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Our Military Community Newspaper, 17 Wing Winnipeg

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Season's Greetings from the Commander 17 Wing & Air Force Training Centre

The Christmas and New Year's festive season is upon us and as 2012 draws to a close I would like to take this opportunity to thank the members of 17 Wing & AFTC for their hard work and tireless dedication in conducting, supporting, and training for operations throughout the year.

2012 was another year of high operational tempo. 17 Wing provided support from coast to coast with RIMPAC in the Pacific, the Task Group Exercise in the east and the Arctic operations of OP NUNALIVUT, OP NANOOK, and EX ARCTIC RAM. During these operations 17 Wing and AFTC came together not as individual civilians, regular force, and reserve members, but instead as a team to ensure these operations were a success.

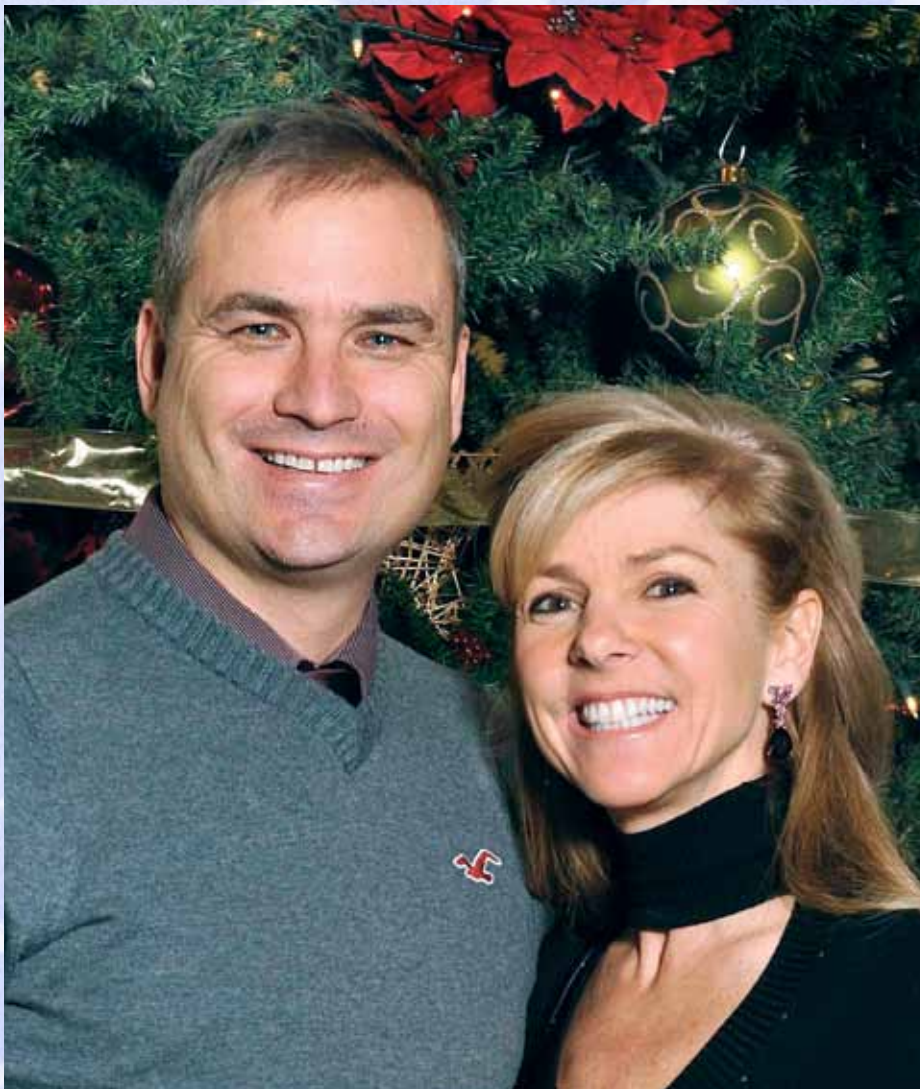
On the training side, AFTC has never been busier. 1 CFFTS is now running five Air Combat Systems Officers courses simultaneously, CFSSAT is busy developing an Arctic survival course, and CFSAS continues to design the Air Force Officer Development course and strengthen its partnership with the University of Manitoba.

It was also a year of change for 17 Wing and AFTC. We lost a good friend and mentor with the passing of former Honorary Colonel Ben van Ruiten, the longest serving Honorary Colonel in the RCAF, but gained a new friend when the torch was passed from HCol Barry Rempel to HCol Ross Robinson.

This is the time of the year to spend quality time with your loved ones. Rest, recharge your batteries, and enjoy the time off with your family. While you are in the company of your family, please give a thought to those members on operations over the festive season.

Together with my wife Johanne and our son Michael, we wish you all a wonderful holiday season, filled with love, laughter and relaxation as well as a most prosperous New Year.

B.F. Frawley
 Colonel
 Commander 17 Wing & AFTC



Meilleurs vœux du Com- mandant de la 17e Escadre et du Centre d'instruction de la Force aérienne

Le temps des Fêtes approche à grands pas et, comme l'année 2012 tire à sa fin, je souhaite profiter de cette occasion pour remercier les membres de la 17e Escadre et du CIFA de leur travail acharné et de leur grand dévouement quant à l'exécution et au soutien des opérations et à l'entraînement en vue de celles-ci, tout au long de l'année.

L'année 2012 a été très chargée sur le plan des opérations. La 17e Escadre a assuré un soutien d'un bout à l'autre du pays, tant dans le cadre de l'Ex RIMPAC dans le Pacifique, de l'exercice du groupe opérationnel dans l'Est et, dans l'Arctique, des opérations Nunavut et Nanook et de l'exercice Arctic Ram. Au cours de ces opérations, les membres de la 17e Escadre et du CIFA ont fait fi de leurs étiquettes de civils, de réservistes ou de membres de la Force régulière et ont travaillé comme une véritable équipe pour assurer la réussite des opérations.

En matière d'instruction, le CIFA n'a jamais été aussi occupé. La 1e EVFC donne maintenant cinq cours d'officier de systèmes de combat aérien en même temps, l'ESMAFC s'affaire à mettre au point un cours sur la survie en Arctique et l'EEAFC poursuit l'élaboration du cours de perfectionnement des officiers de la Force aérienne et solidifie son partenariat avec l'Université du Manitoba.

L'année 2012 a aussi été marquée par le changement pour la 17e Escadre et le CIFA. Nous avons perdu un ami précieux et un mentor à la suite du décès de l'ancien colonel honoraire Ben van Ruiten, le colonel honoraire ayant été le plus longtemps en poste au sein de l'ARC. Toutefois, nous nous sommes fait un nouvel ami, lorsque le Col honoraire Barry Rempel a passé le flambeau au Col honoraire Ross Robinson.

Profitez de cette période de l'année pour passer du temps avec vos proches. Reposez-vous, faites le plein d'énergie et amusez-vous en famille. Prenez toutefois un moment pour penser aux militaires qui sont en déploiement pendant la période des Fêtes.

En mon nom et au nom de ma femme Johanne et de notre fils Michael, je vous souhaite une merveilleuse période des Fêtes, beaucoup d'amour, de plaisir et de repos, ainsi qu'une nouvelle année prospère!

Colonel B.F. Frawley
 Commandant de la 17e Escadre et du CIFA

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Winnipeg Airports Authority Salutes RCAF



A Canadian Forces Honour Guard braved the frigid temperatures at the ceremony to lend a sense of distinction and formality to the proceedings. Photo: Sgt Bill McLeod

By: 1CAD Public Affairs

Winnipeg Airports Authority (WAA) paid significant tribute to the Royal Canadian Air Force (RCAF) at a dedication ceremony for a permanent monument installed outside the Winnipeg airport campus on 29 November 2012. The monument features a sign that reads "Home of the RCAF" and is backdropped by three flagpoles that fly the Province of Manitoba flag, the Canadian flag and the RCAF ensign.

"The Royal Canadian Air Force has a deep history and active presence in our community," said Barry Rempel, President & CEO of Winnipeg Airports Authority. "We are proud to show our support for the men and women of the RCAF and this display is one way of showing appreciation for their efforts on behalf of our community and our Country."

The dedication ceremony was a small but significant event attended by senior staff including the Commander of 1 Canadian Air Division Major-General Pierre St-Amand and 17 Wing Commander Colonel Blaise Frawley. An Honour Guard participated and "Oh Canada" was sung by RCAF Band vocalist Sgt David Grenon.

"It is an honour to have this symbolic recognition featured at the airport campus," said MGen St-Amand, "Whether assisting during a flood or providing shelter for displaced visitors during an emergency, we are proud to call this community home and thank our airport neighbours for this tribute."

The man after whom Winnipeg's airport is named was a former member of the Royal Canadian Air Force. James Armstrong Richardson served as a pilot with the RCAF during the Second World War and later became Minister of National Defence from November 1972 until October 1976.

"Our government is proud to support the men and women of the Royal Canadian Air Force as they serve at home and abroad to protect the rights and freedoms we have today," said the Honourable Steven Fletcher, Minister of State



Major-General St-Amand, Commander of 1 Canadian Air Division and the Canadian NORAD region represented the RCAF during the dedication ceremony. Barry Rempel, President and CEO of the WAA and first-ever Honourary Colonel for 1 Can Air Div played an influential role in the establishing of the monument and ceremony. Photo: Sgt Bill McLeod.

for Transport and Member of Parliament for Charleswood—St.James--Assiniboia. "From supporting combat missions in Afghanistan to helping flood victims right here in Manitoba, the men and women of the Royal Canadian Air Force always make us proud."

On 12 October 2012, WAA president and CEO Barry Rempel was invested as the first-ever Honourary Colonel for 1 Canadian Air Division Headquarters.

Winnipeg Airports Authority is a non-share capital corporation responsible for the management and operation of Winnipeg James Armstrong Richardson International Airport and affiliate businesses.

1 Canadian Air Division / Canadian NORAD Region Headquarters serves as the central point of command and control for Canada's Air Force operations and it oversees the monitoring of Canada's airspace in support of our commitments to NORAD. It is based at CFB Winnipeg.



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General Natynczyk Visits Winnipeg Air Cadets



General Natynczyk visits with current members of the 220 Red River Squadron on November 25th. Photo: Capt Judy Undiks.



A photo from the CFB Penhold RCAC summer camp that General Natynczyk attended in 1971. He is pictured in the back row on the far right. Photo: Submitted.

By: Capt Judy Undiks
220 Red River Royal Canadian Air Cadets

Guest of Honour and former 220 Red River Squadron Air Cadet, General Walter Natynczyk, spoke to the Air Cadets, families, invited guests and staff at 17 Wing Officer's mess at a Mixer on the afternoon of Sunday, November 25, for part of the Squadron's 70th Anniversary celebrations.

The Mixer event was a pre-cursor to the ceremonial parade, which took place on Monday, November 26 at Minto Armouries. This was a once-in-a-lifetime opportunity for the Air Cadets to meet with the General, who held the highest ranking position in the Canadian Forces, and hear him speak about leadership and what the Air Cadet Program can offer them, and what the Cadets can give back to their communities.

"I was so excited about meeting the General!" said 12 year-old Cadet Sean Piche, "He was really nice and he inspired me and my other friends in cadets - how we

can give back to our communities and how far we can go in life." Cadet Piche wishes to work in the Aerospace Industry - and recently joined Air Cadets after his older brother, Leo signed up with the squadron. "Not only was he an Air Cadet," said Cadet Leo Piche, "but he was in OUR Squadron. His speech really made me feel like I could achieve my goal of getting my pilot's license."

It was 42 years ago the General first stepped on parade with 220 RCACS and donned an Air Cadet uniform. "So many great memories come back to me as I stand on this parade square," said General Natynczyk "The Cadet Program was a foundation for me - to learn discipline, leadership, and citizenship. I have experienced many things throughout my military career, and have many cherished memories; but I always look upon my time with the Air Cadet Program with great admiration and respect."

The 70th Anniversary Ceremonial Parade of 220 RCACS would be the last parade where General Natynczyk would be on parade in uniform. The Air Cadets and guests were rightfully honoured to have experienced this once-in-a-lifetime moment that they would remember for a long time.

"Who could have foreseen when "Walter" stepped through the doorway of Minto Armouries some decades ago," said Alen Hansen, father of one of Natynczyk's fellow friends and cadets, Robert Hansen "he would return

as the Reviewing Officer of his old Air Cadet Squadron having just retired his post at the highest position in the Military - as the Chief of the Defence Staff."

Robert Hansen, who was a member of 220 RCACS with General Natynczyk, went on to serve as a pilot in the military. On one mission, shortly after takeoff from Runway 12 at Regina Airport, a wild duck was ingested into the aircraft resulting in immediate engine failure. Rather than abandon their crippled jet aircraft over a populated area the two crew members elected to divert it away from the city thus sacrificing vital seconds and altitude. Both Officers were fatally injured when insufficient altitude remained for a safe ejection. In recognition of an act of clear courage in circumstances of great peril, the Star of Courage was awarded to Officer Cadet Robert Hansen and Captain Gary Fulton who gave their lives on 31 May 1976.

"It is with respect, I recognize Mr Hansen," said General Natynczyk asking him to rise "It was with leaders such as Mr Hansen and WO Jim Kiezick that laid the foundation for whom I was to become."

The 70th celebrations were also attended by the CO of the Regional Cadet Support Unit, LCol Kaphuis, Air Cadet League Chair, Mr Howard Mar, Squadron Sponsoring Committee Chair, Ms Peggy May of Winnipeg Airports Authority and former Chief of Reserves and Cadets Major General D Tabbernor (Ret'd). With great awareness, the Air Cadets who paraded noted "It was a once-in-a-lifetime event we were all proud to take part."

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17 Wing Members Receive NATO Medals



Major General Pierre St. Amand presents a portion of the recipients with the Operation Unified Protector NATO service medal on November 16th. For individual photos of the recipients, please visit: www.thevoxair.ca. Photo: Alison Dickey

By: Alison Dickey
Voxair Photojournalist

On Friday, 16 November 2012, Major General Pierre St-Amand, OMM, CD, Commander 1 Canadian Air Division / Canadian NORAD Region presented members of 1 Cdn Air Div, 2 Cdn Air Div, 17 Wing and AFTC with their Non-Article 5 NATO Medal for service with NATO in relation to Operation UNIFIED PROTECTOR. The ceremony was conducted in the Building 21 Drill Hall at 17 Wing Winnipeg.

The following members received their medals:

WO BALLAM
Pte BAY
MCpl BAZIUK
Sgt BERNARD
Capt BOATES
Cpl BOIVIN
Capt BOLTON
Cpl BOND
Cpl BOTHE
MCpl BRADLEY
Capt BRONSON
MCpl BUCK
Pte BUSTILLO
MCpl BUTCHER
Pte CARPIO

MCpl DELORME
Capt DOELMAN
MCpl DONOVAN
Sgt EVERSHERD
Sgt FAIRBAIRN
Cpl FERWERDA
WO FOX
MCpl GROCHOLSKI
Cpl GAREAU
MCpl GUILLAUME
MCpl HARTMIER
Cpl HENDERSON
Pte HILL
Capt HINKS
MCpl HOGSDEN
Cpl HUNTER
Cpl JOHNSON
Pte JORGENSEN
Sgt JOYAL
MCpl KEEPING
MCpl KEIRSTEAD
Cpl KIVI
Capt LAFRANCE
Cpl LAKE
Cpl LAVOIE
MCpl LAZARO
MCpl MACK
2 Lt MARSHALL
Sgt MARSHALL
MCpl MARTIN
Sgt MATHESON
MCpl MATHIEU
Cpl MCKENZIE
Capt MICK
Sgt MIDDELVEEN
Sgt MIHALCHAN
MCpl MOSS
PO2 MUFFTY
Cpl NEBEL
Maj NORTHRUP

Sgt OTTERSON
Sgt OUWENDYK
Cpl OXFORD
MCpl PERRY
Maj PETTIT
Cpl PODOLAS
Capt ROULSTON
Cpl ROUSSEAU
Capt RYDMAN
Cpl SCHRAM
Cpl SMITH
Sgt STAMPER
Cpl STARK
Cpl ST-PIERRE
WO STUBNER
MCpl SUMNER
Sgt THORNE
MCpl VERHEUL
Capt WALSH
MCpl WARD
Capt WEAVERS
Pte WHITAKER
WO WHITING
MCpl WILSON
Maj WOODRUFF
Cpl BISKEY
WO BOWDEN
Cpl DAS
Capt D'SOUZA
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Maj FROST
LCol GAGNE
Maj HICKEY
MWO LAFORGE
Capt PEARCE
WO PETERS
Sgt SAULNIER
Maj SOKOLOWSKI
Capt STRELIEFF

NORAD is ready to track Santa



Volunteers work the phones and e-mails at the NORAD Tracks Santa Operations Centre in Colorado Springs. Credit: Michael Humphreys, U.S. Army

From NORAD and US-NORTHCOM Public Affairs

The North American Aerospace Defense Command is prepared to track Santa's yuletide journey! The NORAD Tracks Santa website, www.noradsanta.org, went live on November 30. It features a holiday countdown, games and daily activities, video messages from students around the world, and more. The website is available in eight languages: English, French, Spanish, German, Italian, Japanese, Portuguese, and Chinese.

Official NORAD Tracks Santa apps are also available in the Windows Store, Apple Store, and Google Play, so parents and children can countdown the days until Santa's launch on their smart phones and tablets! Tracking opportunities are also offered on Facebook, Twitter, YouTube, and Google+. Santa followers just need to type @noradsanta into each search engine to get started.

Starting at 12 a.m. MST on Dec. 24, website visitors can watch Santa make the preparations for his flight. Then, at 4:00 a.m. MST (6:00 a.m. EST), trackers worldwide can speak with a live phone

operator to inquire as to Santa's whereabouts by dialing the toll-free number 1-877-Hi-NORAD (1-877-446-6723) or by sending an email to noradtrackssanta@outlook.com. NORAD's "Santa Cams" will also stream videos as Santa makes his way over various locations.

It all started in 1955 when a local media advertisement directed children to call Santa direct – only the number was misprinted. Instead of reaching Santa, the phone rang through to the Crew Commander on duty at the Continental Air Defense Command Operations Center. Thus began the tradition which NORAD carried on since it was created in 1958.

NORAD Tracks Santa is truly a global experience, delighting generations of families everywhere. This is due, in large part, to the efforts and services of numerous program contributors.

New to this year's program are Bing, HP, iLink-Systems, Kids.gov, Microsoft's Windows Azure, BeMerry! Santa, and SiriusXM. Returning collaborators include the 21st Space Wing, Acuity Scheduling, Air Canada, American Forces Network, Analytical Graphics Inc., Avaya, Citadel Mall, Colo-

rado Springs Chamber of Commerce Military Affairs Council, CradlePoint, Defense Video Imagery Distribution System (DVIDS), Federal Aviation Administration, First Choice Awards & Gifts, Globelink Foreign Language Center, Marine Toys for Tots Foundation, Meshbox, National Tree Lighting Ceremony, Naturally Santa's Inc., Newseum, OnStar, PCI Broadband, Pentagon Channel, Radiant-Blue, Space Foundation, TurboSquid, tw telecom, UGroup Media, Verizon, and VisionBox.

Santa's Countdown Calendar and the Santa Cam videos will feature music by military bands, including the Naden Band of the Maritime Forces Pacific, Air Force Academy Band, Air Force Band of Liberty, Air Force Band of the Golden West, Air Force Band of the West, Air Force Band, Air Force Heartland of America Band, U.S. Army Ground Forces Band, U.S. Merchant Marine Academy Band, Air Force Band of Mid-America, and the West Point Band.

Santa trackers can also purchase official NORAD Tracks Santa licensed goods by visiting the "Official Licensed Products" link on the site.



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Queen's Diamond Jubilee Awards presented at 17 Wing



Col Blaise Frawley, the Commander of 17 Wing Winnipeg/AFTC addresses the attendees and congratulates the recipients at the end of the Honours and Awards ceremony. For individual photos of the recipients, please visit: www.thevoxair.ca. Photo: Cpl Jean Archambault.

Sgt Bill McLeod
17 Wing
Photojournalist

17 Wing Winnipeg, Man- 17 Wing/Air Force Training Centre Commander Colonel Blaise Frawley presented 91 Queen's Diamond Jubilee Medals along with 25 other medals and decorations at a ceremony held in Building 21 at 17 Wing on 4 December, 2012.

An additional two Queen's Diamond Jubilee Medals (QDJM) were first presented by Brigadier-General Gordon Reid, Acting Commander 1 Canadian Air Division, to

Col Frawley and 17 Wing Chief Warrant Officer Michael Scarcella.

"The Queen's Diamond Jubilee Medal marks six decades of reign for Queen Elizabeth," said Col Frawley following the ceremony. "It has only happened once before in history with Queen Victoria in 1897."

The QDJM honours the Queen and at the same time it is an opportunity for the Crown to recognize deserving Canadians who have contributed to the nation and helped define what it means to be Canadian. The QDJM acknowledges Canadians from all walks of life that support and contribute to their

communities in their own unique ways.

Other medals and decorations presented during the ceremony included the 1st Bar to the General Campaign Star, the Operational Service Medal, the Special Service Medal, the NATO Meritorious Service Medal, NATO Operation Unified Protector-Libya Medals, the 1st Clasp to the Canadian Forces Decoration, Certificate of Service to the Government of Canada, the Royal Canadian Air Force Commander's Commendation, the Canadian Expeditionary Force Commander's Commendation, the Task Force Libeccio Commander's Commendation,

the Recognition of Superior Performance, and the Communications Award of Excellence.

"During times of change it becomes more and more important for us to celebrate the accomplishments of the members of 17 Wing and the Air Force Training Centre, including all the members of the defence team-regular, reserve and civilian members," said Col Frawley. "I strongly encourage all the supervisors here to look for ways to recognize the efforts of our people."

Col Frawley also took the opportunity to thank the families of the members who attended the ceremony.

"A lot of these medals represent sacrifice on somebody's part," said Col Frawley. "Not just the men and women sitting here, but sacrifices on the part of the families as we go out the door for these extended tours. So to the families, thank you very much for your sacrifice and support."

Receiving the Queen's Diamond Jubilee Medal were:

Col Frawley
CWO Scarcella

In alphabetical order, the following people received the Queen's Diamond Jubilee Medal from the Wing/AFTC Commander:

MCpl Aitken
Cpl Anderson
MCpl Armstrong
Sgt Bailey

- MCpl Bambrick
- Maj Blakely
- Sgt Bodnar
- Cpl Boivin
- MCpl Boyd
- Capt Brennan
- Ms Brown
- Capt Butt
- Sgt Cadwell
- MCpl Carpenter
- Pte Cash
- Cpl Clarke
- Pte Comeau
- Cpl Concha
- Cpl Cooney
- WO Coulson
- Capt Croft
- WO Culligan
- Maj Dalke
- MCpl Delorme
- MCpl Deveault
- Capt Deutscher
- Capt Devlieger
- WO Dockrell
- Ms Elson
- MCpl Esser
- Capt Ferris
- Sgt Flynn
- Sgt Frazee
- MCpl Gallant
- MCpl Gervais
- Cpl Gervais
- WO Graham
- Capt Gravel
- Sgt Grennon
- MCpl Guillaume
- MCpl Harriss
- MCpl Heise
- Sgt Herlick
- WO Hibbs
- Capt Hough
- Cpl Ilag
- WO Joiner
- Maj Jordan
- Capt Jordan

- MCpl Kachur
- Maj Kullman
- MCpl Leboeuf
- Lt Lee
- Maj Leenders
- Capt Leveque
- Cpl Ligon
- Capt MacDonald
- WO Manny
- Maj Maxwell
- Sgt McGinn
- Capt McGregor
- Mr. Mensforth
- Capt Miller
- Maj Milligan
- Cpl Mills
- Cpl Molloy
- Sgt Morris
- MWO Morrisey
- CWO Nesbitt
- Capt Niemczyk
- Cpl Orr
- Sgt Parrell
- MCpl Perrin
- Sgt Prezioso
- Cpl Rice
- WO Rideout
- Sgt Robertson
- MWO Rochon
- MCpl Rousseau
- Cpl Roy
- MCpl Russell
- MWO Smith
- Maj Smith
- Capt Thompson
- Mr. Thompson
- OS Vautour
- CPO2 Walsh
- Cpl Walton
- WO Webster
- Cpl Wild
- MCpl Wood
- Maj Zegarac
- Lt Zhao

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An action packed final at the 2012 Wing Commanders' Hockey Tournament

By: Chris Merrithew
PSP Sports Coordinator

Congratulations to the Lock-outs and the WCE Beavers hockey teams who were victorious in their quest to win their respective divisions at the 2012 Wing Commander's Ice Hockey Tournament. The tournament, held the 28-30 Nov 12 at the MTS Iceplex, consisted of nine high calibre teams all vying for the opportunity to win the coveted Wing Commander Hockey Cup. The tournament consisted of 3 divisions with the top team from the "A" division receiving a bye directly to the Championship final while the top 2 teams in the "B" and "C" divisions advanced to compete in the playoffs (Olympic cross-over format).

The "B-C" Division Championship final was set between the WCE Beavers team and the MP Watchdogs team. Each team pressured to score the all important first goal. At 54:16 of the game, Sgt Brian St John blew past the Beavers defenders and dented the twine behind the fallen Beavers goaltender. The MP Watchdogs team were boiling with excitement, as they wanted their tournament to continue on with a Championship victory.

The WCE Beavers quickly countered with a goal of their own as WO Dwayne Fox stole a puck from the defender in the neutral ice zone and deked out the fallen Watchdogs goaltender to even the score at 1 goal each. The Watchdogs took the lead halfway through the game on a rebound goal by MCpl Jeff Wiens to give the Watchdogs a 2-1 lead. Both teams were relentless as the action was end to end but both goalies were on top of their game and were stellar in their performance, not allowing pucks to get past them. With less than 5 minutes left in the game, Cpl Jason Kasala tried to take the wind out of the sails of the Beavers team as he rifled a snapshot past the fallen Beavers goaltender. The Beavers team quickly answered with one of their own when Pte Jay Feschuk received a nifty pass from Les Latincez and fired the puck past the Watchdogs goaltender tying the game at 3 a piece and sending it into sudden death 4-on-4 overtime. The Beavers took 2 penalties early in the overtime period which almost cost them the game but the Beavers goaltender MCpl Jason McNutt made some superb saves to prevent the Watchdogs from scoring the winning goal. With only 1:13 remaining in the sudden death overtime, Sgt Gerald Thompson took advantage of a Watchdogs miscue as he picked up the puck at centre ice, drove past the defenceman and pocketed the puck into the top right hand corner of the net behind the fallen Watchdogs goaltender to seal the WCOMD Hockey "B-C" Division Hockey Championship. Sgt Gerald Thompson from the WCE Beavers was voted the Winnipeg Jets "Player of the Game" and the MP Watchdogs, MCpl Kevin MacIntyre was voted the Boston Pizza "Player of the Game".



Despite their best efforts, the 1 CDN Air Div Aces weren't able to pull out the win against the Lock-Outs in the A Division Championship final game. The Lock-Outs won 6-1. Photo: Alison Dickey

The highly anticipated "A" Division Championship final was set between the Lock-outs and the 1 CDN AIR DIV Aces hockey teams. The game was very fast paced as it featured some of the best players that 17WG WPG has to offer. The Lock-outs got off to a quick start scoring at the 39:58 mark of the game as Maj Clayton Kotzer received a pass from Cpl Keith Ivany and snapped a quick snapshot past the Aces goaltender to take an early 1-0 lead and set the tone for the remainder of the game. The action was end to end as both teams knew that each goal would be crucial in the outcome of the game. The Aces evened the score at 38:52 of the game as Capt Chad Chipchase blasted a shot past the Lock-outs goaltender. The Lock-outs quickly regained the lead as Cpl Keith Ivany scored on a quick snapshot that the Aces goaltender had no chance on. The Lock-outs immediately followed that with a goal by Capt John Verran who received a clever pass from Cpl Ken Keating. The Lock-outs continued their onslaught as Cpl Keith Ivany received a pass in the slot and lifted it into the Aces net to make the score 4-1. Despite the valiant effort by the Aces, on this day the Lock-outs would be relentless as the

Lockouts Capt John Verran stole the puck from the Aces defenceman and walked in to score his second goal of the game and propel the Lock-outs to a commanding 5-1 lead. Cpl Keith Ivany capped off the victory with a hat trick as he fired a hard wrist shot past the Aces goaltender. Cpl Keith Ivany from the Lock-outs was voted the Winnipeg Jets "Player of the Game" for his 3 goal and 1 assist performance and the Aces Capt Chad Chipchase, was voted the Boston Pizza "Player of the Game".

The finals were a great crowd pleaser and the tournament offered some exciting hockey over the three-day event. The A/WCOMD, LCol Halpin, A/WCWO, CWO Bernard and the HCol of 1 CFFTS and CEO of True North Sports and Entertainment, HCol Jim Ludlow presented prizes following the game to the winners in each of their respective divisions. The PSP F&S staff would like to express our thanks to the officials, timekeepers and the MTS Iceplex for their assistance in making the tournament a great success.

We would especially like to thank Boston Pizza for their donation of Player of the Game awards and the True North Sports & Ent organization (Winnipeg Jets) for their continued support and generous contribution of prizes. Thanks to all the teams that participated in the 2012 WCOMD Hockey tournament and we look forward to having everyone back for next year's tournament.



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Wing Commander Receives Better Business Bureau Award

Sgt Bill McLeod
17 Wing Photojournalist

17 Wing/Air Force Training Centre Commander Colonel Blaise Frawley accepted a Better Business Bureau Award from Mr. Brian Garagan, Chairman of the Torch Award Committee, on November 26, 2012 at 17 Wing Headquarters.

Col Frawley received the award for his contribution as a judge on the BBB Torch Awards panel for the last two years.

"The Better Business Bureau has become a flagship of business ethics and marketplace trust in communities all across North America. The bureau provides a trusted environment for consumers to seek businesses that adhere to its standards on trust," said Col Frawley at the Torch Awards presentation ceremony held October 2011, his first year as a judge on the panel.

"The BBB promotes values that foster the trust of the community, something we in the military strive for as well," he added.

Other members of the panel of judges included two business ethics professors from the University of Winnipeg and the University of Manitoba, Darren Oryniak, Vice President of Workers Compensation Board of Manitoba, and Brian Garagan, the Chairman of the Torch



Col Blaise Frawley accepts his BBB award from Chairman of the Torch Award Committee, Brian Garagan on November 26th. Photo: Sgt Bill McLeod.

Awards committee.

"You could tell the Wing Commander has been on selection boards before," said Mr. Garagan. "He just came in and got down to work on narrowing down the candidates."

The BBB Torch Awards are awarded in three categories:

Marketplace Excellence, Advancing Marketplace Trust, and Environmentally-Friendly.

The Marketplace Excellence Award is presented to small, medium and large businesses that are recognized for their superior commitment to exceptional standards that benefit customers, employees, suppliers, shareholders, and surrounding communities.

The Advancing Marketplace Trust Award is presented to small, medium and large businesses recognized for an action, program, or activity that promotes forward-thinking, sustainable, environmentally-friendly business practices.

The Environmentally-Friendly Award is presented to a business in recognition of an action, program, or activity that promotes forward-thinking, sustainable, environmentally-friendly business practices.

The 17 Wing Military Family Resource Centre and the Better Business Bureau in Winnipeg have formed a strong alliance to provide newly arriving Canadian Forces members and their families information and resources about local busi-

nesses.

"Many of our personnel are relocated to new cities and towns every few years and organizations such as the Better Business Bureau help ease that transition," said Col Frawley at the 2011 Awards Ceremony.

Warmest holiday greetings

To: all our patrons at
17 Wing Winnipeg

From: the staff at
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Phone: (204) 889-2204

Merry Christmas from the Commander of 1 CAD



At this joyous time of year, Suzanne and I wish you and your loved ones a peaceful and joyful holiday season and sincerely thank you for your service. We also want to recognize the essential support we all receive from our families and loved ones. I sincerely hope that you, members of the RCAF at large, but specifically 1 Canadian Air Division, civilian members, and your family and friends have a lovely holiday season filled with joy and meaning.

As I look back at all that we've accomplished in the last year, from Op Southern Reach to Op Northern Swing, from our SAR missions at home to our continuing role in Afghanistan, from our sovereignty patrols under NORAD to our role as ambassadors with foreign nations' militaries, we have done it all in our RCAF tradition of excellence. At the time of writing this message, in excess of 300 RCAF members were deployed in over 15 theatres of operation outside of Canada and serving our country with honour. I acknowledge the sacrifices that these members and their families are making, especially during this holiday season.

We have worked hard, and as usual, have delivered on our missions and commitments with characteristic professionalism and excellence. 2013 will bring its own challenges.

But before we jump to the New Year, let us all take a well deserved pause and enjoy the holidays. For those who will be home with their family this holiday season, I wish you a wonderful time, but ask you to take a moment to think about our fellow air men and air women who will be away from their families this year and wish for their safe return. In closing, as I said when I took command this past summer, it is an honour and privilege to command such a group of professionals and I look forward to all that we will accomplish in 2013. Until then, Merry Christmas, Happy New Year and the very, very best in all things for 2013.

MGen Pierre St-Amand
Commander
1 CAD/CANR

Message du commandant de la 1re Division aérienne du Canada pour la période des fêtes

En cette période de réjouissance, Suzanne et moi vous souhaitons, à vous et à vos proches, un temps des fêtes paisible et joyeux et nous vous remercions sincèrement de votre service. Nous aimerons également souligner le soutien essentiel que nous recevons de nos proches. J'espère de tout cœur que tous les membres de l'ARC, mais plus particulièrement les militaires et les civils de la 1re Division aérienne du Canada, passeront avec leur famille et leurs amis un merveilleux temps des fêtes, rempli de joie et de sagesse.

En réfléchissant à toutes nos réalisations cette année, comme, entre autres, nos rôles dans l'Op Southern Reach et l'Op Northern Swing, nos missions SAR à l'échelle

nationale, notre rôle continu en Afghanistan, nos patrouilles de souveraineté sous la commande de NORAD et notre rôle d'ambassadeur dans les forces militaires de pays étrangers, je constate que nous avons tout fait dans le respect de la tradition d'excellence de l'ARC. Au moment où j'écris le présent message, plus de 300 membres de l'ARC sont en déploiement dans plus de 15 théâtres d'opérations à l'extérieur du Canada pour servir notre pays avec honneur. Je reconnais les sacrifices de ces militaires et de leur famille, surtout pendant le temps des fêtes.

Nous avons travaillé fort et, comme d'habitude, nous avons accompli nos missions et nos engagements avec professionnalisme et excellence. Nous aurons certainement d'autres défis à relever en 2013. Mais avant de commencer la nouvelle année, prenons une pause bien méritée et profitons du temps des fêtes. Je souhaite une merveilleuse période des fêtes à tous les militaires qui ont l'occasion d'en profiter à la maison avec leur famille, mais je leur demande de prendre le temps de penser à leurs collègues qui sont en déploiement, loin de leur famille, cette année et de souhaiter qu'ils reviennent au pays en toute sécurité. Bref, comme je l'ai mentionné lorsque j'ai assumé les fonctions de commandant l'été dernier : c'est un honneur et un privilège de commander un groupe de professionnels comme vous, et j'ai hâte de voir ce que nous allons accomplir en 2013. Entretemps, joyeux Noël, bonne nouvelle année et meilleurs vœux pour l'année 2013.

**Le commandant de la 1 DAC/RC NORAD,
Mgén Pierre St-Amand**

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.

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

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Christmas Greetings from the Wing CWO

It's Christmas time already, how exciting! Let me start off by wishing you all a wonderful and safe Christmas and Holiday season. It's always so busy at this time of the year we often forget to make sure we enjoy it. Christmas is the time when we look back on everything that we have achieved over the past year and recuperate our strength to deal with whatever the new year has in store for us.

This past year has not been without its struggles, I'm not naive to think you believe otherwise. We continue to deal with challenges on many different fronts and yet we continue to not only do what is asked of us but excel at it. Although we are not supporting an operation overseas en masse, the tempo has been non-stop. Our schools are running flat out, training personnel for the present and future challenges while working on incorporating new technologies and curriculums to meet those demands. Our flying operations continue to push their boundaries, conducting operations to support ab-initio training at 402 Sqn or conducting SAR and AAR missions at 435 Sqn. All the while that huge logistical support piece continues to provide the backbone for all this to happen. All of this however has provided us opportunities; opportunities to test our resilience, recognize our members through promotions, honours and awards and we've even had time to lay down our tools and keyboards periodically and have some fun through both social and sporting events on the Wing. A truly impressive year when you take the time to look back at it.

Most of us will enjoy this holiday season with family and friends across this fair nation of ours. Please take the time to also remember our brothers and sisters in arms who are guarding our approaches or 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 sincerely continue to be impressed and appreciate your efforts and unwavering support. My family joins me in wishing you a safe and happy holiday season.



Vœux de Noël de l'Adjuant-chef de l'escadre

Le temps des Fêtes est déjà à nos portes, et nous sommes tous fébriles! Permettez-moi tout d'abord de vous souhaiter de passer de joyeuses Fêtes en toute sécurité. Tout va tellement vite à cette période de l'année que nous oublions souvent de bien en profiter. Les Fêtes offrent un moment propice pour faire le point sur nos réalisations de l'année qui achève et pour reprendre des forces en vue de ce que nous réserve l'année à venir.

La dernière année a fourni son lot de difficultés, et je suis certain que vous êtes d'accord avec moi. Nous devons toujours composer avec des défis sur différents plans et, malgré tout, nous continuons non seulement à répondre aux attentes, mais aussi à les dépasser. Même si nous ne participons à aucune opération en masse à l'étranger, le rythme des opérations est soutenu. Nos écoles fonctionnent à plein rendement pour former les militaires en vue des épreuves actuelles et à venir tout en intégrant de nouvelles technologies et de nouveaux programmes afin de répondre aux demandes. Nos opérations de vol continuent de repousser les limites, qu'il s'agisse d'opérations d'appui pour des pilotes débutants du 402 Esc ou de missions de SAR ou de RAA pour le 435 Esc. Entre-temps, cette énorme entreprise de soutien logistique continue d'être à la base de toutes ces réalisations. Ces expériences nous

ont toutefois permis, notamment, de mettre notre résilience à l'épreuve, de récompenser nos militaires grâce à des promotions, des décorations et des distinctions, et même de mettre de côté à l'occasion nos outils et nos claviers et de nous amuser un peu lors des activités sociales et sportives de l'Escadre. Quand on prend le temps d'y penser, on constate que 2012 a été une année impressionnante.

La plupart d'entre nous passeront la période des Fêtes avec leurs proches, un peu partout dans ce beau pays qu'est le nôtre. Accordez toutefois une pensée à vos compagnons d'armes qui surveillent nos approches ou qui sont en déploiement ailleurs dans le monde et qui ne peuvent pas être avec leur famille pour Noël. Portez-les dans vos pensées et vos prières.

Je l'ai souvent dit, la plus grande force de la 17e Escadre, c'est son personnel. Je demeure toujours impressionné et je suis très reconnaissant de vos efforts et de votre soutien inébranlable. En mon nom et au nom de ma famille, je vous souhaite de passer de joyeuses Fêtes, en toute sécurité.

Merry Christmas

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

The Christmas season is a time to be thankful for the many blessings in our lives. It is a time to say 'thank you' to the Canadian Forces and their families who sacrifice so much in the service of our country and be mindful of those who must spend the holidays apart from their loved ones.

Merry Christmas and best wishes for a prosperous New Year.

Steven Fletcher

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



204.984.6432

stevenfletcher.ca

Merry Christmas from Commander 2CAD

The Holiday Season is here again, an occasion to spend time with our family and friends, and to get some well-deserved rest and relaxation. It is also a time to look back on the year, to be proud of our successes and to look ahead to the challenges of the year before us.

2012 has been a year of achievement for 2 Canadian Air Division. At the same time, it has been a year of challenge and change, as the Government of Canada turned its attention to reducing the deficit. Like all federal departments, National Defence has contributed to meeting this important goal. This has translated into fewer resources for us to carry out our mission of ensuring the men and women of the Royal Canadian Air Force have the best training and development possible. However, throughout this challenging period, the Defence Team of 2 Canadian Air Division has displayed exemplary leadership and dedication to achieving our mission, of which CWO Tremblay and I are very proud.

Because of your hard work, 2 Canadian Air Division has reached a

number of important milestones.

We are making great progress in the review and quality control of more than 1,000 military trade qualifications - a major focus for the RCAF.

We have taken on the Base Training List (BTL) for the RCAF. This ensures that the more than 2,000 people in the BTL will be managed more effectively and efficiently. It also means that we will be better able to manage the training lifecycle of our airmen and airwomen, from recruitment to retirement, within a more efficient budget.

We continue to pursue excellence with the implementation of the Air Force Integrated Information and Learning Environment (AFIILE). AFIILE represents a new standard for web-based learning for airmen and airwomen at every level, and will become the sole vehicle for on-line learning in the year ahead.

We have established a management team responsible for the operational implementation of professional development for commissioned and non-commissioned personnel in

the RCAF.

These are just a few examples of what we've accomplished this year. I know that every day, across every wing, school and unit of 2 CAD, your commitment yields triumphs big and small that help us to improve. For that, you have my sincere thanks.

While the years to come will undoubtedly be filled with as many challenges as we have overcome together, the devotion I have seen over the last year-and-a-half leave no doubt in my mind that the men and women of 2 CAD will continue to succeed in providing the training that makes the RCAF a world-class Air Force.

From my wife Cheryl and myself to you and yours, we wish you a very happy holiday season and much health, happiness and success in 2013.

Martin Galvin
Brigadier-General
Commander
2 Canadian Air Division



Message du Commandant de la 2 Division aérienne du Canada

La période des fêtes est de retour : profitons-en pour passer du temps avec nos familles et nos amis et pour nous reposer et nous relaxer, car nous le méritons. C'est aussi l'occasion de prendre le temps de réfléchir à l'année qui s'achève, d'être fier de nos réalisations et de nous préparer à faire face aux défis de l'année prochaine.

L'année 2012 a été remplie de réalisations pour la 2e Division aérienne du Canada (2 DAC). Mais il y a également eu des défis et des changements, étant donné que le gouvernement du Canada cherchait à réduire le déficit. Comme tous les ministères fédéraux, la Défense nationale a fait sa part pour atteindre cet objectif important, ce qui veut dire qu'elle dispose de moins de ressources pour accomplir sa mission, soit de s'assurer que les hommes et les femmes de l'Aviation royale canadienne (ARC) obtiennent la meilleure instruction et le meilleur perfectionnement professionnel possible. Cependant, au cours de cette période difficile, l'Équipe de la Défense de la 2 DAC a fait preuve de leadership et de dévouement exemplaires en vue de réaliser la mission de notre organisa-

tion. L'Adjudc Tremblay et moi en sommes très fiers.

C'est grâce à vos efforts acharnés que la 2 DAC a accompli de nombreuses étapes importantes.

Nous faisons d'excellents progrès dans l'examen et le contrôle de la qualité de plus de mille qualifications correspondant aux divers groupes professionnels militaires. C'est une des priorités de l'ARC.

Nous avons commencé l'examen de l'effectif en formation élémentaire (EFE) de l'ARC. De cette façon, nous pouvons nous assurer que plus de 2 000 membres de l'EFE sont gérés d'une manière plus efficace et rentable. De plus, nous pourrions mieux gérer le cycle de vie lié à l'instruction des membres de la Force aérienne, depuis le recrutement jusqu'à la retraite, tout en assurant une planification efficace du budget.

Nous poursuivons notre quête d'excellence avec la mise en œuvre de l'Environnement informationnel et d'apprentissage intégré de la Force aérienne (EIAIFA). Cet outil constitue la nouvelle norme d'apprentissage en ligne pour les membres de la Force aérienne à tous

les niveaux; il deviendra en fait l'unique instrument d'apprentissage en ligne au cours de la prochaine année.

Nous avons mis sur pied une équipe de gestion responsable de la mise en œuvre opérationnelle du perfectionnement professionnel des officiers et des militaires du rang de l'ARC.

Voilà seulement quelques exemples de nos réalisations cette année. Je sais que tous les jours, dans chaque escadre, chaque école et chaque unité de la 2 DAC, votre engagement vous permet de connaître des petites et des grandes réussites qui aident à nous améliorer en tant qu'organisation. Pour cela, je vous remercie sincèrement.

Les années à venir seront sans doute remplies d'autant de défis que nous avons surmontés ensemble. Cependant, l'engagement démontré au cours des derniers dix-huit mois ne laisse aucun doute que les hommes et les femmes de la 2 DAC continueront à fournir l'instruction qui fait de l'ARC une force aérienne reconnue à l'échelle internationale.

Mon épouse Cheryl se joint à moi pour vous souhaiter, à vous et à votre famille, une joyeuse période des fêtes, une bonne santé, beaucoup de bonheur et de succès pour 2013.

Le commandant de la 2e Division aérienne du Canada,
Brigadier-général Martin Galvin

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Cookies and Crafts With Santa



Christopher and Elizabeth Gibbons enjoyed getting messy and decorating their own Christmas cookies on December 2nd in the theatre of Building 90. Photo: Alison Dickey

RCAF Band Christmas Concert



The RCAF Band, Jet Stream, performed for a crowd of close to 400 in the theatre of building 90 on December 9th, 2012. \$1,347 and numerous toys were donated to the Care and Share Fund. Photo: Alison Dickey

Save With Energy Efficient Holiday Lighting

Setting up winter lights are often a tradition for many households and workplaces during this holiday season. Over the past few years, there have been some improvements to holiday lighting that can reduce your overall energy consumption, save you money and make your home and/or workplace safer.

Traditionally, conventional incandescent "screw socket" lights were used to decorate the tree and house during the holiday season. These lights were found to be non-durable, require constant replacement and produce so much heat that they presented a fire hazard. These incandescent lights also consume a large amount of energy which then causes a higher energy bill for you.

Fortunately, technology has improved and now there are many more options to consider when purchasing new lights this holiday season. For starters, light emitting diode (LED) lights have the same effect as traditional incandescent lights, but use up to 90% less electricity. To put this into perspective, a household that uses three incandescent light strings with 50 bulbs each for five hours a day for 30 days would consume approximately 93 Kilowatt hours (kWh) of electricity. If that same household switched to LEDs, they would use only 5 kWh. At \$0.10 per kWh (the Canadian national average), this would translate into an approximate savings of 88 kWh and \$8.80. While the LED lights do cost more than their incandescent counterparts, their annual reduction in energy costs will pay for themselves within a couple years. In addition, LED lights last up to 10 times longer than incandescent and are much more durable and shock-resistant, which means that you do not have to replace them as often. Most importantly, LEDs also produce very little heat which will reduce your risk of a fire during the holiday season.

Another option is flexible lighting consisting of miniature incandescent lights that are encased in half inch flexible plastic tubing. The bulbs use approximately 0.5 watts of power and are rated to last over 20,000 hours. Available for indoor or outdoor use, the bulbs and tubing come in several different colours and are well-suited for decorations or as feature illumination.

Different from the traditional strand lighting options, if you are looking to purchase an artificial tree this year, there are many on the market that are equipped with built-in fiber optic cabling. This system uses only a single 5-20 watt incandescent bulb and will light your tree with minimal energy use and fire risk.

Whether you choose to purchase new lights or remain with the incandescent bulbs, please remember to reduce your use when possible. Turn your indoor and outdoor lights off when leaving your home/workplace and when you go to sleep at night. If you have trouble remembering to turn them off, install a timer. Also, remember that most holiday lights are bright enough to light up an outdoor space, so if possible, turn off your regular porch or yard lighting over the holiday season to save additional energy.

Good luck with decorating and have a safe holiday!



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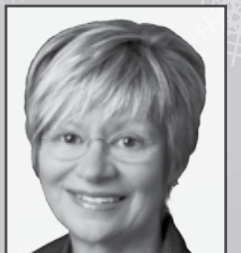
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Merry Christmas from all of us here at the Voxair!



Have a safe and happy holiday season
The Voxair Office will be closed from December 24th - January 2nd

THE VOXAIR
Our Military Community Newspaper, 17 Wing Winnipeg

2013 Publishing Schedule

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1	16 January	January 7
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4	27 February	February 18
5	13 March	March 4
6	27 March	March 18
7	10 April	April 2
8	24 April	April 15
9	8 May	April 29
10	22 May	May 13
11	June 5	May 27
12	June 19	June 10
13	July 17	July 8
14	August 28	August 19
15	September 11	September 3
16	September 25	September 16
17	October 9	September 30
18	October 23	October 14
19	November 6	October 28
20	November 20	November 12
21	December 4	November 25
22	December 18	December 9

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 30 November 2012 to 5 January 2013 (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.redriverex.com>

Winter Wonderland, au parc de l'exposition Red River

Encore une fois cette année, l'Association de loisirs communautaire de la 17e Escadre vend des billets pour l'activité annuelle Winter Wonderland, qui aura lieu au parc de l'exposition Red River, du 30 novembre 2012 au 5 janvier 2013 (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.



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

PARTY PLANNER 2013

Health Promotion offers **FREE** education and prevention programming to military members, DND/NPF employees and family members.

<p>16 Lower fat is where it's at... for you, the teens, the dog and the cat!</p>	<p>17 Here's a tip for today's date: put less food on a smaller plate.</p>	<p>18 Fat in desserts can be high... try fruit flan instead of cake or pie.</p>	<p>19 Water intake to help you stay lean; drink whether thirsty or not, and drink in between.</p>	<p>20 Avoid the crowds at the door; park a distance and walk to the store.</p>	<p>21 Nutrition is part of holiday-time tables, showing vegetables and fruit on all people's tables.</p>	<p>22 "Stressed" ... is "desserts" spelled backwards..</p>
<p>23 So grab your loved ones by the hand, and walk off the stress in winter's wonderland.</p>	<p>24 T'was the night before Christmas and all through the house, everyone was eating, even the mouse.</p>	<p>25 Merry Christmas! All these dishes can be put on hold; get out, be active, embrace the cold.</p>	<p>26 Physical activity is an amazing treat; the more you do, the more you can eat.</p>	<p>27 It's the season for a party mood; let's dance and sing and eat great food!</p>	<p>28 Go outside and enjoy the snow... ski, walk, skate, just go, go, go!</p>	<p>29 If you do overeat, that's okay; just eat lightly throughout the next day.</p>
<p>30 The holidays are almost over but remember, you can use these tips even after December.</p>	<p>31 Here's a tip to stop your choking, now is a great time to quit smoking</p>	<p>January 1 2013 HAPPY NEW YEAR! Share with friends warm holiday cheer.</p>	<p>Start 2013 on a healthier foot! Learn new tools to adopt a healthier lifestyle:</p> <p>Weight Wellness Mental Fitness & Suicide Awareness Managing Angry Moments Stress: Take Charge Top Fuel for Top Performance</p> <p>Call (204)833-2500 ext 4160/4995 for more info or to register.</p>			

The Canadian Forces Community Recreation Needs Assessment Survey will be available in 2013 at: www.thevoxair.ca or www.pspwinnipeg.ca

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OR CALL THE COM REC OFFICE AT
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17 WING COMMUNITY COUNCIL - CONSEIL COMMUNAUTAIRE 17E ESCADRE

The 2012 RHU Christmas Decorating Contest. Le Concours de décoration des ULR pour les fêtes de fin d'année 2012.

The 17 Wing Community Council is proud to announce: The 2012 RHU Christmas Decorating Contest. Show your Holiday Spirit - take part in the contest at no cost! The winners will receive a \$50 gift card, and will be featured in the award winning VOXAIR paper! Judging will take place 16-17 December 12. The final judging will be based on originality, arrangement, theme and overall presentation.

Le Conseil communautaire de la 17^e Escadre se fier d'annoncer la tenue du: le Concours de décoration des ULR pour les fêtes de fin d'année 2011. Répandez l'esprit des fêtes: prenez part au concours, sans aucuns frais! Les gagnants recevront une carte-cadeau de 50 \$; de plus, il fera l'objet d'un article qui sera publié dans le journal primé Voxair! L'évaluation des décors aura lieu du 16 au 17 décembre 12. Le choix sera fondé sur l'originalité, l'agencement, le thème et la présentation globale.



www.familyforce.ca

204.833.2500 ext. 4500



Happy Holidays from the Staff and Board of the Winnipeg MFRC!

Stop by the MFRC on December 21 between 1:30 and 3:30 p.m. for special treats, games, pictures with Santa, games and more!

Holiday Hampers for 2012

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

The Winnipeg MFRC and the Care & Share program realize that the holiday season can be a difficult time. If your family is struggling financially and could use some assistance during this holiday season, please contact Sheila Booker at ext. 4056 or Haley Schroeder at ext. 4512 for program information. Referrals will be accepted until December 18. All calls are confidential.

PANIER DE NOËL

Comme par les années passées, le CRFM de Winnipeg se joint au Programme de soins et de partage de la 17e Escadre pour préparer les paniers de Noël.

Le CRFM et le Programme de soins et de partage comprennent que la saison des fêtes peut être difficile pour certaines familles. Si votre famille éprouve des difficultés financières et a besoin d'un coup de pouce durant la saison des fêtes, contactez Sheila Booker au poste 4056 ou Haley Schroeder au poste 4512 pour de plus amples informations. Les noms seront acceptés jusqu'au 18 décembre. Tous les appels sont confidentiels.

Avoiding the Winter Blues

Now that we are well into January and winter you may find yourself facing some common winter blue feelings. It's not hard in Winnipeg to start feeling a bit down in the winter months especially if your loved one is away. It's sometimes hard to feel happy and positive when it's minus thirty with a wind-chill of minus 40 and you feel like you have been locked in your house forever. Here are some practical Mental Health Fitness tips from the Canadian Mental Health Association to keep your mental health in great shape.

Daydream – Close your eyes and imagine yourself in a dream location. Breathe slowly and deeply. Whether it's a beach, a mountaintop, a hushed forest or a favourite room from your past, let the comforting environment wrap you in a sensation of peace and tranquility.

"Collect" positive emotional moments – Make it a point to recall times when you have experienced pleasure, comfort, tenderness, confidence, or other positive emotions.

Learn ways to cope with negative thoughts – Negative thoughts can be insistent and loud. Learn to interrupt them. Don't try to block them (that never works), but don't let them take over. Try distracting yourself or comforting yourself, if you can't solve the problem right away.

Do one thing at a time – For example, when you are out for a walk or spending time with friends, turn off your cell phone and stop making that mental "to do" list. Take in all the sights, sounds and smells you encounter.

Exercise – Regular physical activity improves psychological well-being and can reduce depression and anxiety. Joining an exercise group or a gym can also

reduce loneliness, since it connects you with a new set of people sharing a common goal.

Enjoy hobbies – Taking up a hobby brings balance to your life by allowing you to do something you enjoy because you want to do it, free of the pressure of everyday tasks. It also keeps your brain active.

Set personal goals – Goals don't have to be ambitious. You might decide to finish that book you started three years ago; to take a walk around the block every day; to learn to knit or play bridge; to call your friends instead of waiting for the phone to ring. Whatever goal you set, reaching it will build confidence and a sense of satisfaction.

Keep a journal (or even talk to the wall) – Expressing yourself after a stressful day can help you gain perspective, release tension and even boost your body's resistance to illness.

Share humour – Life often gets too serious, so when you hear or see something that makes you smile or laugh, share it with someone you know. A little humour can go a long way to keeping us mentally fit!

Volunteer – Volunteering is called the "win-win" activity because helping others makes us feel good about ourselves. At the same time, it widens our social network, provides us with new learning experiences and can bring balance to our lives.

Treat yourself well – Cook yourself a good meal. Have a bubble bath. See a movie. Call a friend or relative you haven't talked to in ages. Sit on a park bench and breathe in the fragrance of flowers and grass. Whatever it is, do it just for you.

Gingerbread House Party

Parents and preschoolers can build a yummy gingerbread house.

Thursday Dec 20

9:30-11:00 a.m.

Westwin Children's Centre

Please bring a 1 litre or 250 or 500 ml empty milk carton and \$1 per house

Call 204 833-2500 ext 2491 to register



Kids Care

If you need some child-free time to run errands, work out or relax, this casual child care service may be the answer. Experienced Westwin Children's Centre staff will care for your children in their beautiful new room located in the MFRC Child Care Centre. Care is available for children six months to five years old. Care is offered for 1, 3 or 7 hour periods on Tuesday, Wednesday and Thursday. Reasonable rates. Call 204 833-2500 ext 2491 for information or to book care.

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Chaplain's Corner

Things Which Disrupt

By: Padre Will Hubbard
17 Wing Chapel

At two and five every morning for the last week and a half I hear a disruption. It is the rough rapid yip of a little puppy. Mirage joined my family and I knew I was in trouble. This puppy needs commitment, patience and direction. She misses her siblings and her parents. I have become a poor surrogate. In truth, I am surprised that I have taken this puppy on.

I am surprised that I added this new being in my life, even so, I give thanks because she makes me laugh with her quick bounding between the hours of 1900 and 2100 and then her funny "floppy" playing with her toys. All the fun loving things she does allows me to take pause and enjoy the simple things.

On the weekend, I introduced her to a group of friends who came over for an Advent party. A young boy was so happy to meet Mirage. They played for three hours and Mirage fell with exhaustion. The next day, she slept under my coffee table and refused to move.



The event reminded me of how Advent is a build up to a time of peace that is found in the meanings of Christmas. In Advent (the big build up), we expect disruptions like the big parties with loud music and the big Santa Claus parades that troop through city streets. These disruptions are like the storms before the quiet.

Even now as we prepare for the peace-offered in silence- we are greeted with the cloudy grey days. The blue skies are missing over Winnipeg. The solemn grey skies greet us day in and day out. They are a different disruption that often brings seasonal effective disorder. People get depressed and pray for sunny days. Those sunny days are also a harbinger of peace and contentment which is just around the corner.

And I, in my little home, now find that my life is disrupted with a little tempest

in a tea cup. It leaves me time to think as Shakespeare says "O wonder! How many goodly creatures are there here! How beauteous mankind is! O brave new world..." (The Tempest, 5.1) Even as we move from the tempest... meaning is restored and all the world is made secure in peace, in quiet and in the blessings of our Creator.

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Roman Catholic Office 833-2500 ext 5417

Padre Ray Laudenorio

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 Darryl Levy

(Baptist) Office 833-2500 ext 5785

Padre Frank Staples (UCC)

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'.



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Taroscopes

BY NANCY

Aries (March 21 – April 19): You'd like to withdraw from what's happening and the social commitments you're expected to accept. Don't avoid important discussions. Something could be revealed that you didn't expect. Appreciate the comforts you've got and trust that things will improve if you work at it.

Taurus (April 20 – May 20): Expect a battle of wills about who will take the helm in a project. Having someone to confide in, helps when processing events. Get active to diffuse tension. Giving your time is a gift that will be remembered. Do something special to show how much you care for a loved one.

Gemini (May 21 – June 21): Tackle your frustrations and doubts about what you've been taught. Let go of beliefs that don't serve you. Calmly let others know you won't accept disrespectful behavior. Gently work through any issues that threaten your health and peace of mind. Cultivate an up-beat attitude.

Cancer (June 22 – July 22): Communications suffer when things get lost in translation or missives are mis-directed. Before you sign any contracts, read them very carefully. Ask questions before making commitments. Put on the glitz and entertain friends. You'll enjoy sharing the holidays with loved ones.

Leo (July 23 – August 22): Personally taking care of all the details gives you peace of mind and allows you to relax and enjoy time away. If you have difficulty giving up being the one who calls the shots, even for a short while then change your environment to give the illusion of a new setting. Seek reliable help.

Virgo (August 23 – September 22): Yes you're confident and capable but you can't do it all, all the time for everyone. You'll feel drained instead of energized if things become a chore. Do things because you want to. If others want to act like victims it is their choice, but don't join them. Make responsible choices.

Libra (September 23 – October 23): Expect big changes to free you from restrictions and obligations. Take some time to relax and enjoy yourself. Having to hold to a role that is obsolete is exhausting. Enjoy the sense of freedom that comes with moving on. You'll feel more at peace with yourself and the world.

Scorpio (October 24 – November 21): Though once you're in motion you want to keep going until things are done, you're advised not to rush. Pace yourself and allow for "down time. Being busy might keep intense feelings at bay, but if you do this you'll be too burned out to cope when things do surface.

Sagittarius (November 22 – December 21): Meeting your own high standards seems to be getting harder all the time. You'd like to escape this inner tension by going on a holiday but you don't want to spend all your savings. Try to strike a balance between living in the now and saving for the future.

Capricorn (December 22 – January 19): You may feel pressure to act happy-go-lucky when inside you're actually coming to understand things at a very deep emotional level. You're seeing things from a different perspective. When someone shares their opinions about your lifestyle choices - take heed.

Aquarius (January 20 – February 18): You're feeling optimistic and confident that the changes you'd hoped for will come to pass. You've waited a long time for things to go your way and you've been willing to fill your time and do the work necessary to move your life forward. Celebrate your success.

Pisces (February 19 – March 20): Make choices based on what you want not other's expectations. Be all that you are meant to be. Do things that showcase your personal talents. Let your wishes guide you then work to make them a reality. You may be surprised when others show how much they care about you.

Sending Christmas wishes to all for a healthy and safe 2013



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