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Best wishes for the holiday season from the 17 Wing Commander

At the time of writing this article I have not yet pulled out the decorations. I have no doubt many of you are in the same situation as we have all had an exciting, but extremely busy year. The coming holiday season is most welcomed.

I continue to be in awe of the generosity you demonstrate for those in need. Our GCWCC campaign is progressing well. Many of you have also volunteered for the Adopt a Veteran movement started nearly two decades ago at 402 Sqn, which will see several Veterans under care at Deer Lodge receive Christmas presents. It is even now spreading to other senior care homes. I thank you for being a Force of Good, contributing to the integration of the Wing in the community, and developing 17 Wing into a big family as a whole.

Another example of your tremendous generosity is the support provided to Piper, the little girl of a 17 Wing personnel in need of a liver transplant which had to be done in Ontario. In one evening, thanks to the remarkable efforts and contribution of many, \$7500 dollars were amassed for the family.

Operations during this period continue, and we can't afford to let our guard down. Several members of the Wing remain deployed over the holidays, on multiple missions around the world. Some of you will also be required to be on duty here, to ensure our mandates are maintained. While we need to remain focused, we also need to take time to celebrate with friends and families.

The WCWO and I will unfortunately not be able to join the Wing's units outside the Winnipeg region, but look forward to celebrating with those in Winnipeg as the traditional holiday activities are held everywhere.

I remain exceedingly proud to serve as your Commander. Throughout the year you are the ones who have successfully delivered on our important missions, and well beyond. Every day I feel blessed to be amongst such a group of dedicated professionals, civilians and military alike.

I ask that you be careful, particularly over this period, and encourage everyone to smartly take advantage of all opportunities put in place to avoid driving under the influence of alcohol. We want to see you back in top shape.

So, as you proceed on leave, take a well-deserved break with your loved ones and please extend my wholehearted thanks to them for their support. Best wishes to you and your family. I take this opportunity to also extend those wishes to our lodger units and Formations, who everyday also contribute to the Wing's overall successes.

Now, time to brave the cold and put up some decorations... ☺

Colonel Joel Roy
17 Wing Commander



Meilleurs vœux en ce temps des Fêtes du Commandant de la 17e Escadre

Au moment d'écrire cet article, je n'ai pas encore sorti les décorations. Je n'ai aucun doute que beaucoup d'entre vous sont dans la même situation puisque nous avons tous eu une année passionnante, mais très occupée. Le temps des fêtes en est d'autant plus le bienvenu.

Je continue d'être impressionné par la générosité que vous démontrez pour ceux dans le besoin. Notre campagne de la CCMTGC progresse bien. Beaucoup d'entre vous ont également fait du bénévolat pour le programme Adopter un ancien combattant commencé il y a près de deux décennies au 402e Escadron, et qui permettra à plusieurs anciens combattants soignés à Deer Lodge de recevoir des cadeaux de Noël. Le programme se propage maintenant à d'autres centres de soins aux personnes âgées. Je vous remercie d'être une force du bien, de

contribuer à l'intégration de l'Escadre dans la communauté et au développement de la grande famille au sein de la 17e Escadre.

Un autre exemple de votre grande générosité est le soutien apporté à Piper, la petite fille d'un membre de la 17e Escadre qui a eu besoin d'une greffe de foie faite en Ontario. En une soirée, grâce aux efforts et aux contributions remarquables de plusieurs personnes, 7 500 dollars ont été amassés pour la famille.

Les opérations se poursuivent pendant le temps des fêtes, et nous ne pouvons pas nous permettre de baisser notre garde. Plusieurs membres de l'Escadre restent déployés pendant ce temps dans le cadre de plusieurs missions dans le monde. Certains d'entre vous seront également tenus d'être de service ici, pour veiller à ce que nos mandats soient remplis. Bien que nous devons rester concentrés, nous devons aussi prendre le temps de célébrer avec les amis et les familles.

L'Adjud' Ere et moi-même ne serons malheureusement pas en mesure de visiter les unités de l'Escadre en dehors de la région de Winnipeg, mais nous pourrions au moins célébrer avec les membres basés à Winnipeg alors que des activités traditionnelles des fêtes sont organisées partout.

Je suis toujours extrêmement fier d'être votre commandant. Tout au long de l'année, c'est vous qui accomplissez avec succès, et bien au-delà, nos importantes missions. Chaque jour, je me sens privilégié d'être parmi un groupe de professionnels dédiés, tant civils que militaires.

Je vous demande d'être prudent, en particulier au cours de cette période, et j'encourage tout le monde à profiter intelligemment de toutes les possibilités mises en place pour éviter la conduite sous l'influence de l'alcool. Nous voulons tous vous voir de retour et en pleine forme.

Alors que vous irez en congé, prenez le temps de prendre une pause bien méritée avec vos proches et s'il vous plaît, remerciez-les très chaleureusement pour leur soutien. Meilleurs vœux à vous et votre famille. Je saisis cette occasion pour étendre également mes vœux aux membres de nos unités et formations hébergées qui, tous les jours, contribuent également au succès global de l'Escadre.

Maintenant est venu le temps de braver le froid et de mettre en place les décorations... ☺

Colonel Joel Roy
Commandant de la 17e Escadre

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Military Sports Day Sees 17 Wing Break a Sweat

By Martin Zeilig
Voxair Photojournalist

Captain Tom Kolesnik was wearing a red checked flannel lumberjack shirt, heavy high topped winter boots and a knitted wool toque.

The 2 CAD pilot looked out of place at the power yoga session in the vast confines of Building 21.

But, hey, it was Sports Day in Canada and this was all about having fun and participating in various athletic activities.

Some of Capt Kolesnik's colleagues had suggested earlier that he should wear more appropriate apparel, he noted.

"But, I decided to wear a Canadian outfit," he said with a good natured laugh just moments before laying out his provided yoga mat on the gym floor to begin an hour of yoga along with 40 other military and civilian personnel.

RBC Sports Day in Canada is a celebration of sport at all levels. This is the 5th year for the event, and the second year that 17 Wing has celebrated it with a two days full of athletic events.

The CAF has a longstanding and rich sports history where sports are considered an integral part of the continuing training and development of its members.

Sports Day at 17 Wing also includes Community Sports Day on November 29.

Just prior to the yoga in the same facility, many of the participants had taken part in Zumba, an exhilarating, Latin inspired, calorie burning dance fitness party.

"It's fantastic," said 17 Wing Commander Colonel Joel Roy, who participated in both the Zumba and yoga, as he took a swig of bottled water and munched a yogurt power bar.

"It's fun. This is about getting everyone together and staying fit and promoting great camaraderie, and promoting our values."

Earlier that morning in Building 21, a co-ed soccer challenge was held. Four teams of five players each played 15 minute games using an indoor soccer ball.

"This is about fun and good sportsman-like behaviour, and no injuries," said Dawn Redahl, the OPI for the event, echoing Col Roy's sentiments.

"I want to see laughter and smiles. It's a round robin tournament, so everybody gets to play."

Second Lieutenant Kathryn Bowen, who works at Wing TISS, was a forward on the Oddballs.

"It's a good way to get active and get out of the office, and show some team spirit," she said during a break in the action. "You also get a workout."

Meanwhile over at the Fitness and Recreation Centre, 12 teams were competing in the volleyball tournament, and a swim/bike challenge took place in the pool area.

"This is the best we've had for any volleyball tournament," said Rick Phillips, PSP Resources Coordinator, amidst the shouts and cheers from spectators.

Private Christina Reeve, a participant on the Party Poopers who were playing 38 CBG, said that the day was a great way to meet people from other units, as well as getting some exercise too.

"There's some good hitters too," she stressed.

"They can spike the ball hard."

In contrast to the team sports, the dual-a-thon was more about challenging yourself, said Corporal Fraser Cameron, of 402 Squad-

ron, as he pedalled a stationary bike by pool side.

"I think it's very good for people to challenge themselves not only in sports activities, but in other ways too," he said, noting that Sports Day in Canada highlights the importance of sport in our country by encouraging people to discover the potential in themselves.

Other events for the day included a squash competition which, although it had lower participation than last year, did not lose any of its intensity, and for the first time this year, a curling bonspiel over at the Assiniboine Memorial Curling Club.



Soccer match between the Flirts and the Oddballs in Building 21 during Military Sports Day. Photo: Martin Zeilig



Cpl Fraser Cameron riding the stationary bike at pool side in Building 90 during the swim/bike challenge. Photo: Martin Zeilig



17 Wing Commander Colonel Joel Roy and Chief Warrant Officer Mike Robertson, along with other participants, doing a pose at the Power Yoga session in Building 21. Photo: Martin Zeilig

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Christmas Greetings from the 17 Wing Chief Warrant Officer

Well, that year flew by quickly. Since being appointed as the 17 Wing Chief Warrant Officer in April, the pace has been non-stop. Pausing to reflect and to write this Christmas greeting, it is truly amazing what we, the collective Wing and its lodger units, have accomplished these past months. The list of missions, events and tasks is much too long to list here. Through your hard work, long hours, initiative and determination you have truly pulled off amazing things; all while continually fulfilling our assigned mandate and training for and supporting our high readiness posture leading to deployments to two mission areas. The highlight for me was the focused determination and cooperation of the military units to

band together and come to the aid of our community to fight against the flooding of the Assiniboine River. This was a true team effort wherein which we showed our true Canadian spirit. Of course we in uniform counted on our civilian colleagues and would not be able to enjoy half the success without our families who support us at home.

Now is the time of year where we can take the opportunity to pause and re-energize through the company of our families and friends. During your celebrations, please take the time to remember our friends, sisters and brothers in arms who are deployed around the world so that we can celebrate this special season in peace.

While they are deployed and fighting for that peace, they are counting on you to remember and support their families left at home. I count on you to make room at your tables and in your celebrations and grow your family to include the spouses and children of our deployed members; share the joy of the season and practice what it means to live the Canadian military lifestyle and to be a member of the RCAF family.

From my family and I, enjoy a safe and happy holiday season: Merry Christmas.

CWO Robertson
17 Wing Chief Warrant Officer

Meilleurs vœux de l'Adjudant-chef de la 17e Escadre

Nous voilà déjà à la fin de l'année! Depuis ma nomination au poste d'adjudant-chef de la 17e Escadre en avril, la cadence du travail n'a pas ralenti. À bien y réfléchir en ce moment où j'écris ces vœux de Noël, ce que nous, l'ensemble du personnel de l'escadre et des unités hébergées, avons accompli au cours de ces derniers mois est tout à fait étonnant. La liste des missions, des ac-

tivités et des tâches est bien trop longue pour figurer ici. Grâce à votre travail acharné pendant de longues heures, à votre esprit d'initiative et à votre détermination, vous avez accompli des choses remarquables, et ce, tout en poursuivant sans interruption les activités nous permettant de remplir notre mandat et de satisfaire aux exigences en matière d'instruction nécessaire au

maintien d'une disponibilité opérationnelle élevée, sans compter la participation à des déploiements dans deux zones de mission. Ce qui m'a surtout marqué, c'est la collaboration et la détermination inébranlable du personnel des unités militaires qui se sont réunies pour porter secours à la population en contribuant à la lutte contre les inondations provoquées par le débordement de la rivière Assiniboine. Ce fut un véritable travail d'équipe ayant démontré notre sentiment d'appartenance au pays. Bien sûr, en tant que militaires, nous comptons sur nos collègues civils, et nous n'aurions pu obtenir la moitié des succès remportés sans l'appui de nos familles.

Cette période de l'année nous offre l'occasion de faire une pause et de refaire le plein d'énergie en compagnie de nos familles et de nos amis. Pendant les festivités, prenez le temps de penser à



vos compagnons, vos sœurs et vos frères d'armes qui sont partis en mission à l'étranger afin que nous puissions célébrer en paix cette période spéciale de l'année. Pendant qu'ils combattent pour la paix à l'étranger, ils comptent sur vous pour apporter un appui à leurs familles qu'ils ont laissées derrière eux. Je compte sur vous pour accueillir parmi les vôtres pendant les fêtes les conjoints et les enfants de nos militaires partis en mission, afin que vous puissiez profiter ensemble de la joie des fêtes; vous mettez ainsi en pratique ce que signifie le mode

de vie militaire au Canada et le fait d'être membre de la famille de l'ARC.

Au nom de ma famille et de moi-même, je vous souhaite une période des fêtes des plus agréables. Joyeux Noël!

CWO Robertson
l'Adjudant-chef de la 17e Escadre

17 Wing Family Holiday Concert – 7th December 2014

Community Recreation presents the Royal Canadian Air Force Band Christmas Concert on 7th December 2014, 1400 hrs at the Building 90 Theatre. Doors open at 1330 hrs.

Tickets are now available from the Monitor desk in building 90. There is a limit of 5 tickets per family as we would like to ensure that the majority of people have the opportunity to enjoy this great afternoon!

The tickets are **FREE** however on the evening we are requesting a paper or cash donation. The donation will support the 17 Wing Care and Share program, supporting families in need during the Christmas period and throughout the year.

There will be a special visit from Santa, and refreshments available to purchase during the afternoon. For further details please call extension 5139 / 5976 / 2059



Concert familial de la période des Fêtes à la 17e Escadre – le 7 décembre 2014

Le service des loisirs communautaires vous invite au concert de Noël présenté par la Musique de l'Aviation royale canadienne, le 7 décembre 2014 à 14 h, au théâtre du bâtiment 90. Les portes seront ouvertes à 13 h 30.

Vous pouvez obtenir des billets dès maintenant au bureau du surveillant (bâtiment 90); toutefois, chaque famille a droit à cinq billets seulement. Nous aimerions faire en sorte que le plus grand nombre de personnes possible puissent assister à ce merveilleux après-midi!

Les billets sont **GRATUITS**; cependant, le soir du concert, nous vous demandons de faire un don d'argent ou de remplir un formulaire de don. Ces dons appuieront le programme « Care and Share » de la 17e Escadre, qui aide les familles dans le besoin pendant la période des Fêtes et tout au long de l'année.

Nous aurons la visite du père Noël, et des rafraîchissements seront vendus au cours de l'après-midi. Pour obtenir plus de renseignements, veuillez composer le poste 5139, 5976 ou 2059.



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Season's greetings from the Commander of 1 Canadian Air Division and the Canadian NORAD Region

As the year winds down and the Holiday Season approaches, the men and women of 1 Canadian Air Division can look forward to spending time with family and friends while looking back on a year of hard work, dedication and achievement.

It has been a challenging year for the RCAF, and for the Canadian Armed Forces writ large. Recent weeks have been fraught with tragedy, with the cowardly attacks on Warrant Officer Patrice Vincent and Corporal Nathan Cirillo. Still with such events happening on our own soil, it is a stark reminder of what we train and fight for. No matter what your role or job, you are part of a team that is dedicated to keeping Canada secure and to making the world a safer place. That is something to be proud of.

Operationally we are as active as ever before; yet we continue to challenge ourselves to be as efficient as possible with our precious resources. Those missions have kept the RCAF extremely busy at home and around the world. Abroad, our aircraft, and the dedicated teams that support them, are deployed on missions of international security and sustained by our venerable Air Mobility capability. Canada's Sea Kings support the Royal Canadian Navy in the Mediterranean and CF-18s patrol the skies of Eastern Europe alongside our NATO allies as part of Operation REASSURANCE. At the same time, our fighters, Auroras and Polaris refuelling aircraft are now operating in the Middle East on Operation IMPACT as part of a multi-national effort to combat ISIL.

At home, the RCAF supported other government agencies thwarting illegal fishing in our oceans and helping eradicate marijuana growing operations. Meanwhile, our personnel and aircraft provided much needed support to the Province of Manitoba's flood relief efforts

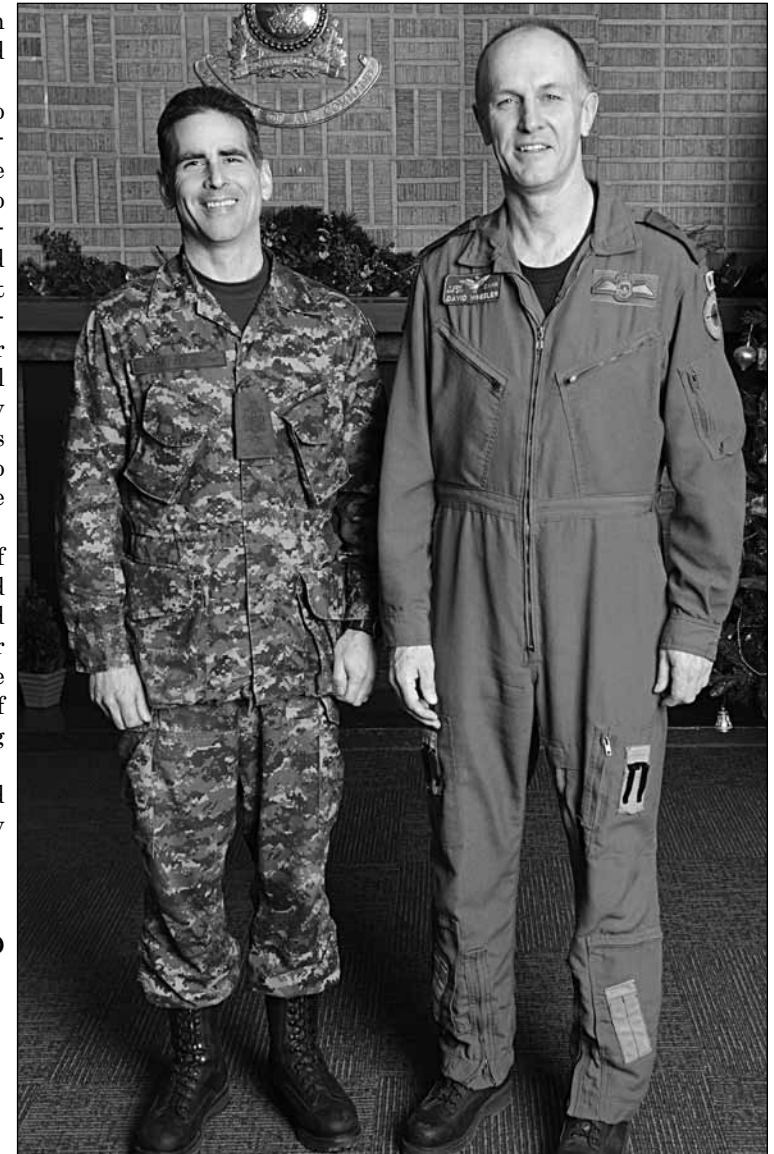
this summer. And yet, we continued to deliver in two of our most critical missions with search and rescue and NORAD.

Indeed, it only takes a little reflection to see what a year it has been. Without the family and loved ones that support us on the home front, our men and women would not be able to do their jobs. For this reason, we have also remained committed to supporting our extended RCAF family. This year, our Family Support Team visited 15 units across the RCAF to connect with members and their loved ones. Their visits have been a chance to work with local leadership and support partners to help identify specific family support issues. Not all solutions will come quickly, but this team continues to press forward to learn how we can reinforce the "strength behind the uniform."

In closing, I want to say that 1 CAD Chief Warrant Officer Mike Scarcella and I are proud of all of you for everything you have achieved over the past year. We look forward to another year of working with the men and women of the RCAF. As 2014 winds down, we encourage all of you to spend some much-deserved time relaxing with family, friends and loved ones.

Merry Christmas and all the best to you and yours. Please have a happy and safe Holiday Season.

Major-General David Wheeler
Commander
1 Canadian Air Division/Canadian NORAD Region



1CAD Commander, MGen David Wheeler (right) and 1CAD CWO Michael Scarcella (left) on the 28th of November, 2014 in the Officer's Mess, 17 Wing, Winnipeg, Manitoba. Photo by: Cpl Justin Ancelin

Meilleurs vœux du Commandant de la 1e Division Aérienne du Canada et la Région canadienne de NORAD

À mesure que l'année prend fin et que la période des Fêtes approche, les hommes et les femmes de la 1re Division aérienne du Canada peuvent se réjouir à l'idée de passer du temps avec leur famille et leurs amis, tout en réfléchissant à l'année remplie de travail ardu, de dévouement et de réalisations qui se termine.

Ce fut une année difficile pour l'ARC, de même que pour l'ensemble des Forces armées canadiennes. Les dernières semaines étaient lourdes de tragédies, y compris les lâches attentats contre l'adjudant Patrice Vincent et le caporal Nathan Cirillo. Ces événements qui se produisent dans notre pays servent d'un rappel brutal de la raison pour laquelle nous nous entraînons et nous combattons. Peu importe votre rôle ou vos fonctions, vous faites partie d'une équipe qui s'engage à protéger le Canada et à faire du monde un endroit sûr. Vous pouvez en être fiers!

Sur le plan opérationnel, nous sommes toujours aussi actifs. Nous continuons à nous efforcer d'être aussi efficaces que possible avec nos ressources précieuses. Les missions tiennent l'ARC extrêmement occupée au pays et à l'étranger : à l'échelle internationale, nos aéronefs et nos équipes de soutien dévouées sont déployés dans le cadre de missions de sécurité internationale et sont

maintenus en puissance par notre capacité de mobilité aérienne digne de vénération. Les hélicoptères Sea King du Canada appuient la Marine royale canadienne dans la région de la Méditerranée et les chasseurs CF18 assurent la patrouille aérienne de l'Europe orientale, avec nos alliés de l'OTAN, dans le cadre de l'opération REASSURANCE. En même temps, nous utilisons des chasseurs, des avions Aurora et des ravitailleurs Polaris au Moyen-Orient, dans le cadre de l'opération IMPACT, qui constitue l'effort multinational déployé pour combattre le groupe terroriste en Iraq et au Levant.

Au pays, l'ARC a aidé d'autres organismes du gouvernement à contrecarrer la pêche illégale dans nos océans et à éliminer les cultures de marijuana. Pendant ce temps, des membres de notre personnel et des aéronefs ont été déployés au Manitoba pour apporter une aide essentielle aux victimes des inondations cet été. En outre, nous avons continué à remplir deux de nos missions les plus critiques : les activités de recherche et de sauvetage, et du NORAD.

En effet, quelques instants de réflexion suffisent pour constater que ce fut toute une année. Sans leur famille et leurs proches qui les soutiennent chez eux, les hommes et les femmes de l'ARC ne pourraient pas s'acquitter

de leurs responsabilités. Ainsi, nous demeurons résolus à appuyer les membres de la famille élargie de l'ARC. Cette année, l'équipe de soutien aux familles a visité quinze unités de l'ARC pour rencontrer des membres de l'ARC et leurs proches. Grâce aux visites, l'équipe a eu l'occasion de collaborer avec les dirigeants locaux et d'aider les partenaires à déterminer les besoins précis de soutien aux familles. Il ne sera pas possible de satisfaire à tous les besoins rapidement, mais cette équipe s'efforcera d'apprendre comment renforcer la « force conjointe ».

Bref, je peux vous affirmer que l'adjudant-chef Mike Scarcella, adjudant-chef de la 1 DAC, et moi sommes fiers de vous et de vos réalisations au cours de l'année. Nous nous réjouissons de travailler avec les hommes et les femmes de l'ARC pendant l'année qui vient. En cette fin d'année 2014, nous vous encourageons tous à passer du temps bien mérité à vous détendre avec votre famille, vos amis et vos proches.

Joyeux Noël et meilleurs vœux à vous et à vos proches. Passez de joyeuses Fêtes en toute sécurité.

Le commandant de la 1re Division aérienne du Canada/de la Région canadienne du NORAD,
Major-général David Wheeler



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Season's Greetings from the Commander of 2 Canadian Air Division

The Holiday Season is nearly upon us, and after a busy year for 2 Canadian Air Division, I hope that you will take the opportunity for some well-deserved rest and time with family, friends and loved ones.

It is also a time to reflect on the year we have com-

pleted, and look forward to the year ahead of us. For 2 CAD, 2014 was a busy time.

I am happy to report that the new Canadian Armed Forces Campus, led by the Canadian Defence Academy, is an environment to manage and deliver individual training and education that will modernize the training and education business for the RCAF.

Under the Air Force Training and Education Management System, both 1 and 2 Canadian Air Divisions have done an excellent job at improving quality control by 20 per cent of the 600 qualifications standards we manage for the RCAF. Training establishments have managed an exemplary workload of training and education plans, and done their utmost to maintain and improve the highest standards of training delivery across the RCAF. Just one example is Professional Development, which apart from the amazing results from the Air Tech and Air Ops ab-initio training, trained 4,150 students (3,000 NCM, 1,150 oficers)!

Air Force Aerospace Engineering Technical Training (AETT) expended significant effort this year to ensure that all training remits required for the upcoming Air

Maintenance Trade Pay Evaluation were provided on time and of the highest quality. The combined efforts of AETT with all external training stakeholders greatly improved the relevancy of all Air Maintenance Trade qualifications and associated training materials.

In June, command of the Air Force Training Centre was transferred from Colonel Joel Roy at 17 Wing Winnipeg to Colonel Yve Thomson at 16 Wing Borden. This fulfilled a long-held plan that will keep the AFTC schools running in Winnipeg while freeing up Colonel Roy to focus solely on operations.

To underscore how far we have come this year, we have achieved all of this while supporting the Government of Canada's efforts to eliminate the national deficit. I realize this has meant fewer resources with which to do our job, but nevertheless, 2 CAD Chief Warrant Officer Deborah Matthews and I are proud of everyone in 2 CAD for finding ways to get the job done without compromising on the quality of your work. Well done.

It has been a tough year in other respects, namely the tragic deaths of Corporal Nathan Cirillo and Warrant Office Patrice Vincent in October. Please stay vigilant, but at the same time, stay strong and remember all you have to be proud of. Your service counts for much, and it means a great deal to Canadians, who are both thankful for and proud of what we do.

I am very much aware of all your triumphs and achievements, both large and small, as we work to deliver the very best training to the men and women of the RCAF. While I do not doubt there are many more challenges in the year ahead, your hard work and devotion leaves me equally doubtless that 2 CAD will meet these challenges head on.

From my family to you and yours, we wish you a very safe and happy holiday season.

Brigadier-General Bruce Ploughman
Commander
2 Canadian Air Division



2CAD Commander BGen Ploughman and CWO Matthews in the Officer's Mess, 17 Wing, Winnipeg, Manitoba. Photo: Mike Sherby

Meilleurs vœux du Commandant de la 2e Division Aérienne du Canada

La période des Fêtes approche à grands pas et, après une année chargée à la 2e Division aérienne du Canada (2 DAC), j'espère que vous prendrez du temps de profiter d'un repos bien mérité auprès de votre famille, vos amis et vos proches.

C'est aussi l'occasion de prendre le temps de réfléchir à l'année qui vient de s'écouler et de nous préparer à faire face aux défis de l'année prochaine. Pour la 2 DAC, l'année 2014 a été très chargée.

J'ai le plaisir d'annoncer que le nouveau campus des Forces armées canadiennes, sous la direction de l'Académie canadienne de la Défense, servira à gérer et à fournir de l'instruction individuelle et de l'éducation en tant qu'établissement contribuant à la modernisation des activités d'instruction et d'éducation de l'ARC.

Dans le cadre du Système de gestion de l'instruction

et de l'éducation de la Force aérienne, la 1 DAC et la 2 DAC ont fait un excellent travail en améliorant, de 20 %, le contrôle de la qualité des 600 normes de qualification dont nous assurons la gestion pour l'ARC. Les membres du personnel des établissements d'instruction ont fourni un rendement exemplaire en exécutant des plans d'instruction et d'éducation représentant une charge de travail redoutable, et ils n'ont ménagé aucun effort pour maintenir et même dépasser les normes les plus élevées de prestation de l'instruction dans l'ARC. Par exemple, en plus des résultats extraordinaires de l'instruction initiale des Tech Air et des Ops Air, on a formé 4 150 stagiaires (3 000 MR et 1 150 officiers) dans le cadre du perfectionnement professionnel!

Le personnel responsable de l'Instruction technique en génie aérospatial de la Force aérienne (Instr TGA FA) a travaillé fort cette année, afin de s'assurer que les rapports relatifs à l'instruction, exigés en vue des évaluations de la solde des groupes professionnels des techniciens d'aéronefs, étaient remis à temps et qu'ils étaient de la plus haute qualité. Grâce aux efforts combinés de l'Instr TGA et des intervenants d'instruction externes, on a pu grandement améliorer la pertinence des qualifications associées aux groupes professionnels de la maintenance des aéronefs, ainsi que des documents d'instruction connexes.

En juin, le colonel Joël Roy de la 17e Escadre Winnipeg a cédé le commandement du Centre d'instruction

de la Force aérienne (CIFA) au colonel Yve Thomson de la 16e Escadre Borden. Ainsi, on a enfin réalisé notre plan de longue date, qui a pour objectif de continuer à offrir des cours aux écoles du CIFA à Winnipeg, tout en permettant au colonel Roy de se concentrer uniquement sur les opérations.

Pour souligner toute l'ampleur des réalisations de cette année, je tiens à rappeler que nous avons accompli tout ce travail tout en aidant le gouvernement du Canada à éliminer le déficit du pays. Je comprends que, par conséquent de cette contrainte, nous disposons de moins de ressources pour exercer nos fonctions; néanmoins, l'adjudant-chef Deborah Matthews de la 2 DAC et moi sommes fiers de tous les membres de la 2 DAC pour avoir trouvé une façon d'accomplir leurs tâches sans compromettre la qualité de leur travail. Bravo zulu!

Par ailleurs, on a traversé des périodes difficiles pendant l'année, notamment lors des décès tragiques du caporal Nathan Cirillo et de l'adjudant Patrice Vincent en octobre. Soyez vigilants, mais n'oubliez pas de demeurer déterminés et de vous souvenir de toutes vos sources de fierté. Votre service est précieux pour les Canadiens, qui sont reconnaissants et fiers de ce que nous faisons.

Je tiens compte de vos réussites et de vos réalisations, majeures aussi bien que mineures, alors que nous offrons la meilleure instruction aux hommes et aux femmes de l'ARC. Même si je n'ai aucun doute que nous ferons face à de nombreux défis au cours de la prochaine année, je

suis également certain que votre travail ardu et votre dévouement permettront à la 2 DAC de relever ces défis sans problème.

Ma famille et moi vous souhaitons, à vous et à votre famille, une joyeuse période des Fêtes en toute sécurité.

Le commandant de la 2e Division aérienne du Canada,
Brigadier-général
Bruce Ploughman

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Jail n' Bail Locks Up Funds for GCWCC

By Martin Zeilig
Voxair Photojournalist

It came as a complete surprise. Your friendly, law abiding Voxair photojournalist was arrested at the 17 Wing Jail & Bail at the Fitness & Recreation Centre on the morning of November 20.

My penalty was 15 minutes in the slammer set up in a corner of Building 90's main entrance.

The event, which ran from 0830 hrs to 1500 hrs, was held in support of the 17 Wing Government of Canada Workplace Charitable Campaign.

Individuals raised money to have their COs/Branch CWOs/supervisors/co-workers/spouses "jailed."

The incarcerated person could then choose to pay bail equal or greater to the amount that was paid for the arrest. There was no jail time if bail was posted. Bail rates ranged from \$30.00 for 15 minutes of captivity all the way up to \$240.00 for two hours, the maximum stay.



CWO Daniel Coutu admiring his certificate of participation after being released from jail. Photo: Martin Zeilig

Over \$2400.00 was raised by the event, says Corporal Crystal Veysey, the OPI for Jail & Bail, and an RMS Clerk with 17 Wing Telecommunications & Information Services Squadron.

The money raised was slightly lower than last year, but that could be attributed to outside factors.

"This year we had numerous members away on deployments," Cpl Veysey said.

Brigadier-General Christian Drouin, Deputy Commander Force Generation at 1CAD, was the highest ranking officer arrested.

He was charged with, as BGen Drouin said with a laugh, "being away from the office too often." While he did plead guilty, he was able to post bail and walked free.

"It's a great way to raise money for a good cause," BGen Drouin said.

Cpl Veysey praised the work of everyone who helped that day, including: Captain Kathleen Pentney for her assistance in overseeing the event, Major Darren Mann for acting as Judge and Jury, Capt Jennie Deutscher for being the cashier, 2Lt Derek Scanlan for acting as the convincing bailiff, Cpl Daryl Sumner, Cpl Christian Ouellet, Pte Steven Barbour and Pte Pierre-Alex Hebert for being the drivers, Cpl Chris Smith and Cpl Paul Kelly for being Arresting Officers, PSP Health Promotion Manager Diane Brine for being the phone operator and jail guard, and Wing CE for constructing and erecting the jail and then dismantling it at the end.

"The event would not have been a success without all of their hard work and dedication," Cpl Veysey said.

She also extended a "huge thanks" to all those people who were arrested and helped make the day so enjoyable.

As for myself, the charges against me were real, and I had to plead guilty: Taking too many photos around the base (Hey, I'm just doing my job folks!); failure to recharge the battery in our camera (I take so many pics.); and knowing too much about hockey player Sidney Crosby (Well, I am the self-proclaimed co-president of the 17 Wing Building 63 Sidney Crosby fan club).

My time in the hoosegow wasn't so bad though. My cellmate, Major Mitch Leenders from CFSAS, and I were served Tim Horton's coffee and donuts, and we had plenty of reading material, including a recent copy



Capt Helen MacDonald "objecting" to being jailed. (Who would have guessed that being in jail could be this much fun?!!) Photo: Martin Zeilig

of The Voxair.

"While it was a fairly nice jail cell with coffee and donuts, it's going to be even better when my CO and SWO are brought in in about an hour," said Maj Leenders immediately after his release.

"I had to plead guilty because my charge was conspiring to have my CO arrested which was true. I just thought overall it was fun, and the judge looked like he was having way too much fun."

Winter Poses Challenges for Search and Rescue

17 Wing Public Affairs

Sometimes a training scenario becomes reality. That's what happened on 18 November to one of the Search and Rescue crews from 435 (Transport and Rescue) Squadron at 17 Wing Winnipeg.

While preparing for a simulated Search and Rescue launch, a CC-130 Hercules aircraft from 435 Squadron was tasked by the Joint Rescue Coordination Centre (JRCC) in Trenton, ON, to locate an airplane whose 406 emergency locator transmitter (ELT) had gone off. Air Traffic Control services for the small airport located in Lansdowne, Ont., also alerted JRCC Trenton that the airplane was in trouble and the pilot intended to force-land in a swampy area 5 miles south of on the town and immediately after that, a SPOT beacon was activated in the same area.

Understanding the nature of the emergency, the CC-130 Hercules, commanded by Captain Kevin Coulombe, quickly flew to the area to lend their assistance. Within seconds of their arrival on scene, the downed aircraft was spotted and the Hercules crew noticed people walking around the crash scene.

Search and Rescue (SAR) Technicians in the rear of the Hercules dropped a message bundle, which contained a radio, to the downed aviators and shortly they were able to confirm that there were no major injuries and that the persons on board were well prepared.

"Those guys were well prepared," said Captain Kevin Coulombe, Aircraft Commander of the Hercules that located the crash site. "They had a fire going, they had food and water, they had a tent set up, and they were ready."

The CC-130 Hercules remained on the scene until a Ministry of Natural Resources helicopter, chartered by the JRCC, arrived to pick up the people at the crash

scene and transport them to the airport at Lansdowne House.

Since this incident on 18 November the Squadron has been tasked by JRCC Trenton to investigate 3 other ELT signals.

On 20 November, a 435 Squadron Hercules was on its way to assist an Air Tindi aircraft that was forced to land on Great Slave Lake about 40 km from Yellowknife. Icing conditions had prevented the deployment of helicopters to the area to help the passengers.

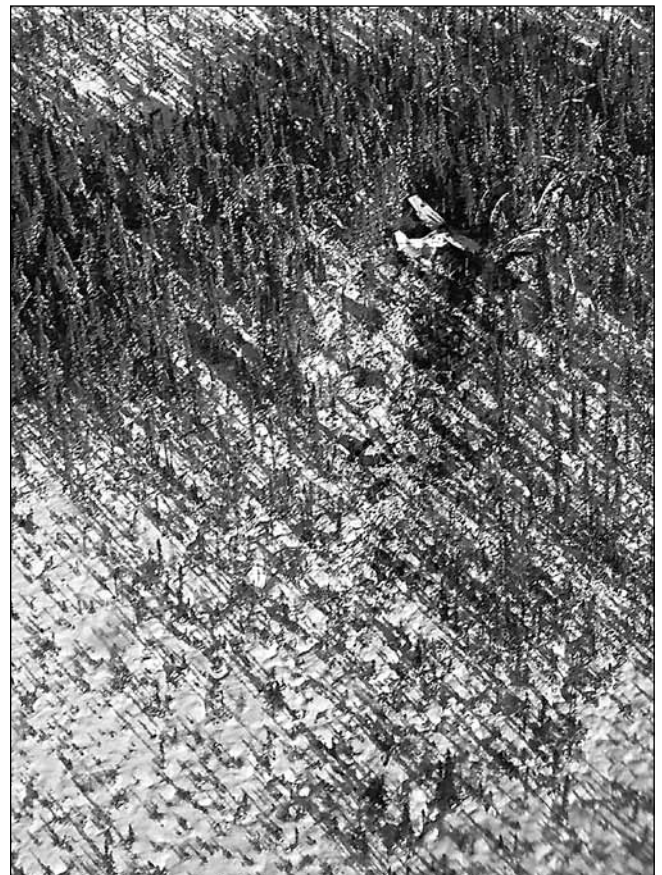
But, as it sometimes happens, conditions changed quickly.

"We were about 100 nautical miles from the aircraft when we (were) turned around," said aircraft commander Captain Darius Mirza on 20 November. "The weather had just improved enough for the helicopters from Yellowknife to fly down to pick them up."

The other two ELT signals 435 Squadron was alerted to came from Alberta. In one case the CC-130 Hercules was tasked while already in the air. In both cases, however, the mission was stood down as the signals were determined to be false alarms.

Search and rescue is a 24 hour-a-day, seven day-a-week responsibility for 435 Transport and Rescue (T&R) Squadron. One of the squadron's Hercules aircraft, equipped to aid people, aircraft or vessels in distress, is permanently assigned to search and rescue stand-by-duty.

435 T&R Squadron, based at 17 Wing Winnipeg, Man., and 424 T&R Squadron, based at 8 Wing Trenton, Ont., provide primary search and rescue response for the Trenton Search and Rescue Region. This region, the largest in Canada, extends from Quebec City to the British Columbia/Alberta border, and from the Canada/United States border to the North Pole.



On 18 November, a CC-130 Hercules from 435 Transport and Rescue Squadron was tasked to locate and assist a small aircraft that made a forced landing in a swampy area near Lansdowne House, Ont. The passengers from the plane were taken by helicopter and brought safely to the airport at Lansdowne House. Photo: Capt Daryl Mason

Presence For Piper Brings Wing Together

By Martin Zeilig
Voxair Photojournalist

Call it a family affair, because that is what the Presence for Piper fundraiser turned out to be. The true heart and soul of 17 Wing shone through on November 13th with 260 people in attendance on a noisy, crowded, and emotional evening.

The event at the Thirsty Lion Pub was held to help support 11-year old Piper Coffin's ongoing medical care at Sick Children's Hospital in Toronto. Approximately \$7500 was raised to help support Piper's parents, both of whom are posted to CFB Winnipeg.

The 'Bud, Spud, and Steak' event was organized by Lieutenant-Colonel Danielle Clouter, Major (ret'd) Memoree Wells, Warrant Officer (ret'd) Joanne Robertson, Lieutenant Kim Egret and Trina Finkle.

LCol Clouter and the other organizing committee members were moved by people's generosity.

"There was a gentleman at the door who donated 50 dollars and wouldn't give us his name," said LCol Clouter, "He said, 'This is for a good cause.' And, he didn't want the steak dinner in return. That touched me."

"I was shocked at how many people turned out," said Piper's father, CWO Hank Coffin, who works at 2 CAD. "I was overwhelmed by the response from the military family community, and how well organized the event was. It was a fun night for everyone."

Piper's parents, CWO Coffin and Sergeant Cynthia Jessop, who is posted to 1 Canadian Air Division, found themselves overwhelmed after 11-year-old Piper had a medical emergency this past summer.

At two-months old Piper was diagnosed with Alagille Syndrome, a rare genetic disorder that affects organ development. Piper's liver, kidneys, heart and spine were all affected, with her liver functioning at only 20 percent of normal.

She has undergone numerous surgeries since her birth, and in July of 2014 she experienced liver and kidney failure and slipped into a coma. She needed a liver transplant to save her life.

In August 2014, a deceased donor was found just in

time. However, because it was an adult liver, they had to leave her abdomen open until the liver shrunk enough to be able to close the incision.

LCol Clouter says the impact on her family has been immense.

"Having at least one parent with her at all times, and not having all associated costs covered by Manitoba Health or private insurance has not only taken an emotional toll but a financial one."

It was with easing this burden in mind that she and the event's other co-organizers came up with the idea of the Presence for Piper Fundraiser. It didn't take long for donations to start rolling in.

Grand Prizes for the evening were provided by Westjet (two tickets to anywhere the airline flies), the Winnipeg Jets (a ticket package), Enn's Brothers (a skidoo package worth \$800), Sherpa Marketing, True North Entertainment, The Travel Mug Cafe, 17 Wing Care & Share Benevolent Fund, 17 Wing Protestant Chapel of the Good Shepherd (a \$400 donation), and Sleep Country Canada.

The entire effort was organized in the committee's free time.

"We do a girls' night out every Wednesday," Maj (ret'd) Wells explained. "And the idea of a benefit came up. So we decided to do something for Cynthia because we felt helpless not being able to do more as she was in Toronto with Piper."

"I couldn't imagine go-

ing through something like that with my kids," said WO (ret'd) Robertson, whose voice broke with emotion.

"It was like a big family," said LCol Clouter said of the event. She praised the manager and staff of the Thirsty Lion for their "awesome" support.

"It was like having a mess off base. I was overwhelmed to see everyone there to support Hank and Cynthia and their family."

Apart from the Presence for Piper fundraiser, the Travel Mug Café held a separate drive that raised an additional \$500 to support the family.

Piper is recovering from her surgery, and she and her mother recently returned home from Toronto.



The crowd at the benefit for Piper at the Thirsty Lion. Photo: CWO Hank Coffin

Wing Fire Hall Collecting Coats for Kids

By Martin Zeilig
Voxair Photojournalist

As they sort through the layers of gently used, plastic wrapped children's winter outer wear-- parkas, toques, ski pants, mitts, boots -- piled inside a large cardboard box in the 17 Wing Firehall workshop, Master Corporal Jason Loboz and Corporal Dave Zdrill reflect on the true meaning of Christmas.

Sharing and giving to those in need.

The donated clothes are for the Fire Hall's annual Coats for Kids campaign,

held in association with the United Way.

Coats for Kids has been a Winnipeg institution since 1989. Every year, from October to February, the program distributes winter outerwear to families. For some children, having a warm coat means attending school on a cold day, instead of staying home.

"We took it on ourselves to join our brothers and sisters in the City of Winnipeg Fire Department," said MCpl Loboz. Coats for Kids is now into its 10th year at 17 Wing.

Every year, he makes one or two trips over to the warehouse on Portage Avenue by the city's Number 20 Firehall Station to drop off donated clothing.

"I like to take some before Christmas so kids can have them for that time of year. We usually wrap up the project by the end of March and take the last load down to the warehouse. It's nice to know that you can bring your kids old winter wear here, and it will help clear some space in your house. More importantly, it will help needy kids."

To make a donation of gently used winter clothing items, you can take them directly to the Firehall or telephone ext. 2646.



Cpl Dave Zdrill (left) and MCpl Jason Loboz (right) with the box of donated coats. Photo: Martin Zeilig

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Say Hello to the Wobbly Prop

By Mike Sherby
Voxair Manager

It's a new name for a new kind of pub. November 27th marked the opening of the Wobbly Prop, the new all ranks pub at 17 Wing.

CPO2 Mike Jarrett, the Wing Messes and Accommodations Officer, has been working on getting the Wobbly Prop off the ground since he assumed his current position in May 2012. He says that the idea for an all ranks pub came after looking at 17 Wing's current needs.

"You look at it and go 'What works for Winnipeg?' and we're primarily an RCAF station, so we have a lot of aircrew. The aircrew concept is everybody is on one team, so this allows them a spot to go and meet together."

Another benefit of having an all ranks pub, which is located in Building 62, is that students who are staying in quarters on the Wing will have a place they can all meet together.

"We have a diverse clientele on the Wing at any one time," CPO2 Jarrett says. "So we wanted to try and offer a place they can all go together, instead of forcing people off Wing to find that."

At the ribbon cutting ceremony on Thursday, the newly minted Wobbly Prop was filled with personnel of all ranks looking to socialize and have a good time together.

WComd Col Roy says that he is excited that personnel will be able to come for a drink with a co-worker regardless of their rank.

"The Chief and I were happy to make this a reality," he said. "Messes play a key role in our culture and morale."

He was also excited by the fact that personnel can

now take an alcoholic beverage with them into the mess to have with their meal, or vice versa if they'd like.

The pub's name was chosen by Col Roy and WCWO Robertson from a list of over 100 different suggestions. Maj Packolyk, who came up with the name, was presented with a \$250 Hy's Steakhouse gift certificate.

The name replaces the old Airman's Pub name in favour of a more gender neutral title.

The pub's hours will be from 1600-2300 hrs daily, except on Sunday where it will open from 1130-1830 in order for patrons to be able to watch NFL Games. CPO2 Jarrett hopes that sports will become a big draw for the pub.

"We've got the enhanced hockey package, and we also do stuff for UFC pay-per-views and the like. All of our TVs inside the pub work independently, so we can show multiple games."

CPO2 Jarrett is quick to point out that the new pub is meant to be an enhancement for the messes, not competition.

"It actually belongs to all three messes combined. They run it, and they get the dispersal of profits from it," he says. "I simplified the whole organization by having one bar staff, and they work all 3 entities [Officers' Mess, Jr. Ranks' Mess, and the All Ranks Pub]. One shift could be at the pub and the next at the Officers' Mess."

Of course, a project of this size doesn't get accomplished without a lot of assistance, and CPO2 Jarrett was sure to give credit where credit was due.

"This has been a collective effort between me and my Petty Officers: PO2 Ross, PO2 Lugo-Cuentas, and PO Thom. I wouldn't have been able to do it without them. And of course the support of the Wing AdminO, and the Wing PersSvcsO goes without saying. They've been on board this whole time, and without their backing and support I could never have gotten this done. And the visionary leadership of the Wing Command Team has also been very important."



WComd Col Joel Roy (center), WCWO Mike Robertson and CPO2 Mike Jarrett (right) cut the ribbon to officially open the Wobbly Prop. Photo: Mike Sherby

1CdnAirDiv Aces Take Home Top Spot at the WComd Hockey Tourney

By Mike Sherby
Voxair Manager

It was another fantastic year of fast paced hockey action this year at the WComd's Hockey Tournament, which ran from November 25-28 at the MTS Iceplex.

After a very close, action packed hour of hockey, the 1 Cdn Air Div Aces came out on top over the Lock-outs to take home first place in the A division finals. The first place team from the B Division, TEME Sqn, and the C Division, the CFSSAT Team, squared off in a close match to determine the B/C Division Championship. Despite putting up a good fight, CFSSAT defeated TEME 6-2 to take home the prize.

In all 12 teams took part in the tournament, which was organized by Chris Merrithew, PSP Sports Coordinator.

The Aces came out strong early in the game, getting one past the Lock Outs goalie in the first ten minutes of play. The Lock Outs had a good chance to even things up a few minutes later as they took a penalty shot, but it was not to be as the goalie got his pads on the puck.

The Aces rallied after that and got another quick goal. From there it was a half hour of frantic back and forth hockey, with both teams having many great chances, but neither managing to find the back of the net until with just under 7 minutes to go the Lock Outs scored,

making it a one goal game.

It was an intense final five minutes of hockey, but with 10 seconds to go the Aces got away with the puck and scored on the empty net, earning them first place in the A division.

Merrithew said he was very pleased with the tournament, which saw one more team participating than last year.

"It's some great hockey out there," he said. "It's fast paced, and the competition is really great. 17 Wing has some tremendous sports talent here, that's for sure."



A member of the 1 Can Air Div Aces rushes the puck down the ice. Photo: Mike Sherby

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RCAF Run Gives \$20,000 to Military Charities

By Mike Sherby
Voxair Manager

We may still be 6 months away from runners hitting the ground for the RCAF Run, but behind the scenes, the RCAF Run Committee already has a marathon's amount of work done.

On Thursday, November 27th, 17 Wing Commander Col Roy, along with Maj Heather Collins, the RCAF Run Committee's Deputy Chair presented a cheque for \$20,000 to help support the Soldier On and Military Family Fund charities. The money was all raised through last year's RCAF Run.

"I've been a Commanding Officer," said Maj Collins, "so I've been in situations where I've had to draw upon those funds. And I know that the RCAF Run really has the potential to help these charities help people, so that's really important to me."

Col Roy echoed Maj Collins' sentiments when he highlighted just some of the help that these charities have provided for military members and their families.

"We provided much needed therapy for a child with

autism, we helped fund vehicle modification for a soldier who sustained life altering injuries in Afghanistan, and the stories just keep going. And these are funds that are very much needed, of great help, and we're able to action the help in a heartbeat."

There won't be any major changes to the run this year says Maj Collins, but they do have plans to tweak one or two things in order to make the event run even smoother. One change is to space out the start time for the family walk/run this year, so it doesn't conflict with runners returning from the marathon.

"We also want to build on the static displays from last year," she said. "We're hoping that families come early and are able to look at those things before they go off on their events."

The RCAF Run is a unique event in that there are very few other opportunities for the general public to get to see the inside of 17 Wing.

"Where else can you run on the ramp and visit the airplanes?" Col Roy asked. "That kind of thing doesn't happen anywhere else."

This will be Maj Collins fifth year of involvement with the RCAF Run, an event that she says she's fortunate to be involved with.

"It's an event that promotes physical activity and healthy living within our military and within our community, and those are important things to me."

The RCAF Run is self-funding, which means that registration fees and sponsorships have to cover all the costs of the event, with the remainder going towards charity. No tax payer money can or does go towards it. As well, all the committee members are volunteers.

"Our goal is make sure that the majority of the money is going to the charities," Maj Collins said. "As

well, people can donate money online at our site, so even if you don't want to run, you can still contribute to these wonderful charities. It's a nice and easy way to support the cause."

Registration for the RCAF Run will commence December 8th, and you can register by going to rcafrun.ca



Maj Desjardins (3rd from left) and Maj MacCulloch (4th from left) accept a cheque from the RCAF Run on behalf of Soldier On and The Military Families Fund respectively. Photo: Mike Sherby

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"What that means for our clients is that not only have we taken an exam to get our certification," says Cliff. "But, they can be sure that we are up-to-date on the latest innovations and changes in the industry."

With Financial Planning Week coming up from the 16th to 22nd of November, Cliff is very eager to get out and meet with members of the community.

"I love working with people, so I'm excited to get out and be able to talk about

what I do, and especially what I can do to help you."

Cliff, who was born and raised in Winnipeg, got his start in the financial industry 19 years ago at the behest of his brother, who saw that he would have a talent for it. After working in the civilian sector for ten years, a position opened up at SISIP Winnipeg, and he jumped at the chance.

"I liked the job description, and getting to help people in the military was something that appealed to me, so I signed up, and here I am today."

When he's not helping people achieve their financial goals, Cliff likes to unwind by playing in a flag football league.

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Seniors Spread Cheer to Deployed Military Members

By Sgt Bill McLeod
17 Wing Photojournalist

Staff and residents from 23 retirement residences across Canada donated over 600 gift packages to be sent to soldiers deployed overseas this Holiday Season.

What once started as an idea by 17 Wing's Commander to ensure that all 17 Wing members received a gift package during the holidays grew into a tremendous display of community spirit and support. A casual mention of this idea during a meeting put the Wing Commander's Executive Assistant, Captain Ken Mick, in touch with Ronna Goldberg, the Regional Event Planner with All Seniors Care Living Centres.

"The overwhelming response from the entire ASC family has been such a joy to experience," said Ronna. "We are all so proud to give back this small token of our appreciation for everything these men and women are doing for us."

Capt Mick was pleasantly surprised by how enthusiastically the seniors' homes approached the project. When he met with the residents of the Sturgeon Creek I Retirement Residence in Winnipeg, on November 14 he discovered that instead of just over 200 packages, there were over 600 shoe-box sized parcels – enough for every person deployed on Op REASSURANCE and Op IMPACT.

"I would like to thank Ronna Goldberg,

the rest of the ASC staff, and especially the seniors who so enthusiastically showed their gratitude and support to our deployed personnel over the holiday season," said Capt Mick. "They worked tirelessly filling care packages with reminders from home and included personal touches like letters and cards."

According to All Seniors Care, the gift boxes contain special reminders of home, including 200 pins donated by the Winnipeg Jets, Canadian memorabilia, and even letters of thanks and handmade cards from Canadian students. A sample gift box on display contained a pen and pad of paper, a cup with a maple leaf, (the cup contained a hot chocolate pack, 2 pieces of maple fudge, Marshmallow Maple Leaf treat, and a mini candy cane with a bow), a large peppermint bark chocolate bar, Christmas socks and finally a note Wishing the Best for our Canadian Soldiers.

Founded on an unwavering commitment to exceptional care, All Seniors Care operates senior living centres from Alberta to Quebec and is dedicated to creating and operating the best senior's facilities, while providing the highest level of care to their residents. As part of their commitment to aging-in-place, residents and their families can expect enhanced independence, greater peace of mind, and higher quality of life throughout the years at these beautiful facilities.



Capt Ken Mick, EA to the 17 Wing Commander, and Ronna Goldberg, Regional Event Planner for All Seniors Care, are greeted by residents of Sturgeon Creek I Residence who wanted to show their appreciation to the Canadian Armed Forces. All Seniors Care residents and staff across Canada prepared over 600 gift packages for deployed members overseas. Photo: Supplied



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1CAD Member Named RCAF Athlete of the Year

By Martin Zeilig
Voxair Photojournalist

There are many advantages to playing sports in the Canadian Armed Forces, not the least being having friends at bases throughout the country.

It's something that Captain Heather Smith, who was named the 2013 RCAF Female Athlete of the Year at the 26th Annual Canadian Armed Forces Sports Award Ceremony in Ottawa on October 24, 2014, can attest to.

"When you're posted to a new base, you don't have to worry about not knowing anyone because you've already met so many people from all ranks and all bases through sports," Capt Smith says.

Capt Smith, who was named 2012 CAF Female Athlete of the Year, was posted to 1 Canadian Air Division from CFB Greenwood earlier this summer.

Her sports accomplishments over the past few years are many:

She played CIS University Basketball for the Royal Military College Paladins, and had active roles (player/coach, team Captain) in base sports teams at her previous postings in Comox and Greenwood – where she formed the women's base hockey team when she arrived in 2007. In fact, she has attended the CAF Women's

Hockey Nationals and CAF Women's Slo-pitch Nationals for the previous six years in a row; including winning gold medals at two of previous three CF Hockey nationals (silver in the 3rd year). She also participates in triathlons and plays soccer in her free time.

"This year, I'm helping coach the 17 Wing women's hockey team," says Capt Smith, who's taking the season off from playing hockey because she's five months pregnant.

Born and raised in Kingston, Ontario, Capt Smith was raised by a lake where she learned to skate an early age in the winter. As a student, she played basketball, volleyball, softball, competed in track and field, and played forward in ice hockey.

"I've always been passionate about sports," Capt Smith stressed. "It's a great way to stay healthy and fit."

She joined the CF after finishing high school before enrolling at the RMC, where she graduated with a Degree in Chemical Engineering in 2006.

"My first posting was to CFB Comox where I immediately started playing sports," says Capt Smith. "In fact, I started the women's hockey program there. I've been fortunate enough and had supportive bases to be able to attend CF slopitch and hockey nationals for the past

six years."

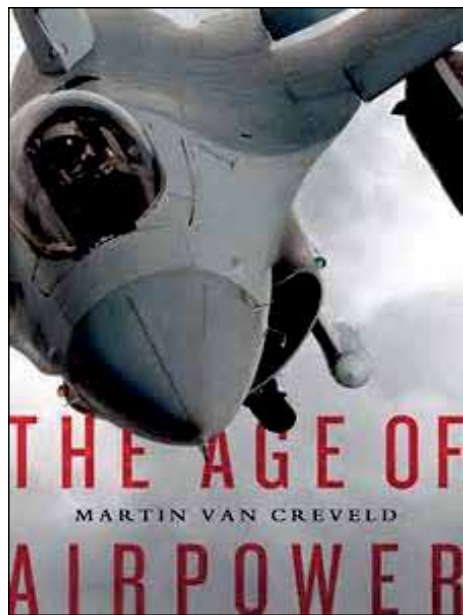
She has high hopes for the 17 Wing's women's hockey squad, whose head coach is Major Dave Treanor, this season.

"It's a good group of girls here, and my expectations are high that they'll win the regionals this year," says Capt Smith. "It will be different as a coach than a player. But, I'll be back on the ice playing next year."



Capt Heather Smith talks to the Voxair. Photo: Martin Zeilig

VOXAIR READS



By Maj Chris Buckham

Martin van Creveld has a long history of scholarly writings that explore and challenge long-held beliefs and the 'sacred elephants' of the military. His latest book, *The Age of Airpower*, is no exception. Continuing his tradition of exceptionally detailed research and extrapolation/interpretation of data, he traces the evolution of airpower as an effective and relevant 'third pillar' in the commander's arsenal. Commencing with the development of flight pre-WW1, he tracks its spectacular rise from rather obscure and simplistic beginnings, through its expansion and technological development at all doctrinal levels (strategic, operational and tactical) during the ensuing WW2 and Cold War years, culminating in its role in what has become the modern asymmetric battlefield of the post-Soviet era.

Of particular note is Van Creveld's look at the impact of the nuclear and missile age upon airpower as a stand alone capability. Once considered to be the mainstay of the world's air forces, the bomber arm ran into technological and doctrinal trouble with the advent of ballistic missiles, ICBM's, cruise missile capability and nuclear warfare. Following WW2, the air force worked very hard to maintain a role for itself as the only arm capable of carrying out a nuclear strategic strike against an enemy force.

However, with the advent of smaller nuclear warheads and an increase in missile range and accuracy, expensive bombers became redundant and gradually have disappeared off of the line of battle as a separate capability. In fact, ironically, increased accuracy of missiles has resulted in a diminishment of the strategic aspect of air ops. That is to say, all targets, regardless of range, may now be considered tactical in nature which constitutes a dramatic change in paradigm.

The canvas of this book is very broad, encompassing comments upon the diminishment of the naval air arm in the post WW2 era, areas of Cold War conflict such as the Middle east, the failure of airpower to be able to effectively come to grips with insurgents in non-traditional combat environments and the challenge of creating doctrine that establishes effective parameters of use for air forces. One of the strengths of this book is the fact that van Creveld makes use of historical examples to reinforce and clarify his observations. This makes it much easier to follow and to understand the applications he discusses.

Van Creveld's work outlines several key elements of the airpower story:

1. Rapid Development: Its rise and capability development has been unprecedented in military history. It may be argued that no other element of military force has benefitted from the advent of both the industrial/technological revolution and the requirements of war;

2. New View of Warfighting: The development of airpower and its doctrine has had a fundamental impact on the evolution in doctrine of the other branches of the military and the paradigm through which commanders and governments envision and prepare for conflict;

3. Capability Outpacing Doctrine: The vision of the role, use and effectiveness of airpower has been challenging and controversial due to the fact that capabilities have evolved at a breath-taking rate, precluding the opportunity to draw upon historical precedents to evaluate future focus;

4. R & D Prohibitively Expensive: Airpower is rapidly becoming a potential victim of its own success in that cost required for research and development is

outpacing the national level capacity to fund. This results in fewer states being able to create and maintain cutting edge capability. This in turn results in diminishing markets for sale, higher per unit cost and a subsequent reluctance of national governments to assume risk in the utilization of these assets;

5. Air Assets and Asymmetric Warfare: The rise of asymmetric style warfare with its emphasis on non-traditional style combat and lack of 'hard targets' revealed a series of limitations in the effective utilization of air assets as an efficient counter to these threats; and

6. New Technology: The traditional sense that air forces, due to what we may call their 'individuality and youth', have always challenged the more traditional aspects of military force now find the challenges coming full circle as they grapple with the concept that technology

may be undermining the requirement for manned aircraft and what the role will be for the aircrew of the future.

Overall, this book represents to the Air force professional and the general reader, a concise synopsis of issues that face not only Air Forces but also governments as they balance defence needs with budgetary constraints. There are some very uncomfortable questions raised by Van Creveld that challenge the very foundations upon which Air Forces are built and developed: questions that need to be asked and debated openly and frankly as we move into the future.

Major Chris Buckham has served in the RCAF for 28 years domestically and in a variety of international positions. He is presently with A5 Plans in 1 CAD. He maintains a blog of his Professional Readings at www.themilitaryreviewer.blogspot.com

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Community Recreation Sports Day Goes Swimmingly



Some participants at Community Recreation Sports Day try their hand at dragon boating. Photo: Martin Zeilig

By Martin Zeilig
Voxair Photojournalist

As he sat in a small kayak in the pool in the 17 Wing Fitness & Recreation Centre, 17 Wing Commander Colonel Joel Roy reflected on the importance of connecting with the community at large.

He was one of about 15 participants in the dragon boat and kayak activities on Community Sports Recreation Day held November 29. The event coincided with RBC Sports Day in Canada, a celebration of sport at all levels.

The day started, as all good days do, with a pancake and egg breakfast, provided free of charge. After getting a hearty start to the day, families were able to drop their kids off at the Active Kids program and attend one of many activities.

One early highlight of the morning was when Col Roy presented Flying Tigers Swim Team Head Coach WO Mike Hurtubise with the Sport Manitoba Erik Suthon Memorial Award for the Part-time/Volunteer coach who achieves excellence at the Developmental/Grassroots level.

WO Hurtubise has been a coach for the last five years with the 17 Wing Flying Tigers, two of them as Head Coach. After receiving the award, WO Hurtubise said he was proud of the growth the team has experienced over the past five years.

"The first year I was there, we had two swimmers who made it to provincials, last year we had two swimmers who didn't make it. And this year we're going to try to get the whole team there," he said.

Apart from the kayaking and dragon boating, the day also included a "try karate" event, a family fitness activity, family Zumba and Step Zumba, Salsa, and a rhythmic gymnastics demonstration with a participa-

tion component.

"It's a wet program," Col Roy said of his kayak experience. "Everyone is having a blast."

He added that last year he tried fencing for the first time, while this year he learned to paddle a dragon boat and kayak. The mini fibreglass Dragon Boat was provided by the Manitoba Paddling Association (MPA).

Jerome Seremak, technical director of the MPA and the Canadian National Canoe Team Paddling Coach, said anybody from age eight to 80 can participate in dragon boating.

"It's a low impact sport," he said. "It's still hard, but it doesn't require so much physical demand on the body. This is a nice day to exercise inside. Many people took the opportunity to participate."

Col Roy, who praised the PSP staff for organizing the activities, said that the day was one of sharing with the community at large, and promoting 17 Wing as part of the community.

"It's an experience, exploring something that is new. That's how passion in sports starts. We're going to try and do more community exploring which will be a great Wing experience."

Community Recreation Coordinator Deanne Bennet, who was the day's OPI, said that events like these can be a great way to spark an interest in a new sport.

"You never know what will produce the most inter-

est on these sports days. That's why it's nice to have a variety of activities. Everyone who participated had a good time."



17 Wing Commander Col Roy (left) presents Flying Tigers Head Coach WO Mike Hurtubise (right) with the Erik Suthon Memorial Award for the Part-time/Volunteer coach who achieves excellence at the Developmental/Grassroots level. Photo: Mike Sherby



The MFRC's John Bailey gives his grandson a squash lesson at Sports Day in Canada. Photo: Mike Sherby

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17 WING FIRE CHIEF'S CORNER



What to Do in the Event of an Electrical Fire

Fires are dangerous any time, and can be highly visible with lots of smoke and flame, or very small and difficult to detect. The smallest spark can lead to great tragedy, and we must stay vigilant to the signs of fire, and know what actions to take in the event of a fire. First and foremost, quickly get everyone outside and assembled at a pre-arranged meeting place; designate one person to call 911 from a neighbour's home or cell phone. Once outside, never go back into a burning building. Evacuate the house quickly but calmly.

One type of fire that is especially dangerous is an electrical fire. What most of us take for granted, is a result of "lessons learned" from what can go wrong when electrical systems are improperly installed. The electrical codes for today's construction have evolved over the decades from these "lessons learned".

Since electrical power was first introduced into construction, there have been hazards associated with it. Besides the obvious electrical shock hazards, fires caused by electrical faults are especially dangerous

as wiring is hidden within walls of most homes and buildings. If a wire were to overheat as a result of a short or overloading, a fire could result and could burn within a wall unnoticed and quickly spread through out a building.

At the first sign of a hot, burning, smoking, crackling, or buzzing electrical outlet, switch, or light fixture, quickly trip the breaker that governs that circuit. If you don't know which breaker to turn off or which fuse to remove, shut off the main circuit breaker located on the electrical panel. Call 911 or contact your local fire service immediately.

The 17 Wing Fire Hall is responsible for emergency response on the Wing, including the RHU area. There is no fee for any response by your Fire and Emergency Services so if there is a concern, call and we will be more than happy to help. Contact the 17 Wing Fire Hall at 204-833-2646.

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1CAD Honours and Awards

On October 03, 2014, the Commander of 1 Canadian Air Division, Major General David Wheeler, presented Honours and Awards to staff in the Atrium of 1 CAD. All photos by: Cpl Paul Shapka



MGen David Wheeler (left) presents LS Robinson (right), with the General Campaign Star (South West Asia (SWA)).



BGen Frawley receives the General Service Medal (SWA).



Capt Graham receives the General Service Medal (SWA).



LCol Dymond receives the Canadian Forces Decoration third clasp (CD3).



Maj (Ret'd) McKay receives the Canadian Forces Decoration third clasp (CD3).



MWO Leslie receives the Canadian Forces Decoration third clasp (CD3).



Col Gagne receives the Canadian Forces Decoration second clasp (CD2).



Capt Chaine receives the Canadian Forces Decoration second clasp (CD2).



MWO Wiseman receives the Canadian Forces Decoration second clasp (CD2).



Maj Kynaston receives the Canadian Forces Decoration.



Lt Kelly-Wardle receives her commissioning scroll.



CWO Quinn receives the CWO Scroll.



Mr Christodoulides receives the CF Medallion for Distinguished Service.



Mrs. Kate Fletcher receives the 1CAD Commander's Commendation.



Col Howden receives the US Legion of Merit.



Cpl Vail receives a Certificate of Superior Performance.

Congrats to all Honours & Awards recipients!



MGen David Wheeler (center) presents CWO Harry, CWO Flood, CWO Briand and LCol Schalm with a group Commander's Commendation.



Maj Winkley (left) and LCol Larsen (right) present 1CAD Commander MGen Wheeler (center) with a Canadian flag flown in Afghanistan.

440 Squadron Member Appointed to the Order of Military Merit

On Friday, November 7th, 2014, Master Warrant Officer Glenn Rowlandson was appointed to the Order of Military Merit at Rideau Hall in Ottawa. The ceremony was presided over by His Excellency the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada. As a Member of Military Merit (M.M.M.), MWO Rowlandson has been recognized for his exceptional service and performance of duty.

After joining the CAF in 1985 as a Communications and Radar Systems Technician, MWO Rowlandson was quick to demonstrate his stalwart commitment to both the Forces and his own proficiency through 20 years of domestic transport and SAR operations across Canada. As a military first aid instructor, he has taught over 70 first aid courses throughout his career. He has demonstrated outstanding performance throughout international deployments in key technical positions. These included deployments to Southwest Asia in 2003, Kandahar in 2008, and two further deployments to Afghanistan between 2008-2009 and 2010-2011. In 2012, MWO Rowlandson demonstrated exemplary leadership and technical savvy by coordinating the recovery and return-to-service of a disabled Twin Otter from the remote arctic.

MWO Rowlandson's dedication did not end at close of business; he was the Cadet Liaison Officer for 254 Cadet Corp in Windsor, NS, participated in fundraising for the military museum, and was also an executive member of the Kiwanis Club in Comox, BC.

Throughout it all, MWO Rowlandson credits his ac-

complishments and fulfilling career to his family. "My family joined me at the ceremony," he says, "They have provided unwavering support to me over the course of my career. Without support and care like that, none of us could excel in this line of work."

As one of only a few MWOs employed in the role of Squadron Warrant Officer, MWO Rowlandson "has proven to be an excellent confidant of the Commanding Officer, a fair and ethical disciplinarian and a true champion managing the welfare of the Squadron staff," writes Capt Lake, 440 (T) Sqn SAMEO.

MWO Rowlandson was quick to articulate a widely-encompassing pride in those he has worked with:

"I harbour a profound sense of pride in serving with people of all ranks and backgrounds towards achieving a given goal. We get where we're going through mentorship, guidance, and support, and this has been and continues to be a team effort between the peers, mentors, and the family of every member."

MWO Rowlandson and his family were also able to attend the Remembrance Day ceremony in Ottawa at the National War Memorial.

He spoke appreciatively about the opportunity, saying, "This year's ceremony was special in light of the recent events at the site of the War Memorial. I have watched the ceremony in Ottawa many times on television and I have always wanted to attend. It was an opportunity for me and my family to share in a very moving, profound, and meaningful event, and I am happy to have been a part of it."



440 Sqn Honours and Awards

On November 17, 2014, 17 Wing Commander Col Joel Roy and WCWO Mike Robertson presented Honours and Awards to members of 440 Sqn, in the 440 Sqn Briefing Room. All photos by: PO2 Belinda Jeromchuk



WComd Col Joël Roy (center) addressing the room with WCWO Michael Robertson (left) and LCol Vince Wawryk (right).



MCpl Steven Hill (center) received his promotion from Cpl to MCpl. From left to right: LCol Wawryk, Col Roy, MCpl Hill, CWO Robertson, CWO Rick Cote.



Col Roy (left) and CWO Robertson (right) present MCpl Steven Hill with the Commander's Commendation for his work as the 440 Squadron Technical SME for the Twin Otter Avionics Life Extension project.



MCpl Curtis White receives the Canadian Forces Decoration (CD).



WO Sandra Duchesne receives the 17 Wing Commander's Coin.



Pte Julian Bastien receives the 17 Wing Commander's Coin.



MCpl Martin Roy receives the 17 Wing Commander's Coin.



Cpl Michel Cote receives the 17 Wing Commander's Coin.



Maj Steve Thompson receives the 17 Wing Commander's Coin.



Capt Jamie Vermette receives the 17 Wing Commander's Coin.



Cpl Mike Nesbitt receives the 17 Wing Commander's Coin.

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Please look for more movie nights in the new year



This Holiday Season, Make Sure to be a Safe Host

By **Martin Zeilig**
Voxair Photojournalist

Judy Bosko-McCarthy admitted to feeling a bit dizzy after briefly donning a pair of Fatal Vision Goggles that were laid out on a table at the back of Junior Ranks' Mess. That was the desired effect, as the goggles aim to simulate the effects of alcohol over-consumption.

Bosko, the 17 Wing Business Planning Analyst/Minor Requirements Coordinator was one of about 25 attendees at a How to Hold a Safe Party seminar on November 19.

"Your depth perception is way off, and everything is distorted," Bosko said just moments after taking off the goggles. It makes you manoeuvre more carefully."

The event was organized by 17 Wing Health Promotion, and included brief presentations by two student nurses from the University of Manitoba who are doing job placements with the unit.

"We're getting into the holiday season, so it's a real good time to remind people about the things they should be thinking about to make their parties safer," said Diane Brine, PSP Health Promotion Manager and the main organizer of the hour long session, which was the fourth Safe Party Briefing held this year.

"It's a part of the Addictions Awareness Campaign (Nov. 12-26). This year's campaign is on being responsible with our drinking; not over indulging and staying within the guidelines. I think when we do things with an activity you have people paying more attention. We're looking at what people already know and just building on that."

Apart from the goggles, the other demonstrations and activities included an "In box clock"-- a tool for people to see the impact of alcohol on their system; a Standard Pour table, an activity with standard drink glasses (12 ounces of beer, 5 ounces of wine, 1.5 ounces of hard liquor); a Mocktail station with a cauldron of warm "witches blood"-- an orange juice/cranberry mix; a poster board explaining the effects of alcohol on the human body; a scavenger hunt with tips for a safe party scattered throughout the room.

"Everybody had a good time," said Brine afterwards. "Just as we're heading into the holiday season, we all have choices to make that will impact our lives and those of our loved ones and others around us."

Please drink and act responsibly at all times.

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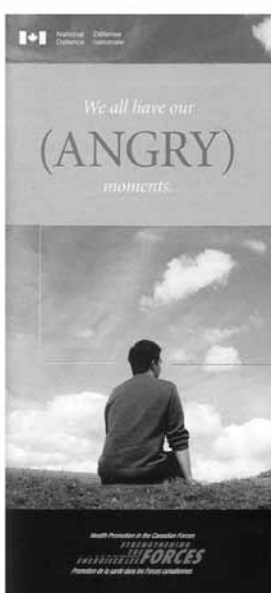
C'est bien de prendre soin de votre corps, mais n'oubliez pas votre esprit.



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CWO Spragg talks about How to Plan a Safe Party Seminar on November 19. Photo: Martin Zeilig



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102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

www.facebook.com/WinnipegMFRC www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

MFRC FAMILY CHRISTMAS PARTY

Join us on Friday, December 19 from 2:00 to 5:30 p.m. for the MFRC Family Christmas party. Drop in and celebrate the season with the MFRC staff and board members.

There will be holiday crafts and activities for the kids to do, some Christmas games and fun for the adults, as well as a surprise visit from a special someone from 3:00 to 5:00 p.m.

Drop in for a few minutes, or stay for the whole time. Refreshments and snacks will be served.

LADIES NIGHT OUT

ORNAMENT EXCHANGE

Monday, December 15 from 7:00 to 9:30 p.m.

Registration deadline: December 11

Before the chaos of the holiday hits, come out and have some fun, just you and your girlfriends. This is our annual Ornament Exchange night. Bring a new wrapped ornament (about \$5.00) and be ready to have some fun. Please bring an appetizer or dessert to share as well.

We will have some fun and games, prizes and more food to share.

SURVIVING THE HOLIDAYS ON YOUR OWN

Monday, December 15 at 5:30 p.m.

Registration deadline: December 10

Facing the holidays without a partner or away from family can be daunting. Come connect with others about the challenges and potential bonuses of doing the holidays solo. Holiday refreshments to be served.

NOT A STORYBOOK CHRISTMAS

Thursday, December 11 at 9:30 a.m.

Registration deadline: December 8

Media bombards us with the idea of what a perfect, storybook holiday season should be like. For most of us, it's a little messier. Join us to talk about the holidays, including memories, expectation, traditions and making the season your own.

KIDS CARE

CASUAL CHILD CARE

Hours: Tuesdays and Thursdays

December 2, 4, 9, 11, 16, 18 (reopen Jan 6)

From: 9:00 a.m. to 12:00 p.m. ~ 9:00 a.m. to 4:00 p.m. ~ 1:00 to 4:00 p.m.

Fees: Children under 2 years: \$12/3 hours; \$28/7 hours.

Children 2-5 years: \$10/3 hours; \$24/7 hours. Hourly fee \$5.00 per hour, per child.

Ask about our family rates.

Location: 630 Wihuri Rd.

The MFRC offers child care on a casual basis for chil-

dren 6 months - 5 years old.

Register by calling 204-833-2500 ext. 2491 a minimum of 24 hours in advance.

Peanut free snacks, lunch and diaper supplies (if required) should be sent.

International Volunteer Day (IVD) takes place every year on December 5, to shine a light on the impact of volunteer efforts everywhere. It was designated by the United Nations in 1985 as an international observance day to celebrate the power and potential of volunteerism. It is a global celebration of volunteers and is an opportunity for volunteers and volunteer organizations to raise awareness of, and gain understanding for the contribution they make to their communities.

The act of volunteering is found in all cultures, languages, and religions. Each year, hundreds of millions of people volunteer their time and skills to help make the world a better place. When they volunteer, they help to improve the lives of others. And when they volunteer, they also gain a greater sense of belonging to their communities.

Volunteers are leading social change around the world. This special day promotes the work of volunteers at all levels, including local, national and international. On December 5, be sure to thank a volunteer for all they do for our community!

December 6 Vigil

Twenty five years ago, our country was shocked by the brutal murders of fourteen women in Montreal. On December 6, 1989, a man with a gun entered the Ecole Polytechnique armed with a Mini-14 rifle and a hunting knife. He walked into a classroom, ordered the men to leave and began shooting the women students left in the room; stating "You're women, you're going to be engineers. You're all a bunch of feminists. I hate feminists." He then opened fire and continued his rampage throughout the school. When he finally turned the rifle on himself, he had succeeded in killing fourteen women and injured fourteen other people, including four men.

Since 1991, the anniversary of this event has been designated the National Day of Remembrance and Action on Violence Against Women. On December 6, women's groups throughout this country gather in memory of these slain women and women who have died in the past year as a result of violence. We do this to honour their lives and give voice to the issue of violence against women.

We remember the women from Montreal: Geneviève Bergeron, Helene Colgan, Nathalie Croteau, Barbara Daigneault, Anne-Marie Edwards, Maud Haviernick, Maryse Laganière, Maryse Leclair, Anne-Marie Lemay, Sonia Pelletier, Michèle Richard, Annie St-Arneault, Annie Turcotte and Barbara Klucznik-Widajewicz.

And this year we remember the women from Manitoba who have died by acts of violence: Beverly Custer, Michelle Stobbe, Lorie Bearbull, Tina Fontaine, Jennie Graves, Janelle Jirasek, and Jenna Marsden.

Come join us on Saturday, December 6 at 9:00 am at the MFRC to honour these women's lives.

Guest Speaker
LGen (ret'd) Eric Findley
former Deputy Commander NORAD

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Lgén (ret) Eric Findley
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Taroscopes

BY
NANCY

Aries (March 21 - April 19): Things happening in the world around you are affecting you more than you may have realized. External events are impacting on your relationships you and your friends and family experience situations beyond your control. Find ways to embrace the simple life with those you love.

Taurus (April 20 - May 20): Adopt a positive attitude for positive results. Choices you make now create your future reality. Appreciate what you have while you work to gain ground. Look for a round-about way to reach your goal instead of pushing to take a direct route that isn't open to you at this time.

Gemini (May 21 - June 21): Deal with a long-standing issue. Double check your assumptions. Radical change is required. Identify the essence of what it is you really want. You can't insulate yourself from others to avoid conflicts. Decide what is worth fixing; then do it. Thrown out what no longer works well.

Cancer (June 22 - July 22): It's false to assume that you can control everything. There are no guarantees in life. You are a key player but you're not the only one. If you've taken the easy way out in the past it may result in having to face some hard truths now. Embrace changes and constructive communication.

Leo (July 23 - August 22): Additional funds that come your way can allow you to get out and really chase down a dream. Take care of your physical body. Expect a rebellion if you've been presumptuous with another. You're not entitled to be the driving force in anyone's life but your own. Image counts.

Virgo (August 23 - September 22): Even if it's hard to look at, face the truth. Look past your current situation. Life is not a constant struggle unless you see it that way. The future is brighter than you may believe. See things as a challenge instead of a cross to bear and you'll feel stronger and more prepared.

Libra (September 23 - October 23): Things are not turning out as planned but that's not necessarily a bad thing. This gives you the chance to show your strengths and ability to face challenging situations. Here's your chance to show your intelligence, wisdom, inventiveness and creative problem solving skills.

Scorpio (October 24 - November 21): Be disciplined and patient. Things don't always occur in sync with your expectations and needs. Show wisdom, know when to assert yourself, when to wait out the storm and when to admit defeat. Go after what your heart desires not what others say you should go for.

Sagittarius (November 22 - December 21): You're confident you can get what you desire. Your approach is to make life a vibrant exciting adventure. And it's always worked. But past excesses and current limitations may sideline you. You gain empathy for those you've judged harshly in the past.

Capricorn (December 22 - January 19): A new challenge can distract you from past disappointments. But resolve old issues or they'll fuel unconscious actions. You can overcome any obstacle. Think of ways in which you could have all that you want. You're headed for all the joy you've hoped for.

Aquarius (January 20 - February 18): Don't be manipulated by those who don't really know you. The ways of the world may be fueling a sense of despondency in you at this time. Focus on the good things happening; they are there if you look for them. Find ways to express the hidden aspects of yourself.

Pisces (February 19 - March 20): It's time to address what isn't working in your life. There is a way to solve a big problem but it's not immediately obvious. Act in accordance with your values and beliefs. Reconnect with those who have similar life goals.

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17 Wing Strength Club Wants To Pump You Up

By Martin Zeilig
Voxair Photojournalist

There were 28 competitors from all over Manitoba, including a couple of lifters from 17 Wing, at the 17 Wing Powerlifting Championships on November 23.

That brought a smile to the faces of organizers Officer Cadet Caitlyn Clement and Sergeant Rob Snow, President and Vice President of the 17 Wing Strength Club.

The competition which took place at the 17 Wing Fitness and Recreation Centre consisted of each competitor attempting any of three lifts: bench press, squat, and dead lift. Each competitor has three attempts at each of the lifts. Referees keep a close eye on the goings on.

"The referees are there to make sure that there are no infractions, such as not going deep enough in the squat," said Sgt Snow, 42, a long-time power lifter and a competitive swimmer as a teenager, who was one for referees at the competition.

OCdt Clement, 26, first got into powerlifting because her husband, a former CAF member, entered her into the Manitoba Provincial Powerlifting Championships in February 2014. She placed second in her class at that event.

"I had already been doing strength training on and off at the base for several years," she said, adding that it took a lot of work to organize the recent 17 Wing competition, especially since she was also one of the competitors.

The 17 Wing Strength Club presently has 20 active members, both military and civilian. This is up quite a bit from the club's previous few years.

"Being a member of the club is about access to facilities and making the connections with other people who have similar interests," OCdt Clement said.

Sgt Snow first started competitive lifting in 2005 and has twice been 17 Wing Champion, in 2006 & 2007. He says that the sport is much deeper than many people think.

"A lot of people workout, but don't how to become a serious strength athlete. It's a personal challenge, and it's quantitative with lots of rules."

When he was posted at 14 Wing Greenwood, Sgt Snow, who holds the Master One Super Heavyweight Nova Scotia Provincial Record, also won the Eastern Canadian Championship. He's now the Manitoba Military

Superheavy Weight record holder.

"I'm more in competition for myself that with other competitors," says OCdt Clement, who is also a marathon runner.

"It's about doing better than you did the last time. I do strength training to stay in shape. I think there's a lot of potential for me to improve if I had a more structured program. You're driven to do better."

Sgt Snow stressed the importance of learning from competitive lifters and coaches rather than from those without any experience or minimal experience, which can result in serious injuries.

"If there's anybody at the Wing interested in strength training, we're easily accessible," he said. "They should come and speak to us."



Pte Benjamin Langley (best lifter overall) attempting 225kg on deadlift. Photo: Sgt Rob Snow

CATHOLIC

CHAPLAINS

Padre Paul Gemmiti
Roman Catholic Priest
833-2500 local 4885

Padre Emanuelle Dompierre
Roman Catholic PA - Mental Health Unit
833-2500 local 5086

Mass (Bilingual)
Sunday 1100 hrs



Religious Education: classes are available to all students from Pre-school to Grade 6. Please call the office for information.

Confession: The sacrament of reconciliation is available by request. Contact Padre Gemmiti's office.

Baptism: We recommend that you contact the chaplain's office for an appointment prior to the birth of your child. *Please contact the Chaplain before setting the date for the Baptism or arranging family travel.*

Marriage: Six months' notice is required for marriages, as counseling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required. *Please contact the Chaplain before setting the date for the marriage or arranging family travel.*

PROTESTANT

CHAPLAINS

Padre Jack Barrett (Wing Chaplain)
(Anglican) 833-2500 ext 5417

Padre Christopher Donnelly
(United Church) Office 833-2500 ext 5785

Padre Darryl Levy
(Baptist) Office 833-2500 ext 5272

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn. Office 306-492-2153 ext. 4299

Sunday Services (English Only) 0900 hrs

Sunday School is held during the service for children ages 3 to 12. 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 if possible. A marriage preparatin course is a requirement. *Please contact the Chaplain before setting the date for the marriage or arranging family travel.*

Baptisms: The Sacrament of Holy Baptism is available by contacting a Chaplain. Baptism Preparation is a requirement. *Please contact the Chaplain before setting the date for the baptism or arranging family travel.*

Protestant Chapel Guild meets the first Sunday of the month at 1900 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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<p>SERVICE OF COMMEMORATION</p> <p>Brookside Cemetery, Field of Honour</p> <p>Sunday, December 7 at 11:00 a.m.</p> <p>Honour the memory of Canada's men and women in uniform by visiting their final resting place. Speak their names aloud and remember them.</p>	<p>SERVICE DE COMMÉMORATION</p> <p>Cimetière Brookside, Champs d'honneur</p> <p>le dimanche, 7 décembre à 11h00</p> <p>Honorer le souvenir des hommes et des femmes en uniforme du Canada en rendant visite à leur dernière demeure. Prononcer leurs noms à haute voix et se souvenir d'eux.</p>
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THANK YOU TO THE FOLLOWING ORGANIZATIONS FOR THEIR KIND SUPPORT AND PARTICIPATION IN THIS EVENT.

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