



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

## Happy Holidays

## Joyeuses Fêtes

Over the last year, I have had the opportunity to get to know many of you in both formal and informal settings. We met in two town halls, in the work place and often in the more informal setting of our messes. In all aspects, I am extremely pleased with our conversations, which invariably underline the genuine care people have for one another. Clearly, 17 Wing cares about its mission, people and environment.

I would like to take this opportunity to take stock of our progress this year, and thank all of you who make things happen on our behalf. Over the last year, RHU residents have volunteered their time to form a community council, which has pushed the envelope on making our residents' voices heard at all levels; the Wing has developed a superbly effective relationship with CFHA, who is working diligently to increase quality of life in our RHUs; the MFRC has enhanced our relationship with MB legislature and local businesses to promote better coordination of child care, spousal employment, and develop a better program to link newly arriving CF members with local health care givers. As exemplified in a record GCWCC donor year, our success is very telling of the giving nature of our personnel.

17 Wing is highly responsive to its missions. Our schools and operational folks have exceeded all expectations in the training, education and development of our young officers and NCMs; deployed to Haiti on a moment's notice; or worked on an ongoing basis into the Great White North to support our Rangers, meeting our National Sovereignty mission, or jumping out of aircraft in terrible conditions to render aid so that "others may live".

Whether in Winnipeg or in its many locations across three provinces and NWT, 17 Wing is gifted with dedicated personnel whose commitment to the mission and to supporting our folks was superbly evident throughout the year. Unequivocally, your outstanding efforts make the distinction between great work and merely good work. For that I express my sincere Thanks.

Please join me in taking this upcoming holiday period to spend some quality time with your loved ones; we all deserve it. 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 Merry Christmas and wonderful Holiday Season, with continued health and a prosperous New Year.

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



Photo: MCpl Colin Aitken

Au cours de la dernière année, j'ai eu l'occasion de faire connaissance avec un grand nombre d'entre vous dans le cadre de situations formelles et informelles. Nous nous sommes rencontrés lors de deux assemblées publiques, en milieu de travail ainsi que dans le contexte plus informel des messes. À tous les égards, je suis extrêmement satisfait des conversations que nous avons eues; celles-ci démontrent que les membres du personnel se soucient grandement les uns des autres. Sans l'ombre d'un doute, les membres de la 17<sup>e</sup> Escadre accordent de l'importance à leur mission, aux autres militaires en faisant partie et à leur environnement.

J'aimerais profiter de cette occasion pour faire le bilan des progrès que nous avons réalisés cette année et remercier tous ceux qui y ont contribué. Au cours de la dernière année, des occupants d'ULR ont donné de leur temps afin de créer un conseil communautaire qui a repoussé les limites et a permis aux résidents de tous les niveaux de faire entendre leur voix; l'Escadre a établi un partenariat extrêmement efficace avec l'ALFC qui travaille assidûment en vue d'améliorer la qualité de vie des résidents de nos ULR; le CRFM a amélioré notre relation avec l'Assemblée législative du Manitoba et les entreprises locales afin de mieux coordonner les services de garderie et l'emploi des conjoints de militaires ainsi que d'élaborer un programme plus efficace visant à aiguiller les membres des FC nouvellement arrivés vers des fournisseurs de soins de santé locaux. Comme le prouve le montant record que nous avons amassé dans le cadre de la CC-MTGC, nos réussites reflètent la générosité de notre personnel.

La 17<sup>e</sup> Escadre fait preuve d'une grande efficacité dans le cadre de ses missions. Ses écoles et les membres de son personnel opérationnel ont surpassé toutes les attentes en matière d'instruction, d'éducation et de

perfectionnement professionnel des jeunes officiers et MR ayant été déployés en moins de deux en Haïti, ayant travaillé de façon continue dans le Grand Nord afin d'appuyer nos Rangers, ayant rempli notre mission de souveraineté nationale ou ayant sauté d'un aéronef dans des conditions terribles pour offrir leur aide « afin que d'autres puissent vivre ».

Que ce soit à Winnipeg ou dans ses nombreuses autres bases situées dans trois provinces et aux T.N.-O., la 17<sup>e</sup> Escadre est composée de personnel dévoué dont l'engagement à l'égard de la mission et de l'appui de nos militaires a été évident au cours de l'année. Sans équivoque, vos efforts incroyables établissent la distinction entre un travail formidable et un bon travail. Je tiens sincèrement à vous remercier.

Je vous invite à faire comme moi et à profiter de cette période festive pour passer de bons moments en compagnie de vos êtres chers; nous l'avons tous mérité. Amusez-vous bien, mais continuez à faire preuve de prudence et soyez reconnaissants que la plupart d'entre nous puissent passer le temps des Fêtes à la maison. Profitez-en également pour penser aux militaires qui seront séparés de leur famille pendant cette période et envoyez-leur vos meilleurs vœux. Ma famille et moi vous souhaitons un joyeux Noël et un merveilleux temps des Fêtes ainsi qu'une bonne santé et une année prospère.

**Le Colonel J.P.Y. Boilard**  
Commandant de la 17<sup>e</sup> Escadre

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## 2 Cdn Air Div Commander's Message



As another holiday season approaches, my wife Linda and I would like to extend our very best wishes of the season to all.

This year has seen 2 Canadian Air Division reach steady state during a busy year of operations such as in Afghanistan, Haiti, the Olympics, G8 as well as the on-going transformational efforts. Through it all, the incredible energy, professionalism and enthusiasm of our personnel has been obvious to even casual observers. Training and education is fundamental to our success as an Air Force, to the CF and to our nation and you are the ones who make it happen daily.

Much has happened within 2 Canadian Air Division as we all focus together on our goal to become a more connected, learning-driven organization. Our small Headquarters structure lends itself perfectly to responding to the needs of our schools and operational training units and serves as an example for other similar organizations. A new Lessons Learned Program will allow you to contribute and access vital information quickly. At 16 Wing Borden this year, the change of command at the Air Command Academy, for the first time, involved the change of that responsibility from a commissioned officer to a Chief Warrant Officer.

With new initiatives in simulation, exciting technologies in information sharing, and on-line collaboration, we are now just beginning to scratch the surface of a future that is filled with great possibilities and enormous potential.

For now though, we hope that you will take time to enjoy a rest from a busy pace and make the most of any opportunity to get together with family, friends and loved ones, many of whom we ask so much of throughout the year. Best wishes for now and the coming year.

- Brigadier-General Rick Pitre, Commander 2 Canadian Air Division

## 1 Cdn Air Div Commander's Message



As we enter 2011, I and your Division CWO Guy St. Jean are very proud of what each of you associated with Air Force operations at home and overseas have accomplished in the past year. 2010 was projected to be a busy year and we far exceeded those expectations and accomplished our missions thanks to your professionalism, skill, teamwork and dedication, and with the critical support of our families.

This list of your mission achievements is long and complex. Top of mind may be the continuous commitment of our personnel in Afghanistan overseas with supporting strategic lift and required force generation activities, our over arching requirement to sustain daily Search-and Rescue coordination, readiness and missions to help save Canadian lives, and our consistent ability to project Canadian sovereignty and security with our NORAD partners.

This year had the additional challenges, some expected, some less so, including our support to the Olympics, deploying fast to save lives in Haiti, providing airspace security and airlift for international Summits, demonstrating our increased capabilities to operate in the North with new fleets, supporting partner government departments in drug interdiction and other such missions, and transitioning out of Camp Mirage to other strategic support locations.

You achieved mission success on all fronts, while still faced with the challenge of integrating new fleets with fewer people than the ideal and the necessity of fiscal restraint that is the reality in Canada and around the world today.

I cannot promise that the coming year will be less demanding – in fact we will face new and different challenges in the months ahead. What I can promise you, is this: we will work hard to succeed in the operations to come, adjusting the missions according to the 'weather' to deliver the best effect possible in support of our operational commands, Army and Navy partners, and other government departments.

Everything we do involves risk, and I will continue to work with you to ensure we understand those risks, mitigate those risks, and not compromise on flight or Air Force safety.

I will continue to use what resources I can to improve consistent access to medical care, child care and appropriate housing wherever you and your families are posted in Canada.

Thank you for all that you do in the name of Canada and the Canadian Forces.

I and my wife Jinny wish you the very best this holiday season, time with your loved ones, and safe travels.

-Major-General Yvan Blondin, Commander 1 Canadian Air Division

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## Correction

In our December 1st issue of the paper the photo caption for the chili cook-off on page 2 was incorrect. Col Boilard, Wing Commander, 17 Wing Winnipeg, was incorrectly identified as Col Brodeur. We would like to sincerely apologize for this mistake  
-The Voxair Staff

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# GCWCC 2010 Campaign goes over the top

**Sgt Bill McLeod**

Wing Public Affairs Photojournalist

"It has been an awesome campaign," said Heather Harding, civilian co-chair of the 17 Wing campaign, "People are very, very, very generous here."

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

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

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

As well, some units did their own internal fundraising events. According to Heather Harding the GCWCC isn't even aware of all of them until the units show up with their money. One unit raised money by raffling gift baskets, another held a Jail and Bail event, and the TEME Carwash fund brought in \$700 for the year.

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

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

17 Wing Commander Colonel Yvan Boilard was extremely pleased with the campaign. "17 Wing members once again have demonstrated an outstanding grass roots level of generosity. At the beginning of the campaign we aimed for 100 percent canvassing of our personnel. Clearly our team of volunteers have accomplished this. Well done and thank you to all: You make a difference in our community," he said.



The CC-130 Hercules GCWCC gauge by Wing Headquarters reached the top and beyond during November at 17 Wing Winnipeg when the campaign exceeded its goal. Photo: Sgt Bill McLeod

## 17 Wing Member awarded Meritorious Service Medal

**Sgt Bill McLeod**

Wing Public Affairs Photojournalist

"I told my husband it was not quite what I had in mind when I said I wanted to spend the winter in the Caribbean," said Captain (Capt) Connie Watson as she described her experiences in Haiti following the earthquake January of this year.

Team Winnipeg member Capt Watson was awarded the Meritorious Service Medal (MSM) for her service in Haiti from January to March 2010. She received the medal in a ceremony at Rideau Hall by the Governor General, His Excellency the Right Honourable David Johnston, on 02 November.

The earthquake that struck Port-au-Prince on 12 January 2010 had a magnitude of 7.0 and the epicentre was about 23 kilometres from the centre of city. The next day Captain Watson responded to a staff check for available personnel and one week later was getting off a plane in Haiti.

"I thought I would be deployed with 1 Canadian Field Hospital but then learned it was an air evacuation for CEP's (Canadian entitled personnel)," she said. Capt Watson became the Aeromedical Evacuation Liaison Nursing Officer whose job it was to provide medical attention to the sick and injured at the Canadian Embassy and coordinate their medical care both inflight and upon arrival in Canada.

Capt Watson says conditions were "interesting" in Haiti. The latest estimates of the death toll in Haiti are about 222,000 people. The population of Port-au-Prince is about 2,000,000. Her Unit Medical Station at the Canadian Embassy was a three-sided garden tent left by the Disaster Assistance Response Team when they left for Jacmel, and she and her team of flight surgeon and three medics slept on the grass under a prickly palm tree. Approximately 4800 personnel were airlifted out of Haiti on OP HESTIA.

The citation for her MSM reads; "In response to the devastating earthquake that struck Haiti in 2010, Captain Watson was deployed as a nursing officer, from January to March of that year. Her coordination with the Canadian Embassy, with medical professionals and with other key stakeholders ensured that as many earthquake victims as possible received thorough medical treatment, despite having only basic medical equipment at her disposal and lacking normal shelter facilities. Her unwavering determination, medical expertise, leadership and professionalism were critical to the successful and expeditious evacuation of over 4000 Canadians, including those with life threatening illnesses and injuries. Her efforts brought great credit to the Canadian Forces and Canada."

Capt Watson is employed with 23 Health Services at 17 Wing as the Acting Clinical Services Manager and is a critical care and flight nurse.

The MSM (Military Division) recognizes a military deed or activity performed in a highly professional manner, according to a very high standard that brings benefit or honour to the Canadian Forces. This decoration is an important part of the Canadian Honours System, which recognizes excellence. Military candidates are recommended by the Chief of Defence Staff.



Captain Connie Watson receives the Meritorious Service Medal from the Governor General, The Right Honourable David Johnston. Photo: MCpl Dany Veillette

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# 435 Squadron keeps Hercs flying all year-round

**Sgt Bill McLeod**

Wing Public Affairs Photojournalist

"It's always busy here. It's a busy squadron," says Sergeant (Sgt) Mike Aubrey, a maintenance crew Sgt at 435 Transport and Rescue Squadron (Sqn). 435 Sqn based at 17 Wing Winnipeg, Manitoba, flies the CC130 Hercules aircraft for Search and Rescue (SAR), air-to-air fuelling and airlift of freight and passengers. But this year has been extra busy.

The squadron supported the Winter Olympics (OP PODIUM) in British Columbia by providing air-to-air refuelling (AAR) to NORAD aircraft providing top cover and then provided the same service to the G8 Summit in Ontario (OP CADENCE). The Sqn also supported the Rim of the Pacific (RIMPAC) Exercise, the airlift of fuel and supplies to Canadian Forces Station Alert (OP BOXTOP), the international MAPLE FLAG Exercise in Cold Lake, Open Skies treaty verification in the Ukraine, Combat Hammer Exercise in the US and Northern Sovereignty Operations in the Canadian North.

Those were only some of the planned operations. At the same time the Sqn had to handle the emergencies that make up their day to day operations. A partial list of the unexpected operations includes OP HESTIA, the relief of Haiti following the earthquake in January when a 435 Sqn Hercules was the first aircraft into Jacmel. Throughout the rest of the year the squadron responded to a major SAR operation at Norman Wells in the North West Territories,

a medevac from Alert, and concurrent mobile repair party taskings to Kelowna and Abbotsford.

Even during normal operations, 435 Sqn has to keep a maintenance crew on standby every weekend to support their SAR commitment. 435 Sqn SAR is responsible for the area from Thunder Bay, Ontario, to the Saskatchewan/Alberta Border and from the 49th Parallel to the high Arctic. At any moment a search and rescue operation may have to be mounted.

In August, Lieutenant-General Andre Deschamps, Chief of the Air Staff (CAS), congratulated the entire Air Force with these words, "The last six months have been a time of extraordinary activity for Canada's Air Force. Nearly every one of you has been affected by the high level of operational tempo, as have your families." The CAS then listed the Air Force operations. Every one of the operations listed was supported in some way by 435 Sqn.

Sgt Mike Aubry says each of the 2 maintenance crews have 34 maintainers on paper but with courses, leave, and support to the airlift in Afghanistan there are usually only 12-15 maintainers available at any time on shift. The squadron supplies 10 technicians on a rotating basis to support the airlift. Although the techs only do a two month rotation with pre-deployment training and post-deployment leave Sgt Aubry says they lose the techs involved for about 6 months at a time.

"The last two or three posting seasons have been very hard on us too with the posting of some of our core Level A Releasers," he adds. A brand new technician can become servicing qualified quickly, but becoming a Level A Maintenance Releaser requires about 4 years as a journeyman POM (Performance of Maintenance), just in time for a posting.

The operational tempo has some positive aspects. According to Sgt Aubry the rotations to Afghanistan and the temporary duty (TD) trips within Canada expand the experience level of the crews and the pace at which they learn the aircraft increases.

"It offers good opportunities, especially for the new people. They are exposed to new things and you get a ton of experience on the crews from these trips and rotations," he says.

The CC 130 Hercules has been in service with the Canadian Forces for 50 years. An anniversary celebration was held at 8 Wing in Trenton on 15 November and the Trenton squadrons started receiving the newer J model CC 130 in June. 435 Sqn will continue to fly the older H model until they are all out of flying hours and although the aircraft is older and has a lot of hours Master Corporal (MCpl) Darrell Jillett says that it requires no more maintenance than the newer models. The techs have respect for the aircraft. As MCpl Jillett said jokingly during an engine change, "This



**2nd Lieutenant Jessica Gaboury-Hamel and Master Corporal Mark Pic attempt to align a cc130 Hercules engine with the mounting holes during an engine change at 435 Squadron. Photo: Sgt Bill McLeod**

aircraft responds well to brute strength and ignorance."

Major Clayton Kotzer, Sqn Aircraft Maintenance and Engineering Officer (SAMEO), recognizes the contribution of the maintainers to sqn operations. He says, "While some of our tasks are planned, there are many that require members to deploy with only a few hours notice and no known return time. It is the maintenance technicians' intense dedication to the squadron's mission and unwavering flexibility that allow for the continued outstanding support to our operations."

## Op SUGAR RUSH 2010 a Success!

The 17 Wing MP Detachment Halloween Op SUGAR RUSH had another successful year. Lead by Corporal Grant, volunteers from the MP Detachment provided a high visibility police presence by conducting numerous foot patrols in both the North and South RHAs during the evening's festivities. MP personnel joined in on the Trick or Treating by handing out candies and talking with family members. It was estimated that within the Northern RHA, 25-30 children eagerly attended households in search of delicious treats; while in the Southern RHA, 45-60 children were haunting the neighbourhood likewise in search of delectable snacks. While conducting Op SUGAR RUSH, Military Police personnel did not observe, nor were notified of any incidents associated with Halloween evening activities. A special thanks goes out to Corporal Grant and the three MP volunteers for willingly giving their own time to ensure that the community was able to partake in an enjoyable and safe Halloween holiday. Without these dedicated volunteers, such community relation programs like Op SUGAR RUSH would not be possible.

- SLt David Bradley, 17 Wing MP Det.

## L'opération Sugar Rush : un franc succès!

Cette année encore, l'Op Sugar Rush a été un succès; il s'agit d'une opération menée par le détachement de la Police militaire (Dét PM) de la 17e Escadre dans le cadre des festivités d'halloween. Sous la direction du Caporal Grant, des bénévoles du Dét PM ont ainsi effectué de nombreuses patrouilles à pied dans les zones de logements résidentiels (ZLR) des secteurs Nord et Sud le soir de l'halloween, ce qui a permis d'assurer une présence policière très visible. Le personnel de la PM a également pris part aux festivités en distribuant des bonbons et en parlant aux familles des enfants qui faisaient la cueillette de bonbons. Selon les estimations, de 25 à 30 enfants faisaient la tournée des maisons à la recherche de gâteaux dans la ZLR du secteur Nord et de 45 à 60 enfants faisaient de même dans la ZLR du secteur Sud. Pendant l'exécution de l'Op Sugar Rush, aucun incident associé aux activités d'halloween n'est survenu pendant les patrouilles ou n'a été signalé au personnel de la PM. On remercie particulièrement le Caporal Grant et les trois bénévoles de la PM qui ont donné volontiers de leur temps libre afin de permettre aux membres de la collectivité de profiter pleinement de l'halloween en toute sécurité. Sans la contribution de bénévoles dévoués comme ces gens, la réussite des programmes visant à développer les relations entre les policiers et la collectivité, dont Op Sugar Rush, ne serait pas possible.

- l'Ens 1 David Bradley, Dét PM 17 Ere.

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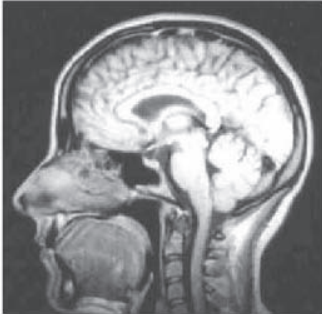


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## MILITARY PERSONNEL Volunteers Needed for Research Study



University of Manitoba research group in collaboration with the Veterans Affairs of Canada Operational Stress Injury Clinic in Winnipeg, MB is seeking volunteers to participate in a project aimed at improving our understanding of how traumatic experiences of military personnel influence emotional responding when viewing positive, negative and neutral images.

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# Christmas Greetings from the Chief of Air Staff

Lieutenant-General André Deschamps  
Chief of Air Staff

It gives me great pleasure to extend my holiday greetings to you the Regular and Reserve Force members of the Air Force and our civilian personnel who work within Air Command.

I would also like to send greetings to our extended Air Force family. Our families, our veterans, our air cadets and their instructors and everyone who supports the Air Force in so many ways.

It's no exaggeration to say that this has been one of the busiest years for the Air Force in recent history.

From the start, I knew it would be a challenging year and that operational tempo and the pressure on all of you and your families would be high.

We knew we'd be supporting the RCMP at the Vancouver Olympics in February and at the G8 and G20 Summits in June and that we would have a strong presence in northern operations and exercises.

What we didn't expect, of course, was the earthquake in Haiti.

But your training, your professionalism and your dedication kicked in.

Within just a few hours you were fully engaged in bringing relief to the people of Haiti. You made a real difference in the survival of countless people.

On the equipment side of the house, we welcomed five new J-model Hercules, and the Government announced that we would be acquiring the F-35 Lightning II as our next generation fighter.

We also extended the reach of our existing assets.

For example, we used both the Globemaster III and the J-model Hercules to resupply Canadian Forces Station Alert for the first time.

We deployed CF-18 fighters and a Polaris air-to-air refuelling aircraft to overfly the Station, and participated fully in northern activities such as Operation Nanook.

Of course, through all this, you ensured our other tasks were fulfilled.

You searched for and rescued Canadians in danger, transported and supported Canadian and Allied troops in Afghanistan, moved our troops and equipment in and out of theatre and guarded Canadian airspace.

You participated in national and international operations and exercises and kept all of our other operational, training and support activities moving forward.

All of you put in tremendous work to make sure all these operations and activities took place on time and with the greatest effect.

I – and the entire Air Force command team – are extremely proud of everything that you have accomplished this year.

On behalf of my wife Gayle and our two children, I wish you and your families the very best of the holiday season.

Please take time to enjoy some well-deserved rest, and to spend time with your families and friends.

For those of you who will be on duty at home or abroad, you have a special place in my thoughts.

I sincerely thank you for your dedication and the sacrifice you are making to ensure the Air Force mission is successful.

No matter what your belief or faith, I hope you will draw strength from the message of peace and joy that the Christmas season brings.

Merry Christmas, happy holidays and my very best wishes for 2011.



Chief of Air Staff LGen André Deschamps. Photo: Corporal Shane Rudderham

## Flying Tigers Masters Roar to Victory

Justin Niall Martin  
Head Coach FTST

The 17 Wing Flying Tigers Swim Team (FTST) was all smiles on November 20<sup>th</sup> 2010, after an excellent performance at the Pop Sidwell Masters Invitational Swim Meet. Swimming at the University of Manitoba's Joyce Fromson pool, the FTST swimmers took the team to an overall third place finish with 332 points while facing stiff competition from larger and more established Manitoba teams.

The Flying Tigers also won the Club Participation award, given to the team with the highest participation amongst its members in attending the meet, and at 90%, the Tiger's were by far the best represented club.

The FTST swimmers, friends and family cheered until the walls shook when a race was dominated by three or more swimmers from the team, a situation that occurred with regularity throughout the day.

Among the FTST swimmers there were some notable performances, Leigh Chapman took first place in all his events, and qualified for the Canadian Forces National Swimming Championships in the 100m Freestyle event with a time of 1:12.48. Joanna Jarrett also qualified for the


CF Nationals in the 100m Freestyle, with a time of 1:20.67, and placed first in her age category. Michael Glennon placed first overall in his age category, and achieved personal best performances in the gruelling 200m Individual Medley and 200m Freestyle events. These individual successes were complemented when the team went on to win both the 200m Freestyle and Medley Relays, in the former's case swimming an incredible five seconds faster than the next fastest team, and finishing with an impressive time of 2:05.83.

Many of the Flying Tigers who participated were new members to the team, and in several cases were new to the sport of competitive swimming. Among the team's new members racing were Alan Buchanan, Leigh Chapman, Diana Chomichuk, Micheal Glennon, and Amber Hagans. All the new swimmers swam strong races, and showcased their grasp of their sport with some spectacular photo finishes, narrowly beating out their opponents with a quick thrust to the wall! Flying Tiger veterans Deanne Bennett and Joanna Jarrett hit the water with practised precision, scoring very well, and achieving new personal best times. Coaches Niall Martin and George Meldrum were also in the water swimming at the meet, helping to round out relays and swimming a few individual races.

Following the success at Pop Sidwell, the team is currently preparing for their

next competition, the Manitoba Masters Swimming Pentathlon, in February. The Flying Tigers Swim Team trains out of Bldg 90 pool, offering practices six times a week. In addition to the Masters swim team, an Age Group program is offered for children looking to improve their swimming skills and speed in a fun and competitive environment that promotes achievement, fitness and competition. More information about the 17 Wing Flying Tigers Swim Team can be found on their website at [www.ftst.ca](http://www.ftst.ca)





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# Going green at the SAREX 2010 exercises

David Elias

Aerial search and rescue missions often occur over large stretches of wilderness and often involve crews parachuting into that wilderness, in search of those in peril. While these life-saving missions have the potential to disturb the environment, the Canadian Forces, which coordinates aerial searches, is working to minimize its impact, particularly during training exercises.

The Canadian Forces (CF) emphasized green practices at this year's Search and Rescue Exercise or SAREX which occurred in Whitehorse, Yukon. The annual event brings together military and civilian specialists for skills competitions and training in search and rescue.

A few months before the event, organizers conducted a formal environmental assessment of the area in and around the Whitehorse airport to ensure the SAREX environmental footprint would be minimized.

"The environmental assessment makes us work more carefully, which meant starting the planning process earlier," said the officer commanding the exercise, Colonel Michel Lalumière. "We worked with local authorities and governments to learn about surrounding eco systems and how they could be impacted by our exercises. We then briefed our participants about taking precautions."

At the event's opening briefing, before participants fired up their aircraft engines, crews were instructed to practice stewardship of the local wilderness. More than 200 participants were reminded that the event was taking place during migration season for animals including the Horned Grebe, a bird on the endangered species list.

All SAREX participants were instructed to report wild-



Search and rescue technicians MCpl Phil Friolet, Sgt Bryce Culver and MCpl Steve Delage from 424 (T&R) Sqn during Search and Rescue Exercise 2010. Photo: Cpl Darcy Lefebvre.

life sightings so that measures could be taken to avoid disturbances to animals and their nesting. Certain wetlands close to the exercise were designated as no-fly zones.

"Local officials informed us of a bird roosting area in the north of Marsh Lake. This presented concerns from an environmental and flight safety aspect," said exercise coordinator Major Kevin Toone. "Since we had to avoid flying over the area, it added difficulty to the event, but it increased the realism as crews often face restrictions due to terrain or weather during actual SAR operations."

The no-fly zones were also in accordance with recommendations from local First Nations governments

who were consulted prior to the event.

The 19 Wing Comox, B.C. civilian environmental officer Vicky Naish was on site for the event's duration.

"My job is to monitor our exercises and advise on how we can take measures to mitigate the overall environmental impact," said Ms. Naish. "Things can always improve and I'm happy to be here to assist in that process."

As an example, less than 24 hours after a cluster of shallow-rooted trees were pushed over by the downdraft from a helicopter, Ms. Naish had assessed the damage and crews were on scene to remove any unsafe debris. She will recommend new procedures to minimize future occurrences such as this.

Shortly after this year's event, a smoke marker that was dropped into nearby Marsh Lake during the marine rescue exercise was found by a local resident. Devices such as this are used in water rescues as a positional marker and are designed to sink to the bottom after they are expended. A few days after the marker was reported, an explosive ordinance disposal team from CFB Esquimalt, B.C. swept the area around the lake and recovered a total of three markers and disposed of them safely. Further clean up by the Fleet Diving Unit (Pacific) has also been tasked to respond and conduct salvage and removal of any additional markers.

Canadian Air Force orders have since been updated to place tighter restrictions on the use of smoke markers such as those used at SAREX.

A follow up report, called an "After Action Report" is being prepared by 19 Wing and is standard for all military exercises. It highlights the exercise's objectives and how well they were achieved. This document provides an historical record of the exercise and ensures lessons learned, including environmental lessons, are passed to future planners.

Environmental officers across the Department of National Defence will thus have the opportunity to learn from the lessons gathered from this year's SAREX.

The Air Force released its Environmental Strategy earlier this year with a follow on implementation strategy. Watch for more stories on the Air Force and the environment.



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## 17 Wing Wood Hobby Club CHRISTMAS RAFFLE

### Draw date/location

Friday, 0900hrs, 17 Dec 10  
Westwin Community Centre  
Wihuri Rd, Winnipeg, MB

### Tickets / viewing

\$1.00/ea - Only 2000 tickets will be sold.  
Tickets along with Items can be purchased/viewed at the:  
MFRC 2 Dec 10 (purchased) and 1 CAD 1-2 Dec 10  
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# Wing Commander's Hockey Tournament



**"A" DIVISION HOCKEY CHAMPIONS - 17WG WPG MOOSE**  
 Back Row L to R: Maj Pierre Hache, Sgt Gerald Thompson, MWO George Lake, Capt Serge Parisien, Col Gord Reid, MWO Sean Joudrey, MCpl Lance Browne, Capt Steve Gaunt, MCpl Paul Murray, Capt Ray Taylor. Front Row L to R: Maj Doug Lawrie, Sgt Shaun Seaton, Cpl Mike Quirion, Capt Cam Pow, Sgt Scott Ballam, Cpl Chris Murray. Missing: Sgt Paul Jackman, Maj Dan Girard (Coach)



**"B" Division Hockey Champions - Air Command Band**  
 L-R. Back Row- (Coach) WO Seann Alderman, Sgt Micheal Pare, Sgt Jeff Cooper, MWO Dave Stubbart, MCpl Myron Franks, Sgt Vince Thorne. Center Row- Sgt Chris Webster, LS Marie-Pier Laflamme, Sgt Steve Champ, Capt Bart Hasselfield, Sgt Curtis Bamford, Sgt Fred Tucker. Front Row- MS Yvon Larocque, Cpl Jocelyn Auger, 2Lt Nick Woods

**Chris Merrithew**  
 Sports Coordinator

Congratulations to the 17 Wing Winnipeg Oldtimers "Moose" and the Air Command Band hockey teams who were victorious in their quest to win their respective divisions at the 2010 Wing Commander's Ice Hockey Tournament. The tournament, held the 1-3 Dec 10 at the MTS Iceplex, 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 Air Command Band team and the optimistic Geriatric Jets team. Each team pressured to score the all important first goal. At 51:51 of the game, MWO Dave Stubbart blew past the Jets defenders and dented the twine behind the fallen Jets goaltender. The Air Command Band team was boiling with excitement as they wanted their tournament to continue on with a Championship victory. The Air Command Band continued their relentless pace as Sgt Bamford stole the puck from a defender in the neutral ice zone and deked out the fallen Jets goaltender to take an early 2-0 lead. Sgt Cooper scored the third goal of the game as he shovelled a rebound past the fallen Jets goaltender. Cpl Auger tried to take the wind completely out of the sails of the Geriatric Jets team as he rifled a snapshot past the frustrated Jets goaltender. The Jets team quickly answered with one of their own when WO Frank Angelini received a nifty pass from Maj Doug Chess and fired it past the surprised Band goaltender to put the Jets on the scoreboard. Despite a valiant effort from the Geriatric Jets, the Air Command Band would not

be denied as they scored three more unanswered goals from their sniper Sgt Bamford to take a commanding 7-1 lead and to seal the WCOMD Hockey "B" Division Hockey Championship. Sgt Curtis Bamford was voted the Boston Pizza "Player of the Game" as he contributed 4 goals and 1 assist in the "B" Division Championship Final.

The highly anticipated "A" Division Championship final was set between the Base Oldtimers "Moose" and the Base Men's "Falcons" team. The game was very fast paced as it featured some of the best players that 17 Wing has to offer. The Falcons team got off to a quick start scoring at the 48:52 mark of the game as Cpl Richer received a pass from Pte Savard and snapped a quick snapshot past the Moose goaltender to take an early 1-0 lead and set the tone for the remainder of the game. The action was end to end as both teams knew that each goal would be crucial in the outcome of the game. The Falcons continued their onslaught scoring 2 quick goals by Pte Savard assisted by Cpl Richer and a quick snap shot by Cpl Henry on a nice passing play from Pte Savard and Cpl Richer. The Falcons seemed to have control of the game with a convincing 3-0 lead but the Oldtimers wanted to send a message that the game was far from over. At 27:43 the Moose responded with one of their own on a flashy goal by MCpl Lance Browne assisted by LCol Reid and Capt Seaton. The Moose scored their second goal of the game 2 minutes later as MWO George Lake received a clever pass from MCpl Chris Murray and Capt Pow. Both teams applied extra pressure but were continually denied by the goaltenders, who continued their stellar play. The relentless barrage of shots paid off with 20 minutes left in the final as MCpl Browne fired a shot into the top corner of the Falcons net to tie the score at 3-3. Less than seven minutes

later, MWO Joudrey received a pass in the slot and lifted it into the Falcons net for the potential winning goal and a 4-3 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, Capt Taylor stole the puck from the Falcons defenceman and walked in to score a goal and propel the Moose to a 5-3 lead. This opened the gates as the Falcons increased pressure with time running out trying to score the equalizer. With 40 seconds left in the game, the Falcons Pte Savard scored his second goal of the game but it was too late as the Oldtimers (Moose) held on to be crowned the WCOMD "A" Champions. Team captain Maj Doug Lawrie received the Championship trophy, and MWO George Lake was awarded the "Boston Pizza Player of the Game" for his outstanding performance (1 goal, 2 assists) in the final.

The finals were a great crowd pleaser and the tournament offered some exciting hockey over the three day event. The PSP Manager, Rick Harris presented prizes following the game to the winners in each of their respective divisions. The PSP F&S staff would like to express our thanks to the officials, timekeepers and the MTS Iceplex for their assistance in making the tournament a great success. We would especially 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. Thanks to all the teams that participated in the 2010 WCOMD Hockey tournament and we look forward to having everyone back for next year's tournament.

**Sending Christmas wishes to  
 all for a healthy and safe 2011**



**Bonnie Korzeniowski**  
 MLA for St. James



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# Happy Holidays



From The Voxair

## Security Takes To The Skies Winnipeg Police Service Helicopter Unveiled at 17 Wing

**Lt Donna Riguidel**

Assitant Wing Public Affairs Officer

"17 Wing is pleased to cooperate and support the Winnipeg Police Service in this worthy endeavour. As citizens of the great city of Winnipeg, we recognized the hard work of the men and women of the Winnipeg Police for the benefit of all. Historically, we have worked together in everything from parades to crises, from the Floods of 1997 to the recent Royal Visit. I see this as the next step in that continued relationship of mutual respect and professionalism," said Colonel Yvan Boilard, 17 Wing Commander.

The official unveiling of the WPS helicopter was on 5 December at 17 Wing Winnipeg. Sheltered in 16 Hangar, the helicopter is an exciting development in the fight against crime within the City of Winnipeg.

"This is an exciting day for the Service. Modern-day policing in a city like Winnipeg requires deployment of equipment and technology that will improve the safety of the community and police personnel," said Winnipeg Police Chief Keith McCaskill. "The Service is grateful to the Province of Manitoba and City of Winnipeg for their investments in public safety. The cooperation of 17 Wing with the Police Service certainly deserves acknowledgment as an innovative partnership



The Winnipeg Police Service helicopter goes for a test flight after its unveiling at 17 Wing Winnipeg on the 06 Dec 2010. The helicopter will be based at the Wing. Photo: Sgt Bill McLeod

between forces."

In front of a crowd of media and assorted city officials, dignitaries and other stakeholders, Mayor Sam Katz said, "This is truly a very special day. Aerial Support is one of the best tools we can provide."

Winnipeg Chief of Police Keith McCaskill said, "This helicopter is going to go a long way to help us do the things we need to do, and we want to

thank the 17 Wing Commander for partnering with us, this is a great location, with the ability to respond quickly to distress."

17 Wing is making arrangements for not only Hangar space, but also a small office area to administer care and maintenance of the Helicopter.

"17 Wing has provided us with a home," said Chief McCaskill.

# Warmest holiday greetings

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2011

# PSP Rocks!



On 10 Dec 2010 members of 17 Wing Winnipeg's PSP team gathered at the Assiniboine Memorial Curling Club for a little bit of friendly curling. Photo: Michael Sherby



Johanna Jarrett(r) and Erin Patton(l), F&S Staff members, hurry hard to get a rock down the ice. Photo: Michael Sherby

## Season's Greetings

Once again we are nearing the end of another year and the Holiday Season. It is a great time for celebration, family get-togethers as well as a time to reflect and be thankful for the many good things in life.

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.

Winnipeg is a wonderful city, located in the best country in the world. We are truly grateful to be a part of this city and that our real estate profession has enabled us to meet and serve so many nice people.

We sincerely wish to thank you for your loyalty, trust and support in making the past year such a success. Your friendship is the foundation of our progress.

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

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# 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, P.C., M.P.

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# Large CF Presence at 98th Grey Cup in Edmonton



The Snowbirds fly over Commonwealth Stadium after the singing of O Canada. Photo: Cpl Bill Gomm

**Cpl Bill Gomm**  
38 CBG Photojournalist

"I started up the tank, it was crazy," said Jenna Lambert, Calgary Stampede Queen 2011. "I never thought I would do something like that."

Canadian Forces soldiers connected with Canadians in Edmonton 24-28 November, lending their enthusiastic support to the 98th Grey Cup celebrations in Edmonton Alberta.

The Sunday game was between the Montreal Alouettes and the Saskatchewan Roughriders but the Edmonton community laid on a near weeklong party.

Second Lieutenant Jordan Rychlo From 4 Wing Cold Lake worked at the CF-18 cockpit display.

"Its been going great, really cool to have people come up and learn about the aircraft," said 2Lt Rychlo "A lot of people have a lot of questions, and other people just want to shake your hand and say thanks."

Members of the Army, Navy and Air Force joined in the festivities and set up displays for the Grey Cup Festival in Churchill square (which was renamed Huddle Town for Grey Cup week) and lent a little cadpat colour to the popular zipline.

"Everyone is digging the display," said Master Corporal Sean Stepan, Alpha Company First Battalion Princess Patricia's Canadian Light Infantry. "They are asking us what each weapon does, how many we carry and how heavy it is. All the basic stuff."

Soldiers and armoured vehicles were also a part of the annual Grey Cup Parade, and Army, Navy and Air Force representatives provided a Colour Party for the opening ceremonies of the game.

For Captain Franz Sobek, Official Person in Charge, Joint Task Force West, of the Grey Cup Festival and the game it was a successful event.

"The festival went great, now that the game is going, everything seems to be in place so it should be a good show," said Capt Sobek. "Watch the air."

After the singing of O Canada the Snowbirds from 431 (Air Demonstration Squadron) flew over the stadium to a thunderous applause.

"We're lucky enough to be a recognizable symbol for all Canadians," said Lieutenant Colonel Maryse Carmichael, Commanding Officer of the Snowbirds. "That's what we did today, just show the professionalism of everyone in the CF."

The Montreal Alouettes beat the Saskatchewan Roughriders 21-18 before a sold out crowd.



We wish all Canadian Forces Members & Their Families A Merry Christmas and Peace and Happiness in 2011.  
From The Executive, Staff and Members

ANAVETS  
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YOUR MEMBERS OF THE LEGISLATIVE ASSEMBLY WISH YOU AND YOUR FAMILY A

## Safe and Happy Holiday Season



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theresaoswald@mts.net

# AROUND THE WING

Santa visits the Air Command Band Holiday Concert



On behalf of the Care and Share Program and the MFRC, I would like to thank the Air Command Show Band for the fabulous Holiday Concert they put on the 5 Dec 10 in support of the 17 Wing Toy Drive. In addition to the numerous toy donations made that evening there was also over \$1100 collected that will go towards the 17 Wing Holiday Hamper program. Thank you to everyone who has contributed to these important endeavours this year.

- Padre Bonnie Mason

## Philatelist's Corner with Alf Brooks

Christmas: a religious or a secular holiday?

A century or so ago there was no doubt: Canada was a Christian country, and Christmas was a Christian celebration. Christians still celebrate Christmas, marking the birth of Jesus Christ, but today, as our society becomes more multi-cultural and much more secular, the celebration does not have the same meaning for many as it once did.

Great Britain's Royal Post this year has given us purely secular stamps. Seven stamps picture Wallace and Gromit, characters you have seen in short film cartoons and in the longer film of 2005, "The Curse of the Were-Rabbit." Royal Mail usually alternates between religious and secular Christmas issues.



## Holiday Greetings from the LCC

Primrose Knazan  
Learning Assistant

*Twas the week after Sticky Floor  
When all through the base  
Many units are stood down  
But it's not a waste*

*The Moose Milk is finished  
And the tables are bare  
Though the building is locked  
The LCC is still there!*

*The Learning and Career Centre  
Wishes everyone good cheer  
Seasons Greetings to all  
And a Happy New Year!*

The Learning and Career Centre will be open throughout the holiday break. Excluding stat holidays, during the period from December 20 – 31, 2010, the LCC will continue to offer their regular services.

However, many of the other units situated in the Training and Education Centre will be at minimum manning, therefore for security purposes the doors of building 135 will be locked. To access LCC services, please contact us in advance at local 4636 or e-mail LCCshare@forces.gc.ca to make arrangements to gain access to the building.

But without any courses running, what services does the LCC offer?

The LCC has many resources available at our library, including books, videos, and CD-Roms. We also have laptops available for loan and GP Net and DWAN computers available for checking e-mail and taking on-line courses. The holiday break is a perfect time to take advantage of E-learning opportunities.

Our Learning Advisors are also available to help you if you have questions about continuous learning, career planning or to help you get a head start on your Personal Learning Plan.

We will also continue to take registrations for upcoming courses. See our website info: <http://hr.ottawa-hull.mil.ca/lcc-cac/>

From everyone at the LCC, have a safe and happy holidays!

## Canadian Forces running team becomes part of history



The CF running team at the marathon's historical 40 km distance marker. From left to right: Sgt Denis Cloutier (coach), Maj Tammy Hiscock, Sgt Karen Kaizer, 2Lt Jean-Paul DeGagné, Capt Sylvain St-Gelais (team manager), Capt Charles Nadeau, Capt Dennene Huntley and Col Alain Pelletier. Photo: Solange Morin.

Col Alain Pelletier

with files from Capt Andréane L'Ecuyer

On Oct. 31, the Canadian Forces Running Team took part in the 43<sup>rd</sup> World Military Marathon Championships staged by the International Military Sports Council (CISM). The competition brought together athletes from 24 countries.

It was a unique marathon as it was part of the celebrations marking the 2500<sup>th</sup> anniversary of the Battle of Marathon in Greece, an event that spawned the traditional marathon that has become popular.

According to legend, 2500 years ago an Athenian herald by the name of Phidippides, bearing armour and weapons, ran a distance of roughly 42 kilometres in three hours to announce the Greek victory over Persia. After reaching Athens and delivering his message, he collapsed and died. The course, which was used during the 2004 Olympic Games, is considered difficult by running enthusiasts because of the broken terrain and the region's high temperatures and humidity.

Despite these daunting challenges, the five CF athletes crossed the finish line in majestic Panathinikon Stadium in Athens, where the first modern Olympic Games were held in 1896.

Captain Charles Nadeau, 35 Service Battalion at CFB Valcartier, Que., came in 51<sup>st</sup> position out of 10,371 runners, taking the 29<sup>th</sup> military spot, with a time of 2:34.28 while Sergeant Karen Kaizer, 3 Area Support Group from CFB Gagetown, Que., finished 14<sup>th</sup> in the women's military category with a time of 3:22.45. Major Tammy Hiscock, from 17 Wing Winnipeg, Man., Captain Dennene Huntley, 2 Service Battalion at CFB Petawawa, Ont., and Second-Lieutenant Jean-Paul DeGagne of 2 Canadian Air Division in Winnipeg also successfully finished the marathon.

All the athletes will continue training during the winter in preparation for the world military games in Brazil in July 2011.

Congratulations to our runners.

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# NORAD is ready to track Santa

By Jill St. Marseille

He is preparing for his biggest night of the year and NORAD is getting ready to track his journey as he leaves the North Pole, bound for millions of homes across the globe on the ever magical Christmas Eve.

The count down for Santa's big arrival has officially begun.

In the days leading up to Christmas, [www.noradsanta.org](http://www.noradsanta.org) features daily holiday games and activities in seven languages, English, French, German, Italian, Japanese, Spanish and Chinese.

Starting at 12:00 a.m. MST on Dec. 24, visitors to the website will follow Santa as he gears up his sleigh, checks his list and makes his final preparations. Once he leaves the North Pole, children of all ages can track him with updated Google Maps and Google Earth reports.

NORAD Tracks Santa began on Dec. 24, 1955 when a local boy dialled a misprinted telephone number and reached the Continental Air Defence Command (CONAD) Operations Center in Colorado Springs, Colorado. The youngster asked Santa's whereabouts and the officer on duty gave him the information he was looking for. Thus began the tradition of tracking Santa, three years before NORAD itself was formed.

Santa fans will be able to track him through Facebook, Twitter, YouTube, Flickr and TroopTube.mil. To follow us on these Santa-tracking tools, type in "@noradsanta" into the search engine to start your tracking.

Once again, the North America Aerospace Defense Command (NORAD) is gearing up to track Santa.

Join the experience at [www.noradsanta.org](http://www.noradsanta.org) starting Dec. 1st as NORAD begins the countdown to Santa's takeoff.

Also, for up-to-the minute updates on Santa's whereabouts on Dec. 24, be sure to call the NORAD Tracks Santa Operations Center at 1-877-HI-NORAD to speak to an official Santa tracker.

Track with us so you know when Santa's going to arrive at your home.

**Winter Festival / Fête de l'hiver**  
Presented by / Présentée par

**MFRC | CRFM** 17 Wing Community Council / Conseil communautaire de la 17<sup>e</sup> Escadre

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**AND MUCH MORE!**

For more information, contact John at extension 451 or Deanne at extension 559.

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**Coût : 2 \$ par personne / 6 \$ par famille**

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Le jour de l'événement, veuillez vous présenter à l'édifice 90 avec vos billets pour recevoir vos coupons pour la nourriture.

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Pour de plus amples informations, contactez John au poste 451 ou Deanne au 559.

Health Promotion in the Canadian Forces / STRENGTHENING THE FORCES / ENERGISER LES FORCES / Promotion de la santé dans les Forces canadiennes

## PARTY PLANNER 2011

<b>Healthy Active Holidays!</b>		<b>Dec!</b>					
<b>12</b> Cross-country skiing gets you out in fresh air. It handles your stress; you'll have not a care!	<b>13</b> Help keep your heart healthy and fit; with sauces and gravy, just have a bit!	<b>14</b> Eggnog varies in the amount of fat, so read the label and check out the facts.	<b>15</b> Lower fat is where it's at... for you, the teens, the dog and the cat!	<b>16</b> Here's a tip for today's date: put less food on a smaller plate.	<b>17</b> Fat in desserts can be high... try fruit flan instead of cake or pie.	<b>18</b> Water intake to help you stay lean; drink whether thirsty or not, and drink in between.	
<b>19</b> Avoid the crowds at the door; park a distance and walk to the store.	<b>20</b> Nutrition is part of holiday-time tables, showing vegetables and fruit on all people's tables.	<b>21</b> "Stressed" ... is "desserts" spelled backwards..	<b>22</b> So grab your loved ones by the hand, and walk off the stress in winter's wonderland.	<b>23</b> Physical activity is an amazing treat; the more you do, the more you can eat.	<b>24</b> T'was the night before Christmas and all through the house, everyone was eating, even the mouse.	<b>25</b> <i>Merry Christmas!</i> All these dishes can be put on hold; get out, be active, embrace the cold.	
<b>26</b> It's the season for a party mood; let's dance and sing and eat great food!	<b>27</b> Go outside and enjoy the snow... ski, walk, skate, just go, go, go!	<b>28</b> If you do overeat, that's okay; just eat lightly throughout the next day.	<b>29</b> The holidays are almost over but remember, you can use these tips even after December.	<b>30</b> Here's a tip to stop your choking, now is a great time to quit smoking.	<b>31</b> Here's a tip to start off right... Eat well, be active and keep your smile bright!	<b>January 1 2011</b> <b>HAPPY NEW YEAR!</b> Share with friends warm holiday cheer.	



www.mfrc.mb.ca

204.833.2500 ext. 4500



## Portfolio development is important for everyone

We often think of a portfolio as something created by artists or models to professionally display their work. A beautiful collection of pictures standing as a testament of their professional talents; something easily viewed and judged by an interested party, be it someone looking to commission a piece of artwork or an agent seeking a "new" look.

This is great for both the artist and model, but what if you are neither? What if your background encompasses a collage of education, employment, talents, skills and experiences? What if you partially completed a university degree or college diploma or your employment was interrupted by unforeseen circumstances in your life.

This is an amazing opportunity, especially for the military family members who have achieved education in other provinces, have incomplete educations, interrupted employment or who may feel the need to take stock of their lives and work on developing some new goals.

So you may be wondering what is a portfolio and how can I use it?

A portfolio is a record kept in a binder, file or a folder - of an individual's prior learning achievements - what she or he knows and can do.

The development of a personal portfolio is becoming MFRCC Volunteer of the Year



The MFRC's Volunteer of the Year award was presented December 5, 2010 during the volunteer and newcomer Christmas pizza party. Barbara Thuen, coordinator of volunteers (left), made the presentation to Annabelle Tanguy. She has been a volunteer since May, 2010, and during that time has participated in several events as a volunteer, including the MFRC's summer barbecues, the monthly coffee breaks, as a French language tutor and much more. Congratulations Annabelle. Your hard work and dedication help make the MFRC's programs run smoothly. We appreciate all you do.

### Holiday hamper program 2010

As in past years, the MFRC is partnering with the 17 Wing Care and Share program to provide holiday hampers.

The MFRC and Care and Share program realize that the holiday season can be a difficult time. If your family is struggling financially and could use some assistance during this holiday season, contact Haley Schroeder MFRC Social Worker at 833-2500 extension 4512 for program information.

Referrals will be accepted until December 17.

All calls are confidential.

more and more crucial to individuals seeking to gain control over their future during these times of constant change.

The portfolio provides a solid foundation from which decisions can be made and specific action taken. It can be used for a variety of purposes including educational, personal and career development. Portfolio development is an important component of a process known as Prior Learning Assessment and Recognition (PLAR).

Remember not all learning is done formally in a classroom setting. Other important informal sources of skill and knowledge acquisition include travelling, volunteering, work, raising a family, and hobbies. Why not take the time to identify, document and seek recognition for all of the skills and knowledge you have mastered over the course of your life's journey?

Portfolio development is essentially a reflective process requiring an investment of your time and energy with support and encouragement from a portfolio advisor. A major outcome of the process for successful candidates is the creation of a portfolio that may be used for a variety of purposes (education, employment, personal development) depending upon the goals you set for yourself as the process unfolds.

Portfolio development may be for you if you have:

- Degrees, diplomas or certificates from another province or county
- Incomplete college, university or high school credentials
- Experience and training (skills and knowledge) in one or several employment settings
- A need to consolidate your existing skills and knowledge creating a solid foundation for future life planning
- A desire to use your experiences to focus on building a career path rather than focusing on a job
- Uncertainty about what you should/could do

If you answered yes to any of the above it may be worthwhile for you to join me for an information session to obtain more detailed information about the requirements and benefits of the portfolio development process. Please contact me to book your place

Date: January 11, 2011 at 11 a.m.

Place: MFRC Winnipeg

Contact: John Bailey Education and Employment Coordinator

(204-833-2500 (Ext- 4511))

Or John.bailey@forces.gc.ca

## Festival of Trees and Lights



The Winnipeg MFRC participated in the Festival of Trees and Lights, which ran from November 26 to December 12. The theme for this year's event was Home for the Holidays, and the MFRC's tree won the category of most original.

## Christmas ornaments available

The 2010 MFRC Christmas ornaments are now in stock. New designs for this year include the drummer boy and snowman. Get yours now before they run out. Ornaments are \$15 each or 2 for \$25.



### MFRC Christmas hours

The MFRC will be closed for the holidays on December 24, 27, 28 and 31, and January 3 and 4.

The north and south side youth centres will be open from 12 to 4 p.m. on December 23, 28, 29 and 30.

### Kids in Motion

Does the winter have your kids "climbing the walls"?

Come join Alex for some jumping, running and fun at:

Kids in Motion

Tuesdays Jan 18- Mar 22

1:15-2:15 p.m.

Westwin Community Centre

Parents and Children ages 2-5 (younger children welcome with close parent supervision)

Call 833-2500 (2491) to register

## CLASSIFIEDS

### The Royal Canadian Regiment Birthday Dinner

21 December 2010 at 1930 hours with partners  
Location: Rae And Jerry's Steak House - 1405 Portage Avenue

Dress: Smart Casual

If you wish to attend phone Jeff Smith at 487-3124

For sale: 2009, Yamaha 450 Kodiak, ATV. Black (original owner). Brand new, driven less than 40 hours, includes accessories, cover, cargo seat, windshield, and foot pegs. Paid over \$9,000, asking \$7,500 O.B.O.

For sale: 1995, 18 Ft. four winns boat with binnie top, 115 HP Johnson motor and trailer (second owner). Includes: life jackets, fish finder, cover and tube with tow rope. Winter stored and maintained regularly. Excellent condition, asking \$9,500. O.B.O.

Call Monique local 5789 or after 5:00 p.m. (204)785-8174. Pictures available.

Looking for a babysitter for two sets of twins that are ages 10 and 11 for 10 hours a week, Saturday evenings, and some Friday evenings. May also consist of one night during the week. Please contact Lorelee Finnie @ canorask@hotmail.com or call me at 416-5339

**Men's Ring for sale:** Band style with design. Asking \$100.00 OBO. Please call or e-mail Lorelee Finnie at canorask@hotmail.com or call 416-5339

**For Sale:** solid wood bunk beds with one mattress and underneath storage drawers, \$250. If interested call Capt McIntosh @ 5615 or 668-6526.

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# Taroscopes

BY  
NANCY

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

Your actions speak louder than words. Showing someone you truly care works better than expensive gifts right now. Enough time has passed that you now see the greater good in what has happened in the past. This allows you to reflect on your future more realistically and positively.

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

You have a heightened sense of community and individual connections at this time. Your strength and courage in coping with your own inner issues allows you to open up and relate more fully to others. You no longer feel isolated. Helping others you help yourself.

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

You're finished procrastinating and want to tie up loose ends. This is the time to refine plans and complete preparations in anticipation of a major shift in the Spring. It will take you a few months to do things properly so be patient and methodically work through important essentials.

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

Finalize tasks as much as possible so that you feel prepared. This way you can really enjoy some down time later. Make dates to meet friends and family. Try some meditation or meet people in places that are peaceful and quiet. Keep an open mind about what you are experiencing.

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

You're smart enough to know your actions affect others. If you want to be loved and respected, act in a loving, respectful way to those you care about. Sometimes your ideas don't translate well into real life. Stop revisiting the past and start thinking of ways to improve your future.

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

When you give advice your wisdom shines through. You've earned the respect of others. A relationship moves to a deeper phase. Dreams are important so don't discount the messages you get. Look at the big picture and you'll find the future looks brighter than expected.

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

Exercise helps you stay sharp mentally. Note the details. Get organized. Spend time with those who share your values. Show your generosity of spirit in practical ways. It is returned ten-fold. You get confirmation that you are loved and appreciated.

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

You'll be feeling stronger, healthier and very fortunate; like you're getting a new lease on life. Now that you know what you want and how to get it you'll find others willing to help. Graciously accept their assistance. When the time is right everything falls into place beautifully.

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

Sometimes when things are going your way you get overconfident and forget to be careful about what you say and do around others. Your perceptions are not universal. Expand your awareness of the range of realities of those around you. Establish good habits.

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

You're reviewing your definition of fulfillment and success. Your caring and consideration draw people to you. Though this can be gratifying, it can also lead to a shortage of time for yourself. Commit time to bonding more closely with those who nurture your spirit.

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

If you struggle with a sense of aloneness, reach out and help others. The joy you get in assisting others is rewarding. You easily understand what is necessary due to your compassion and wisdom. Provide an example for others to follow. You are a natural leader.

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

Though it's easier said than done, to find what is right for you, you must let go of what is not. Make new connections and return to what really matters to you. Loving kindness is a gift you give. Trust that in time it will be returned. Don't let past detours deter you from living joyfully.

## Happy Holidays



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# Chaplain's Corner

## The Celebration of Relationships

"And the Word became flesh and lived among us." John 1:14

The Commandant of an all-boys boarding school in India recounts the story of one of his students who was unable to spend Christmas with his missionary parents who were serving in a remote region of India. The Commandant could see that the young teenager was distraught about being alone during the holidays so on Christmas Eve he went to his room to invite him to have dinner with his family. When the Commandant knocked on the dorm room door the young teenagers opened it and invited the Commandant in to have a seat. The room looked much like all the other rooms with a few personal touches that included a photo of the teenager taken with his parents when they were living in Guatemala. The two began to talk and the young man shared with the Commandant some of his previous Christmases celebrations he took part in with his parents when they were living in different parts of the world. The young man's mood picked up as he spoke of the different cultures he experienced and the friends he made having had the opportunity to live around the world with his Christian missionary parents. It was clear to the Commandant that the young man valued and respected the work his parents did and that he was fully engaged and supportive of their life style. However, this was the first Christmas he was spending without his parents and he missed them deeply. Finally the Commandant asked him; "If money was not an issue and you could have anything you wanted for Christmas what would it be?" The young man looked around the room and stopped at the family photo sitting on

his desk and responded: "If I could have anything in the world it would be for my parents to jump out of that picture frame right now so we could spend Christmas together."

Everyone has a deep desire to be connected with other people in significant relationships. It is the beating heart of life – it is the meaning of life. Gary Smalley, a well known family counsellor said; "Life is relationships, the rest is just details."

The young man wishing his parents could break through a picture frame and be with him in person is exactly what God did when he chose to be with us in the flesh. God knew that in our deep desire to be in relationships that we would better connect with the Divine if we could develop an intimate relationship with him person. For that reason, God came to us as a baby in a manger and we have since been seeking deeper and more meaningful relationships with each others in light of our deep desire to be in relationship with God. It is that simple and that complex.

During the Christmas season people actively seek out opportunities and reasons to spend time with each other. I love the Christmas staff parties; the Officer's and the Sergeant and Warrant Officers At Home gatherings; the Men's Dinner; the Guild/ CWL Potluck Christmas Parties; the private house parties; the Advent celebrations; and the family get-togethers because people make a point of celebrating relationships.

This Christmas, do not get so lost in the details of the holiday preparations that chose to house clean or shop for gifts over the opportunity to go for dinner with your neighbours.

From the 17 Wing Chaplain Team we wish you a merry and blessed Christmas.  
- Padre Bonnie Mason  
Wing Chaplain

### Good Shepherd Protestant Chapel & St. Marguerite Bourgeoys Roman Catholic Chapel: Advent and Christmas Chapel Services

Good Shepherd Protestant Chapel Christmas Season (24 Dec 2010 until 09 January 2011) Celebrations:

- 24 Dec, Friday, Christmas Eve – Eucharist @ 1900 hrs
- 26 December, Feast of the Holy Family- Baptism and Eucharist 0900 hrs
- 02 January, Feast of the Epiphany Eucharist @ 0900 hrs
- 09 January, Baptism of the Lord - Worship @ 0900 hrs
- Regular Sunday Service at 0900 hrs

### St. Marguerite Bourgeoys Roman Catholic Chapel

- 07 Dec, Tuesday, Advent Reconciliation Celebration @ 1900 hrs
- Christmas Season (24 Dec 2010 until 09 January 2011) Celebrations
- 24 December, Christmas Eve-Eucharist @ 2100 hrs
- 25 December, Christmas Day-Eucharist @ 1000 hrs
- 26 December, Feast of the Holy Family- Eucharist 1100 hrs
- 02 January, Feast of the Epiphany - Eucharist @ 1100 hrs
- 09 January, Baptism of the Lord - Liturgy @ 1100 hrs
- Weekday Eucharist (Masses), every Tuesday, Wednesday and Thursday @ 1210 hrs
- Regular Sunday Eucharist (Mass) at 1100 hrs



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<p><b>Arctic Snowmobile Mitts</b> Sizes S-XL Black Leather/Removal Liner \$32.95</p> 	<p><b>Leatherman Blast Tool</b> Includes Case/25 Year Warranty \$69.65</p> 
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<p><b>Hi Vis Safety Work Parka</b> Sizes M-3XL 3-Season/Waterproof/Breathable \$174.95</p> 	<p><b>Blue Max LED Flashlight</b> Aluminum Alloy Body \$14.95</p> 
<p><b>Big Bill Work Parka</b> Sizes M-4XL Black Only \$69.95 + o/s charge</p> 	<p><b>Safety Work Boot</b> Non Metal, Lightweight/Insulated, waterproof/CSI, Grade 1 \$169.95</p> 

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## Together in Church

### CATHOLIC

#### CHAPLAINS

**Padre R. Laudenorio**  
Roman Catholic Office 833-2500 ext. 5272

**Padre Mark Mawson**  
Roman Catholic Office 833-2500 ext 5956

**Masses (English only)**  
Sunday 1100 hrs

**Religious Education** classes are available to all students from Preschool to Grade 6. Please call the office for information.

**Confessions** The sacrament of reconciliation is offered 20 minutes before mass and by appointment. Contact the chaplain's office.

**Baptisms** We recommend that you contact the chaplain's office for an appointment prior to the birth of your child.

**Marriages** Six months' notice is required for marriages, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required.

**Catholic Women's League** meets in the Chapel Annex the third Monday of each month at 1830hrs.

### PROTESTANT

#### CHAPLAINS

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

**Padre Bob Granholm**  
(Mennonite Brethren) Office 833-2500 ext 4277

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

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

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

**Sunday Services (English Only)** 0900 hrs

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

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

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

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

#### FOOD BANK

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

#### EMERGENCY CHAPLAIN

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

#### OTHER PHONE NUMBERS:

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

#### INTERFAITH PRAYER ROOM

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



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## Happy Holidays

Wishing you a special time during this holiday season and into the new year 2011!



Thank you for remembering my real estate service.

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