. Please send them a clear message that they are not forgotten and give them a happy holiday season.

Price: 3 tickets for \$1.00

Place: Hangar 16, 18 Dec. 09 (Sticky Floor)

Contact: George Stetina @6732 or George.Stetina@Forces.gc.ca

See you there!!

Canada's Leading Security Company
is Looking for People Like

YOU

GREAT PEOPLE
REWARDING JOB
EXCELLENT BENEFITS

Call 942-5993 or go to
commissionaires.mb.ca for more info

COMMISSIONAIRES
TRUSTED · EVERYDAY · EVERYWHERE

Full-time, Part-time and Bi-lingual positions available

14 Surgeries And Only 8 Years Old

Cpl Bill Gomm

38 Brigade

"We promised Aidan that we would not leave for British Columbia until we brought him for his big special day and see Sergeant Montgomery and Corporal Lagace," said Joni Wilson.

The Fort Garry Horse held their annual Open House at McGregor Armoury 7 November.

"I've invited a special friend to come and participate in today's open house," said Sgt Walter Montgomery. "His name is Aidan. He's eight years old. He has had many health problems and at one point this summer, it was his lifelong dream to drive an army jeep. So, we went out and gave him a ride in a G-Wagon and invited him to come here and see everything else that we have."

It was hard to tell that the little boy who was running around the armoury floor with his best friend forever, Tyler, had any serious health problems. But talking with his mother proved otherwise.

"Aidan has gone through a lot," said Joni Wilson. "He first met up with Sergeant Montgomery and Corporal Lagace at a Car Show that Cancer Care hooked us up with."

Aidan celebrated his sixth year of remission this spring after being diagnosed with cancer at 10 ½ months old, only a couple of weeks before his first Christmas.

And on top of that diag-

"He was so excited to come and check everything out," said Mrs. Wilson. "He is determined that he wants to join Cadets when he gets old enough out in BC, because he wants to be an Army Paramedic."

-Mrs. Joni Wilson, Aidan's mother

nosis, Aidan has had even more health issues. He was born with multiple heart defects not detected before birth.

"As soon as he was born, it took hours to resuscitate him and stabilize him," said Mrs. Wilson. "After a bunch of tests, they figured that he had about six different heart defects, including that his heart is on the right side of his chest."

Aidan experienced his first open heart surgery when he was four days old. At the age of six months, he had his second open heart surgery. And then, as his first Christmas approached, Mrs. Wilson said Aidan's cardiologist called with bad news.

"Our cardiologist called us that we had to come to the hospital right away; there was a problem," she said. "We got there and they told us part of his heart, which was a transplant, was contaminated with fungus, but, while the cardiologist was doing a routine examine, he found a lump in Aidan's stomach."

An ultrasound exam revealed a tumor in Aidan's right kidney. The next day, he was diagnosed with cancer. A week later, the kidney was removed.

Today, Aidan appears to be running around like a normal eight year old boy. But the family had to make a tough decision. Mrs. Wilson said to ensure Aidan is near medical facilities and doctors who can care for him, the family decided to move to Maple Ridge, British



Left: Aidan Wilson checks out a 9mm Browning semi-automatic pistol as Corporal Ryan Lagace looks on. Aidan is a cancer survivor in his sixth year of remission. The Fort Garry Horse held an Open House at McGregor Armoury 7 November 2009. The aim was to increase public awareness about this Army Reserve's Armoured Reconnaissance unit with a view to improving its community footprint.

Right: Corporal Nathan Goertzen helps Aidan Wilson with his helmet. Aidan is a cancer survivor. Photos: Cpl Bill Gomm

Columbia but delayed the move so Aidan could attend the FGH Open House.

"He was so excited to come and check everything out," said Mrs. Wilson. "He is determined that he wants to join Cadets when he gets old enough out in BC, because he wants to be an Army Paramedic."

Aidan ran around display checking out the various vehicles and equipment.

"I had fun," said Aidan. "I like army stuff. I have little plastic gun toys and I have my own army toys and my

own army bag for school. I like army men and I wanted to see all the stuff."

For Sgt Montgomery, it has been an interesting experience—something he would do again if he had the chance.

"It's great just seeing he's happy, smiling, running around pretending he is in the army," said Sgt Montgomery. "It's good that we can do that for him....I have an eight year old son at home, so it's a little bit special. It could be my son too, right?"



Professional & Business Directory

RUTLEDGE LAW OFFICE

R.F. RUTLEDGE, B.A., LL.B.

COUNTRY CLUB PLAZA

310-3025 Portage Ave.

Phone: 987-7575 Fax: 837-3638

BALDWINSON INSURANCE

Rec Centre (Whytefold Rd.)

Drivers Licences &

autopac 889-2204

A Manitoba Public Insurance product

Soldier's First Medal Mounting

Court & Swing Medal Mounting
Full and Miniature Medals

Contact Dan at (204) 467-7748 or
e-mail soldiersfirstmedalmounting@gmail.com

Ombudsman Kicks Off Outreach Program at 17 Wing



MGen (Ret) Pierre Daigle, CF Ombudsman, speaks with 17 Wing's Junior Ranks in a Town Hall meeting in which he asked to get their feedback on how the Ombudsman's office could better serve them. Mr. Daigle held several of the meetings for different rank levels, including Senior NCOs and Warrant Officers, Officers, and Civilian Personnel. Photo: John Towns

John Towns

Voxair

Still relatively fresh off his appointment to the office, the Canadian Forces Ombudsman, Mr. Pierre Daigle (MGen, Ret.) paid a visit to 17 Wing last week in the first stop on an outreach program that will take him to every base across the Country.

"I've looked across the country, to all the different bases, and I will make sure that I get to them all," said Mr. Daigle, whose next stop will be CFB Halifax at the end of February. "I want to do each environment, but I

felt that this place, in terms of the Air Force, is a very important place to start."

"In Winnipeg, the work that's been done has been critical to the Air Force across Canada – the Transport and Rescue Squadron, you've got an MSS Deployed, you've got the education and training here which is very important to the Air Force Community, and of course, 1 Canadian Air Division, which is our contribution to NORAD," he said. "So Winnipeg is kind of a hub, where all these critical operations are performed, so I decided to start with here."

The visits are designed to give Mr. Daigle as much time to meet with as many DND Personnel, be they CF Members or civilian employees, as possible, and hear their feedback with regard to what they view as important issues facing DND employees today. To that end, Mr. Daigle and other representatives from the Ombudsman's office held a series of Town Hall meetings in the theatre at Building 90, in which members could raise their concerns outside of the chain of command.

These town halls were not only an opportunity for CF Members and civilian personnel to raise their concerns, but also for Mr. Daigle to inform them about what his office is designed to do.

"A lot of people actually just come to us for information, and we'll refer them to the proper channels, if that is the case," said Mr. Daigle. "But, of course, if

people have exhausted all other mechanisms, we'll certainly step in and start with an investigation if someone is being treated unfairly. We exist outside the chain of command, and I report directly to the Minister of National Defence, so my

"We exist outside the chain of command, and I report directly to the Minister of National Defence, so my only mandate is to ensure that anyone who comes to my office is being treated fairly by their chain of command and other organizations."

-Pierre Daigle, CF Ombudsman

only mandate is to ensure that anyone who comes to my office is being treated fairly by their chain of command and other organizations."

Anyone can approach the Ombudsman's

office about any subject, said Mr. Daigle. After initial contact is made with the person filing the complaint, the Ombudsman's office will either refer the complainant to the proper channels, or, if necessary begin an investigation, which are typically

moot."

Mr. Daigle says that his office is structured totally around how to best serve the members of the CF, rather than the institution, and he feels "honoured" to be able to look out for the best interests of our serving men and women.

"I've been the ombudsman for just 9 months now, but I served more than 36 years in the CF, so this is a bit of an extension to my professional life," he said. "The military is a way of life, and I feel so fortunate and privileged to be able to help the people that chose that way of life, and to continue to be able to contribute to substantial and long lasting change in the Defence Community."

"For me, being able to be close to people is very rewarding," he continued. "My office is dedicated totally to the people who come to us. They are our full priority and our only focus, and that work is very

**LIVE LOBSTER
Holiday Specials**


GOLDWATER™
seafoods

1-888-507-8880 www.goldwaterseafoods.ca

Winnipeg Reservist First CF Torch Bearer



Master Corporal Gaston Fontaine, right, and Private Neil Harbun with Harbun's torch during the Olympic Torch Relay kick off. MCpl Fontaine is a Financial Management Accounting System Clerk with 38 Canadian Brigade Group. Pte Harbun is with Winnipeg's 6 Intelligence Company, 5 Platoon.

Cpl Bill Gomm 38 Brigade

Carrying the Olympic Torch can be a once in a lifetime honour.

The Olympic Torch run started on October 30 in Victoria, British Columbia with medal-winning Olympians Simon Whitfield and Catriona Le May Doan followed by Silken Laumann and Alexandre Despatie.

These Olympians handed the torch to a young woman from Victoria who then handed it to Pte Harbun,

who became this year's first Canadian Forces member to carry the torch.

Neil Harbun, a Science student at the University of Manitoba and an Army Reservist with 6 Intelligence Company 5 Platoon, was chosen to carry the torch after he entered an on-line contest through Coca-Cola.

"I was religious about it," said Pte Harbun. "I made sure I played it every single day to get my bonus entries."

For those who passed the contest's trivia portion, they then had to submit an essay.

Contestants were given a choice. They could either write about how they live actively or how they live green.

"I chose 'the live actively' option," said Pte Harbun. "I wrote about the sports that I've played, how I try and help in the community and my volunteerism."

"I was a member of the 2008 National Champion Vancouver Island Raiders. Our coaches were great; they really instilled a sense of community, so, we were out in the community a lot running various football camps, helping coach Peewee foot-

ball players and helping with BC's Children's Hospital," he said.

"Here in Winnipeg I volunteer with the Children's Wish Foundation."

With his mother and girlfriend, Pte Harbun flew to Victoria to take part in the Olympic Torch run. "It was amazing to run," he recalls.

Pte Harbun says people don't believe him when he tells them it was quite a humbling experience.

"You see all of the effort, the work that everyone puts into it, the organization and just the size of the event knowing that people literally lived this event for such a long time in order to bring it to fruition," said Pte Harbun.

Reflecting on the 300 metre route he carried the torch, Pte Harbun recalls a vivid image: "...to my left, there was a group of about six older guys and they had this huge Canadian Flag. I was looking at them and they were actually crying. That was an awesome moment."

Pte Harbun was the first among many CF members who will have carried the torch during its pan-Canadian tour before the Olympic Cauldron is lit on 12 February.

General Walt Natynczyk, Chief of the Defence Staff, is among those members.

"I tell you what: That was a life experience," said Gen Natynczyk. "Especially being able to receive a flame from the warriors that went before us—the veterans.

The CDS received the flame from retired Brigadier-General Larry Gollnor. General Natynczyk then handed the torch to the CF's athlete of the year, CFB Esquimalt's Lieutenant-Commander Lucie Tremblay. "It was just so incredible carrying the flame on behalf of the men and women of the Armed Forces and their families," said Gen Natynczyk. "Again, an indicator that the Canadian Forces protects the flame; protects our country."

Both Pte Harbun and Gen Natynczyk each purchased their torch after completing their respective torch run legs.

For Pte Harbun, giving back is part of his nature. After a family photo session with the torch, he and his family decided to visit a hospital and share the torch with patients who would appreciate the opportunity.

"One of them was really cool," said Pte Harbun,

talking about one patient's reaction. "I was holding the torch and the nurse gave a quick little introduction as we walked in...and [the patient's] like, 'I saw you on TV!' I let him hold the torch. He loved it...saying that this [was] such an honour. I think it meant a lot to him." For Gen Natynczyk, it was his wife Leslie who knew what to do with the torch. "...my wife, Leslie...is the champion for military families, the champion of the families of the fallen and the champion for our wounded soldiers," said the CDS.

What Mrs. Natynczyk proposed was auctioning her husband's torch at a True Patriot Love Gala function in support of the Soldier On program so wounded soldiers can have Olympic dreams.

"It's going to go towards the campaign to send as many of our wounded soldiers as they wish to the Paralympic Games so they can 'feel the rush' and develop their own Olympic dream," said Gen Natynczyk.

About seven thousand dollars was raised for the Soldier On program from that auction.



Private Neil Harbun lets a patient in the Royal Jubilee Hospital hold the Olympic Torch. He was the first Canadian Forces member and sixth person to take part in the Olympic Torch Relay for the Vancouver 2010 Olympics.

The Olympic Torch Relay is 100 days long and will visit over 1,000 Canadian communities. More than 45,000 kilometres will have been travelled and 12,000 people will have carried the flame as the Olympic Games kick off in February.

Photos: Cpl Bill Gomm

NEW ARRIVALS

Puzzled about Manitoba Driver Licences and Plates?



Obtain them at your
Base Insurance Office
in the Main Rec Centre

autopac
A Manitoba Public Insurance product

- Fire insurance? • Contents?
- Driver Licences? • Auto Insurance?

Call us or drop in to:

BALDWINSON INSURANCE

BLDG 90 (REC CENTRE) • WHYTEWOLD RD

MONDAY TO FRIDAY: 8:30 AM TO 5:00 PM

Phone: 889-2204

Fax: 885-1964

Central Flying School – Moving Forward

**Capt Gaunt
CFS TDO**

CFS Standards

In the Fall of 2008, Air Force direction to maximize pilot production prompted the move of the C-90B King Air and the B412CF Outlaw helicopter based in Winnipeg to Southport in an effort to concentrate all Contracted Flying Training and Support (CFTS) aircraft where 3 CFFTS could employ them to maximize the production of new multi-engine (ME) and rotary wing (RW) helicopter pilots. In addition to this resource re-allocation, the CFS Standards personnel tasked to provide standards oversight of the Canada Wings Aviation Training Centre (CWATC) at Southport were relocated to Southport on 5 Jan 09. CFS Standards still has a three-person detachment in Winnipeg providing standards oversight of ACSO and AES Op training at 1 CFFTS and CT-142 Dash 8 operations at 402 Sqn, and

there is also a three-person CFS Det in Moose Jaw for the CT-156 Harvard II, CT-155 Hawk and CT-114 Tutor. The mission for CFS Standards personnel – to carry out normal standards functions such as conducting instructional category check-rides and producing annual written category and AOI exams – has not been affected by the recent move to Southport; however, co-location with 3 CFFTS has proven to be advantageous in a number of areas. CFS Standards personnel are now able to work much more closely with 3 CFFTS on a daily basis to assist in the development of training documentation such as training plans and check list amendments. The CFS RW Standards Officer has been able to play an integral part in the development of the Bell 412CF Outlaw Night Vision Goggle (NVG) training program, and the CFS ME Standards Officers have been taking some of the load off the ME instructors in 3 CFFTS by conducting ME conversion training

for previously winged pilots requiring a multi-engine qualification. CFS Standards personnel have access to aircraft resources in Southport in order to maintain their instructional proficiency, and are able to provide assistance to 3 CFFTS by flying student syllabus missions and tests on a regular basis. It has been a year with many challenges and there are certainly more to come but through it all, CFS Standards is proud of its role in maintaining a very high standard of instruction at the ab-initio flying training units. Instrument Check Pilot (ICP) Flight Since 1956 the ICP Flight at CFS has been training ICPs whose main function is to conduct annual Instrument Rating Tests (IRTs) on Air Force pilots. In the fall of 2008, after being directed by 1 Canadian Air Division Headquarters to shorten the course significantly and run it without dedicated aircraft, the ICP Course was completely revised. The duration of the course was reduced from five weeks to

two weeks for candidates with previous instructor/evaluator experience, and three weeks for those without previous instructor/evaluator experience. Week one is comprised of classroom instruction and group discussion. Week two involves classroom instruction and a number of video Referent-Rater-Reliability (RRR) scenarios. These scenarios are designed as the “Gold Standards,” based on the expert judgments of ICP Flight and Division ICP staff. They represent the Air Force’s definition of what constitutes acceptable/unacceptable IRT performance. The objective of RRR training is to calibrate new ICPs to this common standard. Candidate feedback on this part of the course has been very positive. ICP students comments included: “Video and analysis are the best part of the course. Thought-provoking and what the ICP course should be about,” and “I think the scenarios are very worthwhile and a very good direction for the ICP course



The ICP Flight at CFS has conducted four serials of the new ICP Course, graduating 51 candidates. This level of production has greatly exceeded the maximum output with the previous course design. Photo submitted by Capt Gaunt.

to go.” Week three provides applicable candidates with the opportunity to conduct simulated IRT missions in the C-90B King Air simulator at CWATC in Southport. To date in calendar year 2009, the ICP Flight at CFS has

conducted four serials of the new ICP Course, graduating 51 candidates. This level of production has greatly exceeded the maximum output with the previous course design. Great job guys!!!

Honourary Air Force Colonel Pamela Wallin Gives Stirring Investiture Address

Holly Bridges

A beaming Senator Pamela Wallin, now Honourary Colonel Wallin, entered the room for her investiture in Ottawa yesterday, with a pride that was clearly palpable. Wearing an Air Force blue Honourary

Colonel’s tunic, adorned with her Order of Canada, Saskatchewan Order of Merit and various other honours, HCol Wallin looked every bit the Honourary Colonel – part officer, part mentor, part public figure, part supporter. “I feel a very

strong connection to [Air Force] blue today and a particular pride,” HCol Wallin said, referring to the seven members of her immediate family who have served in the Air Force over the years. Those family members include her father, Sergeant (retired) Bill Wallin, who served as a Second World War tail gunner and who

attended his daughter’s investiture. Fresh off a Remembrance Day tour of Afghanistan, H Col Wallin said, “We travelled to Kandahar and four Forward Operating Bases up to the Dahla Dam and we did it all in Canadian Chinooks, piloted by Canadian crews with air cover by Canadians in the Griffons; and walking

out on to the airfield on our last morning at KAF [Kandahar Airfield], it did my heart good,” said HCol Wallin. “It was a moment of great pride that we are now seeing our troops properly equipped and able to do their work. You are saving lives.” HCol Wallin went on to explain why she is optimistic about Canadian involvement in the operation in Afghanistan. “Success is possible for the Afghans and for us because success is stability and a sense of hope and we are getting there. That is our exit strategy.” In his remarks, Lieutenant-General André Deschamps, Chief of the Air Staff, thanked HCol Wallin for accepting the invitation to become the

first Air Force Honourary Colonel and explained why she was perfectly suited to the position. “Your military family background, your intimate understanding of the military and of Canadian culture and public issues, your business acumen, your diplomatic work, your contribution to the Manley Report, your service in the Senate and on various committees, and, of course, your tireless work in educating Canadians about their military, all make you a most welcome addition to the Honourary Colonel extended family.” HCol Wallin hopes to visit as many Air Force units as possible throughout her tenure over the next three years.

**Proud to offer a
10% MILITARY DISCOUNT
on all retail parts & services**



Sales • Leasing • Service • Parts •
Collision & Glass Repairs for all makes & models

St. James



670 Century Street Phone: (204) 788-1100

stjamesvw.com stjamesaudi.com

HABING LAW
BARRISTERS, SOLICITORS & NOTARIES



RONALD HABING
BA. LL.B.
and
SIDNEY LAVIOLETTE
BA. LL.B.

**REAL ESTATE & MORTGAGES • WILLS & ESTATES
• FAMILY & CIVIL LITIGATION • FAMILY LAW •
BUSINESS LAW**

2643 Portage Avenue
Phone: (204) 832.8322
Fax: 832.3906

**GASTHAUS GUTENBERGER
GERMAN RESTAURANT**

• Authentic German & Continental Cuisine
• Schnitzel • Beef Rouladen • Homemade Spätzle
• Fine German Desserts • Fine Wines and German Beer
Open Daily Monday - Friday 11 am - 11 pm
Saturday 4:30 pm - Midnight
Sunday 11 am - 10 pm

2583 Portage Avenue (1 block west of the Moray bridge)
Phone: 888-3133 for reservations
Catering Service Available

Leading a Diverse Workforce



On December 11, the Learning and Career Centre will present the course **Diversity and Employment Equity for Supervisors and Managers**. Participants will also engage in a cross-cultural simulation in effort to learn 'first hand' how differences affect our perceptions. To acknowledge and recognize these differences is just the beginning; tolerance is not enough. While EE serves to address employment disadvantages, fostering a diverse workforce goes does not stop at the staffing level.

Primrose Knazan Learning Assistant

"Diversity: the art of thinking independently together." - Malcolm Stevenson Forbes

Say the words diversity or Employment Equity and some people will cringe, but not because they oppose of the idea, they just misunder-

stand it. Often people associate these concepts with 'reverse discrimination' or forced quotas or the dogma that everyone is equal, however they are just the opposite. Diversity recognizes the differences in people. Employment Equity ensures these differences do not become barriers.

On December 11, 2009, the Learning and Career Centre

will present the course Diversity and Employment Equity for Supervisors and Managers.

This session will provide an overview of roles and responsibilities with respect to achievement of results,

in a cross-cultural simulation in effort to learn 'first hand' how differences affect our perceptions.

To acknowledge and recognize these differences is just the beginning; tolerance is not enough. While EE

"Supporting diversity begins with Employment Equity and ends with a cohesive team that not only recognizes differences, but builds upon them to create an inclusive working environment. This course gives managers and supervisors the tools and resources to build a diverse workforce from the ground up."

and provide managers and supervisors with tools and resources to implement diversity and Employment Equity (EE) in the workplace on a day-to-day basis. Participants will also engage

serves to address employment disadvantages, fostering a diverse workforce goes does not stop at the staffing level.

The focus of the Diversity and EE course is to go

beyond legislative measures in order to support and develop a diverse workforce by creating an inclusive environment where differences are respected, and creating a workplace of universal accessibility.

the duty to accommodate, inclusive language and behaviours, the identification of barriers, self-identification. The course uses case studies and examples as practical ways to see how behaviour can affect results. Supporting diversity begins with Employment Equity and ends with a cohesive team that not only recognizes differences, but builds upon them to create an inclusive working environment. This course gives managers and supervisors the tools and resources to build a diverse workforce from the ground up.

Managers and supervisors play a vital role in implementing diversity and EE. Their responsibilities include retaining and leading an inclusive workplace, demonstrating personal support for diversity and engaging team members.

This course identifies concrete actions that can be adopted in the workplace to respect differences. Topics include the global village,

To register or get more information about the Diversity and Employment Equity course, please contact the Learning and Career Centre at local 4636, e-mail LCCshare@forces.gc.ca or visit our website at <http://hr.ottawa-hull.mil.ca/lcc-cac/>

www.voxair.ca

HOOK & SMITH

Barristers, Solicitors & Notaries Public

201-3111 Portage Ave,

Winnipeg, Manitoba R3K 0W4

Dennis A. Smith, Grant W. Davis, Winston F. Smith, Q.C.,
Sarah Thurmeier and Bernard Toews



Telephone - (204) 885-4520 Fax - (204) 837-9846

Email: general@hookandsmith.com

Providing legal services to the community since 1984 in the areas of corporate and commercial law, real estate (residential and commercial), civil litigation, wills and estates, family law and transportation law.



mmm.
MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering



1245 Inkster Blvd
2591 Portage Ave
1380 Ellice Ave
718 Osborne St

440 Squadron Recognised For Arctic Patrol Assistance



Top: CC-138 Twin Otter overflying Ranger Patrol on the west coast of Axel Heiberg Island, NU

Right: 440 Sqn CO LCol Lovegrove, centre and SWO MWO Lamarche, right, accepting award from CAS LGen Deschamps



John Towns

Voxair

The process of patrolling Canada's northern regions is a monumental task. With thousands of square kilometers of rugged terrain, protecting Canada's arctic sovereignty would be almost impossible without air support, a job which fell to 440 "Vampire" Transport Squadron during Operation NUNALIVIT 2009.

On one occasion, the squadron also used two aircraft to airlift an entire patrol over impassable terrain so they could continue with their patrol.

Perhaps the most dramatic point in that operation, though, came when 440 Squadron had to send in one of their Twin Otters to evacuate an injured Ranger after his snowmobile rolled over on rough sea ice.

440 Squadron was recently recognized by the Air Force Association of Canada with the Gordon R McGregor trophy for its contribution to that operation, which took place from

March to April of this year.

"To receive this prestigious award from the Air Force Association is a tremendous honour for the unit," said Capt Chuck Rockwell, Pilot Training Officer for 440 Squadron. Capt Rockwell was quick to point out that the award was "well deserved" by the members of 440 Squadron who participated in the exer-

of 440 Squadron really do an exceptional job," he said. "It certainly gives us all a great sense of accomplishment when receiving such distinguishing praise for our efforts."

The Squadron received the award at the Air Force Association of Canada banquet in late October for its "outstanding achievement in air transportation" during

"As Canada's only squadron stationed 'north of 60,' flying in the country's largest and most hostile geographical operating area, operating the Air Force's smallest and most specialized transport aircraft, the men and women of 440 Squadron really do an exceptional job,"

-Capt Chuck Rockwell

cise, which included some 18 personnel operating three Twin Otter aircraft.

"As Canada's only squadron stationed 'north of 60,' flying in the country's largest and most hostile geographical operating area, operating the Air Force's smallest and most specialized transport aircraft, the men and women

Op NUNALIVIT 09, which is one of three annual sovereignty operations run by the Canadian Forces each year. Op NUNALIVIT consists of four Canadian Ranger patrols, and was supported by 440 Squadron, who set up caches of everything from rations to gasoline to entire snowmobiles ahead of the patrols for re-supply.

Deadline for next issue

December 4



Season's Greetings
Joyeuses Fêtes



1-800-267-6681 • www.sisip.com • Winnipeg: 204-984-3222

Healthy Pets for Happy Families



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



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

Associated Veterinary Hospitals

◆ **Medicine**
◆ **Surgery**

◆ **Ultrasound**

◆ **Dentistry**
◆ **Vaccinations**

Spin-A-Thon A Fit and Fun Success

Joanna Jarrett
PSP

Thank you to everyone who participated in the 2nd Annual Spin-A-Thon. There were 12 teams that battled it out; approximately 150 people participated in this year's challenge. 435 Sqn was awarded with the best themed bike. Who would have guessed you can make a plane from a bike? Honourable mention goes to WIMPS & Mystic Maintainers for their enthusiastic spirit. Congratulations to PersAdmin, winners of the fitness & trivia challenge. We look forward to seeing all of you back next year, with the same enthusiasm as this year's Spin-A-Thon.

Thanks again from the PSP staff



Top: 435 Squadron's award winning airplane bicycle.

Far left: Participants digging deep into the eight hour event.

Left: 2Lt Dion, and 2Lt Gosselin, creators of the 435 Sqn spin/ plane.

Photos submitted

Put a little faith in your child's education.

- All day, every day Kindergarten
- Before and after school care programs
- Academy Kids Daycare on premises
- FAST / BARTON literacy programs
- Competitive sports
- Violin enrichment program
- Hockey program
- K-8 French

Kindergarten Open House
Thursday, Nov. 26th 2009
7:00 p.m.

K-8 Open House
Wednesday, Jan. 20th 2010
7:00 p.m

All faiths are welcome

PRAIRIE SKY
FAMILY RE UNIFICATION,
SPECIAL APPLICATIONS,
CANADIAN CITIZENSHIP
AND MUCH MORE!
CALL US AT 1-800-363-7272
1-(204) 221-0672
WINNIPEG, MANITOBA, CANADA

HOUSE GUARD HOUSESITTERS
BONDED • PROFESSIONAL • FULL SERVICE CARE

- PET SITTING
- HOME SECURITY
- PLANT CARE

BBB Accredited Since 1993

We are the Bonded Professionals to Trust with your Pets, Plants and Home!

Bus: (204) 668-3900
www.houseguard.tel
E-Mail: info@houseguard.ca

Quality Education that is Intellectually Challenging and Faith Filled

331 St. Charles Street,
Winnipeg, MB R3K 1T6
Ph: 204 837-1520
Fx: 204 837-2326
E-mail: sec@stccs.ca
www.stccs.ca



18 Field Ambulance during 23 Health Service's H1N1 Vaccination Campaign



Corporal John Beduhn is a Medical Technician with 18 (Thunder Bay) Field Ambulance and a second year medical school student at Lakehead University's Northwestern Ontario School of Medicine. Cpl Beduhn delivers the H1N1 vaccination to Major Mark Thibert, Commanding Officer of 18 Field Ambulance and Plastic Surgeon by profession. Photo: Capt Amber Bineau

email your submissions to
voxair@mts.net

NATIONAL & REGIONAL MASTER STANDING OFFER REFERENCE CHART

Regional Master Standing Offers	Western (AB, SK, MB, NWT, Nunavut)
Office supplies Call up limitations: Max \$25,000 per order \$10,000 per line	EV394-05CA06/005/REG
OEM toner Call up limitations: Min call up value \$100, Max \$40,000 per order, \$10,000 per line	E60PS-040069/006/PS
Remanufactured toner Call up limitations: Min call up value \$100, Max \$40,000 per order, \$10,000 per line	E60PS-040067/002/PD
Paper	E60PD-070004/001/PD
National Master Standing Offers	All Regions
Office seating Installation	E60PQ-030004/034/PQ Regular hours \$12 per chair After hours (Mon-Fri) (17:01-8:59) \$15 per chair Saturdays \$15 per chair 1-100 Holidays & Sundays \$20 per chair. \$50 minimum installation charge per callup Chargeable
Freight	
Filing cabinets Installation	E60PQ-030005-025/PQ 1-100 Regular hours \$20 per cabinet After hours, Mon-Fri: \$30 per cabinet 1-100 Saturdays \$45 per cabinet 1-100 Holidays & Sundays \$50 per cabinet \$60 minimum installation charge per call up Chargeable
Freight	

Also available through Grand & Toy as a part of NMSO holders:

• SAMSUNG • 3M • LEXMARK • BROTHER • GLOBAL • HUMANSKALE • TEKNION

Jerry Kauenhofen, Account Manager

15 Scurfield Blvd, Winnipeg, MB, R3Y 1V4

Tel: 204 284 5100 #3921

Fax: 204 633 4251

Cell: 204 795 6618

kauenhoj@grandandtoy.com

grandandtoy.com

Orders and Customer Service

Tel: 1 866 391 8111

Fax: 1 866 391 8555



GRAND&TOY

ANNUAL VIGIL FOR PEACE- VIGIL ANNUAL POUR LA PAIX

10 December 2009 Time: 1130h -10 décembre 2009 l'heur: 11h30

Building 62 Room 305

Edifice 62 Salle 305

THE CHAPLAIN GENERAL CALLS UPON ALL CHAPLAINS AND THOSE IN THEIR CARE TO GATHER ON 10 DECEMBER 2009 TO PRAY FOR PEACE. AS A MILITARY CHAPLAINCY, OUR PRAYER FOR PEACE IS ROOTED IN SOLIDARITY WITH THE WHOLE HUMAN FAMILY, AS WELL AS COMPASSION FOR OUR MILITARY PERSONEL AND THEIR FAMILIES WHO KNOW FIRST HAND THE COST OF WAR.

L'AUMONIER GENERAL DEMANDE A TOUS LES AUMONIER AINSI QU'AUX MEMBRES DE LEUR COMMUNAUTE DE CONSACRER LA JOURNEE DU 10 DECEMBRE 2009 OU LES JOUR ENTOURANT CETTE DATE A PRIER POUR LA PAIX. A TITRE DE MEMBRE DE L'AUMONERIE MILITAIRE, NOTRE PRIERE POUR LA PAIX EST ANCRÉE DANS LA SOLIDARITE POUR L'ENSEMBLE DE LA GRANDE FAMILLE HUMAINE AINSI QUE DANS LA COMPASSION QUE NOUS RESSENTONS ENVERS NOS MILITAIRES ET LEUR FAMILLE QUI, MIEUX QUE QUICONQUE, CONNAISSENT LE PRIX DE LA GUERRE.

Cheers for the Halloween Fundraiser

1st ANNUAL HALLOWEEN WACCN FUNDRAISER.

Hello everyone,

I spent my lunchtime on October 30 in the Haunted House. It was awesome and well worth the \$3 for charity!! It is hard to believe that one person did all of this on their own time (taking annual leave as well), with the help of co-workers to run the Haunted House and scare the pants off of more than a few people. I just did my express test today but my heart was pounding harder and my breathing was deep and shallow. Awesome!! I highly recommend that you come out and experience it for yourself next year.

Brenda Gullen Cpl WACCN Clerk



award winning
**Assiniboia
 Animal
 Hospital**

Gentle with
 Pets & Prices

889-5570
 3050 Portage Avenue



Test your party IQ

1. An intoxicated member gets into a car crash on their way home from a CF-sponsored Christmas party. Could CF be liable?

Which answer is true?

- a) CF is not liable because it was the member's choice to drink.
- b) CF is not liable if it got everyone to sign a waiver that they will not hold CF responsible for any damages.
- c) CF is liable and could be sued.
- d) Only the caterer is liable, since they are the ones who served the alcohol.

2. Which drug is the most widely used at parties?

- a) Marijuana
- b) Ecstasy
- c) GHB
- d) Alcohol

3. Ways to approach an extremely impaired party-goer:

- a) Call 911.
- b) Lecture him or her about the danger to themselves and others.
- c) Approach him or her calmly with the intention of helping.
- d) Act aggressively so he or she won't take advantage of you.

4. Tips to plan a smart celebration:

- a) Make sure there is a jacuzzi available on site.
- b) Make it a BYOB.
- c) Provide non-alcoholic drinks and food.
- d) Make everyone sign waivers.

5. Which of the following tips show you're using your head?

- a) If you plan to drink, make arrangements for alternative transportation ahead of time.
- b) If you have been drinking, rely on your instincts when it comes to assessing whether or not you're safe to drive.
- c) Be independent: arrive and leave the party alone.
- d) Be spontaneous: figure out your transportation when you get there.

6. If you host a party and your friends or colleagues are drinking alcohol:

- a) All you have to worry about is cleaning up once they leave.
- b) You are responsible for the safety and actions of your guests until they are sober.
- c) You are responsible for the safety and actions of your guests until they arrive home.
- d) It's important that your guests feel comfortable; so go ahead and join in the fun.

Answers:

- 1. **c)** Although it was the member's choice to drink, CF is still partially liable, even if you have a licensed caterer and signed waivers. The same would hold true if the intoxicated person who left the CF-sponsored event and got into a car crash was a non-CF member or civilian employee. The CF would not be absolved of responsibility whether the person involved is a CF member or non-CF member.
- 2. **d)** Although marijuana, ecstasy and GHB are popular party drugs, alcohol is still the drug of choice at most parties.
- 3. **c)** Although it may be necessary to call 911 at some point, it is always good to check in with the person to see if you can help and to assess whether it is necessary to call for emergency services. Since impairment can lead to agitated and aggressive behaviour, it is important not to act aggressively towards him or her.
- 4. **c)** Although making it a "BYOB" and making everyone sign waivers may reduce your liability, it does not eliminate it. You are still responsible for what goes on under your supervision and waivers do not eliminate common sense. On the other hand, providing non-alcoholic drinks and food will help to discourage people from drinking too much and reduce the risk of injuries associated with intoxication.
- 5. **a)** Since alcohol impairs one's decision-making ability, it is always wise to make arrangements for alternative transportation ahead of time.
- 6. **b)** Many people think that they are only responsible for their guests to get home safely, but as we will see, the legislation holds hosts responsible until their guests are sober.

Host a fun and safe party this holiday season!

- Do not combine alcohol and potentially dangerous activities – boating, snowmobiling, skiing or hunting.
- Do not permit drinking to be the focus of the event.
- Make food and non-alcoholic beverages available. People who have eaten absorb alcohol more slowly than those who have not, thereby lowering their peak level of intoxication.
- Serve drinks rather than having a "self-serve" bar. A self-serve bar encourages some people to drink excessively. Moreover, if you are serving the drinks, it will be easier to monitor your guests' consumption and behaviour.
- As a host, refrain from drinking, or at most, drink moderately. The more you drink, the more difficult it will be for you to anticipate problems, supervise the event and intervene to avoid potential risks.
- Have a plan in advance to ensure that guests who become intoxicated can be taken home safely.

Try this mocktail at your next gathering as an alternative to alcohol:

Holiday Punch

- 1 large jar cranberry-grape juice
- 1 litre bottle ginger ale
- 1 container orange sherbet
- Whole cranberries

Combine juice and ginger ale. Add sherbet by small scoops. Top with cranberries. For more information please contact Health Promotion at 4150/4995/4160.

Refereeing The Beautiful Game



Capt Christian Palavicino is now one of the newest national-level referees for the Canadian Soccer Association. Typically, only two – one referee, and one assistant referee – are selected by the CSA each year.

Photo Submitted By: Capt Christian Palavicino

**John Towns
Voxair**

After over 27 years of refereeing the game, Capt Christian Palavicino's lifelong passion for soccer has taken its next logical step. Capt Palavicino, who refereed his first game at the age of 10, has recently been accepted to the Canadian Soccer Association Referee Program as an assistant referee on the national level, putting him among the very upper echelons of the sport in Canada.

Capt Palavicino says that his decision to get into refereeing the sport was originally influenced by his father, who developed a love for the sport in Chile before moving to Canada.

"I was born in Chile, and for us it's our number one sport," said Capt Palavicino. "So when we moved

here, my father got involved refereeing a league in Edmonton for Latin American immigrants, and that's how I got involved."

Capt Palavicino started to seriously consider refereeing once he decided that playing soccer was no longer the best way to stay involved in the game at a high level.

"Once I got to the level where I really didn't see a future in being a professional soccer player, I switched my focus to refereeing," he said. "The aim was to make international referee status, but due to my age, and my job requirements – which is my own choice, because I love what I do – I set my goals a little lower, and I was able to make the national list."

The "national list" of which Capt Palavicino is now a part is a pool of referees that officiate the highest level of soccer games in the

3 CFFTS Wins WComd Tournament



3 CFFTS, pictured above with Col Boillard, Wing Commander and CWO Chaine, acting WCWO, celebrates winning the Wing Commander's hockey tournament after a convincing 7-2 win over the Make Be-Leafs on Friday, November 27. WTME captured the B Division with a hard fought 8-5 win over the MP Thunderbirds. 7 teams participated in the annual tournament.



Red River Exhibition Park

Winter Wonderland



Once again the 17 Wing Community Recreation Association is selling tickets to the Annual Winter Wonderland that will be held at Red River Exhibition Park from 27 November 2009 to 3 January 2010 (except Christmas Day).

Tickets are available at the Reception Desk, Fitness and Recreation Centre (Bldg 90) at a cost of \$10.00 each/car or van (including GST). This price is a savings of over \$5.00 from the regular gate admission price. These tickets are available to the military community, including civilian employees. Questions may be directed to Community Recreation at local 5139, 5976, or 2059.

Winter Wonderland, au parc de l'exposition Red River

Encore une fois cette année, l'Association de loisirs communautaire de la 17e Escadre vend des billets pour l'activité annuelle Winter Wonderland, qui aura lieu au parc de l'exposition Red River, du 27 novembre 2009 au 3 janvier 2010 (à l'exception du 25 décembre).

Les billets sont en vente au bureau d'accueil du Centre de conditionnement physique et de loisirs (bâtiment 90) au coût de 10 \$ par voiture ou fourgonnette (TPS incluse). Il s'agit d'un rabais de plus de 5 \$ par rapport à l'entrée au prix régulier. Les billets sont à la disposition de la collectivité militaire, y compris le personnel civil. Si vous avez des questions, communiquez avec l'Association de loisirs communautaire, au poste 5139, 5976 ou 2059.



country, from professional games with the Vancouver Whitecaps and Montreal Impact, to the national tournaments that take place each fall. Capt Palavicino will be required to referee several professional games and at least one of the national tournaments during the upcoming season. He considers this a great way to stay involved with soccer at the highest possible

level.

"I love the game, and this is a great way to keep me in the game, to keep me involved," he said. "I'm very happy about it."

Of course, Capt Palavicino is quick to point out that he wouldn't have gotten as far in the sport as he has without help from a number of people.

"I just want to thank a few people, because to make it to this high

a level in any sport is not something that you do by yourself," he said. "I want to thank my wife, who has been very understanding of my time away for this, my mother and sisters, who helped me while I was growing up."

In addition to his family, Capt Palavicino is very positive about the support he has received from the CF National Sports program, the Manitoba Soccer

Association, Manitoba Soccer Referee Association, all the CF Referees the CISM international program, the Canadian Soccer Association, LCol Ron McDonald, Registrar of RMC and his trainer, Natacha Tremblay, who has been working with him for almost seven years.

"Without all of their support, none of this would have happened," said Capt Palavicino.



204.833.2500 ext. 4500

Fax: 204.489.8587 • Email: wpgmfrc@autobahn.mb.ca
102 Comet Street PO Box 17000 Stn Forces, Winnipeg, MB R3J 3Y5



Upcoming programs

Holiday Bake Exchange

Simply bake 6 dozen of your favourite recipe (it can be candy, cookies or bars). Wrap them up in ½ dozen packages. Then join us as we sample everyone's baking. We will exchange our goodies and all go home with our Holiday baking complete. Child care is available. To register and request child care call 833-2500 ext. 4500.

MFRC, 102 Comet St. December 10 from 7 to 9 p.m.

Munch around Manitoba December 17

Munch around with a twist - MFRC multipurpose room, 102 Comet Street - 6 p.m.

Bring your favourite dish and recipe to the MFRC for a potluck. We'll compile a book of the recipes prepared and distribute to participants. Please do not include nut products. Deadline to register is December 11.

Make a Gingerbread House!

Parents...come to Creative Tots on Dec 17 with your preschool child(ren) and create a yummy gingerbread house! Bring your imagination and a clean, empty 2 litre milk carton. We'll supply the rest. To ensure we have enough supplies please register by Dec 15 by calling 2491.

Westwin Children's Centre Thursday Dec 17 9:30-11:00

Craft-Crazy Day

Just before Christmas, join us at the centre for a day of crafting. Make last minute gifts, decorations and other keepsakes for you or your family. The centre will be open for your crafting pleasure. Come for an hour or stay all day, it is up to you. Stations will be set up throughout the centre with different activities. Simply choose where to start and begin creating. \$2 per station.

South Youth Centre, December 19, 10 a.m. to 2 p.m.

Winter Day Camp

In partnership with Community Recreation, the MFRC is pleased to offer the winter day camp program. Each day is themed with different activities. Crafts, indoor & outdoor activities and a swim time will be included in each day. Register for one or for all the camps. Cost is \$18 per day, per child member of the 17 Wing Recreation Centre and \$25 per day, per child non-member. Day camps are from 7 am to 5:30 p.m.; child drop-off is at Building 90.

December 21 – It's a Snow Day!

We will be sledding and sliding today. There is even a sleigh ride scheduled! Then we'll come in out of the cold and warm up with more games and activities.

December 22 – Sugarplums & more!

Today we are creating in the kitchen. Gingerbread men, candy, and cocoa: what better way to spend a day?

December 29 – Tropical Holiday

How exactly do they celebrate the holidays when there is no snow on the ground? Spend the day with us and you will find out.

December 30 – Ring in 2010

New Year's might be two days away, but we are going to start the party early. We will be making noisemakers and celebrating the end of 2009 and the beginning of the next decade.

Cake Decorating 101

A series of four workshops for beginners with a passion to create! The program will share techniques such as using piping bags and fondant to learn some interesting designs to make special cakes.

January 17 Working with Butter Cream

January 24 Working with Royal Icing

January 31 Working with Fondant and Gum Paste

February 7 Decorating a Cake

You must provide your own piping bag and tips (list available at the MFRC). Registration deadline for all sessions is January 10, 2010. MFRC, 102 Comet St. \$40, Date: as indicated above 2 to 4 p.m.



Festival of Trees and Lights

The WMFRC has entered a tree in this year's Festival of Trees and Lights at the Assiniboine Park Conservatory. Each year, community organizations and businesses decorate trees that are displayed at the conservatory, and members of the public can purchase tickets and enter for a chance to win their favourite tree, or cast their vote for their favourite tree. Come out with your family to see the trees and decide which you like best. The event runs from November 20 to December 6.

Pillow Talk

Mollie Gross

Sleeping in the bed with your spouse again after a deployment is a totally different subject than sex. If you ladies were like me, you had to acquire some bizarre sleeping rituals to get some rest at night during the months of separation.

My husband was really freaked out by the new night time routine. At one point in the deployment my bedtime had moved from 11 pm to about 2 am. Instead of sleeping on the left side of the bed like I had prior to the deployment, I would now sleep in the middle of the bed surrounded by a nest of pillows.

I bought this tiny squishy pillow that I had to sleep with on my stomach to make up for the fact that Jon was not there. By the time Jon got back, I was used to it and needed it to sleep. He hated that this tiny pillow was always between us. This new pillow became his archrival. When I wasn't looking, he would toss it across the room. I would go insane like Linus wanting his blanket.

Whenever Jon complained about having to sleep in the bed with one leg hanging off of the side because there was no room, I would tell him to be glad I didn't have the taser under my pillow anymore! I had a cat on the pillow above my head, another by my feet and sometimes the dogs in the bed too. The bed was jam-packed. Jon had to fight for a position. I was still living like a bachelorette and not being very courteous. I was not the only one adjusting after a deployment.

Often when sleeping, I would spread out into an "X" shape and he would wake up in a corner of the bed. To get me back for my interpretive sleep routine, he would tell me in the morning that my breath "smelled like Afghanistan" and one time even put on a gas mask so when I rolled over, there he was in his protective armour.

I had taken up sewing during the deployment and had hand stitched about 10 different moo-moo-like nightgowns. I was very proud of the handmade designs. They looked like a cross between a dress in "Mama's Family" - complete with ruffles, a high neck and lace and a dress worn on "Little House on the Prairie." To Jon they were a huge sexual turn off, but to me they were really soft and comfortable. I liked to wear my moo moo with a pair of thick socks from Costco. Jon would hiss under his breath at night when I emerged from the bathroom in one of my handmade gowns. He would say one word, but it sounded like a threat, "Moo Moo!"

Eventually, I saw the error of my ways, I needed to let my husband know he was a part of our home again, and I was ready to be a wife again. I put all my moo moos in storage. I got excited about buying cuter and hipper looking jammies. I liked the new attention I got from my man by looking sexy instead of like his grandma. I did ask for one compromise: If I wore cuter nightgowns for Jon, I got to keep the socks on. Two years after his last deployment we are still fighting over the tiny pillow. I'm working on it!

Employment opportunity

Do you enjoy working with children? We have a wonderful child at Nursery School who needs your support. This inclusion worker position is for 9 hours/week (Mon Wed Fri a.m.) until mid June with Christmas and Spring Break holidays. Come be part of a great team in an exciting Nursery School class at Westwin Children's Centre. Call or email Shannon for info or to apply: 833-2500 ext 2491; Shannon.peake@forces.gc.ca

Advent Hope

Padre Ken MacRae
Chaplain

In some homes and in many churches people begin lighting advent candles. In the weeks that lead up to Christmas, a different candle is lit to remind us of the many gifts that Christ gives to us. Hope, peace, joy and love represent the four candles that are lit with the Christ candle being lit on Christmas Eve or Christmas day itself.

We desire each of these gifts in our lives. Think about "hope". When we were children we may have made out lengthy lists to Santa Claus, hoping for the latest toy. (Does anyone remember the Ricochet Racer? As a child, I had hoped for and received the toy that could launch dinky cars from a device that looked like a rocket launcher. If you circumvented the safety mechanisms you could also launch the cars at your annoying sisters...but perhaps I am digressing.) As we get older our hopes may change. "I hope that cute boy/girl will ask me out soon!" "I hope to get pregnant soon and have a child in our family." "I hope I can be financially secure enough to enjoy retirement!" As military

personnel, who may have personally seen the horror and tragedies of war, we add our own hopes and prayers for world peace.

How does God help to bring hope, peace, love and joy to us? When our faith is put into action, these gifts can become a reality. When we take time out of our busy schedule to volunteer somewhere, or to help an elderly neighbour we can bring hope to people around us. When we pick up the phone to

"When we are feeling all alone and feel that no one cares for us, it is our faith in God that can help us to realize that we are loved and that we can continue to take one more step in our journey of life."

low. When we are feeling all alone and feel that no one cares for us, it is our faith in God that can help us to realize that we are loved and that we can continue to take one more step in our journey of life.

As we continue to celebrate Christmas may the gifts of hope, peace, joy and love be received and shared with all whom we meet.

talk to a relative or a friend, we can be people of encouragement, and help to lift up the spirits of those who are feeling a little



www.voxair.ca

Together in Church

CATHOLIC

CHAPLAINS

Padre Lance Magdziak
Roman Catholic Office 833-2500 ext 5272

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 4277

Padre Gord Mintz
(Anglican) Office 833-2500 ext 5785

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.

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.



CLASSIFIEDS

Work from Home

Operate a Mini-Office Outlet
from your Home computer
Free Evaluation.

www.see-it-do-it.com

FOR SALE

Mess Kit
Midnight blue.
\$90.00
Call 257-4437.

Are you going Snorkeling or Diving ?
Don't want to pay retail ?

FIRST STAGE DIVE SUPPLY

Scuba & Watersport Accessories at
Affordable Prices - Winnipeg

(204) 416-0755

CF-Members and CF-Employees receive
10% discount on top of our low pricing.
Call us today and hear about our Fall-
Specials.

Place your FREE classified ad.
Send us an email: voxair@mts.net

TAROSCOPES

BY NANCY

Aries

(March 21 - April 19):

Finally everyone has all their cards on the table so it's easier to see what's been going on. Once you let go of what is dragging you down, you'll find it is easier to make decisions. When in doubt - talk things over with friends. Sometimes a "devil's advocate" is useful.

Taurus

(April 20 - May 20):

When a once-in-a-life time opportunity comes your way don't hesitate to take it. Volunteer for this new role even if you don't know what the end result will look like. Patterns will emerge. Observe as things unfold. Strong foundations ensure happy relationships.

Gemini

(May 21 - June 2):

Doing your best pays off. Others realize you are competent. This may irk someone who doesn't bother to make much effort. Say "Yes," to an up-coming educational opportunity. Take care of yourself so that self-doubts or frustration don't creep up on you when you're tired.

Cancer

(June 22 - July 22):

Put the "to do" list aside and accept spontaneous invitations to do relaxing activities. Visit places you'd like to see or take in events you've been interested in going to. Expose yourself to far-away places through travel or by taking a course about ancient cultures or history.

Leo

(July 23 - August 22):

You want to be seen as a well rounded, competent individual that others seek out because you are an authority in your field. The easiest way to do this is to work in an area where you're using your natural talents. Work at reaching your goals. You will reap what you sow.

Virgo

(August 23 - September 22):

You're sensible and able to deal with necessities. Make decisions and positive things will happen. People are depending on you to be responsible. However, they also take comfort in your flexibility, resiliency, sense of duty and kindness. You provide answers and support.

Libra

(September 23 - October 23):

Learn from your elders and follow the rules. In this way you have the basics and a strong foundation or skills at your disposal. Look for unique, creative ways to take what you've learned and apply it to your current situation. You're making a name for yourself.

Scorpio

(October 24 - November 21):

Expect the unexpected. It will be interesting. However, you need to let go of a need to control events and outcomes. Trust that life is taking you in the direction you need to go. Look on the bright side even when you're not sure it's that great. It is there if you are willing to see it.

Sagittarius

(November 22 - December 21):

You're so close to completing something. Don't allow impatience to make you rush. A fear of failure or of success can also hold you back. Take control in emotional situations. Confidence and a personal commitment to change helps you move forward.

Capricorn

(December 22 - January 19):

All your experiences are valuable even those that seem unrelated. If you've tried to be sensible and kept your hopes in check in case things didn't pan out, now it's time to allow yourself to believe anything is possible. "If you can dream it you can become it."

Aquarius

(January 20 - February 18):

Work hard right now to pull off a stellar performance. It will be worth it. Changes in one area of your life impact on other areas, so be careful not to compartmentalize too much when you're making plans. Appreciate the benefits of the connection between all things.

Pisces

(February 19 - March 20):

Look forward to new adventures. Use a number of ways to get things done and keep busy as variety alleviates boredom. Stand up for what you believe in. You will be seen as a respected expert in your field. Others are starting to see how unique your personal strengths are.



Barala Kennels

YOUR PET'S HOME AWAY FROM HOME



- BOARDING ALL BREEDS OF CATS & DOGS
- INDIVIDUAL QUARTERS AND OUTDOOR RUN
- PET EXERCISE AND PLAY AREA • SEPARATE CAT FACILITIES
- CENTRAL AIR CONDITIONED AND HEATED KENNELS
- AIRPORT PICKUP & DELIVERY

OWNERS: GARTH AND SARA GRANT
barala@mts.net www.baralakennels.com 633-2629

ASSINIBOIA UNIT NO. 283

Army, Navy & Air Force Veterans in Canada
3584 Portage Avenue Winnipeg, MB
Club rooms: 837-6708



BINGO: Monday, Wednesday & Friday at 7:30 pm
Early Bird starts at 7:00 pm
SENIOR'S BINGO: Thursdays at 1:30 pm
CRIBBAGE: Thursdays at 7:30 pm
DANCING: Friday & Saturday evening 8:00-12:00 pm
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

FOR APPOINTMENTS CALL 775-8368

PROUD OF OUR PAST



Welcome...
ST. JAMES LEGION
Branch No. 4
Royal Canadian Legion
1755 Portage Avenue
Winnipeg, Manitoba

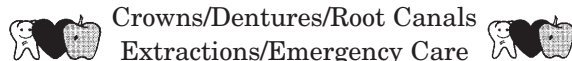
Texas Hold'em
Tues 7 p.m.

Line Dancing
Every Tues & Wed
8 to 10 p.m.
Dancing To Live Bands
Fri & Sat
9 p.m. - 1 a.m.
Meat Draws
Every Fri 5 - 7 p.m.
Every Sat 2 - 4 pm

Dr. Philip S. Pass B.S.C., D.M.D.

Complete Family Dentistry

Preventative/Cosmetics/Orthodontics



Evening and Saturday Appointments Available
420-3025 Portage Ave. ph: 987-8490

ALL DENTAL PLANS ACCEPTED



Bonnie Korzeniowski

MLA for St. James
Manitoba Special Envoy for
Military Affairs
Room 234, Legislative Building
450 Broadway
Winnipeg, Mb R3C 0V8
(204) 945-7510 • Cell: (204) 795-0043
bonnie.korzeniowski@leg.gov.mb.ca

GRANT CLEMENTS

CD, FRI, SRES

website: www.buywinnipegohomes.com
 email: clements@buywinnipegohomes.com
kellyandgrant@remax-clements.mb.ca

Toll free: 1-877-778-3388
 Business: (204) 987-9808
 Fax: (204) 987-9844

Re/Max Executives Realty
 3505 Roblin Blvd, Winnipeg, MB R3R 0C6

PROUDLY SERVING OUR MILITARY FAMILIES WITH:

- 26 years of military service
- Complimentary Relocation Package couriered to you within 24 hours
- Personal prospecting web site – get up to the minute listings emailed to you daily
- Thorough knowledge of the Winnipeg and surrounding areas market
- Assisted more than 3,800 buyers and sellers



**BUYING OR SELLING...
 MAKE IT A STRESS FREE MOVE WITH THE CLEMENTS**

KELLY CLEMENTS

SRES, CERC



Father and daughter team

- Registered Relocation Specialists
- Seniors' Real Estate Specialists
- Canadian Employee Relocation Council

Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2
 PH: 888-7973 FAX: 832-3461
 E-Mail: info@cgklaw.ca Website: www.cgklaw.ca

George E. Chapman Q.C.
 Alan R. Goddard
 Donna G. Kagan

Kelly P. Land
 Michael J. Law
 Almer N. Jacksteit

Lorraine M. Scollin
 Calla T. Coughlan
 Serge B. Couture

Our fees conform to the ERS guideline

**A long established law firm conducting a
 general practice for all types of legal work.**

Century 21
 Carrie.com

Minnie Ann Piercey BN, M.ED.
 Diamond Award winner, WRA Award winner

Cell: 204-770-4619

Bus: 204-987-2121 Toll free: 1-888-880-2121

www.winnipegohomes.net

minnieann@escape.ca



Each office is independently owned and operated. Trademarks of AIRMILES International Tracking BV. Registered trademark of Century 21 Real Estate Corporation used under licence.

MOVING THIS YEAR ?



www.homesinwinnipeg.com

TERIE LANGEN

relocation specialist
 Re/Max Executives Realty
 3505 roblin blvd wpg mb r3r 0c6



779-7000

terie@homesinwinnipeg.com

You need a realtor who is... Honest
 Professional
 Trustworthy
 Caring
 Experienced



Linda

Linda van den Broek Sales Associate
 Email: linda@lindavandenbroek.com
 Website: www.lindavandenbroek.com

Ph: 204-987-9800



Trudy M. Johnson, B.A.
 Relocation Specialist

30 Years of Professional Success in the
 Winnipeg Real Estate Market

Toll Free 1-877-778-3388
 Cell 1-204-981-1529
trudyj@mts.net
 Re/Max Hall of Fame

"spirited energy"



MAXIMUM Realty Ltd. Serving Winnipeg & Surrounding Areas

Residential - New Homes - Condos - Relocation - Referrals



Fred Levesque CD
 (204) 777-5555
maximumrealty@shaw.ca



Lee Wren
 (204) 781-4487
leewren@mts.net



Eva Bessas
 (204) 470-3332
ebessas@mts.net



Brendan McGurry
 (204) 799-3022
mcgurry@mts.net

THE DAN VERMETTE Home Selling TEAM

255-4204

www.danvermette.com



Service en francais



Joanne Gebauer

RE/MAX executives realty

(204) 889-9500

Award Winning Service



**Proud to Assist Military Families
 Relocation Specialist**

25 Years Experience
 in the Winnipeg
 Real Estate Market



www.joannegebauer.com
joanne@joannegebauer.com
 Toll Free: 1-877-778-3388

