

DO NOT

CFB Shilo

# Pay!

Until March 2012

**PLUS!** **NO**  
MONEY DOWN

**NOT EVEN**  
**THE TAXES!**

\*O.A.C. On the CANEX No Interest Credit Plan

September 30 to December 31 2011



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

December 14, 2011

VOLUME 60, ISSUE 22

FREE

## Happy Holidays!

## Joyeuses Fêtes

In the short few months since my assumption of Command of 17 Wing and the Air Force Training Centre (AFTC), I have had a few opportunities to get out and meet the great people that make up the backbone of this Wing. I have been fortunate to observe you in your sections and squadrons, to talk to you in both formal and informal settings and can see that without question, the members of 17 Wing & AFTC are clearly committed to mission success and the people.

This past year, you have seen a high ops tempo; from providing support to the Op Lustré flood relief effort right up to deployments to Italy, some on very short notice, the team at 17 Wing and AFTC came together to make the many operations a success. Your outstanding efforts illustrate the difference between meeting expectations and exceeding them.

Deployed or at home, civilian, regular or reserve force member, ultimately we are all members of the same defence team striving towards the same goal - success, be it operational or training. The support you have provided me in my transition to Commander has been superb and I pass to you my sincerest gratitude.

Please take this upcoming holiday period to spend quality time with your loved ones. Spend some moments doing those little things that you really enjoy but just haven't had the time to do over this hectic-paced year. Enjoy it, but recognize that many of us are privileged to be able to spend it at home with our family and friends. For those that are not as fortunate to be home for the holidays please keep them in your thoughts and best wishes.

My wife Johanne, Michael & I wish you a wonderful holiday season, filled with love, laughter and relaxation and a most prosperous New Year.

**B.F. Frawley**  
Colonel  
Commander 17 Wing & AFTC



Joyeuses fêtes à tout le monde! Où est passé le temps? La cadence opérationnelle n'a pas ralenti cette année, qui s'est terminée avec le déploiement du 435 Esc et de l'Ele Sout Msn à l'appui de l'Op Mobile. Au début de l'année, les cours ont rapidement repris à nos écoles, afin de former les membres du personnel pour les préparer à affronter les défis présents et futurs. Pendant ce temps, notre escadrille d'alerte et nos unités opérationnelles ont continué à maintenir leurs compétences et à donner de l'instruction d'appoint en vue de conserver l'état de préparation opérationnelle des troupes. Cet entraînement est rapidement devenu payant lorsque nous avons déployé un peu moins de 1 000 personnes pour aider les victimes des inondations. Pendant tout ce temps, nous avons également continué à soutenir d'autres missions nationales et internationales, ce qui a encore mis notre résilience à l'épreuve. Nous avons constaté que des militaires de tous les grades et des employés civils relèvent avec brio les défis qui leur sont présentés. Tous les jours, vous êtes nombreux à jouer un double rôle dans le cadre de vos fonctions, mais vous continuez à effectuer votre travail en conservant une attitude positive et à améliorer la collectivité dans laquelle nous vivons et travaillons.

Nous voici maintenant au temps de l'année où les familles et les amis fêtent ensemble le temps le plus joyeux de l'année. La plupart d'entre nous passeront les fêtes avec nos familles et nos amis. N'oublions pas de prendre le temps de penser à ceux et à celles qui sont en affectation à l'étranger et qui ne verront pas leurs proches. Pensons à eux et mentionnons-les dans nos prières.

J'ai déjà indiqué de nombreuses fois que c'est le personnel de la 17<sup>e</sup> Escadre qui la rend solide. Depuis que j'occupe mon poste, vous ne cessez de m'impressionner et j'apprécie sincèrement vos efforts. Je vous encourage fortement de prendre le temps de vous amuser en compagnie de votre famille et de vos amis afin de commencer la nouvelle année dans un état d'esprit renouvelé. Ma famille se joint à moi pour vous souhaiter de merveilleuses fêtes.

**B.F. Frawley**  
Colonel  
Commandant de la 17<sup>e</sup> Escadre et du Centre d'instruction de la Force aérienne

IN THIS  
ISSUE:

CHRISTMAS GREETING FROM  
THE COMMANDER OF 2  
CANADIAN AIR DIVISION

PAGE 10

CHRISTMAS GREETING FROM  
THE COMMANDER OF 1  
CANADIAN AIR DIVISION

PAGE 11

CHRISTMAS GREETING FROM  
THE WING CHIEF WARRANT  
OFFICER

PAGE 12

**Millennium**  
Auto Service Ltd.



- Complete Auto Service
- Computer Diagnostics
- Government Inspections
- Evening Hours

3797 Portage Avenue  
(Portage at St. Charles St.) Phone: 885-2690 or 632-8909 Fax: 885-2705

**DOMENICA'S**  
UNISEX HAIRSTYLING

2255-G Ness Avenue

Ph: 885-3665 or 832-6978



**Mon & Tues**  
9:00 am - 6:00 pm

**Wed to Fri**  
9:00 am - 8:00 pm

**Saturdays**  
8:30 am - 5:30 pm

- Military Men Cuts.....\$11
- Perm & Cut.....\$45 and up
- Flat Tops.....\$11
- Highlights & Cut.....\$45
- Colour & Cut.....\$40
- Senior Mens Cut.....\$10
- Childrens Cuts.....\$10-15
- Ladies Cut.....\$17
- Ladies Blow Dry.....\$17
- Foils.....\$4 to \$6

# Canadian squadrons commemorate eastern roots



HCol Loreena McKennitt, Honorary Colonel for 435 Squadron and Commanding Officer Lieutenant-Colonel Pamplin lay a wreath in front of the cenotaph dedicated to fallen veterans at the Delhi War Cemetery in New Delhi, India. Photo: Submitted

## David Elias

1 Canadian Air Division Civilian PAO

There are two great gifts we can give our children, according to author Hodding Codder. One is "roots" the other is "wings."

Both the roots and the wings of 435 and 436 Squadrons were honoured in an historic ceremony in India on 18 November to mark the end of ten years of service in Afghanistan and thereby the longest continuous Tactical Airlift operation in RCAF history.

"The end of this mission represents a pivotal time for both of our squadrons," said 435 Commanding Officer, Lieutenant Colonel Richard Pamplin. "Given our recent theatre of operation's geographic proximity to our Squadron's birthplace, it was important to honour our heritage with particular respect to those who have fallen before us."

Members of 435 and 436 converged in New Delhi for a friendly visit to the land where their squadrons were formed.

The RCAF delegation met with Indian Air Force officers for a professional exchange and to attend a remembrance ceremony at the Delhi War Cemetery where 15 Canadian veterans are interred.

Surrounded by the cemetery's flowers, vines and greenery, representatives from the United States, other Defence Staffs, and the Indian Air Force attended the service.

Canadian recording artist Loreena McKennitt, who is the 435 Squadron Honorary Colonel sang "O Canada" and "Amazing Grace" among prayers and other acts of remembrance.

Although the CF aircraft that served as a focal point for the RCAF visit to India was the newer CC-130 J model Hercules aircraft, the previous decade's work in Afghanistan was performed by crews operating legacy CC-130 E and H model Hercules aircraft.

In World War II, both 435 and 436 Squadrons helped establish a crucial supply hub in support of tactical missions aimed at halting the advancement of Jap-

anese forces through Asia.

Since its origin in November 1944, the 435 Squadron's symbol has been the "Chinthe" a mythical half-lion half-dog creature rooted in Southeast Asian tradition. The squadron was formed at Gujarat, India and used the Douglas Dakota aircraft to conduct airlift missions. Half a century later, in 1994, the squadron moved to its current location at 17 Wing,

Winnipeg, Manitoba.

The J-model Hercules that was in India for this event belongs to 436 Squadron from Trenton, Ontario. Their squadron symbol is an elephant which, in India, has cultural significance for strength and its ability to carry heavy loads.

## 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.

### Grant & Kelly Clements

(Father & Daughter Team)  
C.D., F.R.I., C.E.R.C., S.R.E.S. (Ex-Military)  
Re/Max executives realty  
3505 Roblin Blvd  
WPG., MB. R3R 0C6  
BUS: (204) 987-9808  
FAX: (204) 987-9844  
TOLL FREE: 1-877-778-3388  
EMAIL: clements@buywinnipeg.com  
WEB SITE: www.buywinnipeg.com



## VOXAIR

### OFFICE HOURS

Monday to Thursday  
0830 - 1600 hrs

### CONTACT

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

Accounting  
(204) 833-2500 ext 4121

Submissions/Reporter  
(204) 833-2500 ext 6976

voxair@mts.net  
+VOXAIR@PersSvcs@Winnipeg

### VOXAIR STAFF

LCol JR Zuorro  
Editor-In-Chief  
(204) 833-2500 ext  
5281

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

Maureen Walls  
VOXAIR Manager

Michael Sherby  
Production  
Coordinator / Layout

Misra Yakut  
Accounting

Alison Dickey  
Photojournalist

Traci Wright  
Proofreading

Capt Steve Neta  
Wing Public Affairs  
Officer

Sgt Bill McLeod  
Wing Public Affairs  
Photojournalist

Printed By  
The Winkler Times  
(204) 325-4771

Visit Us Online: [www.voxair.ca](http://www.voxair.ca)

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

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

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

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



# The Missing Expeditor and the Ghosts of 17 Wing



Chris "Red" Neilsen, one of the founding members of the Ghost Squadron, and the "missing" Expeditor. Photo: 2LT Matthew Hung

**2Lt Matthew Hung**  
Air Force Heritage and History

For those who have wondered why there is an empty spot next to the CC-139 Douglas Dakota on the parade square, the answer is quite simple: the 17 Wing "ghosts" have it in their care and are restoring it to its former glory. As much interest as the paranormal may generate, 17 Wing itself is not haunted, and the "ghosts" are actually the 17 Wing Ghost Squadron, a group of volunteers who assist in the restoration of heritage aircraft and other artifacts belonging to the 17 Wing Heritage Collection. As for the empty space, it was once home to a C-45 Expeditor. This type of aircraft served with the RCAF from the beginning of the Second World War in transport and numerous training roles until its subsequent retirement in the 1970's. Due to the hard work of the 17 Wing Ghost Squadron and the assistance of 402 Squadron, the aircraft should soon be restored to its former glory and returned to its location next to the parade square.

Members of the Ghost Squadron have worked on many restoration projects over

the years. Most are retired Air Force personnel whose careers have spanned decades. The squadron was formed in 1991 with twelve members, in which six are still active. Even though the membership has changed over the years, Chris "Red" Neilsen and Harry Harding, two of the original members, remain active today. "Red" was a former Chief Warrant Office (CWO) and an Airframe Technician, while Harry worked with Revenue Canada. "Most of us come in for about 4 hours a day, 1-2 days a week, and sometime even more," said Harry "This past year we worked about 5000-6000 hours on different restoration projects". Since its beginnings the Ghost Squadron has worked on many restoration projects including: a CT-134 Musketeer training aircraft that is now displayed in Gimli with the Air Cadets; a CH-136 Kiowa helicopter that is now hanging at the Southport Flight Training Centre at Portage la Prairie; and a wind-T, and a lighted windsock that is waiting to be mounted for display. "Now we're working on the Expeditor," said Red, "we're just waiting for all the pieces." The pieces Red is referring to are the wings of the Expeditor, which fell off

in a thunderstorm four years ago.

The "bug smasher", as affectionately known to pilots, was used as a light transport aircraft in Burma during the Second World War. It was also used as multi-engine training aircraft for pilots, navigators and radio operators, as well as VIP transport and search and rescue. After the war, the Expeditor became a basic multi-engine trainer for pilots and navigators, until the 1970's when it was retired along with the Dakota fleet. Due to its deep connection with pilots and navigators, the Expeditor was put on display along with the Dakota next to the parade square and remained there until it was damaged from the weather in 2007. 17 Wing Heritage subsequently had the aircraft towed to their facility where restoration work continues with the technical expertise from 402 Squadron.

"We are more the subject matter experts (SME) on the refinishing" said Sgt. Darren Dominix, 402 Squadron liaison for the Expeditor, "my team volunteered many hours of research on the paint scheme, but the actual rebuilding is done by the Ghost Squadron". When asked about the biggest challenge to refurbish-

ing heritage aircraft, Sgt Dominix says, "it has to be the manpower, equipment and timing. Since we have to take care of current aircraft, such as the Dash-8s the Hercules and other aircraft from Yellowknife, we can only help with the small things", "but there is some training value for the junior techs, so we are happy to assist, if the project is small and doesn't require too much time". Major Dave Bekolay, Deputy Commanding Officer (DCO) of 402 Squadron, praises the work done by the technicians, "The techs are the unsung heroes of the squadron," "they are artists in their own right, and are enthusiastic of the job they do. They keep current aircraft in pristine condition and are very near and dear to the CO's heart! The voluntarisms they demonstrate bears witness of their dedication to their work."

Kudos to the personnel of 402 Squadron and members of the 17 Wing Ghost Squadron for assisting to preserve a part of our proud RCAF Heritage and History. For more information on volunteering, please call 17 Wing Heritage and History at (204) 833-2500 Ext. 2429.

## Professional & Business Directory

### RUTLEDGE LAW OFFICE

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

COUNTRY CLUB PLAZA

310-3025 Portage Ave.

Phone: 987-7575 Fax: 837-3638

### BALDWINSON INSURANCE

Rec Centre (Wheatwold Rd.)

Drivers Licences &

autopac 889-2204

A Manitoba Public Insurance product



mmmm  
**MARIGOLD**  
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering



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

# Getting frosty

## Exercise Arctic Ram participants get cold water immersion lesson



Members of the Arctic Response Company Group get ready for the cold water immersion training outside Minto Armouries 26 November. Photo: Daniella Ponticelli



Captain Ray Taylor, Officer in Command of the Arctic Response Company Group was the first one in the icy cold water tank. Photo: Daniella Ponticelli

**Daniella Ponticelli**  
Student journalist with 38 CBG

Training for Exercise ARCTIC RAM, Saturday, November, 26, 2011 began with a grueling test, a dip in a freezing dunk tank.

"You don't have to be cold in the Arctic," says Captain Ray Taylor, Officer in Command of the Arctic Response Company Group. "You can do better than survive: you can live, move, and fight"

Knowing what happens when your body meets cold water is only the tip of the iceberg when it comes to mental resilience. For five minutes soldiers were submerged in a "controlled environment" – one dunk tank outside in the snowy parking lot at Minto Armoury. Large ice blocks floated atop the pool of water, a thermometer measured the temperature to be two degrees Celsius. Cold water submergence is a test of will and ability to calm yourself.

"You hyperventilate, you pass out," explained Capt Taylor to the group gathered around the tank. One by one they

took their turn. Some slipped in, some jumped in – most howled as they got in – only to settle in and wait for the slow countdown.

"It was awesome," laughed MWO Wayne Nicholson of the Winnipeg Infantry Tactical Group. He was one of many who were dry, but still shivering even a half hour after getting out of the tank.

The submergence exercise was a test of the 1-10-1 principal: one minute to control breathing, ten minutes of "meaningful" movement, and one hour until hy-

pothemia sets. Exercise ARCTIC RAM, set to take place in February, will send soldiers from 1 Canadian Mechanized Brigade Group and 38 Canadian Brigade Group's Arctic Response Company Group west and north of Yellowknife, Yukon, accompanied by the Canadian Rangers.

During the exercise, the members will travel in Light Over Snow Vehicles (snow mobiles), and everyone needs to be aware how to watch for dangers out there, even travelling over ice and snow. Capt Taylor explained that he's seen large open

channels of water in the Arctic, even in the middle of winter, and that can pose a threat to traveling soldiers.

"Even in Yellowknife – in February – there will be open water," said Capt. Taylor, adding that soldiers will be able to see the waters of Great Slave Lake.

Training for the rest of the weekend will include cultural education about the Yukon, and other key basics for the exercise.

"This is the main effort in the Brigade, starting now," said Colonel Nic Stanton, Commander of 38 Canadian Brigade Group. "We're operating north of sixty entirely this year, unlike last time."

Col Stanton also expressed the importance of the exercise, and the unique opportunity it presents for those involved.

"You'll get to go places most Canadians will never get to go," said Col. Stanton, who last February traveled to Churchill, MB and Arviat, NU with Exercise NORTHER BISON.

The arctic exercise takes place every year, during February.



The cold water immersion tank sits outside Minto Armouries full of icy cold water. Photo: Daniella Ponticelli

**HOOK & SMITH**  
Barristers, Solicitors & Notaries Public  
201-3111 Portage Ave,  
Winnipeg, Manitoba R3K 0W4  
Dennis A. Smith, Winston F. Smith, Q.C.,  
Grant W. Davis and Bernard Toews

Telephone - (204) 885-4520 Fax - (204) 837-9846  
Email: general@hookandsmith.com

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

**Red River Exhibition Park Winter Wonderland**

Once again the 17 Wing Community Recreation Association is selling tickets to the Annual Winter Wonderland that will be held at Red River Exhibition Park from 2 December 2011 to 7 January 2012 (except Christmas Day).

Tickets are available at the Reception Desk, Fitness and Recreation Centre (Bldg 90) at a cost of \$9.00 each/car or van (including GST). This price is a savings of over \$5.00 from the regular gate admission price. These tickets are available to the military community, including civilian employees.

Questions may be directed to Community Recreation at local 5139-5976 or 2059: [http://www.redriverexhibitionpark.com/winter\\_wonderland/index.htm](http://www.redriverexhibitionpark.com/winter_wonderland/index.htm)

**A LONG STANDING TRADITION**

Arnbjorn S. Bardal • Njall O. Bardal • Neil O. Bardal • Eirik L. Bardal

- Traditional and Contemporary Funerals • Preneed Arrangements
- Indoor Scattering Garden • On-Site Crematorium
- Parking • Across from Brookside Cemetery

Call: (204) **949-2200**  
Gimli Call: (204) 642-7124

3030 Notre Dame Avenue  
Winnipeg, Manitoba, Canada R3H 1B9  
[www.nbardal.mb.ca](http://www.nbardal.mb.ca)  
Email: info@nbardal.mb.ca

**neil bardal**  
Funeral Centre

THE ONLY FUNERAL HOME OWNED AND OPERATED BY THE BARDAL FAMILY

# Beard growth benefits charity



(L to R) Sgt John Hibbert, Most Colourful Beard, Pte Peter Keagan, Scruffiest Beard, and AB Che Puccio, Longest Beard, pose for a photograph. Photo: Sgt Bill McLeod

**Sgt Bill McLeod**  
17 Wing Public Affairs

If you travelled around 17 Wing during the month of October you might have wondered about either a lack of military discipline or a large outbreak of facial skin conditions.

In fact, what you saw was an impressive turnout for the Government of Canada Workplace Charitable Campaign Beard Growing Competition 2011 which ran from October 1 and ended with the judging at the

Junior Ranks' Mess on 1 Nov 11.

All 17 Wing personnel and all lodger units, at the discretion of their Commanding Officers, were invited to partake in this fundraiser. 174 members did just that, raising an impressive \$3480.

This year's judging panel consisted of Warrant Officer Tracy Graham, Chief Clerk of the Wing Orderly Room, Suzanne Leclair, Wing Logistics and Engineering Executive Coordinator, and Lisa Pelzer, the 17 Wing Commander's Administrative

Assistant.

After careful consideration, Sgt John Hibbert of Wing Transportation, Electrical Mechanical Engineers won the Most Colourful category, Able Seaman Che Puccio of Supply won the Fullest/Longest category, and Private Peter Keagan of Canadian Forces School of Meteorology won the Scruffiest category.

Competitors in GCWCC Beard Growing Competition 2011 were awarded bragging rights on the Wing for a year.

# LETTER TO THE EDITOR

For the 16th year, The University of Manitoba and the Finkle family are offering the Flying Officer George Finkle Scholarship and Bursary.

These awards are open to Regular Force Personnel (and their immediate families) and Reserve Force Members. Applicants should be based in Manitoba and Northwestern Ontario, and enrolled in a degree granting program at the University of Manitoba.

The current deadline is January 31, 2012, and there are letters of reference, etc.. to be completed.

Flying Officer Goeroge Finkle, a North end Winnipegger, was a master navigator on Mitchell Bombers, 180 Squadron (RAF). He flew 60 missions again Nazi targets.

During the 1950s, Flying Officer Finkle was a member of the 2402 Squadron RCAF (Reserves), being a fighter controller.

George Finkle passed away in 1993. These awards are dedicated to him and the Finkle family's commitment to Canada and the Canadian Forces.

Sincerely,  
Gerry Finkle

For more information on how to apply for the Flying Officer George Finkle Bursary, please visit:

[http://umanitoba.ca/student/fin\\_awards/bursaries/1515.htm](http://umanitoba.ca/student/fin_awards/bursaries/1515.htm)

# Reminder: regulations regarding recreational vehicles on DND property

Occupants of 17 Wing military housing are reminded that in accordance with Wing Standing Orders 22-8 and 29-01 and the Canadian Forces Housing Agencies Conditions of Occupancy agreement, recreational vehicles are prohibited on DND property and the 17 Wing residential housing sites except for short durations for the loading and unloading of these vehicles. The term "recreational vehicles" includes self-propelled mobile homes, campers, trailers, boats and boat trailers, snow mobiles and associated trailers and all terrain vehicles (ATVs) and associated trailers. "Short duration" is defined as less than 24 hours.

Failure to abide by Wing Standing orders regarding the prohibition of recreational vehicles on DND property and the 17 Wing residential housing sites will lead to administrative action and could lead to eviction if there is failure to comply with these regulations. Residents are to take immediate action to arrange for the storage of their recreational vehicles and removal from 17 Wing residential housing units.

The 17 Wing Housing Liaison Officer, Major Heather Collins, can be reached at Heather.Collins@forces.gc.ca or at 833-2500 extension 4839 if residents have questions or concerns regarding these requirements.



# Rappel: règlement relatif à la présence de véhicules de loisirs sur la propriété du MDN

On rappelle aux occupants des logements militaires de la 17<sup>e</sup> Escadre que, conformément aux articles 22-8 et 29-01 des ordres permanents de l'escadre et à l'entente d'occupation de l'Agence de logement de Forces canadiennes (ALFC), il est interdit de laisser des véhicules de loisirs sur la propriété du MDN et les sites de logements résidentiels de la 17<sup>e</sup> Escadre, sauf pendant de courtes durées nécessaires au chargement et au déchargement. Le terme « véhicules de loisirs » comprend les autocaravanes, les roulotte, les embarcations et les remorques

pour embarcation, les motoneiges et les remorques pour motoneige, ainsi que les véhicules tout terrain (VTT) et les remorques pour VTT. Par « courte durée », on entend moins de 24 heures.

Le non-respect des ordres permanents de l'escadre qui interdisent la présence de véhicules de loisirs sur la propriété du MDN et les sites de logements résidentiels de la 17<sup>e</sup> Escadre entraînera la prise de mesures administratives et pourrait mener à l'expulsion. Les résidents des unités de logements de la 17<sup>e</sup> Escadre doivent pren-

dre immédiatement les dispositions nécessaires pour l'entreposage de leurs véhicules de loisirs et retirer ceux-ci des sites de logements.

Les résidents qui ont des questions ou des commentaires concernant les présentes consignes peuvent communiquer avec le Major Heather Collins, officier de liaison de la 17<sup>e</sup> Escadre en ce qui concerne le logement, par courriel, à Heather.Collins@forces.gc.ca, ou par téléphone, au 833-2500, poste 4839.



**17 WING  
JUNIOR RANKS**

### MONDAY – THURSDAY

Lunch 1130 – 1300 hrs  
Afternoon 1500 – 1900 hrs

*(Hours may be extended to 2200 hrs depending on attendance)*

### FRIDAY

Lunch 1130 – 1330 hrs  
Afternoon 1500 – 2400 hrs

### SATURDAY – SUNDAY

CLOSED

Hours will fluctuate on nights with scheduled events

**Pool Tables   Air Hockey   Foosball**  
**Cable TV   Shuffleboard   Arcade Games**  
**WIFI Internet   Wii Games   TGIF's**

Available for Weddings, Socials, Private or Unit Functions / Contact the Junior Ranks Admin Office Bldg 61 / 204-833-2500-5245

# Hero Cars honour fallen soldiers' memory

**Alison Dickey**  
Voxair Photojournalist

You may have noticed an interesting vehicle around 17 Wing Winnipeg in November. It was one of the nine Canadian Heroes vehicles being driven by MWO Jim Seggie. Every vehicle is different and is meant to raise public awareness about the families fallen soldiers leave behind. The Canadian Heroes Initiative is entirely funded by philanthropist Chris Ecklund of Hamilton, Ontario. The entire staff of Canadian Process Serving Inc., are proud to be the sole financial supporters of the Canadian Heroes Initiative. "He sends these cars all across Canada; it was at Minto armouries and my sons grave sight on Remembrance Day this year and we'll be going to the Third Annual Cpl Mike Seggie Hockey Tournament in Shilo later this month with it," said MWO Seggie. Seggie and his wife found out about the organization by chance and after leaving a few comments on the website, Ecklund made the connection that they had lost their son in Afghanistan on September 3, 2008. "The Canadian Heroes cars have been

all over the country and after the repatriation ceremonies, we ensure the cars get to the funeral services of the fallen soldiers," says Ecklund. Whenever someone is behind the wheel of a Canadian Heroes vehicle, Ecklund says they will never get to their destination on time as people will always want you to stop and talk about the vehicle and share some personal stories. Ecklund stresses that he doesn't do this for any kind of recognition – his purpose in life is to give back. When he has a mother of a fallen soldier come up to him and ask for anything, he simply says one word; "Done!" Another initiative of the Canadian Heroes organization is to build memorials for the fallen soldiers in their hometowns. As a country, we need to make sure the fallen are remembered, it's not about whether or not you agree with the war. "When it comes to our fallen soldiers, we simply need to do something," says Ecklund. Canadian Heroes will never be "done," there will always be something to do to ensure people remember. Ecklund says there is no limit to the amount of cars - there is no budget - whatever needs to be done, they'll do it!



This vehicle, one of nine Canadian Heroes cars, was driven by MWO Jim Seggie for two weeks to help honour the memory of his son, who was killed in Afghanistan. Photo: MWO Jim Seggie

## NORAD is ready to track Santa's flight

### - From NORAD Headquarters

The North American Aerospace Defense Command is getting ready to track Santa's yuletide journey!

The NORAD Tracks Santa website, [www.noradsanta.org](http://www.noradsanta.org), went live in early December, featuring a Countdown Calendar, a Kid's Countdown Village complete with holiday games and activities that change daily, and video messages from students and troops from around the world. With the addition of Brazilian Portuguese, the website is now available in eight languages: English, French, Spanish, German, Italian, Japanese, Brazilian Portuguese, and Chinese.

This year, using free apps in the Apple iTunes Store and in the Android Market, parents and children can countdown the days until Santa's take off on their smart

phones! Tracking opportunities are also offered on Facebook, Google+, YouTube, and Twitter. Santa followers just need to type "@noradsanta" into each search engine to get started.

Starting at midnight MST on Dec. 24, website visitors can watch Santa as he makes all the preparations for his flight. Then, at 4 a.m. MST (6 a.m. EST), trackers worldwide can talk to a live phone operator to inquire about Santa's whereabouts by dialing the toll-free number 1-877-Hi-NORAD (1-877-446-6723) or by sending an email to [noradtrackssanta@gmail.com](mailto:noradtrackssanta@gmail.com). NORAD's "Santa Cams" will also stream videos as Santa makes his way over various locations worldwide.

NORAD Tracks Santa has truly become a global experience, delighting generations of families everywhere.

award winning  
**Assiniboia  
Animal  
Hospital**

Gentle with  
Pets & Prices

**889-5570**  
3050 Portage Avenue

## Free of Charge ~ Representation ~ Advocacy ~ Assistance

  
**LEGION**  
SERVICE BUREAU NETWORK  
**WE  
CARE!**

The Legion Service Bureau Network serves Veterans, members of the CF, RCMP, and their families by representing their interests with Veterans Affairs Canada and the Veterans Review and Appeal Board for disability benefits under the Pension Act or the New Veterans Charter.

The Legion's professional service officers are mandated by legislation to provide representation, advocacy and financial assistance **FREE OF CHARGE**, Legion member or not.

Call Toll Free at 1-877-534-4666

[www.LEGION.ca](http://www.LEGION.ca)



Image: Department of National Defence

**WE CARE FOR ALL VETERANS OF ALL AGES AND THEIR FAMILIES**

# CFSAS hosts first annual chili cook-off

**Maj Glenn Northrup**  
CFSAS

Greetings from the Canadian Forces School of Aerospace Studies (CFSAS). For those of you not familiar with CFSAS, we are a training and education establishment responsible for several Air Force professional development courses such as the Aerospace Systems Course (ASC), the Air Force Officer Development (AFOD) Course, as well as the Space and Electronic Warfare Courses. Despite the demands placed on each of these diverse sections, we still enjoy getting together as a team in a social setting at various times throughout the year. One of our most recent social gatherings was held last Thursday over the lunchtime when CFSAS held its 1<sup>st</sup> Annual Chilli Cook-off.

Friendly intersection rivalry were put to the test as each section at CFSAS was responsible for entering a pot of home-made Chilli into this contest. All with the hopes of being awarded one of two titles: either "Best Overall Chilli", or "Spiciest Chilli".

We had seven entries into this contest, from the following CFSAS sections: Air Force Officer Development (AFOD), Space and Electronic Warfare, Information Support Flight, the Aerospace Systems Course (ASC), one from the command section and two separate entries from the Admin section. All of the chilli entries were in crock-pots that were lined up around the room, each marked with a number (no names, so as not to influence the judging).

The wonderful smell of spicy chilli filled the air, and everyone was anxious to try each one of these entries. However we had to wait for the official judging to commence before anyone else could eat. Due to changing demands on personal schedules, our first two choices for chilli judges (from outside the unit) could not make it for the contest. Therefore we asked LCol Doug Grimshaw (Comdt 1 CFFTS) to stand in as the "Chilli Judge". LCol Grimshaw did an outstanding job as he took his time sampling each of the seven chilli entries. He paused at each one carefully considering the aroma, the overall taste, and its spiciness. After completing his taste test of each one, and marking applicable scores on the score-sheet, it was time to determine the winners. The scores did indicate a clear winner of the "Best Overall Chilli", but there was a tie for the "Spiciest Chilli". Therefore CWO McDonald (SCWO – 1 CFFTS) was asked to be the tie-breaker judge for the "Spiciest Chilli", and through watering eyes, CWO McDonald made his selection.

In the end, the prize for "Best Overall Chilli" was awarded to the AFOD section (whose chilli was made by Maj Doug Blakely, OD Flt Comd). The prize for "Spiciest Chilli" was awarded to Ms Elisa Mendez from the CFSAS Admin section. It was agreed by everyone in attendance that all the entries were quite delicious, and everyone made the rounds sampling each of these tasty home-made pots of chilli.

The event was a complete success, and once the 'fire goes out', I'm sure that we will all be looking forward to the 2<sup>nd</sup> Annual CFSAS Chilli cook-off next year.



"Chief Chilli Judge, LCol Grimshaw (Left. Comdt 1 CFFTS), presents the prize for "Best Overall Chilli" to Maj Doug Blakely (Center. CFSAS OD Flt Commander) while LCol Guillette (Right. Comdt CFSAS) looks on". Photo credit-Dwayne Sandall

# FGH Cadet named top Army Cadet in Manitoba



**Cadet Chief Warrant Officer Clarissa Harder proudly displays the President's Award trophy she received as the top Army Cadet in Manitoba for 2011. LCol (Ret'd) Sandy Will (right) and Capt Marilyn Gass (left) presented the award.**

Cadet Chief Warrant Officer Clarissa Harder of the 1226 Fort Garry Horse Army Cadet Corps in Winnipeg, has been awarded the President's Trophy, presented annually to the Cadet selected as the top Army Cadet in Manitoba.

To be considered for the President's Trophy a Cadet must have achieved Mas-

ter Cadet status, hold the rank of at least Master Warrant Officer, achieved success in academic standing and completed volunteer service in his/her community, among many other criteria.

Clarissa Harder age 18, is a first year student at the Israel Asper School of Business, University of Manitoba. and enrolled in the Army Cadets in September 2007.

Although there is no history of military service in her family, Clarissa says she joined because of the draw of outdoor activities engaged in by the Army Cadets. She expected to do some camping a few times a year, maybe a little hiking, but she was pleased to find that along with the hiking and camping, she received the opportunity to do some climbing, mountain biking, canoeing and has completed a 40 kilometer backcountry expedition. "Army Cadets gave me the chance to do much more in the outdoors that I ever expected to", said Clarissa.

Clarissa said through joining the Cadets she has grown her leadership skills, gained self-confidence and improved her teamwork and citizenship skills.

"Cadets have made me a better person at school and work. I have made many memories and had experiences that I will remember for the rest of my life, and I have gained skills and knowledge about myself that I use everyday," said Clarissa.

She said she is considering joining the Army Reserves after she "ages out" of the Cadets before her 19th birthday, and possibly the Regular Force as an Officer candidate after University.

Chief Warrant Officer Clarissa Harder is no stranger to awards and recognitions. Over her Army Cadet service she has been presented with the Lord Strathcona Medal, the Legion Medal of Excellence, the Seize the Day Award 2010, selected as the Most Outstanding Army Cadet Manitoba 2010 and 2011 and was the Cadet Leader Band 2008, and Cadet Leadership Instructor Band 2009 at the Cadet Summer Camp in Vernon, British Columbia.

She has also participated, in the Manitoba Trail Regional Expedition 2011, Prairie Region Honour Band 2010 & 2011 and participated in an International Expedition to Australia.

"Going to Australia was a highlight of my career, said Clarissa. As I progressed through the training, I realized that if I continued to work hard, I would have an opportunity for advanced training and in 2010, I was selected because of my efforts."

The Commanding Officer of the Fort Garry Horse Army Cadet Corps, Cap-

tain Marilyn Gass said of Harder, "She has been a joy to watch grow and learn through the cadet program. She is an example to other cadets about the opportunities that come from hard work and dedication."

"She is also a reminder to the instructors in the program about the results that can be achieved. Ms Harder has been keen to ensure that all persons share in her accomplishments and everyone has been pleased to celebrate her successes, said Captain Gass.

The Royal Canadian Army Cadets is a federally-sponsored program for young Canadians ages 12 to 18 that develops in youth attributes of leadership, good citizenship, and physical fitness, while stimulating interest in the history and activities of the Canadian Army. There are currently over 18,000 Army cadets in more than 400 Cadet Corps across Canada.

As a civilian not-for-profit corporation, The Army Cadet League of Canada is committed to supporting The Royal Canadian Army Cadets in a strong partnership with the Department of National Defence and local communities across Canada by developing policies and procedures to achieve the aims and objectives of the Army Cadet movement in particular. You may find further information about The Army Cadet League of Canada by visiting [www.armycadetleague.ca](http://www.armycadetleague.ca).

-Submitted by the Army Cadet League of Canada



## Kendall's Restaurant & Catering

Featuring:

- Homemade stock soups, burgers, gravy, etc...
- Check out our Clubhouses: "Fresh Roast Turkey"
- Ukrainian Buffet is our specialty
- Catering available
- Banquet rooms available (up to 230 people)

~Mention this ad and get 10% off menu prices~  
(Excludes daily specials, buffets, and catering)

Open Tuesday - Saturday • Come in for Breakfast, Lunch, and Supper  
Take out orders available  
1755 Portage Avenue, in the Royal Canadian Legion St. James Branch #4  
Call: 470-7010 or 888-3759

Canada's Leading Security Company  
is Looking for People Like

# YOU

GREAT PEOPLE  
REWARDING JOB  
EXCELLENT BENEFITS

Call 942-5993 or go to  
[commissionaires.mb.ca](http://commissionaires.mb.ca) for more info

**COMMISSIONAIRES**  
TRUSTED • EVERYDAY • EVERYWHERE

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

# Sledge Hockey workshop supports Soldier On

**Alison Dickey**  
Voxair Photojournalist

Sledge Hockey Manitoba Coach Bill Muloin and volunteers from the Manitoba Sledge Hockey Team welcomed military participants to a sledge hockey workshop on November 18th at the MTS Iceplex.

The event was sponsored by the Regional Adapted Fitness Specialist, Carolyn Derksen; 17 Wing Sports Coordinator, Chris Merrithew; 17 Wing PSP and Soldier On.

PSP Manager Rick Harris was on hand to welcome all of the participants to the event and Chris Merrithew thanked

the volunteers for their support of this Soldier On initiative.

Military participants received first hand experience of the fitness and skills required to play sledge hockey noting it's easy enough to do – anyone can do it – but to do it well takes practice and dedication.

"Military participants were amazed at the skills and talent of the Association players," said Regional Adapted Fitness Specialist, Carolyn Derksen.

The Association players greatly enjoyed the chance to interact with CF personnel and sincerely expressed their appreciation for what Canadian Soldiers do.

Local Association league games are



A participant in the Sledge Hockey Workshop slips the puck past the goaltender. Photo: Alison Dickey



WO Frank Angelini glides down the ice at the Sledge Hockey workshop. Photo: Submitted

open to anyone regardless of their level, ability or physical condition.

In order to host a sledge hockey workshop all you have to do is book the ice and Sledge Hockey Manitoba will send out at least 2 on ice trainers that will provide instructions on how to learn basic sledge hockey skills.

If you're interested in ei-

ther playing or hosting a workshop please visit the Sledge Hockey Manitoba website at: [www.sledgehockeymanitoba.com](http://www.sledgehockeymanitoba.com) for more information.

## WComds Hockey Tournament winners



The WCE Beavers, B Division champions of the 2011 Wing Commander's Hockey Tournament. Photo: MCpl Colin Aitken



The Make B-Leafs, 2011 Wing Commander's Hockey Tournament A Division champions. Photo: MCpl Colin Aitken

**the marriage course**

... a great opportunity to invest in the future of your relationship

Starting:

**FREE Marriage Enrichment Course**

For details contact:

Ross Allan – local 6255 – [Ross.Allan@forces.gc.ca](mailto:Ross.Allan@forces.gc.ca)  
Or  
Shirley Allan – 204 792 1989 – [shirley.allan@gmail.com](mailto:shirley.allan@gmail.com)

[themarriagecourseusa.org](http://themarriagecourseusa.org)  
(In CANADA) [themarriagecourse.ca](http://themarriagecourse.ca)



**STEVEN FLETCHER**  
MP for Charleswood – St. James – Assiniboia – Headingley



[stevenfletcher.ca](http://stevenfletcher.ca) – 204.984.6432  
3111A Portage Avenue

### Creating Family Connections

Sam Whelan M.M.F.T., CD  
Family, Couple & Individual Therapist

Phone #: 688-9012  
Email: [Sam@cfcinwpg.com](mailto:Sam@cfcinwpg.com)

Private & Confidential Counseling  
For More Information Visit  
[www.cfcinwpg.com](http://www.cfcinwpg.com)



**Winter Wonderland, au parc de l'exposition Red River**

Encore une fois cette année, l'Association de loisirs communautaire de la 17<sup>e</sup> Escadre vend des billets pour l'activité annuelle Winter Wonderland, qui aura lieu au parc de l'exposition Red River, du 2 décembre 2011 au 7 janvier 2012 (à l'exception du 25 décembre).

Les billets sont en vente au bureau d'accueil du Centre de conditionnement physique et de loisirs (bâtiment 90) au coût de 9 \$ par voiture ou fourgonnette (TPS incluse). Il s'agit d'un rabais de plus de 5 \$ par rapport à l'entrée au prix régulier. Les billets sont à la disposition de la collectivité militaire, y compris le personnel civil.

Si vous avez des questions, communiquez avec l'Association de loisirs communautaire, au poste 5139, 5976 ou 2059.

**HABING LAW**  
BARRISTERS, SOLICITORS & NOTARIES

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

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

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

# 17 Wing TEME assists Army with Cougars

**Sgt Bill McLeod**  
17 Wing Public Affairs

When an explosion or projectile hits an armoured vehicle, fragments of material that line the inside can shatter and become dangerous shrapnel to the vehicle's occupants. This is called "spalling," and to prevent this kind of risk, a spall liner is used which consists of multiple layers of Kevlar covered in cordura nylon, identical to bulletproof vest material.

A team at 17 Wing just completed the first spall liner modification to a Cougar Expedient Route Opening Capability vehicle belonging to 1 Combat Engineer Regiment, located in Edmonton, Alberta.

"The spall liner protects all the soft, squishy things inside," says Sgt John Hibbert, the Material Supervisor at 17 Wing Transportation, Electrical and Mechanical Engineering (TEME). "It is the last line of defense in a vehicle with an extremely high survivability rate."

When the vehicles were delivered to the Canadian Forces the spall liners were usable but there were issues with the fit and finish. Some liners were too long, some too short, and some portions fit too loosely. Using the actual vehicle, Wing TEME members carefully trimmed, lengthened and adjusted the liners to a perfect fit and created a template to con-

tinue to modify more liners.

"We are using better materials than the liners came with," says civilian textile technician Maurice Bérard. "The thread I'm using is UV and mold resistant and the cordura nylon trim is better than the original."

In the next few months the section will complete modifications to over 30 more liner kits to upgrade all of the Cougar spall liners in the CF supply system.

So why is an Air Force unit modifying Cougar vehicles belonging to the Army? The project manager Major Douglas Jose, a former Officer Commanding 17 Wing TEME, was aware of the capabilities of the shop and the abilities of the personnel at the Wing and the EME workshop had done some projects for his unit in the past.

"To maintain continuity and quality, 17 Wing TEME will be doing all the modifications," says Sgt Hibbert. "There will be one set of templates and all the modifications will be done in one shop."

"There were many shops across the country that could do the job," he added. "It's finding the right one to do it right now. Major Jose was the catalyst."

Although the Mat Section did the work on the Cougar, the transportation side of TEME also contributed to the project by picking up the Cougar at CFB



EME members involved in the spall liner modification project included Brian Monteith, Autobody Repair Technician, Cpl Robert Clark, Mat Tech, Sgt John Hibbert, Material Supervisor, and Maurice Bérard, Textiles Technician. Photo: Sgt Bill McLeod

Edmonton on a low bed truck and bringing it to Winnipeg. They will return it when the project is completed. For loaning the Cougar to make the template, 1 CER gets one of the first Cougars with the newly modified interior.

Cougar EROCs were purchased in 2007 by the Canadian Forces and have

been used to transport Explosive Ordnance Disposal Operators, along with all their equipment including EOD robots, to dispose of improvised explosive devices (IED) in Afghanistan. The 42,000 pound vehicles are designed to withstand forces that would destroy a normal vehicle and to keep roads open in hostile territory.



# Thank You!

## Sometimes words are not enough.

To show our appreciation for all that you do, Birchwood Chevrolet Buick GMC will increase General Motors' Military discount of \$500 to **\$1000 on new vehicles** for all active military personnel. In addition, take advantage of a Birchwood Chevrolet **\$500 Military discount on all used vehicles. As well, receive 15% off parts & labour in our Service and Parts Departments.** It's our way of saying Thanks.



**Birchwood Chevrolet Buick GMC**  
40 - 3965 Portage Avenue  
Winnipeg, MB  
(204) 837-5811  
birchwoodgm.ca

Present current military identification, or a pay stub at Birchwood Chevrolet Buick GMC to qualify for discounts.

# Message du commandant de la 2 Division aérienne du Canada : Une année historique

Une autre année sera bientôt écoulee et on la clôturera avec le mélange traditionnel d'activités sociales, de célébrations et de bonne humeur (nous l'espérons). Donc, avant que commencent la période occupée des fêtes et la nouvelle année, il est bon de relaxer un peu, de prendre une grande respiration et de réfléchir aux réalisations phénoménales de l'année et aux étapes que nous avons franchies.

À l'avance, au nom de l'Adjudant-chef de la Division et en mon nom personnel, je voudrais exprimer ma plus sincère gratitude aux nombreux professionnels de la 2<sup>e</sup> Division aérienne du Canada. Leur vision, leur imagination et leur travail acharné ont été essentiels au bon nombre de succès dont nous profitons maintenant. Je devrais ajouter que vos efforts et vos idées mènent à toutes sortes de nouvelles améliorations qui sont sur le point de porter leurs fruits au Quartier général de la Division, au Centre de guerre aérospatiale des Forces canadiennes et dans nos unités d'instruction, dans le cadre de diverses initiatives de l'Aviation royale canadienne (ARC) relatives à l'instruction, à la doctrine et aux leçons apprises.

Un grand nombre de nos établissements d'instruction atteignent d'excellents résultats tout en formant des diplômés de qualité supérieure qui sont motivés et bien préparés et qui ont hâte de commencer leur carrière dans la Force aérienne. Bien que nous ayons essayé quelques revers techniques dans certaines de nos flottes d'aéronefs d'instruction cette année, nous croyons que nous sommes maintenant prêts à intégrer plusieurs améliorations majeures dans notre façon d'offrir toutes

les phases de l'entraînement au vol. Dans le cadre de cette initiative, comme dans tous les programmes de la 2<sup>e</sup> Division aérienne du Canada, nous comptons grandement sur nos instructeurs, sur le personnel et sur les partenaires de l'industrie.

Au Centre de guerre aérospatiale des Forces canadiennes, qui comprend un détachement à Shirley's Bay, le personnel continue de réaliser des progrès exceptionnels dans les domaines de l'élaboration de la doctrine et des concepts, de l'expérimentation et des leçons apprises. À noter plus particulièrement, l'année à venir sera une période critique d'intégration et de communication pour le programme des leçons apprises de l'ARC à mesure que ce programme est mis en œuvre aux divers niveaux – dans les escadrons et les escadres et jusqu'aux états-majors supérieurs des quartiers généraux.

Tout comme l'Adjudant-chef, j'ai été très heureux d'avoir visité la plupart des formations et unités de la Division au cours des quatre derniers mois, rencontrant par la même occasion un grand nombre de gens fantastiques. Sans exception, nous avons été tout à fait impressionnés par votre esprit de collaboration et d'engagement pour accomplir le travail. Félicitations à vous tous.

En conclusion, mon épouse Cheryl et moi-même vous prions d'accepter nos meilleurs vœux pour une période des fêtes heureuse et reposante, et nos souhaits de santé, de bonheur et de succès pour 2012!

**- Brigadier-général Martin Galvin, commandant de la 2<sup>e</sup> Division aérienne du Canada**



## 2 Canadian Air Division Christmas message

Another year will soon come to a close with the traditional mix of social activities, celebrations and (we sincerely hope) good cheer. So, in anticipation of the holidays ahead and the New Year, it's a great time to relax a little, take a deep breath and reflect on some pretty phenomenal accomplishments and milestones.

Up front, and on behalf of Division Chief Warrant Officer Dalke and myself, I would like to express my most sincere gratitude to the many professionals in 2 Canadian Air Division whose vision, imagination and hard work have been fundamental to the many successes we are enjoying. And, I should add, your efforts and ideas are leading to all sorts of new improvements that are about to pay off in a wide range of Royal Canadian Air Force training, doctrine and lessons learned initiatives within the division headquarters, at the Canadian Forces Aerospace Warfare Centre and in our training units.

A great number of our training schools are achieving excellent results while delivering first class graduates who are motivated, well-prepared and eager to get started in their air force careers. And, although we have experienced some technical setbacks within a few of

the training aircraft fleets this year, we feel we are now poised to incorporate some significant improvements in the way we deliver all phases of flying training. In this initiative, as in all other 2 Canadian Air Division programs, we rely very heavily on our instructors, staff and industry partners for this success.

At the Canadian Forces Aerospace Warfare Centre, which includes the CFAWC Detachment at Shirley's Bay, the staff continues to make exceptional advances in the fields of doctrine and concept development, experimentation and lessons learned. Of particular interest, the year ahead will be a critical period of integration and communication for the RCAF's Lessons Learned program, as it formally rolls out at levels - from the Squadrons and Wings to the senior Headquarters' staffs.

Along with DCWO Dalke, I have been extremely pleased to have visited most of the Division's formations and units in the last four months, while meeting scores of great people along the way. Without exception, we have been completely impressed by your spirit, commitment and collaboration to get the job done. Well done to all of you.

So, in closing, from my wife Cheryl and myself, please accept our sincere best wishes to you and yours for a wonderful and relaxing holiday period, along with much health, happiness and success in 2012.

**- Brigadier-General Martin Galvin, Commander 2 Canadian Air Division**

**HOUSE GUARD  
HOUSESITTERS**  
BONDED • PROFESSIONAL • FULL SERVICE CARE

- PET SITTING
- HOME SECURITY
- PLANT CARE



**BBB Accredited  
Since 1993**

**“Winner BBB 2010 Market  
Place Excellence Award”**

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

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

Your Members of the Legislative Assembly

Wish you and Your Family  
**a Safe and Happy  
Holiday Season**



**Greg Selinger**  
MLA for St. Boniface  
Premier of Manitoba  
237-9247  
GregSelinger.ca



**Jim Rondeau**  
MLA for Assiniboia  
888-7722  
JimRondeau.mb.ca



**Deanne Crothers**  
MLA for St. James  
415-0883  
DeanneCrothers.ca

# Commander 1 Canadian Air Division message: An historic year

As we turn the final page on our calendars, I believe the year 2011 will rank among the proudest for the Royal Canadian Air Force as we work to achieve the RCAF vision of "an agile and integrated Air Force with the reach and power for CF operations."

Our crews and aircraft have just completed their tasks to bring our men and women home from a number of important operations. We have seen the end of combat operations in Afghanistan including the closure of the Air Expeditionary Wing, comprised of tactical aviation, air mobility, and ISR capabilities. The mission transition has also led to the conclusion of the longest continuous Tactical Airlift operation in RCAF history. Op MOBILE employed a full complement of airpower including combat power over Libya, with the RCAF leading on a number of fronts. Op JAGUAR saw search and rescue crews supporting the Jamaica Defence Force during hurricane season while conducting essential training. In sum, all of our air power capabilities have tested their mettle with honour and distinction.

Air Force personnel were instrumental in helping to orchestrate a stellar Royal visit for newly-wed Prince William and the Duchess of Cambridge. It seems fitting, yet no less gratifying to have the Royal designation reincorporated into our name only a few weeks later. With our operational headquarters based in Winnipeg, we are also honoured to have the city's long-



lost hockey team pay tribute to our heritage through their use of the RCAF roundel and it is a thrill to be able to shout "Go Jets Go!"

More seriously, on the home front we have also worked to save souls from floods, forest fires and other incidents throughout Canada and in Canada's North. This year also marked the 10-year anniversary of the tragic events of 9-11 which caused us to reflect on how our relationship with our closest ally, the United States, has strengthened over the past decade through NORAD and in other meaningful joint efforts.

You have worked well together to execute these and other missions with excellence and dedication. Hard work still lies between now and our merry repose, including for those involved with the CDS Special Christmas New Year's Leave Travel Plan who are toiling to ensure families are reunited safely and speedily for the holidays.

If you are fortunate enough to be with loved ones as we close out 2011, please take a moment to reflect on your fellow air men and air women – and their families – who may not be so blessed.

With heartfelt sincerity, I and CWO Guy St-Jean thank you for your generosity with our charitable campaigns, and for making 2011 an historic year for the RCAF. I wish you a healthy and relaxing holiday season and I look forward to a great year with you as we "fly in formation" into 2012.

**J.A.J. Parent**  
Major General

## Message du commandant de la 1<sup>re</sup> Division aérienne du Canada : Une année historique

En ce moment où nous arrivons au dernier mois du calendrier, je crois que l'année 2011 se classera parmi celles dont l'Aviation royale canadienne (ARC) a été le plus fière alors que nous travaillons à réaliser notre vision d'être une force aérienne agile, dotée d'une portée et d'une puissance nécessaires aux opérations intégrées que mènent les FC.

Nos équipages et de nos aéronefs viennent de terminer leur mission qui consistait à ramener au pays les hommes et les femmes qui participaient à diverses opérations importantes. En Afghanistan, les opérations de combat ont pris fin et l'escadre expéditionnaire aérienne – dotée de capacités d'aviation tactique, de mobilité aérienne et de renseignement, surveillance et reconnaissance (RSR) – a mis la clé sous la porte. La transition de la mission a notamment marqué la fin de la plus longue opération continue de transport aérien tactique de l'histoire de l'ARC. Dans le cadre de l'Op Mobile, on a employé une capacité intégrale de puissance aérienne, dont une puissance de combat au-dessus de la Libye où l'ARC a agi en leader sur plusieurs fronts. Dans le cadre de l'Op Jaguar, des équipages de recherche et de sauvetage ont apporté leur appui à la Force de défense de la Jamaïque (FDJ) pendant la saison des ouragans, alors qu'ils prenaient part à des exercices d'entraînement essentiels. En somme, c'est avec honneur et distinction que le personnel a mis à l'épreuve toutes nos capacités de puissance aérienne.

Le personnel de la Force aérienne a joué un rôle clé dans l'organisation de la visite du prince William et de la duchesse de Cambridge nouvellement mariés. Il me semble tout à fait approprié, et tout aussi flatteur, que le qualificatif « royal » figure à nouveau dans notre appellation à peine quelques semaines après leur visite. Ici à Winnipeg, où se trouve le quartier général opérationnel de notre organisation, l'équipe de hockey retrouvée après une longue absence a rendu hommage à notre patrimoine en adoptant la cocarde de l'ARC. C'est donc d'autant plus exaltant de pouvoir crier « Go, Jets, Go! ».

Plus sérieusement, ici au pays nous avons aussi contribué à protéger des gens d'inondations, de feux de forêts et d'autres désastres partout au Canada et dans le Nord canadien. Cette année a également marqué le 10<sup>e</sup> anniversaire des événements tragiques du 11 septembre, ce qui nous a amené à réfléchir à la façon dont nos relations avec notre plus proche allié, les États-Unis, ont été renforcées au cours des dix dernières années par l'entremise du NORAD et d'autres efforts concertés importants.

Vous avez bien travaillé ensemble à l'exécution

des missions en question, entre autres, faisant preuve d'excellence et de dévouement. Il reste encore beaucoup de travail à accomplir d'ici le congé des fêtes, y compris pour ceux qui s'occupent du plan de voyage annuel spécial du CEMD pour les congés de Noël et du Nouvel An, qui ne ménagent pas leurs efforts afin que les familles puissent se retrouver sans délai et en toute sécurité pendant les fêtes.

Si vous avez la chance de pouvoir terminer l'année 2011 en compagnie de vos proches, veuillez prendre un moment pour réfléchir à vos collègues de la Force aérienne – ainsi qu'aux membres de leurs familles – qui n'ont peut-être pas cette chance.

En toute sincérité, l'Adjud Guy St-Jean et moi vous remercions de votre générosité dans le cadre de nos campagnes de charité, et d'avoir fait de 2011 une année historique pour l'ARC. Je vous souhaite à tous une période des fêtes reposante et empreinte de santé et je me réjouis à la perspective de faire équipe avec vous, alors que nous « volerons en formation » vers une autre belle année en 2012.

**Major-général J.A.J. Parent**

### Healthy Pets for Happy Families



**Charleswood  
Veterinary  
Hospital**  
889-3110

3717 Roblin Blvd.  
(Just East of the Charleswood Bridge)

**Crestview  
Veterinary  
Hospital**  
888-7463



3025 Ness Ave.  
(Corner of Ness and Sturgeon Rd.)

### Associated Veterinary Hospitals

- ◆ **Medicine**      ◆ **Surgery**
- ◆ **Ultrasound**
- ◆ **Dentistry**    ◆ **Vaccinations**

Financial Services  
**SISIP RARM**  
Services financiers

Season's Greetings  
Joyeuses Fêtes

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

## Christmas Greetings from the Wing Chief Warrant Officer

Season's greetings to all. Where did this year go? The tempo has been non stop, culminating in both 435 Sqn and the MSF deploying in support of Op MOBILE. At the start of this year, we quickly ramped back up our schools, training personnel for the present and future challenges. Our Readiness Flight and operational units meanwhile continued maintaining currencies and conducting refresher training to keep their operational readiness. This training very quickly paid dividends as we became host to just under 1000 personnel in support of the floods. All the while we continued supporting other national and international taskings, further testing our resilience. We have seen personnel at all rank levels, as well as our civilian employees, rise to the challenges. Many of you wear at least two hats in your day to day duties, yet still manage to keep a positive outlook and enhance the communities we live and work in.

Now is the time of the year that brings family and friends together in celebration of a most joyous season. Most of us will enjoy this holiday season with friends and family across this fair nation of ours. Please take the time to also remember our friends and brothers in arms who are deployed around the world and not able to reunite with their families. Keep them in your thoughts and prayers.

I've stated on numerous occasions the greatest strength here at 17 Wing is the people. I continue to be impressed and sincerely appreciate your efforts over my tenure. I highly encourage you to take the time to enjoy the company of family and friends, and return in the New Year with a renewed spirit. My family joins me in wishing you a safe and happy holiday season.



CWO Scarcella

## Vœux de Noël de l'Adjutant-chef de l'escadre

Joyeuses fêtes à tout le monde! Où est passé le temps? La cadence opérationnelle n'a pas ralenti cette année, qui s'est terminée avec le déploiement du 435 Esc et de l'Ele Sout Msn à l'appui de l'Op Mobile. Au début de l'année, les cours ont rapidement repris à nos écoles, afin de former les membres du personnel pour les préparer à affronter les défis présents et futurs. Pendant ce temps, notre escadrille d'alerte et nos unités opérationnelles ont continué à maintenir leurs compétences et à donner de l'instruction d'appoint en vue de conserver l'état de préparation opérationnelle des troupes. Cet entraînement est rapidement devenu payant lorsque nous avons déployé un peu moins de 1 000 personnes pour aider les victimes des inondations. Pendant tout ce temps, nous avons également continué à soutenir d'autres missions nationales et internationales, ce qui a encore mis notre résilience à l'épreuve. Nous avons constaté que des militaires de tous les grades et des employés civils relèvent avec brio les défis qui leur sont présentés. Tous les jours, vous êtes nombreux à jouer un double rôle dans le cadre de vos fonctions, mais vous continuez à effectuer votre travail en conservant une attitude positive et à améliorer la collectivité dans laquelle nous vivons et travaillons.

Nous voici maintenant au temps de l'année où les familles et les amis fêtent ensemble le temps le plus joyeux de l'année. La plupart d'entre nous passeront les fêtes avec nos familles et nos amis. N'oublions pas de prendre le temps de penser à ceux et à celles qui sont en affectation à l'étranger et qui ne verront pas leurs proches. Pensons à eux et mentionnons-les dans nos prières.

J'ai déjà indiqué de nombreuses fois que c'est le personnel de la 17<sup>e</sup> Escadre qui la rend solide. Depuis que j'occupe mon poste, vous ne cessez de m'impressionner et j'apprécie sincèrement vos efforts. Je vous encourage fortement de prendre le temps de vous amuser en compagnie de votre famille et de vos amis afin de commencer la nouvelle année dans un état d'esprit renouvelé. Ma famille se joint à moi pour vous souhaiter de merveilleuses fêtes.

Looking forward to serving you throughout 2012

# Warmest holiday greetings

To: all our patrons at  
17 Wing Winnipeg

From: the staff at  
**Baldwinson Insurance**

Phone: (204) 889-2204

# Chinthes Contribute to Help Their Community

**2Lt Oliver Ndicunguye and 2Lt Rob Forges**

435 Squadron is known for its strong community involvement: officially as a Search & Rescue Squadron operating from the prairies to the arctic; non-officially with numerous 435 Sqn members who volunteer in their own local organizations. The most recent unit success has been as proud supporters of 17 Wing's GCWCC initiative.

The unit focused on three main objectives this year. The first was to achieve 100% canvassing. Secondly, was to encourage a high number of Squadron members to fill out the GCWCC gift forms. Lastly, and through various means, was to ultimately raise our projected goal of \$7800.

With the help of our 11 Squadron can-

vassers we had an extremely effective communication plan in place, which was the key to our success. Their outstanding work was crucial to motivating our Squadron members and most importantly to our fund-raising success.

The motivation behind the Chinthes' generosity was too easy. First our squadron Flight Commanders gave up their prime parking spots, mere steps to the front hangar door, during the coldest months of winter (Dec-Feb). Second, they also offered to shave their heads if we were to raise \$10 000. Finally, the CO, LCol Richard Pamplin, sacrificed his own locks if \$11 000 was donated. The bar was raised pretty high for a squadron of just over 200 members.

We're proud to say that 435 Sqn was 100% canvassed and raised \$12 925, well over our original goal. With special thanks



From left to right: Col Richard Pamplin, 435 (T&R) Sqn Commanding Officer, Heather Harding, GCWCC Civilian Co-chair, Capt Melissa Dawe, GCWCC Military Co-chair. Photo: Wing Imaging - Cpl Piotr Fogiel

to our guest barber, Terri Townsend from Hair Force Barber Shop, the Flight Commanders and CO are now known as the

Bald and the Beautiful. Well done Chinthes!

## Programmes de loisirs communautaires durant les fêtes

**Magasinage-Garderie : Samedi 17 décembre, de 9 h à 16 h**

Aprenez vos enfants pour une journée d'activités du temps des Fêtes pendant que vous finissez vos emplettes des Fêtes. Vos enfants pourront apprécier des objets d'artisanat des Fêtes, des exercices gymnastiques divertissants, des créations comestibles et un film de Noël. Ce programme est GRATUIT pour les membres des Loisirs communautaires, mais veuillez vous inscrire pour réserver votre place.

**Films en famille**

Aprenez votre famille à une projection des films classiques du temps des Fêtes! « A Christmas Story » sera diffusé le mercredi 21 décembre à 18 h, « Elf » le sera le 28 décembre à 13 h et « The Santa Clause », le 4 jan-

vier à 13 h. Le film est GRATUIT pour les membres des Loisirs communautaires et il en coûte 10 \$ pour les personnes qui ne sont pas membres.

**Excitation du temps des Fêtes, le 30 décembre et/ou le 6 janvier, de 13 h à 16 h**

Aider les enfants à libérer leur excitation du temps des Fêtes! Un après-midi rempli d'activités et de jeux amusants des Fêtes. Les enfants passeront l'après-midi à fabriquer des objets d'artisanat et se défouleront dans le gymnase. Les activités seront variées durant les deux jours, donc n'hésitez pas à vous inscrire aux deux! Le tarif est de 2 \$ par enfant pour les membres et de 5 \$ par enfant pour les non-membres.

Veuillez composer le 833-2500, poste 5139, pour obtenir de plus amples renseignements. Visitez notre site

Web au [www.pspwinnipeg.ca](http://www.pspwinnipeg.ca)!

**SEMAINE DE COURS DE CONDITIONNEMENT PHYSIQUE GRATUITS**

Après le temps des Fêtes, n'oubliez de venir nous voir au centre de loisirs (bâtiment 90) et de profiter gratuitement de tous nos cours de conditionnement physique durant la semaine du 9 au 15 janvier 2012. Voici les cours qui vous seront offerts : conditionnement en piscine, cyclisme extrême, Zumba, yoga, Pilates, camp d'entraînement musculaire, série d'exercices en salle de musculation et notre tout dernier cours : Cardio Craze! Consultez notre bulletin d'hiver précisant les dates et les heures sur le site [www.pspwinnipeg.ca](http://www.pspwinnipeg.ca)!

## Community Recreation holiday programs

**Shop 'N' Drop: Saturday 17 Dec, 0900-1600**

Drop your children off for a day of fun holiday activities while you finish up your holiday shopping. Your children will enjoy holiday crafts, gym games, edible creations and a holiday movie. This program is FREE with your Com Rec membership, but please register to reserve your spot.

**Family Movies**

Bring your family in to enjoy some Holiday Classics! "A Christmas Story" will play at 1800 on Wednesday December 21, "Elf" at 1300 on Wednesday December 28, and "The Santa Clause" at 1300 on Wednesday 04 January. Movies are FREE for Com Rec members or \$10 for non-member families.

**Holiday Jitters, 30 December and/or 06 January, 1300-1600**

Help the kids get rid of their holiday jitters! An afternoon of fun holiday activities and games. Kids will spend the afternoon making crafts and burning energy in the gym. The events will vary from both dates so don't

hesitate to sign up for both! \$2 per child for Members, \$5 per child for non-members.

Contact 833-2500 ext 5139 for more info. Visit us at [www.pspwinnipeg.ca](http://www.pspwinnipeg.ca)!

**FREE FITNESS CLASSES WEEK**

Once the Holidays are past, don't forget to drop by the Recreation Center (Building 90) and enjoy all our fitness classes FREE during the week of 09-15 Jan 2012! You can try Aqua Fit, Ultimate Cycling, Zumba, Yoga, Pilates, Muscle Boot Camp, Weight Room Circuit, and our newest class: Cardio Craze! See [www.pspwinnipeg.ca](http://www.pspwinnipeg.ca) for our Winter Newsletter with times and dates!

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

**St. James**

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

670 Century Street Phone: (204) 788-1100  
[stjamesvw.com](http://stjamesvw.com) [stjamesaudi.com](http://stjamesaudi.com)

**ReconnaissanceFC.ca**  
 Communauté • Force • Économies

La communauté des Forces canadiennes (FC) compte aujourd'hui plus de 1 million de Canadiens : des hommes, des femmes et des familles dont les efforts, les sacrifices et le dévouement, autant pour le Canada que pour la population canadienne, sont dignes d'être reconnus et appréciés. Le programme de reconnaissance des Forces canadiennes a été lancé dans le but de récompenser ces personnes et ces familles dévouées. Grâce à ce programme, les membres de la communauté des Forces canadiennes auront accès à une vaste gamme de rabais et d'économies par l'entremise du site [www.reconnaissancefc.ca](http://www.reconnaissancefc.ca). À titre de programme de rabais officiel des FC, il s'agit maintenant du principal endroit où les membres pourront profiter de rabais sur une gamme étendue de biens et de services.

En tant que membres de la communauté des FC, vous êtes admissibles à des programmes visant à rehausser le moral et le bien-être des membres, des familles, et de l'ensemble de la communauté.

En raison de la nature et de la taille de la communauté des FC, il existe de nombreux types de cartes d'identité et de catégories de membres. Nous envisageons de créer une seule carte pour nous identifier comme faisant partie d'Une communauté, forte d'un million de membres.

Pour que les programmes de bien-être et de maintien du moral puissent continuer à être offerts à notre communauté, nous demandons aux membres de la communauté des FC de remplir et de transmettre le formulaire ci-dessous. Avec cette information, nous assignerons un numéro d'identification unique et créerons une lettre/carte qui servira de preuve d'identité valide à présenter au besoins à nos entreprises partenaires.

SVP réglez à [www.cfappreciation.ca](http://www.cfappreciation.ca)

Canadian Forces Personnel and Family Support Services Services de soutien de personnel et aux familles des Forces canadiennes

**CFappreciation.ca**  
 Community • Strength • Savings

The Canadian Forces (CF) community today consists of over 1,000,000 Canadians; men, women and families whose efforts, sacrifices and commitment to Canada and Canadians should be acknowledged and appreciated. The Canadian Forces Appreciation Program has been launched as a way of recognizing these dedicated individuals and families. The program will provide members of the Canadian Forces Community with access to a wide range of discounts and savings through [www.cfappreciation.ca](http://www.cfappreciation.ca). As the official discount program for the Canadian Forces, it is now the principal place for members to find savings on a wide variety of goods and services.

As a member of the CF Community, you are entitled to specific programs aimed at improving the morale and welfare (M&W) of individuals, families, and the community as a whole.

Due to the nature and size of the CF Community, there are a number of different types of identification cards and categories of membership. We have envisioned the creation of one card to identify ourselves as being part of **One Community - One Million Strong**.

In an effort to ensure that the M&W programs continue to be made available to our community, we are asking our CF Community members to complete and submit the registration form. The information provided will be used to create a unique identification number and a letter/card that can be used as valid identification to present to our Industry Partners upon request.

Please go to: [www.cfappreciation.ca](http://www.cfappreciation.ca) to register.

Canadian Forces Personnel and Family Support Services Services de soutien de personnel et aux familles des Forces canadiennes

# En action pour nos vétérans

Le gouvernement du Canada offre **aux vétérans un accès plus facile et plus rapide aux services et aux avantages.**

Les vétérans reçoivent plus rapidement que jamais les décisions sur leurs demandes de prestations d'invalidité et de participation au Programme de réadaptation. De plus, les vétérans qui préfèrent des options de libre-service en ligne peuvent s'inscrire à **Mon dossier à ACC** en tout temps, jour et nuit.

De plus, des améliorations récentes à la Nouvelle Charte des anciens combattants offrent :

- **un plus grand accès** à l'aide financière mensuelle pour vétérans;
- **un paiement mensuel additionnel** pour les vétérans gravement blessés;
- **un revenu annuel plus élevé pour les vétérans admissibles;**
- **de nouvelles options plus souples pour les paiements liés au Programme d'indemnité d'invalidité.**

Si vous êtes un vétéran et avez besoin d'aide, vous pouvez en apprendre davantage sur les services et les avantages en consultant **veterans.gc.ca** ou en composant le **1-866-522-2022**.



# Taking Action for Our Veterans

The Government of Canada is making it **faster and easier for Veterans to access services and benefits.**

Veterans now receive decisions on applications for disability benefits and the Rehabilitation Program faster than ever before. And Veterans who prefer online self-service options can sign up for their personalized **My VAC Account** at any time, day or night.

In addition, recent improvements to the New Veterans Charter provide:

- **Improved access** to monthly financial support for Veterans;
- **An additional monthly financial payment** for seriously injured Veterans;
- **A higher annual income for eligible Veterans;** and
- **New flexible options for Disability Award Program payments.**

If you're a Veteran and you're in need of support, you can learn more about services and benefits at **veterans.gc.ca** or call **1-866-522-2122**.





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

Merry Christmas from all of us here at the Voxair!



Have a safe and happy holiday season

**Building 90 Holiday Hours 2011**

24 December (Christmas Eve) - 1000-1500  
 25 December (Christmas Day) - Closed  
 26 December (Boxing Day) - Closed  
 27 December - 1000-1500  
 28-30 December - 0600-2200  
 31 December (New Year's Eve) 1000-1500  
 01 January 2011 (New Year's Day) Closed  
 02 January 2011 - 1000-1500



**Le Bâtiment 90 Fêtes de fin d'année 2011 (heures)**

Le 24 décembre - Veille de Noël - De 10 h à 15 h  
 Le 25 décembre - Noël - Fermé  
 Le 26 décembre - Lendemain de Noël - Fermé  
 Le 27 décembre - De 10 h à 15 h  
 Le 28 décembre - De 6 h à 22 h  
 Le 31 décembre - Veille du jour de l'an - De 10 h à 15 h  
 Le 1<sup>er</sup> janvier 2011 - Jour de l'an - Fermé  
 Le 2 janvier 2011 - De 10 h à 15 h



**WEIGHT wellness**  
**Programme Style de vie POIDS-santé**

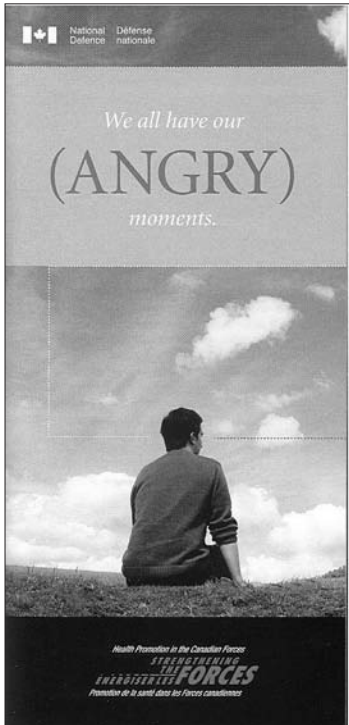


Pour s'inscrire ou pour de plus amples informations, communiquez avec le bureau de promotion de la santé: Poste 4150

For additional information and to register contact: Health Promotion @ local 4150

début: (mardi) 17 janvier – 6 mars 2012  
 heure: 1130 h – 1300 h  
 bâtiment: #33

Date: (Tuesdays) 17 January – 6 March 2012  
 Time: 1130 hours – 1330 hours  
 Location: Bldg. #33, MPR



**Managing Angry Moments 27 February & 5 March 2012 (MAM)**

(Must attend both days.)  
**0800 hours to 1600 hours Building #135, Room #132**  
 MAM is neither a counselling nor a treatment program. Through education, it aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

For more information or to register contact Health Promotion local 4150

**Gérer les moments de colère 27 février & 5 mars 2012 (GMC)**

(Doivent assister aux deux jours.)  
**0800h à 1600h bâtiment 135, chambre 132**  
 GMC n'est ni une thérapie ni une thérapie ni un traitement. Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptation qui vous conviennent.

Pour s'inscrire, composez Promotion de la santé le 4150



**Supervisor's Training Alcohol, Other Drugs and Gambling 18 January 2012 0800 hrs - 1600 hrs Bldg. #135 Room #132**

Recognize and respond to early warning signs and develop effective interview skills.

This training is course coded and is required for all military or civilians in a supervisory role. CANFORGEN 043/09

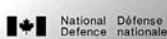
For more information or to register contact Health Promotion local 4150

**Sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif: formation des superviseurs 18 janvier 2012 0800h à 1600h bâtiment 135, chambre 132**

Reconnaitre les premiers symptômes et savoir y réagir. Apprendre à faire des entrevues efficaces.

Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code. CANFORGEN 043/09

Pour s'inscrire, composez Promotion de la santé le 4150



**STRESS: Take Charge!**

A Canadian Forces Program

**Le stress : ça se combat!**

Programme des Forces canadiennes

For more information contact the Health Promotion Director on your Base/Wing or Formation.

Pour plus de renseignements, communiquez avec le directeur de la promotion de la santé de votre base, escadre ou formation.

Want to increase your stress hardiness, enhance your performance, ramp up your Resilience?

**Stress: Take Charge!**

**8 & 9 February 2012**

**0800 hours to 1600 hours**

**Bldg. #135, Room #132**

To register contact Health Promotion local 4150

Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

**Le stress: Ça se combat!**

**8 & 9 février 2012**

**0800 h à 1600 h**

**bâtiment 135**

Pour s'inscrire, composez Promotion de la santé le 4150



[www.mfrc.mb.ca](http://www.mfrc.mb.ca)

204.833.2500 ext. 4500



## Register now for second language classes

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

The winter session offers French Level 2 and 4 as well as English classes (intermediate and advance). Courses will start the week of January 23; deadline for registration is January 13. Classes are held at the MFRC.

French level 2 and 4 are offered Monday & Wednesday, 6 to 9 p.m. French level 3 is offered Monday & Wednesday, 6 to 9 p.m. and the English intermediate and advanced class is 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 is \$50 (refundable if 85 per cent of the course is completed), for military personnel is \$50 (non-refundable), and for NFP and public employees is \$100 non-refundable.

To register or for more information, dial extension 4515.

### MFRC Christmas hours

The Winnipeg MFRC will be closed December 26, 27 and 28 for Christmas and January 2 and 3 for New Year's. The January Coffee Break will take place on January 5.

Merry Christmas from the board and staff of the Winnipeg MFRC. Wishing you and your family a very merry Christmas and a Happy New Year!

## CDS to speak at Gala

The Yellow Ribbon Gala is the Winnipeg MFRC's biggest annual event, and the 2012 Gala will be no different.

The committee has been hard at work, ensuring that this year's event will be enjoyed by all in attendance, and there are a few exciting things in the mix this year.

"We are pleased to announce that the Chief of the Defence Staff, General Walter Natynczyk, has agreed to be our keynote speaker," said Don Brennan, MFRC Executive Director. "His attendance at the Winnipeg MFRC's Gala has generated a lot of interest in this year's event."

For the first time, there will be a second speaker at the Yellow Ribbon Gala- Melissa Fung, a CBC reporter and author will also be speaking. In 2008, Fung was taken captive after finishing interviews at an Afghan refugee camp. She was held by her captors for 28 days, and her book *Under an Afghan Sky: A Memoir of Captivity* recounts her experiences during her ordeal.

"We were excited to have Ms. Fung accept our invitation to speak at the Gala," said Brennan. "She has an interesting story to tell, and we are anticipating that gala attendees will be eager to hear what she has to say."

In addition to our two fantastic speakers, the Royal Canadian Air Force band will be performing at the 2012 Yellow Ribbon Gala. The band has been a steadfast part of the Gala for the past six years, and has always received rave reviews from people in attendance at the Gala. We are fortunate to have such a huge talent at CFB Winnipeg, and the Winnipeg MFRC is honoured to have the band perform again this year.

The Yellow Ribbon Gala wouldn't be complete without fantastic prizes. There will be two raffles this year. The first is a chance to win an autographed Winnipeg Jets jersey, valued at more than \$500. The jersey draw will only be open to those attending the Gala.

The second raffle is a travel raffle. The first draw in the travel raffle is for two tickets anywhere WestJet flies (some restrictions apply), the second draw is for two tickets anywhere in Canada WestJet flies (some restrictions apply), the third draw is for a trip for four to Churchill on VIA Rail and a hotel stay (some restrictions apply), and the final draw is for a \$250 gift certificate package courtesy of the Grand Forks Visitors and Convention Bureau. Tickets are three for \$10 and will be available soon at the MFRC.

In addition, anyone who purchases tickets to the Gala will be entered to win the door prize of two leather jackets, donated by Peerless Garments.

The Yellow Ribbon Gala takes place February 18, 2012 at the Delta Winnipeg starting at 6 p.m. Tickets are \$100 each or a table of 10 for \$900 and are available at the Winnipeg MFRC. A limited number of tickets are available. Be sure to get yours before it's too late.

Be sure to watch the pop-up and our Facebook page ([facebook.com/WinnipegMFRC](http://facebook.com/WinnipegMFRC)) for details about the raffles and the Yellow Ribbon Gala.

For more information about the Gala, call 833-2500 extension 4500.

## Cours de langues secondes

Il est temps de vous inscrire à notre programme de formation en langues secondes, français ou anglais. Les cours sont d'une durée de 10 semaines, à raison de deux classes de trois heures par semaine.

La session d'hiver offre des cours de niveaux 2 et 4 en français et deux cours d'anglais (niveaux intermédiaire et avancé). Les cours commenceront la semaine du 23 janvier. La date limite d'inscription est le 13 janvier. Les cours ont lieu au CRFM, 102 rue Comet.

Français niveaux 2 et 4 : lundi et mercredi de 18h à 21h. Anglais interm. / avancé : mardi et jeudi de 18h à 21h Un minimum de 5 étudiants est requis pour chaque classe et un maximum de 10 étudiants sera accepté. Un test d'aptitude pourrait être donné afin de déterminer le niveau de compétence de la langue seconde.

Pour conjoints et conjointes de militaires 50 \$ (remboursable si 85 % du cours est complété). Pour le personnel militaire : 50 \$ non remboursable. Pour FNP et pour le public : 100 \$ non remboursable. Pour s'inscrire ou pour de plus amples informations, communiquez avec Mélanie au 833-2500 poste 4515.

## Yellow Ribbon Craft Sale



The Yellow Ribbon Craft sale was held Saturday, November 19 at Westwin Community Centre. With a wide variety of crafters and over 200 attendees, the MFRC was proud to host this event for the community, and help raise funds for Care and Share.

Thank you to the MFRC volunteers and the work party from 1 CFFTS for all your help, and thank you to those who attended to do their holiday shopping with us. Your support is appreciated.

## New program for youth at MFRC

The MFRC will be providing the program Youth of Parents Who've Experienced Trauma (YPET). The YPET program is an activity based, educational support program for youth. The goal behind the program is to provide youth an opportunity to connect with others in similar situations, obtain a general understanding of trauma and the effects of trauma, how they can be a support to their parents, as well as how to engage themselves in self-care.

The program is an eight session group that will run from January 18, 2012 to March 7, 2012 from 5 to 7 p.m.. An introductory parent session will occur on January 11, 2012

Criteria for Referral:

- Youth between the ages of 11 to 14 or 14 to 18
- A parent or close family member whom has experienced an Operational Stress Injury, PTSD, or other mental health concerns.
- A youth whom expresses concerns about their parent or close family member potentially experiencing trauma.
- Program is open to both serving and former Canadian Forces/Defence Team family members.

Food and snacks will be provided.

For more information or to register, please call Laura Friesen at 833-2500 extension 4512.

# PERSONAL CLASSIFIEDS

## Fountain Tire

### Jose's Going Crazy

- \* from today till Christmas Day I will guarantee you the best price on tires you will ever see
  - \* for you or any friend that comes to see me and requires tires and will purchase NOW I guarantee you the tire of your choice at COST
  - \* this offer applies to all tires available to me here in the city or even from Edmonton warehouse (we pay freight)
  - \* I will NOT make this offer after Christmas because the year will then be over and we start a new year
  - \* YOU or a FRIEND NEED TIRES NOW???
- PHONE ME, EMAIL ME, OR JUST COME DOWN, NEED THEM SOLD BY 12/25/2011

Come by the Fountain Tire at 3020 Portage Avenue and talk to Jose to take advantage of this deal.

### Volunteers Wanted:

1 Canadian Air Division kitshop is looking for volunteers. Flexible hours, 1 day a week between 10:00 hrs and 14:00 hrs.

**For Sale** - Westinghouse floor model radio, model 683, circa 1940's, excellent working order, original operating manuals, providence available, \$350.00, Barbara 415-4563

Send us an email today to place your FREE Classified ad at [voxair@mts.net](mailto:voxair@mts.net)

Place your FREE classified ad.  
Send us an email: [voxair@mts.net](mailto:voxair@mts.net)



# Taroscopes

BY  
NANCY

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

Enjoy some gentle music, or get moving to the tunes. Shake things up. Take time out from tasks and decisions without guilt. You'll be more productive after a break. Celebrate your successes. In an optimistic mood you're more likely to make the best choices for the future.

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

Time to assess what no longer suits your lifestyle and make the necessary changes. Make decisions that support a life full of loving connections. Always take into consideration those you love. Find ways to compromise on both sides. Encourage creativity in yourself and others.

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

You're not interested in maintaining the status quo if all it does is keeps limiting you and stopping you from doing what is exciting and interesting. Freeing yourself up from commitments and those who want to hold you back could be difficult. But it's worth the effort.

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

Calm your own doubts and fears before talking to others. Show empathy and you'll keep communication flowing. But there is also a time for action. You can't just hope for good things to happen. When necessary, state your intentions, set a goal and go for it full speed ahead.

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

Take the time to share a special moment with someone you love. You'll be making some long-range life decisions this December. Make your plans manageable and you're more likely to see the intended results. Aim to become an expert in your field. Nothing less will do for you.

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

You may instigate confrontations so you can rant a bit. Be careful though; if you're in a rut, this may be a diversion. Don't get caught up in your own mind-games. Tackle your own issues first especially if they are financial in nature. This will affect how you react to others.

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

You've arrived. You've saved enough, earned enough, done enough or graduated. Enjoy the feeling of success but don't let this define you completely. You are more than what the world sees on the outside. Do things because you really want to not because you feel you must.

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

Push for what you feel you need and are entitled to. Fight for what you believe in. If you feel like you must hold your tongue then ask yourself if it is an act of wisdom or an act of avoidance. Others may try to divert your attention with questions and word games. Stay focused.

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

Happily you are blessed with a strong sense of security at this time. It may not suit others but your life fits you to a T - for today anyway. Take a break from trying to figure everything out. Take in concerts or shop for luxury items in the comfort of your own home.

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

If you feel pressured to conform to something that doesn't suit you, gently extricate yourself. Excessive commitments need to be curtailed. You'll need energy to deal with an old issue that resurfaces. Especially since your support group may be busy elsewhere.

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

Though you may feel you must make a choice now, it's better to give it some time. It may not be an either or choice. Instead opt for "do it now" and "do it later." Healing and a sense of freedom results from decisions made. Enjoy the wonder of all that is unfolding at this time.

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

Someone may try to impose their ideas on you. Don't get caught in petty games. Leave their drama and go do what inspires you. Create what you feel compelled to create. Your work reflects a new depth of understanding. Someone will be impressed when they meet you.

**FOR APPOINTMENTS CALL 775-8368**

## THE VOXAIR

### Your 17 Wing Community Newspaper



### Barala Kennels

YOUR PET'S HOME AWAY FROM HOME

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

OWNERS: GARTH AND SARA GRANT  
[barala@mts.net](mailto:barala@mts.net) [www.baralakennels.com](http://www.baralakennels.com) 633-2629

PROUD OF OUR PAST



PROTECTING OUR FUTURE

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

### Texas Hold'em

Tues 7 p.m.

### Line Dancing

Every Tues & Wed  
8 to 10 p.m.

### Dancing To Live Bands

Fri & Sat  
9 p.m. - 1 a.m.

### Meat Draws

Every Fri 5 - 7 p.m.  
Every Sat 2 - 4 pm

### ASSINIBOIA UNIT NO. 283

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



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

WELCOME ALL MILITARY PERSONNEL

### GASTHAUS GUTENBERGER GERMAN RESTAURANT

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

2583 Portage Avenue (1 block west of the Moray bridge)

Phone: 888-3133 for reservations

Catering Service Available

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

### Complete Family Dentistry

Preventative/Cosmetics/Orthodontics

Crowns/Dentures/Root Canals  
Extractions/Emergency Care

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

ALL DENTAL PLANS ACCEPTED

# Chaplain's Corner

## A Great Investment - Guaranteed

Don't worry; the padres have not taken to giving out financial investment information. You will not find the latest in stock tips or RRSP guidance here. Having said that, a significant part of my retirement plan is to spend it with my wife. Therefore it only makes sense for me to invest in that relationship. I admit that sometimes in the busyness of life, I have to be reminded to do so. If you and your partner can relate to the situation I just described, than this article might be of interest to you.

The chapel communities of 17 Wing want to see your family relationships thrive -- not just survive. Marriage is not easy under any circumstances, let alone when facing the additional pressures that come with living in our military community. As our gift to you and your relationship, we are sponsoring The Marriage Course and offering it free of charge to military members and their partners. The format of the evening is a candlelit dinner for two followed by a DVD presentation. The evening concludes with dessert and a guided discussion with private workbooks that will be provided to each participant.

### What is in it for you?

You will have a date-night that is a time away from other pressures, to enjoy each other's company and to enrich your relationship.

### What is it?

The Marriage Course is an eight-session course set in a warm, welcoming atmosphere. You will be served a candlelit meal and coffee, tea and dessert at a romantic table for two, while listening to practical talks that are informative and fun, presented on DVD. There is never any group work and you will never be asked to share anything about your relationship with anyone other than your partner. Why do the course?

Regular check-ups help a car run smoothly and reduce the risk of breakdown. The best sports professionals spend hours being coached and perfecting their technique. The greatest achievements in life take practice, training and dedication. It is the same with marriage. A strong, loving and lifelong relationship doesn't happen by chance. It takes effort and dedication to keep the fun and romance alive. We can all learn how to make even the happiest marriage better.

### What are the topics?

1. Building Strong Foundations - This session helps couples to look at their lifestyle and its effect upon their marriage, and to discover more about each other's needs and desires - particularly on an emotional level.
2. The Art of Communication - Listening is a vital skill for a strong marriage. In this session couples practise communicating their feelings and listening effectively to one another.
3. Resolving Conflict - In this session we look at how couples can increase their intimacy by expressing appreciation to each other, recognizing their differences, learning to negotiate disagreements, and praying for each other (if they feel comfortable doing so).
4. The Power of Forgiveness - This session addresses the ways we inevitably have hurt each other and how to resolve these so we don't create a backlog of anger and resentment. We look at the process of healing through identifying the hurt, saying sorry and forgiving.
5. The Impact of Family - Past and Present - This session focuses on helping couples to recognize how their family background affects the way they relate to each other. They also consider how to build a good and healthy relationship with their parents, in-laws and wider family, and how hurt from childhood can be healed.
6. Good Sex - Sexual intimacy needs to be worked at and developed. It isn't just the icing on the cake; it's a vital ingredient of the cake itself. In this session couples are encouraged to talk about their sexual relationship and to recognize where they need to make changes.
7. Love in Action - This session looks at five ways of expressing love - through words, time, touch, presents and actions. Couples discover which expression of love is most important for their partner and how to put this into practice.
8. Coping with Times of Separation - Military marriages face unique stresses and challenges. This session focuses on "Coping with times of separation". While it is designed for couples in the military, it is relevant for any couple who spends long periods apart. This session addresses some strategies for growing together as well as coping with the times apart.

### What it is not.

This course is not a substitute for marital therapy or counselling. Those resources are available, and any padre or social worker can help you arrange that if you are facing serious issues. However, almost every relationship faces difficulties and challenges. If you are facing some typical difficulties, you may find this course helpful. If you think a conversation around some of the above listed topics would be enriching and meet some of the current needs of your relationship, by all means consider joining us if you are able.

### Further details and how do we sign up?

The Marriage Course will run for 8 weeks beginning Tuesday, 24 January 2012 and conclude Tuesday, 13 March 2012. As previously stated, there is no group discussion involved as this is a time to focus on you and your spouse. Your privacy is assured. The course will be held in the chapel fellowship hall attached to the Base Chapel at the corner of Whytewold and Silver. The course will be scheduled from 6:30 pm to 9 pm. It is open to all CF members and their spouses in married or common law relationships. Childcare will be available on demand on a subsidized basis from 6:15 pm to 9:15 pm. Please indicate when registering if you require childcare. Space is limited to twelve couples. The chapel communities and the 17 Wing Chaplain Team are happy to make it available at no charge - I told you this would be a great investment! The course will be facilitated by Maj Ross Allan and Mrs Shirley Allan, who have taken the course and have run it previously.

Further information is available at The Marriage Course website at: <http://relationshipcentral.ca>. To register or for any further enquires, please contact Maj Ross Allan at [Ross.Allan@forces.gc.ca](mailto:Ross.Allan@forces.gc.ca) or local 6255 or Shirley Allan at [shirley.allan@gmail.com](mailto:shirley.allan@gmail.com) or 204 792 1989.

May God bless you and your relationships!

**-Padre Gordon Mintz**

\*some content of this article is based on or taken from The Marriage Course promotional information package.

## Together in Church

### CATHOLIC

#### CHAPLAINS

**Padre Mark Mawson (Wing Chaplain)**

Roman Catholic Office 833-2500 ext 5417

**Padre Ray Laudenerio**

Roman Catholic Office 833-2500 ext. 5272/6914

**Padre Frederic Lamarre**

Roman Catholic Office 833-2500 ext. 5956

**Ms Catherine Landry**

W Chap Admin Assistant

Office: 833-2500 ext 5087

#### Masses (English only)

Tues, Weds, Thurs 1210 hrs

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 Will Hubbard**

(Anglican) Office 833-2500 ext 5349

**Padre Gord Mintz**

(Anglican) Office 833-2500 ext 5785

**Padre Frank Staples (Baptist)**

Det. Dundurn. Office 833-2500 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.



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



**Grant Clements & Kelly Clements**  
CD, FRI, SRES SRES, CERC

- Registered Relocation Specialists
- Senior's Real Estate Specialists
- Canadian Employee Relocation Council

**Proudly serving our  
Military Families with:**

- 26 years of military service
- Complimentary relocation package couriered to you within 24 hours



Call toll free: 1-877-778-3388  
Business: (204) 987-9808

ReMax Executives Realty  
3505 Roblin Blvd  
Winnipeg, Mb, R3R 0C6

Contact us Online:

[clements@buywinnipeg.com](mailto:clements@buywinnipeg.com)

[www.buywinnipeg.com](http://www.buywinnipeg.com)

## Happy Holidays

*Wishing you a special time during this holiday season and into the new year 2012.*

*Thank you for remembering my real estate service.*



### terie langen

real estate consultant  
call **779.7000**  
**877.778.3388**  
terie@homesinwinnipeg.com  
[www.HomesInWinnipeg.com](http://www.HomesInWinnipeg.com)

**MAXIMUM Realty Ltd.** Serving Winnipeg & Surrounding Areas  
Residential - New Homes - Condos - Relocation - Referrals



**Lee Wren**  
(204) 781-4487  
[leewren@mts.net](mailto:leewren@mts.net)



**Eva Bessas**  
(204) 470-3332  
[ebessas@mts.net](mailto:ebessas@mts.net)



**Brendan McGurry**  
(204) 799-3022  
[mcgurry@mts.net](mailto:mcgurry@mts.net)

## Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2

PH: 888-7973 FAX: 832-3461

E-Mail: [info@cgklaw.ca](mailto:info@cgklaw.ca) Website: [www.cgklaw.ca](http://www.cgklaw.ca)

George E. Chapman Q.C.  
Alan R. Goddard  
Krista P. Piché

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

Lorraine M. Scollin  
Mindy R. Lofchick  
Serge B. Couture

*Our fees conform to the ERS guideline*

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

## "Rock Solid Service"



### Al Bernier

Realtor®

204.255.4204

1.800.267.0794

[albernier@remax.net](mailto:albernier@remax.net)

[www.rocksolidservice.ca](http://www.rocksolidservice.ca)



REMAX Lifetime Achievement Award

Professional "know how"  
...doesn't cost you more!



CONTACT A PROFESSIONAL REALTOR

987-9800

Email: [linda@lindavandenbroek.com](mailto:linda@lindavandenbroek.com)  
Website: [www.lindavandenbroek.com](http://www.lindavandenbroek.com)

**Linda**  
van den Broek

7 YEAR  
AWARD  
WINNER



**Trudy M. Johnson, B.A.**  
Relocation Specialist  
30 Years of Professional Success in the Winnipeg Real Estate Market  
Toll Free 1-877-778-3388  
Cell 1-204-981-1529  
[trudyj@mts.net](mailto:trudyj@mts.net)  
Re/max Hall of Fame

*"spirited energy"*

The Strength of Teamwork . . .  
The Reputation of Results

**Dan Vermette**  
Service en Français

THE **DAN VERMETTE** Home Selling TEAM  
**255-4204**  
[danvermette.com](http://danvermette.com)

## Joanne Gebauer

RE/MAX® executives realty

(204) 889-9500

**Award Winning Service**



Proud to Assist Military Families

**Relocation Specialist**

28 Years Experience  
in the Winnipeg  
Real Estate Market

[www.joannegebauer.com](http://www.joannegebauer.com)

[joanne@joannegebauer.com](mailto:joanne@joannegebauer.com)

Toll Free: 1-877-778-3388

