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## Jr Ranks Christmas Dinner Celebrates the Season



Acting 17 Wing Commander Col Calvin Gallant, of the RCAF Band, with members of the head table, has the honour of cutting the turkey at the Jr Ranks Christmas Dinner, on Dec 17, 2014. Left to Right: 17 Wing Commander Col Roy, 17 Wing HCol Robinson, Col Gallant, Acting WCWO Jeffrey Marynuk, and WCWO Robertson. Photo: Sgt Bern LeBlanc

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# WComd for a Day



Cpl Calvin Gallant (right) of the RCAF Band is presented Col slip ons from Col Joel Roy (left), 17 Wing Commander during the DEU Tunic exchange ceremony before the Jr Ranks Christmas dinner. The dinner took place on December 17th. As per RCAF tradition, the youngest member of 17 Wing is appointed as Wing Commander for the day. Tradition also sees officers and senior non-commissioned members serve the junior ranks. Photo: Sgt Bern LeBlanc

# Presence For Piper Cheque Presentation



LCol Danielle Clouter presents a cheque to Piper Coffin's family for \$7,187.50. The money was raised through various fundraisers held by 17 Wing members past and present to help cover travel and other associated costs for Piper's parents while she was being treated for issues related to Alagille Syndrome in Toronto for several months. Left to Right: Piper Coffin, Sgt Cynthia Jessop, LCol Clouter, CWO Hank Coffin, and Callysta. Photo: Mike Sherby

# ATF Lithuania's Image Tech Receives Coin from RCAF Commander



Submitted by: Capt Christopher Daniel, PAO-ATF Lithuania  
 Corporal Gabrielle DesRochers, Air Task Force (ATF) Lithuania's Imagery Technician, received a coin from the Commander of the Royal Canadian Air Force, Lieutenant-General Yvan Blondin, on December 22, 2014 in Siauliai, Lithuania during Operation REASSURANCE. Cpl DesRochers, an image tech at 17 Wing, flawlessly performed her duties as an Imagery Technician bringing great credit to ATF Lithuania through high-quality images that showcased Canada's contribution to NATO Baltic Air Policing. She produced more than 400 photos, including aerial shots of CF-188 Hornet, and eight videos, which have been published by DND, Canadian publications and international aviation magazines. Her dedication to creating high quality PA products and her positive attitude have made a significant contribution to the overall success of ATF Lithuania.

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# A Word from the Wing Commander

By Col Joel Roy  
17 Wing Commander

Welcome back! Well, we enjoyed quite a mild holiday season in Winnipeg, but now I am envious of those who elected to take some extra time south.

The return of the cold weather in the last days of the holidays resulted in some frozen water pipes for some of our residences, but thanks to the efforts of duty personnel our families were well taken care of and the issue was resolved in a few days.

Helping our families is an excellent start for the year.

Thankfully, the last few weeks have been mostly quiet and we were able to enjoy some of the holiday traditions, starting with a fabulous "men's dinner" held this year in the mess. The "sticky floor" also allowed the Wing Chief and I to visit all of the units here in Winnipeg and to meet several of you in person; that would not be possible without Lisa's talent to coordinate our schedules. My thanks to the organizers for making these events fun for all those who participated.

The New Year's Eve parties at the messes were equally impressive and fun. It made it a little interesting to participate in the traditional Levee, bright and early on January 1st! Again this year Barry Burns organized

this well-attended event, which ran very smoothly. Our appreciation goes to all those who made these events possible for all of us to simply enjoy.

As of Saturday night, most of our personnel have now returned home from Op REASSURANCE. After some well-deserved leave they will be back at the Wing, allowing some units to return to a more regular schedule. Personnel on Op IMPACT will have a few more months yet to go.

As we look ahead, several exercises are in various planning stages. On another note, we are already paying attention to water levels for this spring and are actively preparing for the RCAF Run weekend at the end of May. We have been able to commit funds to several projects involving community and work place improvements, which you should see some evidence of. Shortly after this issue of the Voxair goes to print, a brand new hockey rink is opening on Jan 15th in the South RHU area.

2015 already promises to be exciting for 17 Wing... And getting a picture done with the Jets players was quite a way to make this first week of the year memorable ☺.

Happy New Year! My best wishes for you and your family for 2015.



17 Wing Commander Col Joel Roy

## WLE Welcomes New WLEO



Maj T. W. Young, incoming Logistics & Engineering Branch Officer (left), 17 Wing Commander Col Joel Roy (center) and LCol S. K. Beal (right), Outgoing 17 Wing WLEO, sign the scrolls, during the Change of Appointment Ceremony, on December 16, 2014, in building 76. Photo: Cpl Darryl Hepner

By Sgt Bill McLeod  
17 Wing Photojournalist

Major Todd Young assumed the appointment of Wing Logistics and Engineering Officer from Lieutenant-Colonel Stewart Beal during a short ceremony at the 17 Wing Officers Mess on 16 December 2014

The Change of Appointment Ceremony was presided over by 17 Wing Commander Colonel Joël Roy. Wing Logistics and Engineering is one of the largest branches on the Wing and is composed of Wing Replenishment,

Transport, Electrical, Mechanical Engineering, Wing Construction Engineering, Wing Telecom and Information Services Squadron, and Wing Logistics and Engineering Headquarters.

The ceremony began with a quartet from the Royal Canadian Air Force Band playing 'O Canada', an invocation by Chaplain Captain Paul Gemmiti, and a short signing ceremony.

Following the signing ceremony the visibly moved outgoing WLEO, LCol Beal, addressed the audience first. He began by thanking his family for standing by him for the last 23 years, Colonel Roy for his leadership and guidance, CWO Boudreault for his leadership, and the administrative assistant for "keeping him out of jail."

"A year and a half ago when I assumed command of this branch I felt honoured to have the opportunity to lead such a fine organization," LCol Beal said. He went on to mention the accomplishments of each of the units in the branch.

"Having the privilege to lead this demanding, diverse, goal-oriented organization for the last 18 months was truly the highlight of my career and I could not think of a more fitting way to end my career," said LCol Beal.

LCol Beal is retiring from the Canadian Armed Forces and is planning on splitting his time between Arizona and the Winnipeg/Kenora region and also splitting his time between fishing and golfing.

es and is planning on splitting his time between Arizona and the Winnipeg/Kenora region and also splitting his time between fishing and golfing.


17 Wing Commander Colonel Joël Roy then spoke about the challenges and triumphs of Wing Logistics and Engineering during LCol Beal's term.

"The Wing Logistics and Engineering Officer function is one of the most challenging on the Wing and certainly the position that gets to oversee the largest part of our area of responsibility," Colonel Roy said.


"You managed superb communications and developed a trusting relationship with all of our partners," said Colonel Roy. "Because of your efforts, the branch is delivering small miracles throughout the Wing and we see them sprinkled a little bit everywhere, every day."

Major Young spoke last. He thanked LCol Beal for recommending him for command of the branch and Colonel Roy for appointing him.

Major Young thanked his sons for their support throughout his long career. He joined the Canadian Armed Forces as Artilleryman, remustered to the Air Force as Traffic Technician, and commissioned from the ranks during Op Apollo. Both his sons are planning to make careers in the Armed Forces.




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# Mynarski Artifacts on Exhibit at 1CAD HQ

By Martin Zeilig  
Voxair Photojournalist

The Victoria Cross awarded to Pilot Officer Andrew Charles Mynarski rests inside a sealed, alarmed plexiglass display case outside of Mynarski Hall on the main floor of 1 Canadian Air Division.

The small bronze medal and ribbon is on permanent loan from PO Mynarski's family to the 1CAD Museum.

There has been a renewed interest in the life of PO Mynarski after it was announced that a bronze statue of the airman will be installed in Vimy Ridge Memorial Park in Winnipeg this summer. The statue, sculpted by Winnipeg artist Charlie Johnston, is currently on display at Frame Arts Warehouse (318 Ross Ave.). The statue will be installed with a public dedication that is tentatively scheduled to take place on June 12, 2015.

Major Brendan Bond, Deputy Director of Air Force Heritage and History at 1CAD, recently gave The Voxair a tour of the display, which is part of the larger 1CAD Museum that tells the story of the seven VC Air Force recipients from the First and Second World Wars.

The Mynarski exhibition also contains a number of related personal and other historical items including artefacts recovered from the crash site of Mynarski's Lancaster KB726, newspaper articles on the awarding of the VC, and a large oil painting of Mynarski.

PO Andrew Mynarski, a 27 year old native Winnipeg, was awarded the Victoria Cross in 1946. It the last such award given to a Canadian airman in the Second World War. The Victoria Cross is the highest award for gallantry in the face of the enemy.

Mynarski died on June 13, 1944 during an attack at Cambrai, France when the Lancaster bomber on which he was serving as gunner came under fire from an en-

emy fighter.

Despite orders from the pilot to abandon the plane and jump to safety, Mynarski rushed to the back of the burning plane in an attempt to save the life of trapped tail gunner Pat Brophy.

"The turret was in fact, immovable since the hydraulic gear had been put out of action when the port engines failed, and the manual gear had been broken by the gunner in his attempt to escape," Air Vice Marshal K.M.Guthrie, Air Officer Commanding No 2 Air Command, wrote in a letter to Andrew Mynarski's mother.

That letter, along with the Memorial Cross medal presented to Mrs. Mynarski, is also displayed inside Mynarski Hall. Another moving letter to Mynarski's mother from Pat Brophy is on display elsewhere in the hall.

"Without hesitation, Pilot Officer Mynarski made his way through the flames in an endeavour to reach the rear turret and release the gunner whilst so doing his parachute, and his clothing up to his waist were set on fire," says the letter from Guthrie.

"Pilot Officer Mynarski reluctantly went back through the flames to the escape hatch. There, as a last gesture to the trapped gunner, he turned towards him, stood to attention in his flaming clothing, and saluted before he jumped out of the aircraft. Pilot Officer Mynarski's descent was seen by French people on the ground, and both his parachute and clothing were on fire. He was found eventually by the French but was so severely burnt that he died from his injuries.

The rear gunner meanwhile had a miraculous escape when the aircraft crashed. He subsequently testified that had PO Mynarski not attempted to save his comrade's life, he could have left the aircraft in safety and

would doubtless have escaped death.

"Pilot Officer Mynarski must have been fully aware in trying to free the rear gunner he was almost certain to lose his life. Despite this, with outstanding courage and complete disregard for his own safety, Pilot Officer Mynarski lost his life by a most conspicuous act of heroism which called for valour of the highest order."

Further information on the seven Canadian "Air" VC's may be found at [www.forvalourvc.ca](http://www.forvalourvc.ca)



The Andrew Mynarski exhibit at the 1CAD Museum. Photo: Martin Zeilig

# Padre Gemmiti Brings Roman Catholic Skill Set to 17 Wing



Padre Gemmiti talks to the Voxair. Photo: Martin Zeilig

By Martin Zeilig  
Voxair Photojournalist

Captain (Reverend) Paul Gemmiti, 17 Wing's Roman Catholic Chaplain, says that he was not actively searching for a career in faith ministry, but it was bound to happen, especially due to having been raised in a devout Catholic home.

"I knew what a vocation was, but I was not one to look for a vocation," joked Padre Gemmiti, 50, who was posted to 17 Wing in September of this year.

"I wanted to be an informed Catholic because I had many relatives and others around me who claimed to be Roman Catholic but had little idea about what it meant in breadth and depth," he says. "In part I was searching for my identity, and for what God seemed to be calling me to be. It just seemed like something that I had to do."

Padre Gemmiti comes to 17 Wing from two previous Air Force postings in Cold Lake and Shearwater. Padre Jack Barrett, head of 17 Wing Chaplains, said that he is glad to have him aboard.

"The lessons Padre Gemmiti has learned there will certainly be an asset as 17 Wing responds to current deployments, and with significant numbers being deployed. Being the only RC Priest on the Chaplain team, his skills are needed and they will be a significant contribution to Mission Success for 17 Wing and the RC Chapel community," Padre Barrett said.

Padre Gemmiti is the second of two sons born and raised in Peterborough, Ontario to an Italian immigrant father from Lazio, and a Canadian mother. He's been a Roman Catholic priest for 20 years now with just over half that time spent in the CAF.

"My family was a church going people," the genial Padre Gemmiti says. "I attended St. Peter's Catholic High School in part because of my dual cultural background, but officially I knew myself as Roman Catholic and Canadian and was always attempting to know and experience things as a RC and/or Catholic."

His first four years in the CAF were spent as an Army Reserve Chaplain with the Hastings and Prince Edward Regiment in Ontario, followed by one year as Civilian Clergy under Contract at 4 Wing Cold Lake.

"I'm now going on seven years as a Regular Force Chaplain," said Padre Gemmiti, who was deployed six months as part of OP MOBILE (Libya Campaign) during 2011, and has been on loan full time to the RC Military Ordinariate of the Canadian Armed Forces since 2008.

"Periodically, over time, I would consider 'Would it be possible to serve as a chaplain in the CAF? Could I still be a Catholic priest and yet serve in the context of the CAF?' And, it has happened."

Now, besides being the chaplain for 17 Wing Logistics and Engineering, he is also the RC Chapel-Life coordinator.

"There are many things of which I get approached about that are not traditionally seen as our role, such as lending a listening ear to those who want to talk about various topics, even beyond religious issues," Padre Gemmiti said. "We chaplains can offer that second and impartial point of view, chatting about other possibilities and recommending solutions."

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# Delivering Christmas Cheer to The Deer Lodge Centre

By Martin Zeilig  
Voxair Photojournalist

For John Johnson and about 20 other veterans seated at round tables in the lounge at the Deer Lodge Centre on December 17, the heap of large, colourful gift bags and parcels stacked in the corner of the room was a tangible sign that they are still appreciated during the holiday season.

The gifts had been delivered earlier that afternoon by a group of volunteers from 17 Wing in a cavalcade of vehicles as the culmination of the 2014 Adopt-A-Vet program. The program was founded in 1998 by George Stetina, Administrative Assistant to the Commanding Officer of 402 Squadron, to help provide a merry Christmas to veterans.

"I think it's a marvellous thing," said Johnson, 91, of the program. He was a Bren gun operator with the Queen's Own Cameron Highlanders during the Second World War, and has been a resident at Deer Lodge Centre since May 21, 2010.

The Christmas party included members of 17 Wing, a number of Deer Lodge staff, high school students and their teacher from Sanford Collegiate, plus a number of veterans' family members and other civilians.

Kevin Scott, Executive Director of Operations at Deer Lodge said he was impressed by the dedication of 17 Wing personnel.

"The vets put together a wish list and our recreation staff sent it to George," he said. In total 133 gift packages were delivered, one for every vet currently residing at the centre.

"Every veteran at Deer Lodge Centre will receive a

gift from 17 Wing. The fact that they do this every year demonstrates to me the commitment 17 Wing has to vets here," Scott said.

Captain(ret) Colin Craddock, who was a member of 402 Squadron, has helped with the Adopt-A-Vet program for the past 14 years.

"It's a good bridge between the current military and the past," he said.

He also thanked George Stetina for his ongoing work in organizing the Adopt-A-Vet program.

"He deserves a lot of credit for taking on this big task," Capt(ret) Craddock said.

After all the gifts had been unloaded at Deer Lodge, Stetina expressed thanks for all the support provided by 17 Wing and to the 25 volunteers who had used their own vehicles that day.

Meanwhile Johnson, who worked in the construction industry following the war, said it was heartwarming to know that there are still people who care about

the ever dwindling number of Second World War veterans.

"I didn't wish for anything," he stressed. "Whatever comes my way is fine."



Some military members from 17 Wing offer residents of Deer Lodge Centre some Christmas treats. Photo: Supplied by Steve St. Louis

## Govt. of MB Removes Barriers for Red Seal Exam

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Paul Robins joined the Royal Canadian Air Force in 1988 as an Airframe Technician, but little did he know this decision would change his life. "I was not an academic, I didn't know what I was going to do after High School as University or College did not appeal to me." This was when Robins decided to enter the forces, and during a recruitment session Robins was shown videos about all the trades available to members of the Canadian Forces. "The work done on airplanes really sparked my interest, Robins explains, "I loved airplanes and I had always had an interest in fixing things. I decided I had finally found my calling." Robins spent the next 13 years at Cold Lake, where he mainly worked in the CF18 shop on flight controls, hydraulic fuel systems and landing gear.

After over a decade in the same shop, Robins was in need of a change. He evaluated his knowledge and decided to change his trade and become a Refrigeration and Air Conditioning Mechanic for the forces. In 2001 Robins was sent to the School of Engineering in Gagetown, New Brunswick. "This was a huge learning curve for me, the school offered a ten month course that combined both level one and two." Following his completion of technical training Robins was posted in Winnipeg.

Robins describes his experience working on the base in Winnipeg as influential. "There was a wide range of equipment on the base, the material could range anywhere from 1950s equipment to the newest model. This enabled me to see how equipment has evolved over time."

After working on the base in Winnipeg for seven years Robins acquired his military credentials, which allowed him to work nationally in his trade. However, he felt that this was not enough. "I didn't feel that I had completed my dream without receiving a Red Seal certificate." Shortly after this realization he saw an advertisement for Refrigeration and Air Conditioning Mechanic apprentices. This was Robins' chance to reach his goal of completing the Red Seal exam to become a certified journeyman. "I was intimidated to be at school in my forties, but I am so happy I put my age aside to complete the course." In December 2010 Robins received what he describes as "one of the best Christmas presents." He had passed his Red Seal exam.

On November 7, 2014 the Government of Manitoba announced new legislation that will remove barriers for military veterans to challenge the Red Seal exam in their trade. This pathway will provide the opportunity for veterans who have a military credential in a skilled

trade to challenge the Red Seal exam free of charge.

Robins describes this news as a monumental moment. "Guys in the forces do not give themselves enough credit for what they have learned during their service- this new initiative will boost their confidence because their work is being recognized. I hope that this will make veterans take the same step I took and write their exam."

To learn more about the new regulation and how to apply, please visit our website: [www.manitoba.ca/tradecareers](http://www.manitoba.ca/tradecareers)



Paul Robins working in the 17 Wing WCE Shop.

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# CAF Men's Basketball Team in Belgium

By Capt Adam Asquini  
3 Cdn Div HQ

The Canadian Armed Forces (CAF) men's basketball team recently competed at the Supreme Headquarters Allied Powers Europe (SHAPE) International Basketball Tournament (IBT) in Mons, Belgium from 24 November to 6 December, 2014. The team, consisting of 12 players, came together from various bases and wings across the country to represent the CAF extremely well both on and off the court. Despite having only practised together for four days prior to the tournament, the team exceeded all expectations and finished in 7th place with a 2-2 record. According to Head Coach, Mr. George Mooney, "This had to be one of the better CAF men's basketball teams I have had the pleasure to coach. A well rounded mix of experienced players that have played at the international level before and 3 new players to the program that provided fresh blood. In all, a balanced team with an outstanding positive attitude, that gave their utmost effort in all games and the potential to be better for their next international competition. I would also add my sincere thanks to our Team Captains, Captain Adam Asquini and Master Corporal Steven Bilodeau for their leadership on and off the court."

Although the team performed exceptionally well on the court, the trip to Belgium was not all about basketball. A one day break in the tournament schedule provided the players with the opportunity to visit Vimy Ridge, Ypres, Essex Farm Cemetery and the Langemark German Military Cemetery. This was a fantastic opportunity for the players to broaden their understanding of not only Canadian history but also the history of the CAF. For many of the players it was their first time visiting these historical sites and the experience was both educational and awe inspiring. According to Lt Isabelle Thibault, a military Physiotherapist from CFB Gagetown

"The trip to Vimy Ridge and the Essex Farm Cemetery, where 'In Flanders Fields' was written, was one of the best experiences I had during my trip to Belgium with the men's basketball team. As a member of a medical trade, I could actually feel the tension, the overwhelming injuries and the stress of trying to care for the soldiers on the battlefield. It was almost like I could put myself into LCol McCrae's head. It was amazing. I will remember this all my life".

In addition to the battlefield tours Team Canada was also fortunate enough to visit the Canadian school located on the SHAPE Base. During this visit players interacted with staff and students answering questions about basketball and about what it's like to be so tall. The students, aged 5 to 13, appreciated meeting these 'much larger' Canadians and the team enjoyed imparting a few basketball tips to the students during a friendly game of bump on the playground basketball court.

During the tournament, the team was joined by the CAF Basketball Patron, Brigadier-General (BGen) Paul Rutherford. After watching the team's final two games against the United Kingdom and Belgium, BGen Rutherford noted, "the team's level of physical fitness, determination, teamwork and skill was truly impressive and embodies the values of what we look for in Canadian Armed Forces members. I am looking forward to continuing my relationship with this team and supporting them in future international competitions."

The tournament ended on a high note for Team Canada when during the Closing Ceremony the team was presented with the Fair Play Award. This award is voted on by all participating teams and is presented to the team that best represents hard work, sportsmanship and comradery. In addition to the team award, Lieutenant Isabelle Thibault was



The Canadian Armed Forces Basketball team, which competed at the Supreme Headquarters Allied Powers Europe (SHAPE) International Basketball Tournament in Mons, Belgium from 1-6 December, 2014. The team finished the tournament in seventh place with a record of 2-2. Photo: Patrick Ferriol

presented with a Supreme Allied Commander Europe (SACEUR) Commander's Coin for her outstanding skill and dedication throughout the tournament. Lt Thibault not only performed as the Physiotherapist for Team Canada, she also provided support to the tournament referees and to the players whose nations did not have a physiotherapist.

Now that the tournament has finished, the members of the CAF Men's Basketball Team have returned to their home units and have already started preparing for the team's next event. Over the next few months members of the team will hone their individual skills and improve their fitness levels with a goal of representing the CAF at the upcoming World Military Games in South Korea in October 2015.

Finally, the CAF Men's Basketball Team would like to recognize and thank everyone who supported them throughout the entire process. Without the support of the chain of command, colleagues, fans, family and many others, it would not have been possible for the team to compete and perform as well as they did.



Captain Matthew Bentley, an Armoured Officer from the Vice Chief of Defence Staff Group, drives to the basket against a defender from Team USA at the Supreme Headquarters Allied Powers Europe (SHAPE) International Basketball Tournament in Mons, Belgium. Team Canada finished the tournament in seventh place with a record of 2-2. Photo: Patrick Ferriol

2014 Canadian Armed Forces Men's Basketball Team – SHAPE International			
Name	Rank	Position	Base/Wing
Paul Rutherford	Brigadier-General	Patron CAF Basketball	US CENTCOM HQ
Jay Burt	Major	Chief of Mission/CISM Basketball General Manager	Trenton
George Mooney	Civilian	CISM Basketball Coach	Ottawa
Isabelle Thibault	Lieutenant	CISM Basketball Physiotherapist	Gagetown
Adam Asquini	Captain	Team Captain/Forward	Edmonton
Matt Bentley	Captain	Forward	Ottawa
Steven Bilodeau	Master Corporal	Team Captain/Center	Ottawa
Cody Brown	Sub-Lieutenant	Guard	Halifax
Brandon Campbell	Bombardier	Forward	Petawawa
Garrett Campbell	Lieutenant	Forward	Halifax
Michel Gosselin	Captain	Guard	Ottawa
Rondon Jacobs	Sergeant	Guard/Forward	Toronto
Brad Krajcik	Major	Guard/Forward	Kingston
Nic Leger	Lieutenant	Forward	Gagetown
Greg Richards	Lieutenant (Navy)	Guard	Toronto
T'Jani Ruty	Private	Forward/Center	Trenton

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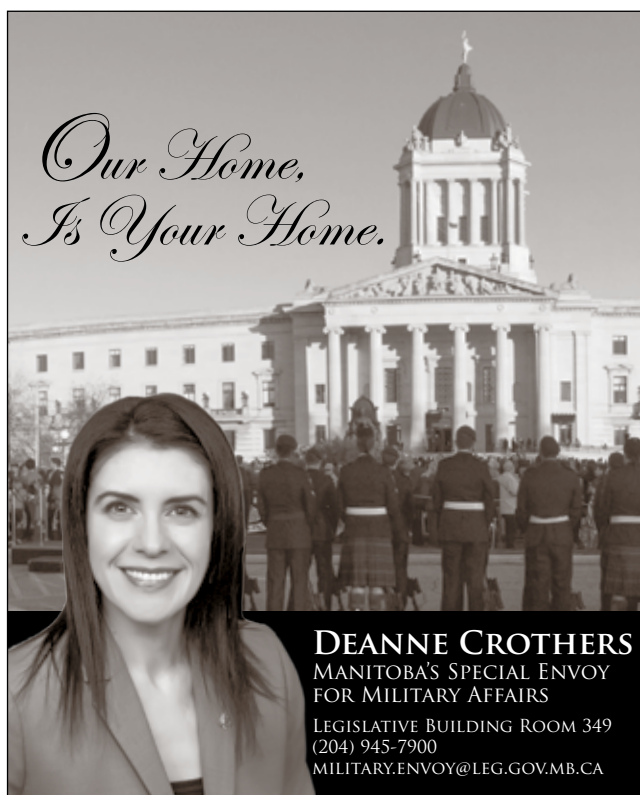
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# ATF Lithuania Members Hold Hill of Crosses Ceremony

By Capt Christopher Daniel

“This hill is more than a historical landmark. For us Lithuanians, it is a symbol of enduring peace despite the threats our nation has faced throughout history,” said Father Ramunas Mizgiris, a Lithuanian priest from the Franciscan Order, as he addressed the congregation of NATO military personnel at the Hill of Crosses in Šiauliai, Lithuania, on November 30, 2014.

Members of Canadian Air Task Force (ATF) Lithuania, together with Lithuanian Air Force and Portuguese Air Force Detachment personnel, gathered for the dedication ceremony of Canada’s cross. It has become a tradition for NATO countries participating in the Baltic Air Policing (BAP) mission to dedicate a cross at the Hill

of Crosses.

“The ATF is proud to leave behind a cross to commemorate Canada’s efforts in protecting the Baltic skies and its commitment to NATO,” said Lieutenant-Colonel David Pletz, commander ATF Lithuania. “We’re honoured to be part of this mission and demonstrate our solidarity with our Allies.”

During the benediction, the ATF chaplain said, “As we place this cross on the Hill of Crosses, we display the symbol of Canada’s friendship with the Lithuanian people. During our stay in Šiauliai to protect the Baltic airspace, the people welcomed us, made us feel at home with their hospitality and kindness. We thank them for their friendship and support.”

Located 12 kilometres north of Šiauliai in northern Lithuania, the Hill of Crosses is both a pilgrimage site and a historical national landmark. The practice of leaving crosses on the hill as a peaceful protest against

oppression is believed to date back as early as the 1830s, during the Polish-Russian War. Over the years the number of crosses has increased significantly. It was estimated to be 100,000 in 2006 and increases every week.

“It is, indeed, a privilege to learn about the story of the Hill of Crosses and be part of this nation’s history,” Lieutenant-Colonel Pletz said. “We’re proud to stand strong with our Allies in protecting the freedom and sovereignty of the Baltic skies.”

Four CF-18 Hornets from the Royal Canadian Air Force and six F-16 Fighting Falcons from the Portuguese Air Force, supported by Canadian and Portuguese ground support personnel, have been working side by side at Šiauliai Air Base since the first week of September, protecting the integrity and the sovereignty of the Baltic skies.

ATF Lithuania is the air component of Operation Reassurance, which is Canada’s contribution to NATO assurance measures to promote security and stability in Central and Eastern Europe. It comprises more than 130 Canadian Armed Forces members from throughout Canada.



Above: On November 30, 2014, at the Hill of Crosses in Šiauliai, Lithuania, members of Air Task Force Lithuania, the Lithuanian Air Force, and the Portuguese Air Force Detachment attend the dedication ceremony of Canada’s cross for NATO Baltic Air Policing Block 36 by the Air Task Force chaplain. Photo: Air Task Force – Operation Reassurance, DND



Left: Lieutenant-Colonel David Pletz, Air Task Force Lithuania commander, speaks to Canadian Armed Forces, Lithuanian Air Force, and Portuguese Air Force Detachment personnel during the dedication ceremony of Canada’s cross for NATO Baltic Air Policing Block 36 at the Hill of Crosses in Šiauliai, Lithuania, on November 30, 2014. Photo: Air Task Force – Operation Reassurance, DND

## RCAF delegation onboard the Challenger in Lithuania



MGen David Wheeler, Commander of 1 Canadian Air Division, together with a delegation from the Royal Canadian Air Force including 8 Wing Trenton’s WComd Colonel David Lowthian and Chief Warrant Officer Darcy Elder, pose for a photo before flight onboard a CC-144 Challenger on December 31, 2014 in Siauliai, Lithuania after visiting Operation REASSURANCE’s Air Task Force Lithuania. Photo: Cpl Gabrielle DesRochers

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# Looking Back at 2014

## January



BGen Bruce Ploughman (left) and CWO Luc Tremblay (right) cutting the Ribbon at the new location of 2 CAD. Photo: Cpl Gabrielle DesRochers

- 2CAD moves into new HQ
- Voxair launches online archives project
- 17 Wing hosts PR Basketball tournament

## February



Cpl Matthew Plourde (right) presents the new plate he designed to Mrs. Arlene Van Ruiten (left) at the inauguration of the Van Ruiten Lounge at the Officers Mess. Photo: Cpl Gabrielle DesRochers

- Officers' Mess renames lounge to honour former HCol Van Ruiten
- Flying Tigers Swim Team hold swim-a-thon
- Det Dundurn wins PR Small Base Hockey Tourney

## March



HCol Rick Hansen meets with Maj Desjardins and MWO Fuentespina from the JPSU. Photo: Pte Darryl Hepner

- RCAF bring homes last troops from Afghanistan
- 1CAD Aces win 17 Wing Recreational Hockey Finals
- HCol Rick Hansen visits JPSU

## April



(L to R) Incoming 17 Wing CWO Robertson, 17 Wing Commander Col Roy, and outgoing 17 Wing CWO Normandin sign the Change of Appointment rolls. Photo: Cpl Jean Archambault

- RCAF celebrates 90th birthday
- Wing welcomes new WCWO Robertson
- MFRC Hosts Anti-Bullying Film Festival
- 17 Wing Women's volleyball team wins PR Championships

## May



17 Wing Commander Col Roy and his wife Michelle (left) walk with their Royal Highnesses, The Prince of Wales, and Camilla, The Duchess of Cornwall, as they leave Winnipeg on May 21st. Photo: MCpl Colin Aitken

- 2 CAD Welcomes new CWO, CWO Matthews
- RCAF Run launches with new, expanded race village
- Canada holds National Day of Honour for Afghan vets
- Prince Charles and Camilla visit 17 Wing
- 435 Sqn holds reunion for Burmese vets

## June



RCAF Band CO Capt Fullerton (left) speaks with BGen St Amand (right) at the RCAF Band's CD release party on June 6th. Photo: Cpl Justin Ancelin

- WComd Challenge sees massive numbers
- RCAF Band releases '4 Shades of Blue'
- AEW Departs for Romania as part of OP Reassurance

# The Year in Review

## July



Members of 17 Wing pose on top of a giant pile of sandbags near Portage La Prairie during OP LENTUS 14. Photo: Sgt Bill McLeod

- 17 Wing and CAF takes lead on Flood Protection during Op Lentus 2014
- MGen Wheeler takes command of 1CAD
- 17 Wing hosts PR Ball Hockey Tournament

## August



A member of 17 Wing takes a photo of his daughters at the 17 Wing family BBQ. Photo: Sgt Bill McLeod

- Valour Road Victoria Crosses displayed at Manitoba Museum
- 17 Wing participates in RIMPAC 2014
- First end of summer family day held
- PPCLI 100th Anniversary Baton Relay passes through Winnipeg

## September



A young attendee of the 17 Wing Fall Fair gets some help knocking over pylons with a fire hose. Photo: Martin Zeilig

- Wing Chaplains hold Care and Share Golf Tournament
- Night Golf Tournament returns to CFB Winnipeg Golf Course
- HERC Pull kicks off another successful GCWCC fundraising season
- Fall Fair draws huge crowd to 17 Wing

## October



Personnel depart from 17 Wing Winnipeg, Manitoba on Wednesday, October 22nd in support of Operation IMPACT. Photo: Cpl Justin Ancelin

- TEME Breakfast raises over \$3,000 for the GCWCC
- Fire Hall Boot Drive raises funds for Muscular Dystrophy research
- 17 Wing Members Deploy for OP Impact
- CFS Met celebrates 40 years at 17 Wing

## November



The 17 Wing Command Team, along with many others, participated in a lunch hour yoga session as part of Sports Day in Canada celebrations. Photo: Martin Zeilig

- 17 Wing celebrates Sports Day in Canada with two days of activities
- 17 Wing Marks Remembrance Day
- Wing unveils 'The Wobbly Prop', the new All-Ranks Mess
- Jail and Bail fundraiser adds to GCWCC total

## December



Volunteers from 17 Wing brave the cold weather to help set up for the Wreaths Across Canada event at the Brookside Cemetery. Photo: Martin Zeilig

- Wreaths Across Canada honours veterans at Brookside Cemetery
- Santa visits 1CAD for annual NORAD briefing
- Adopt a vet program makes sure veterans are remembered at Christmas

# 435 Sqn SAR Techs: Always Vigilant

By Martin Zeilig  
Voxair Photojournalist

*Without regard for my personal comfort or self advancement, To the best of my ability and the limits of my physical and psychological endurance, That others might live - part of the SAR Tech Pledge*

The good natured and occasionally biting banter between Sergeant Dwayne Guay and Sergeant Kaulin Damron should not be mistaken for a lax attitude towards their work as Search and Rescue Technicians with 435 Squadron. It's just a sign of their close camaraderie and confidence in their working abilities.

"We like to stay loose and informal," says Sgt Damron during an interview in the sizeable SAR Tech shop in Hangar 16.

Sgt Guay nods in agreement, adding "But, when it's two o'clock in the morning and we're on a mission, we're no longer joking, it's go time. We feed off each other to accomplish our task in a safe and effective manner."

Sgt Damron says it's important to understand the role SAR Techs play within the country as a whole.

In Canada, search and rescue (SAR) is a shared responsibility among federal, provincial/territorial and municipal organizations, as well as air, ground and maritime volunteer organizations.

The Canadian Armed Forces has the primary responsibility of providing aeronautical services (search for downed aircraft) and the Canadian Coast Guard is responsible for maritime services. The CAF is also responsible for the effective operation of this coordinated aeronautical and maritime system.

RCAF wings located across Canada provide military air resources in response to approximately 1,000 annual taskings per year.

The Canadian Armed Forces have approximately 140 search and rescue technicians (SAR Techs), Sgt Damron says.

"All of us are highly trained specialists who provide advanced pre-hospital medical care and rescue for aviators, mariners and others in distress in remote or hard-to-reach areas," he says.

During a tour of their facilities, Sgt Damron showed off the various types of equipment SAR Techs use in their day-to-day operations. These include well stocked medical kits, high-tech diving equipment and a variety of outdoor survival gear and parachutes, all stowed away neatly and ready for use in separate rooms in the shop.

"We're all trained to a primary-care paramedic national standard with additional advanced skills," he says.

SAR techs are land and sea survival experts who specialize in rescue techniques, including Arctic rescue, parachuting, diving, mountain climbing and helicopter rescue. Sgt Damron, who at 40 has been a member of the CAF for 24 years, says there are presently 13 SAR techs at 435 Squadron.

"We all have to be trained in every SAR tech related



Sgt Kaulin Damron (pictured) and Sgt Dwayne Guay talk to the Voxair about the role of SAR techs within 435 Sqn. Photo: Martin Zeilig

requirement," he says, noting that a minimum of four years of service is required before one can apply to train as a SAR Tech. Training for the position is a rigorous 11 month process.

"We're all cross-qualified in everything. We respond from the B.C.-Alberta border to just east of Thunder Bay, the U.S. Canadian border to the North Pole. Every jump we do, every training session involves unmitigated risk. We only fly in teams of two, and they're random because schedules always change. We do a lot of dangerous things, but we do it as safely as possible."

## Home for the Holidays



The RCAF Christmas Service Flights began on 18 December as Flight 3504, travelling west, landed in Winnipeg, reuniting separated military members and families with their loved ones for the holidays. Photo: Sgt Bill McLeod

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# VOXAIR READS

Title: **Bloody Red Tabs: General Officer Casualties of the Great War 1914-1918**  
 Author: Frank Davies and Graham Maddocks  
 ISBN: 978-1-783-46237-7  
 Softcover  
 Pages: 225  
 Illustrations: 24 B/W  
 Publisher: Pen and Sword Publishing

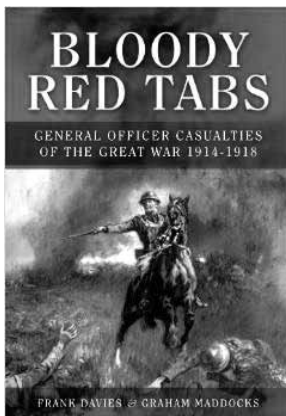
## By Maj Chris Buckham

Popular culture likes to paint the senior officers of the First World War as petrified fossils of an earlier style of warfare unable to adjust to modern fighting methods and strategies. Further, they are also identified as compensating for this shortfall through repetition of outdated techniques and a refusal to both acknowledge their own shortcomings and to make themselves aware of the impact of their decisions. This prevailing attitude was, the authors allege, the result of a society reeling from the devastating losses of the war and looking for culpability and UK governmental leadership in the form of Lloyd George's memoirs placing very clear responsibility for the war's conduct on the shoulders of senior military leadership.

Davies and Maddocks have undertaken an effort to adjust this perception and bring it closer in line with reality. Their approach does not seek to refute the idea that there were shortcomings amongst some of the commanders; indeed they readily acknowledge that there were some examples of poor leadership. What they do seek to redress is the idea

that General Officers lacked courage and that they were unaware of the conditions under which their men fought; in this I would suggest that they were, for the most part, successful.

Drawing upon statistics of killed, wounded and captured General Officers by year; operational experience and explicit orders from senior HQ's and government officials forbidding front line exposure for senior officers, they show that, as a group, casualties were very prevalent amongst senior staff. This is not an unbiased study; the authors are quite clear of the position that they hold right at the outset and they focus their efforts to prove their thesis. Their research is comprehensive and they provide a detailed



synopsis of the fate of each senior officer casualties from the British and Imperial Armies.

I enjoyed this book and found it enlightening and educational. The authors have gone a long way towards redressing a misconception that history, thus far, has done little to address.

*Major Chris Buckham is a Logistics Officer in the Royal Canadian Air Force. He has experience working with all elements including SOF. A*

*graduate of the Royal Military College of Canada, he holds a BA in Poli Sci and an MA in International Relations. He is presently employed as an ILOC Officer with the multinational branch of EUCOM J4 in Stuttgart, Germany. He maintains a blog of his reviews at: [www.themilitaryreviewer.blogspot.com](http://www.themilitaryreviewer.blogspot.com)*

## 17 WING FIRE CHIEF'S CORNER

Extension Cords Far More Dangerous Than Many Realize:  
 Three Important Reasons to Check Your Cords



### Three Major Extension Cord Risks.

#### 1. Fires

The most frequent causes of extension cord fires:

- Short circuits
- Using old, damaged cords
- Overloading cords, which leads to overheating
- Misuse

The solution: Homeowners can reduce their risk of extension cord fires by investing in heavier gauge extension cords and avoiding "bargain cord".

"You get what you pay for." If you pay more money, you're going to get a better extension cord." Other tips include:

- Replace cords that are cracked or frayed.
- Don't overload cords or sockets.
- Don't run cords under rugs or near heaters or radiators.
- Only use exterior extension cords for outside use.

• Pay attention to cord quality and purpose -- don't use a light-duty extension cord for a job that really needs a heavy-duty variety, such as air conditioners or freezers.

• Feel the temperature of the cords when they are in use. If they are hot to the touch, unplug them immediately.

#### 2. Electrical Burns

Electrical burns to the mouth accounted for half the extension-cord-related injuries to young children.

The solution: Keep all extension cords out of the reach of children. Plugs, outlets and cords can be irresistible to young children who don't realize their dangers. Play it safe and avoid using them if you have small children, or ensure that your child cannot get access to the cord.

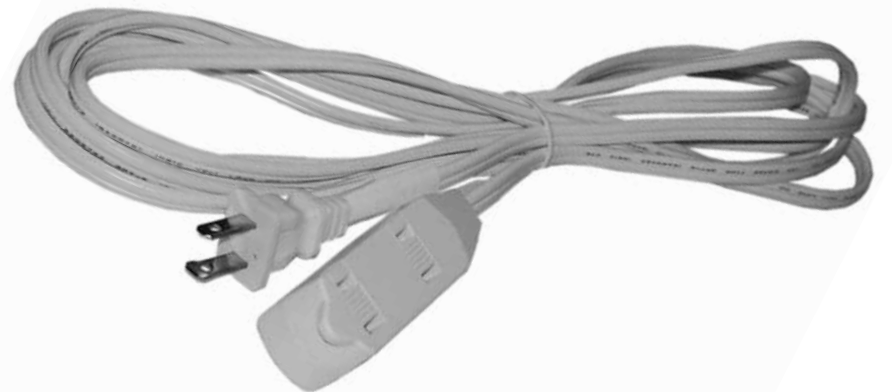
#### 3. Tripping

How many extension cords do you have running across your floors (heavily trafficked, common areas) right now? This is an accident waiting to happen, according to the CPSC. About half of extension-cord-related injuries involve fractures, lacerations, contusions, or sprains from people tripping over extension cords. The elderly are most at risk, as a fall can easily break bones or result in the need for surgery.

The solution: Place extension cords with extreme care, in areas that are not normally walked over. Run cords along baseboards or walls or thread them behind tables or other furniture where they are out of the way. (DO NOT put them under rugs or heavy furniture, or behind radiators or heaters, as this is a fire hazard).

#### Other Tips For Safe Extension Cord Use

- Make sure new cords are listed by a recognized national testing laboratory
- Don't leave prongs exposed, even partly, when the cord is in use
- Only use extension cords when they're absolutely necessary
- Pull the plug, not the cord, when disconnecting it from the socket
- Special "angle extension cords" can be used where furniture or beds may push against the plug
- Don't use staples or nails to attach extension cords to any surface
- Don't exceed the total wattage listed on the cord by plugging in too many appliances
- Try not to use them for long-term purposes



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Happy New Year! It's a new year and an opportunity to give you and your health a fresh start or a bit of a "pick-me-up"! Do New Year's resolutions scare you? Perhaps you have made New Year's Resolutions in the past, but your commitment waned by March. Or perhaps you feel it is a waste of your time and energy to make a resolution "just because it's that time of the year."

One of the problems many people have is that their goals are either too vague or too far-reaching and they don't have a plan in place to achieve their goals. You can say that your goal is to lose 20 pounds, but you are going to be much more likely to reach your goal if you have a process put in place to get you there.

SMART goals are a way to develop the "how" for that goal you have set for yourself.

**SPECIFIC:** Your goals need to be clear, focused, concise, and well defined. Avoid general terms and be as detailed as you can.

**MEASURABLE:** It is important that you have a way to measure your success. Check to see if your goal has time frames, dates, dollar amounts, distances, etc. If you don't have a measure, how will you know you have reached your goal?

**ATTAINABLE:** An attainable goal should stretch you slightly so that you feel you are being challenged, but the goal should not be impossible to achieve. Do you have all the resources that you require to achieve your goal?

**RELEVANT:** Next, check to see if your goal is important to you! Is this something you want to achieve? If the goal is set by someone else or is not a priority of yours, it is going to lead to low (or even no) motivation.

**TIME DRIVEN/TIMELY:** Your goals need to have a starting point, a time-line and an ending point. Long-term goals can also be broken down into smaller objectives. We may get frustrated or lose interest in a goal if our timeline is too long. The same is true if the timeline is too short and not realistic.

Let us bring it back to our previous example of losing 20 pounds. Instead of setting a goal of losing 20 pounds, it's better to set a smaller goal that is measurable, attainable and relevant such as resolving to exercise for 30-minutes, three times per week, starting January 19th for the 4-weeks. Your specific goal might state: I will exercise on Tuesdays, Thursdays and Saturdays for 30 minutes starting January 19th for the next 4 weeks.

Don't overwhelm yourself in changing your entire lifestyle. Pick one aspect to your health, develop a SMART goal, work towards it and as this behaviour becomes habit, develop another


SMART goal. If you revert back or get stuck, don't abandon hope, come back to your SMART goal, determine whether you need to re-evaluate things, and keep working on it!

Bottom line; **remember there are no quick fixes when it comes to health and well-being.** Setting realistic goals, following the SMART program and making a genuine effort to attain your goal is a solid way to develop the healthy habits that will help you achieve long-term success.

For more information on SMART goals or to learn more about nutrition, managing stress, communicating more effectively, dealing with addictions and many other elements to well-being, please contact Health Promotion at 204-833-2500 ext 4150 or HealthPromo@forces.gc.ca

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**12 Feb (0800 - 1600 hrs) and 13 Feb (0800 -1200 hrs)**

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**Sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif : formation des superviseurs**


**12 février (8 h à 16 h) et 13 février (8 h à 12 h)**

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*Through education, MAM aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.*

### Gérer les moments de colère

**20 et 27 janvier 2015  
0830h à 1600h**

*Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptati qui vous conviennent.*

Nous avons tous nos moments  
**(DE COLÈRE).**



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ENERGISER LES FORCES  
Promotion de la santé dans les Forces canadiennes

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



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[www.facebook.com/WinnipegMFRC](http://www.facebook.com/WinnipegMFRC) [www.facebook.com/WinnipegMFRCYouth](http://www.facebook.com/WinnipegMFRCYouth)

Westwin Children's Centre fills the stocking with stockings!



Children and families of Westwin Nursery School collected socks for homeless shelters. Over 40 pairs of new socks were donated to the Siloam Mission in December.

### Youth Program Assistant Winnipeg Military Family Resource Centre 17 Wing Winnipeg Part-Time 20 hours per week

Under the supervision of the Youth Program Coordinator the Youth Program Assistant is responsible for assisting in the development, organization and implementation of the MFRC youth programs, including the management and supervision of two youth centres.

**Qualifications:**

- Degree or diploma in recreation, child and youth work, education or an acceptable combination of education, training, and experience will also be considered;
- Current CPR and Basic First Aid qualifications;
- Must have a valid Manitoba's driver's license; and
- French will be considered an asset.

<p><b>Knowledge requirements</b></p> <ul style="list-style-type: none"> <li>- Of recreation and youth programs</li> <li>- Of health and safety practices</li> <li>- Of group dynamics</li> <li>- Of injury prevention practices</li> </ul>	<p><b>Experience requirements</b></p> <ul style="list-style-type: none"> <li>- In working with children</li> <li>- In providing customer service</li> <li>- In programming activities for children</li> <li>- In leading children youth activities</li> <li>- In ensuring safety protocols and procedures</li> <li>- In using Microsoft software including Publisher, e-mail, and Internet browsing</li> </ul>
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**Salary:** \$ 15.00 with increase after a satisfactory six month probationary period

Successful candidate will commence employment as soon as possible.

The WMFRC is committed to employment equity. We thank you in advance for your interest in this position, however, only those selected for an interview will be contacted.

Eligible candidates should submit a resume clearly outlining their ability to fulfill all position requirements by mail to: John Bailey Winnipeg Military Family Resource Centre, 102 Comet Street, P.O. Box 17000, Station Forces, Winnipeg, MB R3J 3Y5, by fax at 204-489-8587, or by e-mail to [john.bailey@forces.gc.ca](mailto:john.bailey@forces.gc.ca) Applications must be received before midnight Jan 16th 2015

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

Conférencier d'honneur  
**Lgén (ret) Eric Findley**  
Ancien Commandant adjoint NORAD

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\*A charitable donation receipt will be issued for a portion of the purchase price.  
\*Un reçu pour les dons de bienfaisance vous sera remis pour une partie du prix d'achat.

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Beaver scouts - 5 to 7  
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For questions or information check out www.Scouts.CA or email Dean Parsons at Kirkfieldgc@gmail.ca

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# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** Downsizing and clearing clutter feels freeing. Open the curtains and let in the light or take a sunny vacation. Things that surface now bring a sense of relief. Get together with those you feel most comfortable with. Deal with your fears. Get expert advice if you have any health concerns.

**Taurus (April 20 – May 20):** Research topics you don't understand. It will be almost impossible to enjoy harmonious relationships and not get involved right now unless you isolate yourself. Still if you opt out of participating in challenging discussions, don't complain about decisions made in your absences.

**Gemini (May 21 – June 21):** Systematically tackle projects. Keep making improvements and adjustments until you are satisfied. Your environment should provide space for a spiritual practice. Incorporate items that reflect your beliefs while promoting a sense of peace. Strive to approach life with grace and joy.

**Cancer (June 22 – July 22):** Have fun and celebrate, but also be realistic. If something is beyond repair don't try to fix it. You're not responsible for the actions and words of others. Though you might not like how things turn out between those you care about, accept when there are irreconcilable differences.

**Leo (July 23 – August 22):** When inspiration hits, get your ideas on paper as quickly as possible. Make solid investments to ensure a secure future for yourself. It could feel as if your prayers are being answered, but it's really about patience and perseverance paying off. Enjoy a sense of relief from stress.

**Virgo (August 23 – September 22):** If you've spent a lot of energy taking care of the needs of others, take time now to care for yourself. Well deserved "R&R" will ensure you're ready to deal with new demands. Approach changes in your work with caution, for not all is as it seems. Systems need fine-tuning.

**Libra (September 23 – October 23):** If what you hear doesn't seem right, go with your gut. Retreat as gracefully as possible. Don't say, "I told you so," to those who don't catch on as quickly as you. Be aware that gossip can travel quickly and fuel further issues. Get to the heart of a matter to resolve conflicts.

**Scorpio (October 24 – November 21):** If you feel overwhelmed with lots to consider and organize, use the tried and true method of coping. Break tasks down and focus on one or two details at a time. Take care of yourself in ways that help you manage stress. Enjoy yourself, but don't overindulge.

**Sagittarius (November 22 – December 21):** Not everything goes according to plan. If you expect surprises and set-backs you can be better prepared. Everything works out well in the end so don't get frustrated when things get out of control. You can learn a lot by stepping out of your comfort zone.

**Capricorn (December 22 – January 19):** You want to really connect with others but they may not feel the same way. Some people are uncomfortable with intense discussions so don't force the issue. Seek out wise souls. Share your deeper thoughts with those who can appreciate your sharing your "gift of self."

**Aquarius (January 20 – February 18):** Keep new commitments to a minimum for you'll be a bit forgetful in the next little while. Be honest to a fault. If you have outstanding tasks that need to be completed before you can move onto a new project, do them properly but also do them as quickly as possible.

**Pisces (February 19 – March 20):** If you are upset don't just sit there, consider your options then make a plan to move forward. What do you need? Gather the materials, change your environment and seek out information you require. Celebrate your successes. You'll be enjoying old friends and meeting new ones.

**FOR APPOINTMENTS CALL 775-8368**

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CRIBBAGE: Thursdays at 7:30 pm  
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Community Recreation Program Information

17 WING WINNIPEG COMMUNITY RECREATION

CHILDREN & YOUTH PROGRAMS

▶ SKATING

Casual, drop-in skating available at the skating rink behind building 90. Hours of operations are daily until 2200 hrs.  
**FREE!**

▶ CHILDREN'S FENCING 6 - 12 yr olds

TUESDAYS Jan 13 to Mar 17 • 1800-1900  
Building 90 Gym  
Partnering with Sport Manitoba – Fencing.  
With Membership \$50 Without Membership \$65

▶ ZUMBA KIDS JR. 5 - 7 yr olds

WEDNESDAYS Jan 14 to Mar 18 • 1700 - 1730  
Building 33 Activity Room  
With Membership \$45 Without Membership \$60

▶ CREATIVE DRAMA 5 - 7 yr olds

WEDNESDAYS Jan 14 to Mar 18 • 1630-1730  
Building 90 Theatre  
Partnering with the Manitoba Theatre for Young People.  
With Membership \$50 Without Membership \$65

▶ CHILDREN'S TENNIS 6 - 11 yr olds

THURSDAYS Jan 15 to Mar 19 • 1800-1900  
Building 90 Gym  
Partnering with Sport Manitoba – Tennis.  
With Membership \$50 Without Membership \$65

▶ ACTIVE KIDS 4-12 yr olds

(3 yr. olds will be given consideration for Military Members)  
TUESDAYS & THURSDAY 1630-1930 SATURDAYS 0915-1130  
Building 33 Recreation Room  
With Membership FREE  
Without Membership \$2 per child

▶ CHILDREN'S ZUMBA 7-12 years old

WEDNESDAYS Jan 14 to Mar 18 • 1730 - 1800 hrs  
Building 33 Activity Room  
With Membership \$45 Without Membership \$60

▶ YOUTH FENCING 13 - 17 years old

TUESDAYS Jan 13 to Mar 17 • 1800 - 1900 hrs  
Building 90 Gym  
Partnering with Sport Manitoba – Fencing.  
With Membership \$50 Without Membership \$65

▶ JR. ACTORS' WORKSHOP 8 - 12 years old

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Building 90 Theatre  
Partnering with Manitoba Theatre for Young People.  
With Membership \$50 Without Membership \$65

▶ YOUTH TENNIS 13 - 17 years old

THURSDAYS Jan 15 to Mar 19 • 1900-2000 hrs  
Building 90 Gym  
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17 WING WINNIPEG COMMUNITY RECREATION

FAMILY PROGRAMS

▶ FAMILY YOGA

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Building 90 Multi-purpose Room  
\$20/child with fit pass \$80/family without fit pass

▶ FAMILY FITNESS

SATURDAYS Jan 17 to Mar 21 • 1100 - 1130 hrs  
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▶ FAMILY OPEN GYM

TUESDAYS Jan 13 to Mar 17 • 1800 - 1900 hrs  
THURSDAYS Jan 15 to Mar 19 • 1800 - 1900 hrs  
SATURDAYS Jan 17 to Mar 21 • 1030 - 1130 hrs  
Building 90 Gym Floor  
With Membership FREE

Without Membership: Family \$12  
Adult \$7 ea. / Child \$4 ea. / Teen \$4 ea.

▶ CASUAL GYM

FRIDAYS Jan 16 - Mar 20 • 1600 - 1700 hrs  
SUNDAYS Jan 18 - Mar 24 • 1030 - 1130 hrs  
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Without Membership: Family \$12  
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CHAPLAINS

**Padre Paul Gemmiti**  
Roman Catholic Priest  
833-2500 local 4885

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

**Padre Frédéric Lamarre**  
Roman Catholic PA  
204-833-2500 ext. 5087

**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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