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# Season's Greetings from the Wing Commander 17 Wing

Over the last few months since taking Command of 17 Wing, I have had the opportunity to get out and meet the great people of this Wing. I have met with you in both formal and informal settings, and I have had the opportunity to hear what matters are of importance to you.

The team here at 17 Wing is second to none and the validity of that statement has been clearly demonstrated to me in my short time here. I have witnessed the dedication and commitment put forth by members both here and abroad. The teamwork displayed is outstanding and I have 100% faith in this team that the job will get done to an exceptionally high standard. Your dedication has aided in a very smooth and effortless transition for me as your Wing Commander. For that I express my sincere thanks.

The Wing Chief and I were fortunate enough to visit with our MSS personnel deployed overseas. This experience was both educational and inspiring, having been there previously as a customer rather than a visitor. They are a team of highly dedicated folks working in an extremely hot environment to ensure that our deployed missions in Afghanistan are well supported. We look forward to welcoming our members back home in time for the holiday season.

Whether deployed or at-home, whether you are a civilian, regular or reserve force member, we are all members of the same team with the same objective. Your outstanding efforts emphasize the distinction between good work and great work.

Please take this upcoming holiday period to spend some quality time with your loved ones. Enjoy this time but continue to be safe and thankful that, for most of us, we are fortunate to be able to spend it at home. At the same time remember those who are separated from their families during this time and keep them in your thoughts and best wishes. From my family to yours, we wish you a great holiday season, continued health, and a prosperous New Year.

J.P.Y. Boilard Colonel, 17 Wing Commander



Vœux de Noël et de bonne année du commandant de la 17e Escadre Au cours des quelques mois qui ont suivi ma prise en charge du commandement de la 17e Escadre, j'ai eu le grand plaisir de faire votre connaissance, autant dans des circonstances officielles que lors de rencontres dénuées de toute formalité, ce qui m'a permis de me familiariser avec les questions qui vous tiennent particulièrement à cœur. Comme j'ai pu m'en rendre compte au cours de cette courte période, l'équipe de la 17e Escadre fait preuve d'une détermination et d'un dévouement sans pareil, tant au pays qu'à l'étranger. L'esprit d'équipe que vous affichez tous est hors pair et c'est pourquoi je suis convaincu que vous allez continuer d'accomplir efficacement votre travail en respectant les normes les plus rigoureuses. C'est grâce à votre attitude positive que ma prise en charge du commandement a pu se dérouler sans heurs et je vous en remercie sincèrement.

L'Adjudant-chef de l'escadre et moi-même avons eu la chance d'aller visiter les membres de l'ESM déployés outremer. J'avais déjà eu l'occasion de me rendre là-bas, mais comme client plutôt que comme visiteur, et c'est pourquoi cette dernière occasion fut particulièrement enrichissante et inspirante pour moi. Nos militaires là-bas sont particulièrement enthousiastes et ils s'emploient à appuyer nos missions en Afghanistan le plus efficacement possible, malgré la chaleur accablante. Nous attendons impatiemment leur retour pour les Fêtes. Que nous soyons ici même ou déployés, civils ou membres de la Force Régulière ou de la Réserve, nous faisons partie de la même équipe et partageons les mêmes buts. C'est grâce à l'intensité de vos efforts que nous pouvons affirmer que votre travail n'est pas simplement bien fait, mais hors pair.

Profitez du temps des Fêtes qui approche pour partager des moments de bonheur avec ceux et celles qui vous sont chers. Nous avons la chance de pouvoir passer cette période de réjouissance en sécurité, dans nos foyers. Gardons à l'esprit nos camarades qui seront loin de leur famille et transmettons-leur nos vœux les plus sincères. Ma famille et moi-même vous souhaitons tous de joyeuses Fêtes ainsi que santé et bonheur pour la nouvelle année.

Commandant 17e Escadre Colonel J.P.Y. Boilard

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# A Holiday Message from the Chief of Air Staff

The year 2009 will be one to remember for Canada's Air Force. This year has seen a remarkable spectrum of celebrations commemorating one of the most significant and, indeed, essential events in the exploration and development of this great nation - the birth of powered flight. For Canada, with its vast and expansive landscape, the aeroplane has been a significant contributor to Canada's cultural and commercial growth. Since those very early days of flight, the Air Force has been an integral component of Canada's aviation legacy. We, in the Air Force have enjoyed the privilege and honour to be part of this great tribute to aviation. Throughout the year, from coast to coast to coast, the Air Force was present at a multitude of Centennial of

Flight celebrations. This was our year to connect with Canadians on a grand scale and to showcase who we are and what we do. We celebrated proudly in the North during Sourdough Rendezvous Festival, in the East during the Royal Nova Scotia International Tattoo and in the West at the Calgary Stampede. We paid tribute to the countless war-time accomplishments and sacrifices during the rededication of the British Commonwealth Air Training Plan Memorial Gates in Trenton, Ont. and at Battle of Britain parades across the nation. From flypasts to air shows, our Centennial of Flight display was visible and engaged audiences of all ages. With our superb Canadian Forces Snowbirds flying "100 Towns for 100 Years", the CF-18 Century

Hornet graced with the names of 100 greats in Canadian aviation, the uniquely refurbished Hawk One F-86 Sabre and the specially repainted Centenaire Tutor, we captured the hearts and imagination of our fellow Canadians. As Commander of today's Air Force, I am proud and honoured to see the level of teamwork, passion, inspiration and imagination that went into each unique activity and event. I personally congratulate all the men and women of the Air Force, as well as our civilian colleagues, for their contributions to the overwhelming success of the centennial celebrations. We are an organization built by people who embrace their aviation history with fondness and pride. I encourage each of you to take a moment to visit the Air Force's Centennial of Flight website to view the collection of images and stories that capture the memories of this great year. It's a true reflection of your hard work, dedication and love of aviation.

Per Ardua Ad Astra

L'année 2009 sera inoubliable pour la Force aérienne du Canada. Durant cette année, nous avons vu une gamme remarquable de célébrations commémorant l'un des événements les plus importants et certes essentiels de l'exploration et du développement de ce grand pays : la naissance du vol propulsé. Pour le Canada, un pays au territoire vaste et étendu, l'avion a grandement contribué à la croissance du commerce et de la culture. Depuis les premiers jours de l'aviation, la Force aérienne fait partie intégrante du patrimoine de l'aviation au Canada. Nous, membres de la Force aérienne, avons eu le privilège et l'honneur de participer à ce grand hommage à l'aviation. Toute l'année, la Force aérienne a été présente à une multitude de célébrations du Centenaire de l'aviation se déroulant d'un océan à l'autre. C'était notre année pour établir un

lien à grande échelle avec les Canadiens et pour nous faire connaître et expliquer ce que nous faisons. Nous avons fièrement célébré dans le Nord durant le festival Sourdough Rendezvous, dans l'est au Tattoo international de la Nouvelle-Écosse, et dans l'ouest au Stampede de Calgary. Nous avons rendu hommage aux innombrables accomplissements et sacrifices consentis en temps de guerre, durant la reconsécration des grilles commémoratives du Programme d'entraînement aérien du Commonwealth britannique à Trenton en Ontario, et les défilés de la bataille d'Angleterre partout au pays. Des défilés aux spectacles aériens, notre Centenaire de l'aviation a été visible et a attiré un public de tous âges. Avec nos superbes Snowbird des Forces canadiennes qui ont survolé 100 villes en l'honneur du 100<sup>e</sup> anniversaire, le CF-18 Hornet du Centenaire orné des noms de 100 personnalités de l'aviation canadienne, le F-86 Sabre Hawk One remis à neuf et le Tutor du Centenaire repeint spécialement pour

l'occasion, nous avons saisi le cœur et l'imagination de nos compatriotes canadiens. En tant que Commandant de la Force aérienne d'aujourd'hui, je suis fier et honoré de voir le niveau de travail d'équipe, de passion, d'inspiration et d'imagination qui ont été mis en œuvre dans chacun des événements et des activités. Je félicite personnellement tous les hommes et les femmes de la Force aérienne ainsi que nos collègues civils pour leur contribution à ce franc succès des célébrations du Centenaire. Nous sommes une organisation qui a été bâtie par des gens qui regardent leur histoire de l'aviation avec affection et fierté. J'encourage chacun de vous à prendre un moment pour visiter le site Web du Centenaire de l'aviation créé par la Force aérienne afin de voir la collection d'images et de reportages qui immortalisent les souvenirs de cette grande année. Ce site est le pur reflet de votre labeur, de votre dévouement et de votre amour de l'aviation.

Per Ardua ad Astra

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## Messes Bar Operations

The OM, WOSM, and JRM will be closed over the holiday period.

The closure dates are from 19 December 2009 thru to 3 January 2010; we will commence regular bar hours on the 4 January 2010.

With the exception of New Year's Eve, to accommodate the New Year's Eve Parties at the OM & JRM, on the 31 Dec 09 & New Year's Levee being held at OM on the 1 Jan 2010, and a couple of private functions that were pre-booked.

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# Season's Greeting From The Wing Chief Warrant Officer

Another year has passed and what an eventful year it has been for the personnel here at 17 Wing. Since taking over the position of Wing Chief Warrant Officer at the end of June, the Wing Commander and I have visited as many units as time has permitted us. We have had the great fortune to observe you in your workspace, to talk to you during the WComd coffee breaks and in more formal settings. During these many occasions the one thing that continues to stand out is your work ethic and your tremendous ability to work as a team.

17 Wing personnel continued to support worldwide deployments, leaving many sections shorthanded, yet you continue to get the job done, while still maintaining a positive outlook. I would like to take this opportunity to express my profound thanks to the DND team at 17 Wing for your outstanding support during the year.

Many of us will enjoy this holiday season with friends and family. Please also remember our deployed personnel and their families who will not be sharing this holiday season together. Keep them in your thoughts and prayers.

Enjoy this holiday time with your loved ones, and return in the New Year with a renewed spirit. My husband Blaine joins me in wishing you and your loved ones the very best for the holiday season and the New Year.



Meilleurs vœux de la part de l'adjudant chef de l'Escadre

Une autre année s'est écoulée et quelle année riche en événements pour le personnel de la 17e Escadre. Depuis mon entrée en fonctions au poste d'adjudant chef de l'Escadre à la fin du mois de juin, le Lieutenant colonel et moi-même avons visité autant d'unités que le temps dont nous disposions nous le permettait. Nous avons eu l'immense chance de pouvoir vous observer dans votre environnement de travail, de vous parler lors des pauses café du Cmdt Ere et en milieu plus officiel. Toutes ces occasions nous ont montré qu'il y a une chose dont vous continuez à faire preuve de manière incroyable : votre éthique de travail et votre capacité extraordinaire à travailler en équipe.

Le personnel de la 17e Escadre ne cesse d'appuyer les déploiements partout dans le monde, obligeant beaucoup de sections à se priver de leur personnel, et toutefois vous continuez à effectuer votre travail en maintenant une attitude positive. J'aimerais profiter de cette occasion pour exprimer mes sincères remerciements à l'équipe du MDN de la 17e Escadre pour votre soutien incroyable cette année.

Beaucoup d'entre nous passeront les Fêtes avec leurs amis et leurs familles. N'oublions pas nos collègues qui sont déployés et qui ne verront pas leurs proches pendant les Fêtes. Pensons à eux et mentionnons-les dans nos prières.

Profitez de cette période de congé avec vos proches et commencez la nouvelle année avec un nouvel état d'esprit. Mon mari Blaine se joint à moi pour vous souhaiter à vous et à vos proches de merveilleuses Fêtes et nous vous transmettons tous nos meilleurs vœux pour cette nouvelle année.

## Greetings and Salutations From 2 Canadian Air Division

Yes folks, another holiday season approaches quickly, almost too quick given the extremely busy year we've all had. It's been a roller coaster ride of change that has kept us all on our toes, but happily it appears we are now on the upswing with an exciting new year filled with many interesting challenges and opportunities.

We do live in a land of opportunity and great hope, perhaps our greatest strengths as Canadians, and so there is much to be excited and proud of. And in proper fashion, we always pay homage to all those who give freely of themselves for others.

So wherever you might find yourself this festive season, take a few moments to think about and thank friends and colleagues off in far away places working on all of our behalf to bring peace, security and a better life to those less fortunate. And in that same vein, also take some time to be proud of all your efforts here at home to prepare and assist those deployed and to keep the vital home front mission focussed and ready.

Thank you for all that you do day-in and day-out. So on the eve of a new year, my wife Linda and I wish you all the very best, along with a safe and happy holiday and a very prosperous 2010.

Rick Pitre  
Brigadier-General Commander  
2 Canadian Air Division



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# Honours and Awards

17 Wing Military and Civilian personnel received their honours and awards from Col Yvan Boilard, Wing Commander, at the Officers' Mess on November 24.



Cpl YS Guenette of WLE receives his Canadian Forces Decoration (CD)



Col Yvan Bolard presents Cpl DWB Bower of 402 Squadron with the General Campaign Star (GCS)



Maj DB Jose of WLE receives his General Campaign Star (GCS)



Cpl ME Charlebois of 435 Squadron receives his General Campaign Star (GCS)



Cpl LD Macrae of 435 Squadron receives her General Campaign Star (GCS)



Cpl DD Mykeyev of 435 Squadron receives his General Campaign Star (GCS)



Cpl CR Niedbalka of WLE with the General Campaign Star (GCS)



Cpl VM Squires of 435 Squadron with his General Campaign Star (GCS)



Cpl CD Wilhelm of Wing Admin is presented with her General Service Medal (GSM)



Cpl ME McGillivray of WLE receives her General Service Medal (GSM)



Maj DA Lloyd of Wing Admin receives his second clasp to his Canadian Forces Decoration (CD2)



MWO IN Smith of the WLE receives his second clasp of his Canadian Forces Decoration (CD2)

# Honours and Awards



WO RJ Rex of 402 Squadron receives the second clasp of his Canadian Forces Decoration (CD2)



Sgt JR Gauthier of WLE receives his first clasp of his Canadian Forces Decoration (CD2)



MCpl JR Evershed, receives his first clasp of his Canadian Forces Decoration (CD1)



Cpl MW Beal of WLE receives the first clasp of his Canadian Forces Decoration (CD1)



Capt SK Dennis of 435 Sqn receives his Canadian Forces Decoration (CD)



Capt MD Walsh of 435 Sqn receives his Canadian Forces Decoration (CD)



Sgt BL Piukkala of CFSSAT receives his Canadian Forces Decoration (CD)



Sgt NMM Verret of 435 Sqn receives her Canadian Forces Decoration (CD)



Cpl MJ Asporz of 435 Sqn receives his Canadian Forces Decoration.



Cpl Dushenko of 435 Sqn receives his Canadian Forces Decoration (CD)



Cpl JRJ Fortin of WLE receives his Canadian Forces Decoration (CD)



MGen Tabernor presents a certificate of service to MCpl C. Sinnott (Retired)

# Honours and Awards



Cpl JK Horne of WLE receives his Canadian Forces Decoration (CD)



Pte RD Chorley of WLE receives his Canadian Forces Decoration (CD)



CWO Sheila Blair receives the Chief Warrant Officer's Scroll.



CWO James McDonald (CWO) of 1CFFTS receives his Chief Warrant Officer's Scroll.



Mr. David Gibson of WLE receives his Long Service Certificate for 35 years of Service.



Ms Judy Busko of Wing Exec receives her Long Service Certificate for 25 years of service.



Cpl ALR Boulanger receives his Canadian Forces Decoration (CD)



Cpl JN Chiasson of WLE receives his Officer Professional Military Education Certificate (OPME).



Mr. Wilfred Jones of WTEME receives his Safe Driving Award.



Ms. Gail Trepanier receives her Employee Assistance Program pin.



Gerry Johanson receives the Employee Assistance Program Pin.

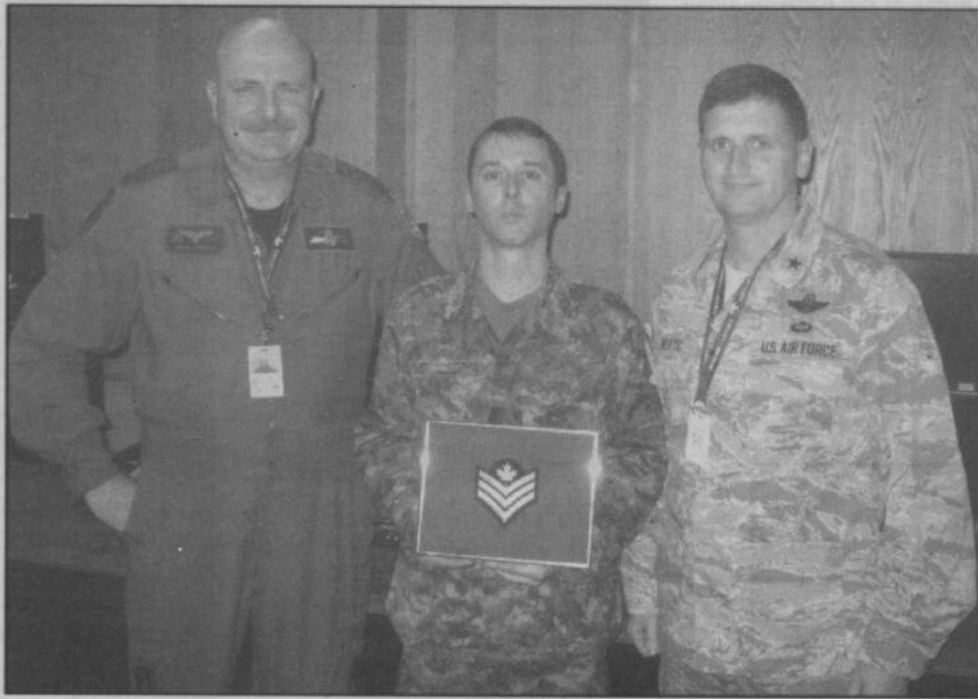


From  
17 Wing Logistics and  
Engineering Branch



LEFT: The 17 Wing Nijmegen Team receives the Wing Comd's commendation in recognition of their dedication and professionalism during OP Nijmegen 2009.

# 1 Cdn Air Div Promotion



On 01 Dec 09, Sgt Scott Tremblett was promoted to his new rank by BGen R.J. Beletic( USAF) right, and Col M. Latouche, at left. Sgt Tremblett is employed as a Geomatics Technician in CAOC Mission Support at 1 Cdn Air Div HQ. Photo Submitted By: MWO Bill Lesko

# SISIP Turns 40



ABOVE:

SISIP Financial Manager John Clarey and Wing Commander Col Yvan Boilard cut the cake in celebration of the 40<sup>th</sup> anniversary of SISIP Financial Services on December 4. SISIP was founded in 1969 as the Security Income Security Insurance Plan, and has evolved over the years to provide a range of financial services for CF Members, including financial planning and, of course, coverage for CF Members who are injured or killed while outside of military service.

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# Defending Our Peace & Freedom

**Capt Jeff Noel**  
Wing Public Affairs

At a sombre ceremony held at 17 Wing on Monday, 30 November, Lt.-Gen. Andre Deschamps - Chief of the Air Staff, honoured two members of the Canadian Forces for their contributions to the defence of peace and freedom.

A posthumous Sacrifice Medal was presented to Mr.

Roger Sarrazin and Chief Warrant Officer Gerry Sarrazin, the brother and father of Pte Dalton Sarrazin, by Lt.-Gen. Deschamps.

Pte Sarrazin was attending basic recruit training at the Canadian Forces Leadership and Recruit School in St. Jean-Sur-Richelieu, Que. when he suddenly collapsed and on 13 March 2006 passed away. The medal was presented as both a visible symbol of Pte Sarrazin's

dedication and commitment to the defence of peace and freedom and in recognition of the sacrifice and loss his family has endured.

While serving as a member of 2nd Battalion Royal Canadian Regiment (2 RCR) Force Protection Company, Task Force 1-07 deployed to Afghanistan in 2007, Cpl. Mackenzie Landry sustained injuries as a result of enemy action on two separate occasions during a nine-day period.

On 8 March 2007, while serving as an Air Sentry, Cpl Landry's patrol was engaged by a Suicide Vehicle Borne Improvised Explosive Device. The second incident, which occurred nine-days later on 17 March 2007, saw his patrol engaged in close-combat with an enemy force.

In spite the injuries, Cpl Landry not only continued to perform his duties as a member of 2 RCR but, as an accomplished bagpiper, he attended and paid tribute to fallen comrades on 18 ramp ceremonies.

In recognition of his dedication and commitment to the defence of peace and freedom, Lt-Gen Deschamps presented Cpl Landry, now a member of the Pipes and

Drums of the Air Command Band, with a Sacrifice Medal with Bar.

The Sacrifice Medal was created to provide a form of lasting recognition to soldiers who died in service since Canada's mission in Afghanistan began in Oct. 2001. It is also awarded to a soldier that dies under honourable circumstances as a result of an injury or disease related to military service, or is wounded by hostile action.

For more information about the Canadian Sacrifice Medal, please visit:  
<http://www.cmp-cpm.forces.gc.ca/dhr-ddhr/che-tch/chart-tableau-eng.asp?ref=SM>



Above: Lt-Gen Deschamps presents a Sacrifice Medal with Bar to Cpl Mackenzie J. Landry. (Photo: Cpl. L. McDonald)

**Sending Christmas wishes to all for a healthy and safe 2009.**



**Bonnie Korzeniowski**  
MLA for St. James



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Left: Lt-Gen Deschamps presents a posthumous Sacrifice Medal to Mr. Roger Sarrazin (brother) and Chief Warrant Officer Gerry Sarrazin (father) of Pte Dalton Sarrazin. (Photo: Cpl L. McDonald)

## Merry Christmas

from Steven Fletcher, MP for Charleswood - St. James - Assiniboia

*To those Canadian Forces members and their families who must spend Christmas apart from their loved ones, please accept a heartfelt thank you for your sacrifice in the service of Canada.*

*Merry Christmas and Happy New Year.*

*Steven Fletcher*

Steven Fletcher, P.C., M.P.



**204.984.6432**

**[stevenfletcher.ca](http://stevenfletcher.ca)**

# Wing Commander Tours MSS Offices

**Capt Leslie Rediger**  
**Communications &**  
**Information Systems**  
**Officer**

**OP Athena**

On the 30th of October the 17 Wing Commander Col J.P.Y. Boilard, the 17 Wing LEO LCol W. Watson, the 17 Wing Chief, CWO S.A. Blair and the 17 Wing LE Chief, CWO P. Chaîné visited 17 Wing MSS, deployed in the Persian Gulf Region. Their brief two day visit included a tour of the 17 Wing MSS offices and sections, discussions of how 17 Wing is improving the quality of life in the camp and a town hall meeting with MSS personnel. Escorted by the MSS Commander, Maj J.B.P. Falardeau, they were shown how 17 Wing MSS personnel are handling

the operational tempo of the Theare Support Element (TSE) and how we are handling our time away from home. They were impressed with initiatives, such as the new Canada house and WIFI, spearheaded by MSS sections to improve the TSE and camp QOL. Impressed with the professionalism of 17 Wing personnel, Col Boilard expressed his admiration and congratulated to all personnel when we gathered in a town hall forum at the end of his tour. Both Col Boilard and LCol Watson mentioned the future changes facing 17 Wing and how, with everyone continued support and teamwork, we will be the key to the success of Winnipeg's future endeavours. Col Boilard enjoyed his visit to the TSE and assured all personnel that we have his support and the support of



**Col Boilard, 17 Wing Commander, talks with Capt Leslie Rediger during his recent visit with the 17 Wing MSS. Photo Submitted by Capt Leslie Rediger.**

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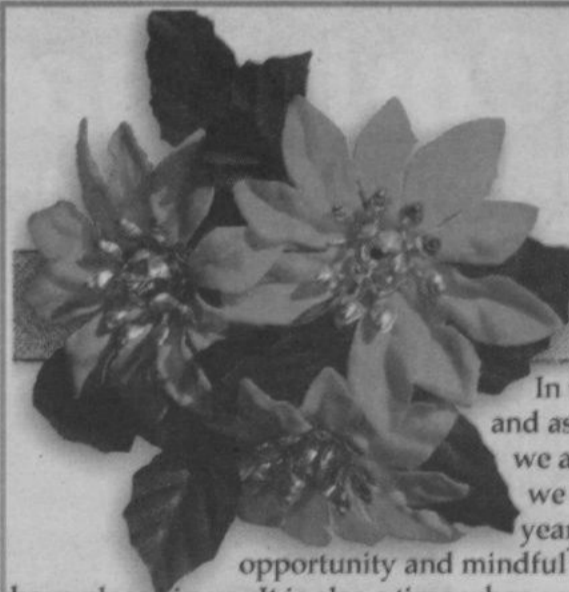
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Saint Charles  
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## Your Next Issue Of The Voxair: January 20, 2010



### Season's Greetings

In the spirit of the season and as the New Year approaches, we are reminded of the people we have helped during the past year, grateful for this opportunity and mindful of the faith and trust you have placed in us. It is also a time when we look back on the past year, with pleasant contemplation of individual and collective successes and progress.

As we count our blessings, we thank the service men and women who are overseas defending our freedom, especially those who are in Afghanistan and wish them an early and safe return.

Merry Christmas and may the New Year bless you and your family with good health, prosperity and much happiness.

*Grant & Kelly Clements*

(Father & Daughter Team)  
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# Members of 17 Wing MSS Arrives Home From Theatre



Capt Jeff Noel  
17 Wing Public Affairs

Based at the Canadian Forces (CF) Theatre Support Element in the Persian Gulf region, for the past six months the Wing's Mission Support Squadron has provided support to CF personnel and units deployed in Afghanistan. Their role involved the provision of aviation, technical and logistical support services to airlift operations into and out of Afghanistan for everything from replacement parts for vehicles to the rotation of personnel.

17 MSS handed over to their counterparts from 14 Wing Greenwood at the beginning of December. With six MSS units across Canada ready to deploy at a moment's notice, the Air Force has since October 2001 deployed personnel on six-month rotations to the Canadian Forces (CF) Theatre Support Element in the Persian Gulf region.

For more information about 17 Wing, please visit:

<http://www.airforce.forces.gc.ca/17w-17e/index-eng.asp>

**Left: 17 Wing MSS members arrive home safe and sound after a six month tour at CF Theatre Support Element in the Persian Gulf Region. Photo by Cpl C Aitken**

## Winter Wonderland!

Until January 3 2010, visit the Red River Exhibition Winter Wonderland, \$10 per vehicle. (GST Included) Available at Bldg 90, Fitness & Recreation Centre For more information contact: 5139, 5976 or 2059

## Warmest holiday greetings

To: all our patrons at  
17 Wing Winnipeg

From: the staff at  
**Baldwinson Insurance**

Phone: (204) 889-2204

Looking  
forward  
to serving you  
throughout  
2010



# Maintaining a Healthy Weight During the Holidays

Maintaining a healthy lifestyle over the holiday season can be a difficult task. The cold weather may decrease your motivation to exercise and holiday parties may be filled with food options that are high in fat and calories. However, by following these four tips, you can enjoy the holiday season while maintaining a healthy weight and lifestyle!

## 1. Exercise

Canada's Physical Activity Guide recommends 30 minutes of moderate exercise most days of the week. To reach your weekly physical activity goal take advantage of the exercise opportunities of the winter season: enjoy the outdoors while cross-country skiing or snowshoeing (Fort Whyte has some beautiful trails); take the family to a local hill and go downhill skiing, snowboarding or tobogganing; go ice skating at a local rink or outdoors at the Forks; simply take a walk outside and enjoy the weather.

## 2. Avoid Skipping Meals

Regularly skipping meals can slow your metabolism, which causes your body to become more efficient at storing fat. Eating small balanced meals (including breakfast) throughout the day will help keep your body fuelled with its required nutrients. This will also keep you feeling satiated and decrease the likelihood that you will overeat later in the day.

## 3. Choose Foods Wisely

It can be difficult to choose healthy food options during the holiday season. Here are some tips to help you out:

- When comparing food items read the Nutrition Facts label on each product and choose the option that is dense in nutrients and lower in fat and calories.
- When eating out, choose foods that are steamed, baked, broiled, roasted or poached and limit foods that are deep fried or made with rich sauces or gravy.
- When eating at a holiday party choose smaller portions and fill half your plate with vegetables. It can be tempting to overeat at holiday events; be aware however, many holiday foods are high in calories and fat (for nutrition information on common holiday foods, please refer to the chart below).

## 4. Drink Alcohol in Moderation

Alcohol is high in calories and can dehydrate the body. If you choose to enjoy alcoholic beverages over the holidays, make sure you are well hydrated and getting sufficient fluids (for adults: at least 2.2 litres/ 9 cups of fluid per day) by also consuming non-alcoholic beverages. For those who will be consuming alcoholic beverages, plan to stay within the Low-Risk Drinking Guidelines:

- No more than 2 standard drinks on any one day
- For Adult Women: 9 or fewer standard drinks a week (these 9 drinks can't be saved up to use on one day)
- For Adult Men: 14 or fewer standard drinks a week (these 14 drinks can't be saved up to use on one day)

Happy Holidays from 17 Wing Health Promotion Team!

Food or Beverage*	Serving Size	Calories	Activities **							
			X-Country Skiing, Leisurely		Snow Shovelling		Downhill Skiing		Walking, 3mph	
			Time (min)		Time (min)		Time (min)		Time (min)	
			150 lbs	200 lbs	150 lbs	200 lbs	150 lbs	200 lbs	150 lbs	200 lbs
Egg Nog or Hot Chocolate	1 cup, 250 mL	260	33	25	27	20	40	30	65	49
White or Red Wine	5 oz, 150 mL	102	13	10	10	8	16	12	26	19
Beer	341 mL bottle	140	18	14	14	11	22	16	35	26
Turkey	6 oz, mixed meat	350	44	35	35	27	54	39	88	66
Stuffing	1 cup	340	43	33	34	26	52	38	85	64
Meatballs (beef)	4	220	28	21	23	17	34	25	55	41
Shortbread	2 cookies, 1.2 oz	120	15	12	12	9	18	9	30	23
Mixed nuts	1/4 cup	222	29	22	23	17	34	26	56	42

\*Preparation methods will vary calories in foods or beverages.

\*\*Above times are estimates of energy expenditure for given activities. Intensity, duration and fitness levels will affect number of calories burned. Individuals who weigh less will need to exercise longer!

## ARE YOU A VETERAN OF THE SECOND WORLD WAR AND WOULD LIKE TO SHARE YOUR STORY OF SERVICE?

**THE MEMORY PROJECT: STORIES OF THE SECOND WORLD WAR** is providing every living Second World War veteran with the opportunity to share their memories through interviews and digitized memorabilia. These stories will be shared with Canadians through an extensive online digital archive at:

[WWW.THEMEMORYPROJECT.COM](http://WWW.THEMEMORYPROJECT.COM)

### Join the Legacy!

If you're interested, or know a veteran who would be interested in this project, please contact us toll free at:

**1.866.701.1867**

or by email: [memory@historica-dominion.ca](mailto:memory@historica-dominion.ca)



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## UAV SUPPORT ROLES

MDA has a number of challenging, exciting domestic opportunities in the growing field of Unmanned Aerial Vehicles (UAVs). These new positions are required to support the continued growth of MDA's UAV program at our Canadian training location at Suffield, Alberta.

Successful applicants will participate in training and support for our UAV customers and assist in UAV research and development efforts.

### Site Manager

The Site Manager is the coordinating authority for all UAV operations, maintenance, and liaison with CFB Suffield, IAI, MDA Richmond and our customers. He/She is responsible for all site facility and day-to-day matters, including airworthiness, and for ensuring daily operational tasking is met in a safe and efficient manner.

### Mechanic Technicians (MT) and Electronics Technicians (ET)

Mechanic and Electronics Technician roles will provide critical daily maintenance support for all aspects of the UAV system, including the aircraft, sensors, payloads, and ground systems. Technical training will be provided to meet qualification and airworthiness standards for the Heron UAV System.

For complete job descriptions, terms of employment, and a summary of skills and experience necessary for consideration, please visit us online at: [www.mdacorporation.com/careers](http://www.mdacorporation.com/careers).



# 2009 Wing Commander's Hockey Tournament

**Chris Merrithew**  
Sports Coordinator

Congratulations to the 3 CFFTS "Canada Wings" and WTEME hockey teams who were victorious in their quest to win their respective divisions at the 2009 Wing Commander's Ice Hockey tournament. The tournament, held the 25-27 Nov 09, consisted of seven high calibre teams all vying for the opportunity to win the coveted Wing Commander Hockey Cup. The tournament consisted of 2 divisions with the top team from each division receiving a bye directly to the Championship final. The "B" Division Championship final was set between WTEME team and the optimistic MP

team. Each team pressured to score the all important first goal. At 47:58 of the game, MWO Dave Stubbart blew past the MP defenders and dented the twine behind the fallen MP goaltender. The WTEME team was boiling with excitement as they wanted their tournament to continue on with a Championship victory. The powerful MP team quickly answered with one of their own when LT(N) Regan Choivin received a superb pass from Cpl Chris Murray and fired it past the surprised WTEME goaltender to tie the game at 1-1. Less than 5 minutes later, the WTEME team scored the go ahead goal on a superb deke by LCol Dave Barton assisted by MWO Dave Stubbart. 2Lt

Gamble of WTEME scored the third goal of the game as he shovelled a rebound past the fallen MP goaltender. The WTEME hockey team took a commanding 7-1 lead but the MP's mounted a valiant effort scoring 4 straight goals to close the gap and make the score 7-5. With only 1:28 left in the game, Pte Danille Laviolette made a beautiful pass to Cpl Robertson from WTEME who rifled a shot into the MP's net closing out the scoring as the WTEME team defeated the MP's 8-5 to win the WCOMD Hockey "B" Division Hockey Championship. LCol Dave Barton was voted the

Boston Pizza "Player of the Game" as he contributed 2 goals and 1 assist in the "B" Division Championship Final.

The highly anticipated "A" Division Championship final was set between the Canada Wings (3 CFFTS) and the Make B-Leafs. The game was very fast paced with end to end action as it featured some of the best players that 17WG WPG has to offer. The Canada Wings team got off to a quick start scoring at the 50:13 mark of the game. 2Lt Werny received a pass from 2Lt Danny Paquette and snapped a quick snapshot past the Make B-Leafs

goaltender to take an early 1-0 lead and set the tone for the remainder of the game. The Make B-Leafs quickly responded with one of their own on a flashy goal by Sgt Mason assisted by 2Lt Dany Gonthier. The Make B-Leafs scored their second goal of the game 2 minutes later as Sgt Bob Komosky received a clever pass from Cpl Dave Bergeron to take a 2-1 lead in the game. The Canada Wings team applied extra pressure but they were continually denied by the Make B-Leafs goaltender, Cpl Mike Quirion who continued his stellar play. The relentless barrage of shots by the Canada Wings paid

off halfway through the final as 2Lt Kelly fired a shot into the top corner of the Make B-Leafs net to tie the score at 2-2. Less than two minutes later, 2Lt Cole received a pass in the slot and lifted it into the Make B-Leafs net for the potential winning goal and a 3-2 lead. The action was end to end as both teams knew the next goal would be crucial in the outcome of the game. With less than ten minutes left in the game, 2Lt Kelly stole the puck from the Make B-Leafs defenceman and walked in to score an unassisted goal and propel the Canada Wings to a 4-2 lead. This opened the gates for the Wings team as 2Lt Paquette fired 2 quick goals and 2Lt Fufushima closed out the scoring allowing them to be crowned the WCOMD "A" Div WCOMD Hockey Champions. Canada Wings Team Captain, 2Lt Dan Ennis received the Championship trophy and 2Lt Paquette was awarded the "Boston Pizza Player of the Game" for his outstanding performance (2 goals, 2 assists) in the final.

After the team from 3 CFFTS claimed their Championship trophy, 2Lt Dan Ennis summarized the 2009 WCOMD Hockey tournament:

"The competition was great this year and every game we played was hard fought. Some of the scores didn't reflect the actual play of the game as all the games were very close. On behalf of the 3CFFTS hockey team and LCol Dittman, we would like to invite the WCOMD out to Southport to reclaim the WCOMD Cup."

The finals were a great crowd pleaser and the tournament offered some exciting hockey over the three day event. The WCOMD, Col Boilard and the A/WCWO, CWO Chaine presented prizes following the game to the winners in each of their respective divisions. I would like to express my thanks to the officials, timekeepers and the Highlander Sportsplex for their assistance in making the tournament a great success. I especially would like to thank Boston Pizza for their donation of Player of the Game awards and the Manitoba Moose organization for their continued support and generous contribution of prizes.

## 17 Wing Curling Team Brings Home the Gold



Though it was their first time playing together as a team, the 17 Wing Curling Team brought home the gold at the 2009 Prairie Region Championships in Wainwright in late November. Pictured above is the 17 Wing curling team and some of the tournament staff as the team receives their medals: (left to right) MWO George Montgomery, WO Rob Keaveney, MWO Matt Scott, Dominique Caron (tournament staff), CWO Wayne Williams, Sarah Smiley (staff) and Maj John Page (staff).

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Wishing you a very Merry Christmas and a wonderful New Year.

*Grant*



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## Christmas hours

The MFRC will be closed on December 24, 25, 28 and 31. We will also be closed January 1. We will resume regular office hours- Monday to Friday, 8:30 a.m. to 4:30 p.m. starting January 4, 2010. The staff and board of directors wish you and yours a very safe, happy holiday season.

## Yellow Ribbon Gala

Ticket sales are taking off for the 2010 Yellow Ribbon Gala. Get yours before it's too late. The guest speaker at this year's Gala is the 2004 gold medalist in cycling, Lori-Ann Muenzer. Attendees at this year's Gala will enjoy a delicious meal and entertainment by the Air Command Band. There will also be prizes available to be won, including a trip on Via Rail to Edmonton with a two-night stay at the Delta Edmonton. Get your Gala tickets while there are still some left! You can order them online by visiting [www.yellowribbongala.ca](http://www.yellowribbongala.ca) or visit us at the MFRC, 102 Comet Street.

## Have you ever considered offering child care in your home?

As a licensed family care provider, you can earn income while being home with your own children. You can take advantage of all the benefits of having a home business, be flexible in the ages and hours for which you would provide care and develop useful employment skills. The MFRC would like to help you license a home centre. Call Lois (837-3626) for more information on how to get started.

## Mother Goose

This is a wonderful program for parents and their children. We will explore the pleasure and power of rhymes songs and stories while making new friends. This is a free drop in program. It will be offered in two formats:

English Mother Goose – 300 Carpathia Ave Tuesdays 9:30-noon Jan 12-March 16  
English/French Mother Goose- 102 Comet St Tuesdays 1:30-3:00 Jan 19-Mar 23 (you do not need to speak both languages to benefit)

## Bison award

The Bison award was presented by Coordinator of Volunteers Barbara Thuen, at the MFRC's monthly coffee break on December 3. The recipients for this month's award were the MFRC coffee break volunteers. They are responsible for the

planning, preparation, shopping, set up and clean up for the coffee breaks, and they ensure that each month, the visitors to the coffee break are able to enjoy a wonderful variety of really delicious treats. Thank you to Caroline Admiraal-Lozie, Kara Kallenbach, Linda Pitrie and Terry Gawne for all you do. You are a huge part in making sure the coffee breaks are a success.

## Winter Day Camp

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.

## Munch around Manitoba

Come join us the last Thursday of each month to sample some local cuisine. We'll be visiting a different restaurant each month to showcase all that Winnipeg and surrounding areas have to offer. *Everyone is welcome.* Participants pay for their own meal.

### January 28

Hu's on First Asian Bistro - CanWest Global Park (near the Forks) 6 p.m.

Join us at Hu's on First for an Asian feast. Menu items include seafood, beef, pork and chicken as well as vegetarian items. Entrées range between \$10 and \$18. Come out for a relaxing evening and perhaps take a stroll around the Forks Market after dinner. Deadline to register is January 21.

## Second Language Training

It is now time to register for our Second Language Training Programs in either French or English. The course duration is 10 weeks and will consist of two three-hour classes per week.

The winter session offers French Levels 2 and 5 as well as one English class. Courses will start the week of January 25; deadline for registration is January 22, 2010. Classes are held at 102 Comet St.

French 2: Monday & Wednesday, 6 to 9 p.m.

French 5: Monday & Wednesday, 6 to 9 p.m.

English: Tuesday & Thursday, 6 to 9 p.m.

All classes require a minimum of five students, while a maximum of ten students will be accepted. A placement test may be administered to determine the level of proficiency.

Cost:

For military spouses and family members: \$50 (refundable if 85% of the course is completed)

For military personnel: \$50 non-refundable

For NPF and public employees: \$100 non-refundable

To register or for more information dial ext. 4515.

## 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

Trying recipes and seeing how the different icings work, tricks with a pastry bag, making simple flowers and leaves

January 24 - Working with Royal Icing

How to use and what to do with a basic Royal Icing, including simple flowers and leaves, lacework, brush embroidery and flooded designs

January 31 - Working with Fondant & Gum Paste  
Tips for covering cakes, playing with colour, creating bows and simple flowers

February 7 - Decorating a Cake

From start to finish, everything we have learned in the previous classes. Please bring your own cake already made.

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

2 to 4 p.m.

## Military Tribute Ride – Calling All Motorcycle Enthusiasts!

If you are interested in getting involved on the Committee to put together Manitoba's Inaugural Military Tribute Ride to be held Saturday August 21, 2010, please contact Sandra Doody, 833-2500 Ext 4507 or [sandra.doody@forces.gc.ca](mailto:sandra.doody@forces.gc.ca), as I would like to hold the first official meeting mid January. Some of the details have been set in place, now we need to get down to the nitty gritty.

## Casual Support Network Meeting

Ever heard of a safety net? Well, while your loved one is away it's a good idea to make sure you have surrounded yourself with people who can assist you through the time he/she is gone – this is one safety net for you. Our casual support network meetings are provided monthly to give families an opportunity to either give or receive information and support. Participation is encouraged. Please phone to register so I can make a reservation. Call 833-2500 Ext 4507 or email [sandra.doody@forces.gc.ca](mailto:sandra.doody@forces.gc.ca). If you leave a voicemail, please leave your full name and a phone number to confirm your registration. Saturday January 16 @ 2 pm

Baked Expectations

Register by January 6

## Mother's Day Weekend Trip to Minneapolis

Shake off the cold of the winter! The MFRC is pleased to sponsor a three day shopping trip to Minneapolis. Sit back and enjoy the camaraderie of others and let someone else do the driving. Stops along the way include the Albertville Outlet Mall, Ikea and Mall of America. The dates for the trip are Friday May 7 to Sunday May 9, 2010. To reserve your seat, a deposit of \$85.00 (non-refundable) for the bus fare is required by February 1, 2010. Cost for two nights at Country Inn and Suites in Albertville is \$216.00 US (\$108.00 per night), each room has 2 queen size beds (no more than four people per room).

## Assistance with vehicle decisions

Esther Zacharias, Corporate Representative for Murray Chevrolet Hummer, is pleased to announce her collaboration with the Winnipeg MFRC to provide you and your family with personal consultation and education on your vehicle purchases. Esther has a wealth of knowledge of the automotive industry both from her teaching background as well as her experience in car rental. She is personable and always willing to help.

Feel free to contact her with any questions you may have.

# The Christmas Message: A Message the Hurting World Needs To Hear

Throughout our lives we have defining moments when we are able to mark with a date and time when our understanding of ourselves in the world has been forever changed.

One such time for me was 11 Dec 1998. I was 26 years old and had been newly ordained to the ministry in the Presbyterian Church. It was 13 months following the death of my mother and I was sitting in a restaurant having lunch with friends in a little town just ten minutes from where I served as the minister for two churches in Howick, Quebec.

Throughout our meal there was music softly filtering throughout the room for which I was not paying much attention until the very last stanzas of the song written by Kent Walter and Kim Gannon played; "I'll be home for Christmas, if only in my dreams." At that very moment I knew I would never be able to return home again, it had forever changed.

There will be many people across the forces this Christmas who will come to the realization they too will never be able to return home again. Christmas is a time when many become strikingly aware of bereavements which includes death of a loved one, loss of health and mobility, breakdown in family relationships and job loss.

Being faced with death and loss at this time of year when we celebrate the birth of Jesus forces us to acknowledge how closely life and death are tied together.

We do not ask to be born, and we do not ask to die. Both events happen to us. Many understand the Christmas story as one of birth, renewal and hope. It is all of these things but more importantly it is a promise that regardless of where we are in our journey of life we are not alone.

The prophet Isaiah speaks of this promise:

Sing for joy, O heavens, and exult, O earth; Break forth, O mountains, into singing! For the Lord has comforted his people, And will have compassion on his people. One of the names of Jesus, which we remember particularly at Christmas, is "Emmanuel"; translated it means quite simply, "God with us". God is with us in life and in death, because we are children of God, God loves us and cares for us as a parent and is therefore with us always. It is the premise and the promise of the Christmas message - God is with us.

The Christmas story is not just a narrative about events in a stable 2000 years ago, it is about God forever holding together birth and death, despair and hope; it is about the way we live life in every sense as we, and as God made flesh in Jesus

Christ, know it.

If we can take that Christmas message into the New Year and live it with grace and conviction, then other people too can

know God's compassion and grace in their lives. That is the Christmas message the hurting world needs to hear.

For those of us who know people who are grieving this Christmas because of loss of family or health, we become the messengers of this promise. We become healing agents in the lives of the people we love. We embody the compassion and comfort of Emmanuel so that all may experience the fullness of the Christmas story and the presence of God in their midst.

May everyone who is heartbroken this Christmas experience the peace that passes all understanding and find comfort and compassion in knowing that in Emmanuel you are not alone.

From the 17 Wing Chaplains I wish you a very Merry Christmas and a Happy New Year.

LCdr Bonnie Mason, 17 Wing Chaplain

**"We do not ask to be born, and we do not ask to die. Both events happen to us. Many understand the Christmas story as one of birth, renewal and hope. It is all of these things but more importantly it is a promise that regardless of where we are in our journey of life we are not alone."**

## 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.



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## 2010 Voxair publishing schedule

Issue	Publishing date	Feature	Deadline
1	Jan 20	First issue of 2009	Jan 8
2	Feb 03	Valentine's Day	Jan 22
3	Feb 17		Feb 05
4	Mar 03		Feb 19
5	Mar 17	Active posting season starts	Mar 05
6	March 31	17 Wing Wpg 85th anniversary	Mar 19
7	April 14		April 02
8	April 28		April 16
9	May 12		April 30
10	May 26	Canadian Forces Day issue	May 14
11	June 9		May 28
12	June 23		June 11
13	July 14		July 02
14	Aug 18		Aug 06
15	Sept 08		Aug 20
16	Sept 22		Sept 10
17	Oct 06		Sept 24
18	Oct 20		Oct 08
19	Nov 03	Lead up to Remembrance Day	Oct 22
20	Nov 17	Remembrance Day coverage	Nov 05
21	Dec 01		Nov 19
22	Dec 15	Last issue before Christmas	Dec 03



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DANCING: Friday & Saturday evening 8:00-12:00 pm  
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

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Every Sat 2 - 4 pm

# TAROSCOPES

BY NANCY

### Aries (March 21 - April 19):

Your hard work is paying off. You find a solution to a challenge you've struggled with. Show others what you've learned through trial and error. But don't be surprised if appreciation and awareness of all that life has to offer is the ultimate reward you earn, not extra cash.

### Taurus (April 20 - May 20):

Someone you least expect to interfere may be doing so which means other people may seem confused when you express or assert yourself. You may not have realized when this started but you'll be well aware of the fallout now. Adapt to the situation by improving your people skills.

### Gemini (May 21 - June 2):

State your views directly and you'll be more effective. Opportunities to show what you can do keep presenting themselves. Rise to the occasion. Job opportunities and a corresponding increase in income can result. Your keen mind and strong verbal skills are real assets.

### Cancer (June 22 - July 22):

Your efforts will probably fall short of the mark at this time because so much is beyond your control. The full impact of what's been going on behind the scenes becomes obvious to you now. Use a logical approach to get things back on track. Do what needs to be done.

### Leo (July 23 - August 22):

You can regain your physical and emotional health, one step at a time. If inner demons surface, honestly look at the fears that are associated with them - once labeled it's easier to address them and take control. Slow progress is lasting - that's what healthy changes are all about.

### Virgo (August 23 - September 22):

You're confident things are about to improve. Your gut feeling says so. Yet on the flip side you find it hard to believe this because your efforts aren't bringing the desired results. Take the first steps. Trust that the outcome will be good no matter what transpires along the way.

### Libra (September 23 - October 23):

You're at the end of a phase. You may experience sadness but also a sense of peace and release. You've coped very well. If others interfere or keep old issues alive you can become very frustrated. Close the door on this chapter. Leave the havoc and those who create it behind.

### Scorpio (October 24 - November 21):

Your inner realizations seem to be reflected in things you are seeing around you. Though you continue to work toward goals, strange things keep happening. Change your perspective and you'll see there is value in all that you do and experience; even the crappy stuff.

### Sagittarius (November 22 - December 21):

You'd like to take it easy and just let things flow naturally however events happening around you won't allow for this. Still you were in a rut anyway. It's time to start something new. You may be shocked to discover that some of your assumptions are not correct.

### Capricorn (December 22 - January 19):

Changes are occurring all around you and you're feeling forced to keep up or cope. You're energized though because you know you have a full life and lots to be thankful for. Set some new goals. No matter how good the present, change continues. This is natural and good.

### Aquarius (January 20 - February 18):

You can make real improvements in your life. Be practical. The efforts you put in will reap rewards so nix a pessimistic attitude. You will not see eye to eye with someone who wants to control everything. Be stubborn when it comes to your own wellbeing.

### Pisces (February 19 - March 20):

A sense of calm settles over you because you've learned to tap into a greater awareness. Stick to your belief system even in the face of uncertainty. A goal you've worked hard to reach is about to be realized. Take pride in your achievements. When you demand respect, you get it.

## FOR APPOINTMENTS CALL 775-8368

### Christmas Holiday Schedule Fitness & Recreation Centre - Bldg 90

DATE	FACILITY Hours	Pool Casual Swim	Pool Lap Swim
FRI 18 DEC 0 9	NORMAL ROUTINE	NORMAL ROUTINE	NORMAL ROUTINE
SAT 19 DEC	0900-1800	1300 - 1600	1600 - 1700
SUN 20 DEC	0900-1800	1300-1600	1600-1700
MON 21 DEC	0600-2200	1300-1600 / 1700 - 2100	0630-0730 / 1130 - 1300 / 1600-1700
TUES 22 DEC	0600-2200	1300 - 1600 / 1700 - 2100	0630-0730 / 1130 - 1300
WED 23 DEC	0600-2200	1300 - 1600 / 1830 - 2100	0630-0730 / 1130 - 1300 / 1600-1700
THUR 24 DEC	0600-1600	1300 - 1545	0630-0730 / 1130 - 1300
FRI 25 DEC	CLOSED MERRY CHRISTMAS	CLOSED MERRY CHRISTMAS	CLOSED MERRY CHRISTMAS
SAT 26 DEC	CLOSED BOXING DAY	CLOSED BOXING DAY	CLOSED BOXING DAY
SUN 27 DEC	0900-1800	1300-1600	1600-1700
MON 28 DEC	0900-1800	1300-1600	1600-1700
TUES 29 DEC	0600-2200	1300-1600 / 1700 - 2100	0630-0730 / 1130 - 1300 / 1600-1700
WED 30 DEC	0600-2200	1300-1600 / 1830 - 2100	0630-0730 / 1130 - 1300 / 1600-1700
THUR 31 DEC	0600-1600	1300-1545	0630-0730 / 1130 - 1300

### Holiday Schedule Continued

Date	Facility Hours	Pool Casual Swim	Pool Lap Swim
FRI 1 Jan 10		CLOSED HAPPY NEW YEAR	
SAT 2 JAN	0900 - 1800	1300 - 1600 / 1700 - 2100	1600 - 1700
SUN 3 JAN	0900 - 1800	1300 - 1600 / 1700 - 2100	1600 - 1700
MON 4 JAN		NORMAL ROUTINE	

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