



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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17 Wing Holds Traditional Christmas Dinner for Junior Ranks



Acting Corporal (Wing Chief Warrant Officer) Mike Robertson, Acting Aviator (Wing Commander Colonel) Andy Cook, Acting Wing Commander Colonel (Aviator) C.J. McParland, and Acting Wing Chief Warrant Officer (Corporal) Brenda Gullen prepare to carve the turkey at the Junior Ranks Christmas Dinner held at 17 Wing on December 15, 2015. The RCAF has a long tradition of the Wing Commander and youngest Aviator and WCWO and oldest Cpl exchanging tunics for the day of the Jr Ranks Christmas Dinner. Photo: Sgt Bern LeBlanc

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17 Wing Gives and Receives From Vets

By Martin Zeilig
Voxair Photojournalist

In the eyes of Lieutenant (N) Padre Lesley Fox the true meaning of Christmas was only partly represented by all the gifts stacked in a corner of the modest sized auditorium at the Deer Lodge Centre.

It was also in the personal relationships that were being built between the approximately 20 members of 17 Wing and the 20 or so elderly Second World War and Korean War veterans seated at tables having snacks and tea, coffee or juice, and conversations with each other, at the annual Adopt a Vet program on December 15.

"I think the gifts that were given yesterday will never be unbroken; the friendships, companionship and shared experiences that can't be torn apart," reflected Padre Fox on the morning following the special afternoon at DLC. "The relationships mean it's not just us giving gifts, but receiving too. The gifts go both ways."

The Adopt a Vet program was started 18 years ago by former CAF member George Stetina, now the Administrative Assistant to the Commanding Officer at 402 Squadron.

The program relies on volunteers to acquire, package and deliver gifts to veterans at Deer Lodge. Stetina and his large crew of volunteers delivered gifts, mostly toiletry items-- soap, shaving cream, razors, shampoo, and deodorant among other things -- to 140 vets at DLC.

"Because we have so many military people here, I found out that there were veterans in Deer Lodge that had no family," Stetina said prior to the cavalcade of package stuffed personal vehicles leaving Hanger 16 for the DLC.

"So, I started doing a 'Secret Santa' to raise money through 402 Squadron. I'd get a wish list for those people at Deer Lodge. I'd purchase the gifts on my own and I'd drop them off for the vets and leave. They didn't know

who was doing it, only the coordinator (of recreation and volunteer services at DLC) Rosie Sikora."

"When you adopt a vet, the nursing staff goes to each vet and asks what they want for Christmas," Stetina said. "I have bags of gifts that are so full, they seem ready to explode. Anyone who adopts a vet is taking care of that individual. The bottom line for me is it brings awareness to (CAF) members on the base that veterans need to be taken care of, and one they will be elderly vets too."

The gifts also included 40 fleece blankets sewn by Cheryl Purl, whose husband is Sergeant Mike Purl of 402 Squadron, and two helpers.

"I started making blankets four years ago for the vets," she said. "I go to the fabric stores and get them to donate fabric and this year military members donated money as well. It reminds me of my maternal grandfather, who was a Second World War veteran. I was very close to my grandfather. I'm doing it in his memory."

Wheelchair bound John Robert Johnson, 92, said he has been a recipient of the Adopt a Vet program since Christmas 2000.

"I've seen them bring these gifts every year since I've been here," said the Second World War veteran, who was



Corporal Randall Trenholm in reflection after a conversation with his companion, a Second World War veteran, at the Adopt-a-Vet program at Deer Lodge Centre on December 15. Photo: Martin Zeilig

in the infantry with the Queens Own Cameron Highlanders when he was wounded in the leg during the Dieppe Raid (which was then a German-occupied port) on the northern coast of France on August 19, 1942. "I don't know how they do it. I was totally overwhelmed the first year, and I still am."

"I'm proud of the generosity of the Winnipeg military community in supporting those vets who preceded us in uniform," 17 Wing Commander Colonel Andy Cook said during a brief speech at the event. "It speaks to the bond we all share."



Left: A group of veterans and a 17 Wing member listening to speeches while enjoying snacks at the annual Adopt-a-Vet program on December 15 at Deer Lodge Centre. Right: Two volunteers-- a Deer Lodge Centre staff person and 17 Wing member -- arranging gifts during the Adopt-a-Vet program at Deer Lodge Centre on Dec. 15. Photos: Martin Zeilig

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435 Squadron Locates Crashed Aircraft

By Bill McLeod
Voxair

Despite adverse conditions, a Search and Rescue (SAR) crew from 435 Transport and Rescue Squadron successfully located a crashed aircraft near Pickle Lake, Ontario, on December 11, 2015.

The CC0130 Hercules from 435 was launched at 09:18 am after a Cessna 208 was reported overdue at its destination. Due to freezing precipitation at 17 Wing Winnipeg the launch was delayed for a few minutes.

Once the Hercules reached the search area conditions remained poor. An initial emergency locator transmitter search at altitude had no hits so the crew had to search below the cloud cover, a mere 500 feet above ground level.

"The weather was generally low overcast ceilings at about 800ft to 1,000 feet, with areas of snow showers and freezing drizzle reducing conditions even further," said the Aircraft Commander Captain Brian McAninch. "The aircraft was spotted on a hill that was about 250ft – 300ft higher than the surrounding terrain and only after our pattern took us almost directly on top of it as it was obscured by surrounding trees."

According to the Search and Rescue Technician Team Leader, Sergeant Stephane Richard, a drop zone was identified but the ceiling was too low for a conventional pattern. Instead, they were going to drop wind direction

indicator streamers below the ceiling and then have the Air Combat Systems Officer, Captain Sansal Guven, set and call the insertion point where the SAR Techs, Sgt Richard and Master Corporal Fern Bianco, would jump higher in the clouds.

Unfortunately, the favourable weather conditions didn't hold long enough.

"JRCC (Joint Rescue Coordination Centre Trenton) gave us approval to jump but by then we couldn't even see the top of the hill," said Sgt Richard. "There was no justification for us to jump in those conditions."

The Hercules decided to land at Pickle Lake and utilize helicopters arranged by the Ontario Provincial Police to transport the SAR Techs to the site, but again the weather prevented helicopters from getting to the airport.

The OPP managed to get two snowmobiles and an Argo, an eight wheeled all-terrain vehicle through, but a lack of snow made travel by snowmobile impossible. The SAR Techs drove the Argo 9 kilometers down the trail until it disappeared and then spent 4 hours hiking the remaining 3.3 kilometers on snowshoes.

The SAR Techs retained cell phone communication throughout the mission.

"I got a call from my wife, she was preparing dinner," said Sgt Richard. "She said, 'Where are you?', so I told her."

The SAR Techs made a valiant effort to reach the site in a timely manner, but arrived to find the pilot had not survived the crash. As per standard operating procedure to remain with the crash, the SAR Techs built a fire and set up camp for the night.

The big fire really paid off in the morning when the helicopter dropped off the OPP on a pond and two of the members broke through the ice.

After receiving a supply drop from the CC-130 Hercules and cutting a landing zone for the helicopter, Sgt Richard and MCpl Bianco were able to evacuate the site later that morning.

"The survival part of our job is what we train for," said Sgt Richard. "It's not what we do all the time but it's good that we have those skills."

"Throughout the day the crew faced challenge after challenge," said Capt McAninch. "The weather was marginal, the target was difficult to see, and conditions began to deteriorate rapidly soon after the site was located."

"Sgt Richard and MCpl Bianco continued to face these conditions on their own long after the aircraft was forced from the scene," McAninch added. "Their determination to reach the site despite all the obstacles they faced that day is a testament to their dedication to their profession."

Commissionaires, the First Line of Security

By Martin Zeilig
Voxair Photojournalist

When he worked as a dispatcher at 17 Wing some years ago, Chief Warrant Officer of Commissionaires Dean Smith sometimes received unusual requests from base members.

One request in particular stands out in his memory.

It was a call from a woman, the wife of a CAF member, in the PMQs (Permanent Married Quarters).

"She wanted us to remove a dead rabbit from her lawn," recalled CWO Smith during an interview in his office in the Military Police Headquarters near the Wihuri Gate.

"I ended up telling her to call 311, as it's a city problem and not something we deal with."

If it had been some other type of concern, one related to security matters, CWO Smith or one of his Commissionaire co-workers would have obliged.

Commissionaires Manitoba is a member division of Commissionaires, Canada's premier security services provider, says the organization's website.

"We provide a range of security services to Winnipeg and Shilo, Manitoba, as well as to our Northern com-

munities," notes the online information. "With a staff of over 1,200 well trained, dedicated employees we provide a variety of security solutions, including guarding services and enforcement to many high profile clients such as the Federal Laboratories, 17 Wing and CFB Shilo."

There are 45 Commissionaires working on rotating shifts at 17 Wing, said CWO Smith, 62, a retired CAF member, who has worked with the Commissionaires for just over five years now.

They provide a variety of services, including, most noticeably, being in charge of the three entrances-- the Wihuri Gate, North Gate, and Air Force Way Gate.

Commissionaire Corporal Arlene MacDonald, 65, a retired CAF reservist, who has been working as a Commissionaire for 20 years, says her favourite time is in the morning when she waves to people as they drive in through Wihuri Gate.

"Everybody brings me a smile," said this diminutive and always cheerful bundle of energy, who was working with Commissionaire Nestor Conti on the afternoon shift during an interview in the gatehouse. "They drive in and I have a two fist wave."

"We also have a vehicle mobile patrol, and we have dispatchers for the MP's in Building 95," added CWO Smith, who worked for Combined Insurance Company of America for 10 years after 33 years of service with the

Princess Patricia's Canadian Light Infantry and then for the Intelligence Branch.

The Commissionaires also have a couple of people who handle Wing Construction and Engineering escorts, he said.

"If they're in a sensitive area, then the contractor has to be escorted by a Commissionaire," CWO Smith explained. "We also do building security for 1 CAD (1 Canadian Air Division)."

The Commissionaires also work as clerks with Wing Accommodations at the Dakota Inn, as well as providing access control to Hangar 16, he observed, mentioning that Commissionaire Sergeant Linda Murray is the base Identity Officer responsible for passes, fingerprints and identity cards.

"Although many of us are military veterans, we work for a private company that is a non-profit organization," CWO Smith said, noting that the best thing about his job is meeting new people and trying to make them happy.

"We contract out for the jobs we bid on, and pay our employees' wages and other expenses from that contract. I have enough people to do the tasks I'm assigned. I also have a stable of spares to call on if needed."

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Commissionaire Nestor Conti, Commissionaire Corporal Arlene MacDonald, Chief Warrant Office of Commissionaires Dean Smith taking a brief break from their duties in front of the gatehouse at the Wihuri Gate. Photo: Martin Zeilig

Good Food Box Encourages Healthy Eating

By Martin Zeilig
Voxair Photojournalist

Some years back, when she was working with a health improvement team in Edinburgh, Scotland, Tina Bailey, PSP Manager, Fitness, Sports & Recreation, helped initiate a program to encourage mainly lower income families to eat more locally grown fresh produce.

She began a similar program after starting work at 17 Wing.

The Good Food Box is a community-based program designed to encourage healthier eating through the promotion of fresh fruits and vegetables, says Deanne Bennett, PSP Community Recreation Coordinator, who's now in charge of the program.

"It's a bulk-buying program that aims to lower your grocery bill by buying bulk fresh fruits and vegetables from local farmers and distributors," she said during an interview in her office in Building 90.

The boxes, which are kept in the multipurpose room at the Westwin Community Centre, are prepared monthly.

"Each box contains a variety of fresh, high quality nutritious fruits and vegetables," Bennett said. "Stock depends on which are in season or available at the best value."

The program's benefits include people obtaining fresh produce at an affordable price and providing them with the opportunity to eat a variety of fruit and vegetables, noted Bailey.

"When I first came to Canada, I volunteered for a similar program on a smaller scale in Simco County in southern Ontario," Bailey added. "Then, when I moved here, I thought people in the 17 Wing community would benefit from such a program."

Bailey operated the GFB from 2010-2013. Then, after a hiatus of two years, the program started up again

under the direction of Bennett.

"Tina asked me if I would be interested in taking over the program," Bennett acknowledged, mentioning that her work colleague, Sarah Nesbitt, helps her with the GFB program. "I started advertising it to the 17 Wing community through flyers and pop-up messages (online), and also by word-of-mouth."

She also contacted Pratts Wholesale Ltd. (located in the Inkster Industrial Park).

"They supply us with a weekly price list and based on the number of small and large boxes that our clients purchase, we spend all of that money on getting the best value of produce, as well as receiving a higher quantity of the rest of the produce," Bennett explained.

"The more people buy into this program, the better bang for the buck because we purchase wholesale. Any items that don't divide evenly amongst the boxes get put in a separate box, and anybody who has purchased a box may select an extra item. People are also allowed to swap items."

This is a bulk-buying program that aims to lower your grocery bill by buying fresh fruit and vegetables from local farmers and distributors, she emphasized.

"We try to purchase produce that's in season to ensure freshness, plus using local distributors (producers) as much as possible," Bennett continued, noting that a small box of produce costs \$17.00, while a large box is \$27.00.

"We use blue boxes to separate the food. People are encouraged to bring their own bags to pick up their groceries, but we always have extra cardboard boxes available. I like to see the excitement when people go through their food box and see what's in it, and talk about their plans for their food. It's especially neat when their kids come along and get excited about it."

Orders can be placed online at www.pspwinnipeg.ca

For more information: Deanne.Bennett@forces.gc.ca ext. 7013

The Good Food Box Program for 2016: January, order by Jan 15, pick up Jan. 20;

February: order by Feb. 12, pick up by Feb. 17, March: order by Mar. 11, pickup by Mar. 16; April: order by Apr. 15, pickup by Apr. 20; May: order by May 13, pickup by May 18.



Deanne Bennett, PSP Community Recreation Director, with a Good Food Box filled with a variety of fresh produce in multipurpose room at the Westwin Community Centre. Photo: Martin Zeilig

Andrew Swan Appointed Manitoba's Special Envoy for Military Affairs



Andrew Swan Photo: supplied

By Gloria Kelly
NDPAO

Manitoba has a new special envoy for military affairs. Premier Greg Selinger appointed Minto MLA Andrew Swan to the position on 4 January 2016. He succeeds Minister of Healthy Living and Seniors Deanne Crothers who held the position for the past two years.

Mr. Swan has a long connection to the Canadian Armed Forces. He was recently appointed to the Regimental Senate for the Royal Winnipeg Rifles and Minto Armoury is located in the middle of his constituency. His grandfather, James Swan, served as a regimental sergeant major of the Winnipeg Light Infantry during the Second World War and is buried in the military sector of Brookside Cemetery.

"There are actually two parts to this role," said Mr. Swan. "There is the ceremonial role and then there is the active role in working to support military members

and their families. I look forward to undertaking both these roles and to encouraging members of the military community to enjoy Manitoba and find it a welcoming and progressive place to call home."

As a member of government, Mr. Swan was active in cabinet decisions that brought about making it easier for military spouses to transfer credentials and for military families to acquire Manitoba driver's licenses without the need for a local resident providing proof of identity. He was also active in the move to help incoming military families access family doctors.

Mr. Swan said he is honoured to serve the interests of military families and paid tribute to the hard work done by Minister Crothers in moving forward projects in support of military members and their families.

"Manitobans owe a tremendous debt of gratitude to the courageous men and women who have served so selflessly to protect us here at home and around the world," said Premier Selinger. "Our government feels very strongly that military families must be supported, which is why we created the position of Manitoba's special envoy for military affairs. I know that Mr. Swan will do an outstanding job of representing the interests of military families who have done so much to preserve the freedoms we all enjoy."

Premier Selinger thanked Minister Crothers for her leadership over the last two years in her capacity as the special envoy for military affairs. During this time, a number of supports were put in place to help veterans and their families, including making it easier for veterans to transfer their military experience in the skilled trades into civilian jobs and gain Red Seal certification, and introducing Support Our Troops license plates so that Manitobans can show their support for the men and women serving in the Canadian Armed Forces and help fund scholarships for military families

These achievements built on a number of initiatives the Manitoba govern-

ment has introduced including:

- Passing legislation protecting the jobs of reservists when they are called into service,
- Designating the Trans-Canada Highway west of Winnipeg the 'Highway of Heroes',
- Supporting family resource centres to assist veteran's families, and
- Extending the right to vote in provincial elections to armed forces personnel serving outside Manitoba.

In thanking Premier Selinger for the opportunity to serve as the special envoy Minister Crothers said, "Serving as the special envoy for military affairs has been an absolute privilege and allowed me the opportunity to learn from military families about the supports they need here in Manitoba.

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Dottie, the Last Military Firehall Dalmation

By Martin Zeilig
Voxair Photojournalist

Dottie the Dalmatian has long since departed this world.

But she's still very much alive in the memory of Sergeant Dennis Matthews, a Fire Fighter at 17 Wing, as well as in a memorabilia clogged display case, which contains a smooth, rounded urn with her ashes, collar and leash, some photographs of Dottie, identification badges and other items, in a corner of the firehall's kitchen.

Dottie was the 17 Wing Firehall mascot dog for 11 years, August 1999 to June 2010, when she died due to an incurable illness.

Dottie was acquired by a couple of the firehall personnel, including former firefighter Master Corporal Len Maynard, after they had seen an advertisement in a local newspaper, said Sgt Matthews during an interview in his compact, cluttered office at the rear of the firehall.

"Fire Services has been in contact with a family that wish to give a three year old female dalmatian dog away and they are very excited at the prospect of her going to a fire department," says a WFC memorandum (18 October 99) that was originally signed by Master Warrant Officer D.R. Goodings and sent to the Wing Construction Engineering Officer.

"The dog has been spayed and has had all her shots and is very good with people. She is a very friendly dog. The dog would be taken care of by the firefighters at the firehall. This dog would be a great asset during tours of the firehall by the many groups that come through at various times. Also, she represents the symbol of Fire Prevention's 'Sparky' dog. Your positive consideration to this proposal would be greatly appreciated."

They did get their dog.

"The tradition of Dalmatians in firehouses dates

back more than a century. Nowadays they mainly serve as mascots, but before fire trucks had engines, Dalmatians played a vital role every time firefighters raced to a blaze," explains an article, 'Why Are Dalmatians the Official Firehouse Dogs?' (May 19, 2011), found online at www.livescience.com

"It all dates back to when people used horse-drawn carriages. But, at first, the dogs didn't have anything to do with fire fighters. People realized that Dalmatians would run alongside horses, keeping pace even when sprinting long distances. The dogs would even defend the horses from other dogs or animals that could spook or attack the horses during the ride."

When Dottie arrived at the Firehall, she represented Sparky the unit's fire prevention mascot, Sgt Matthews said.

"She'd do school tours at the MFRC day care," he added.

"And, when we had tours here (Cadets, Boy Scouts, Brownies), Dottie was always the hit of the party because she was a dog and a dalmatian. People always thought it was great having a dog in a firehall."

Dottie also had the distinction of being the last firehall dog in a military firehall, emphasized Sgt Matthews, who has an illustrated, laminated poster, The Firefighters Mascot, about the historical role played by Dalmatians in public service (specifically fire halls), attached to one wall.

"When Dottie first came here, looking after her was a combined effort," he continued.

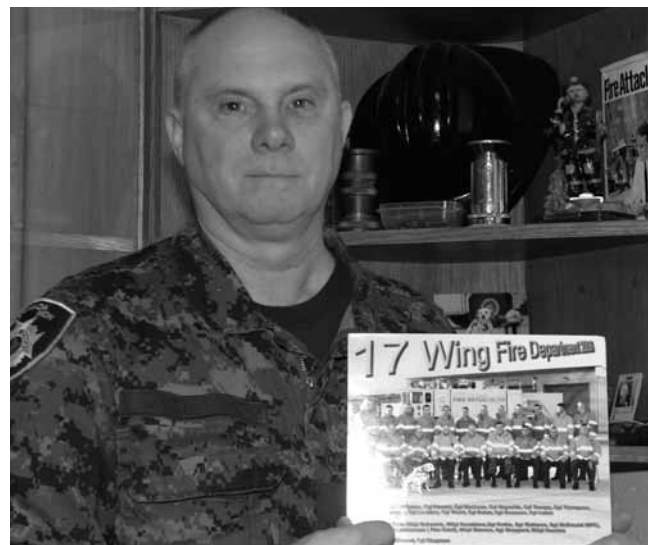
"They took her for walks and fed her. She had the run of the place. She'd sleep at the end of Len Maynard's bed (in the firehall sleeping quarters), and as times changed I became more of the overall care-giver. I made sure she was taken to the veterinarian for check-ups regularly, for walks, and had food and water. She was very passive. She just kind of hung around in my office under my desk or other people's desks."

Dottie was always welcomed wherever she went on the base, Sgt Matthews also observed.

"She knew where to go to get her treats," he said.

"She'd just wander off. They (people in other units at 17 Wing) were happy to see Dottie. I took her home because I already had a Dalmatian, Holly. They'd walk together. It was nice to come to work knowing she was here."

Gone but not forgotten.



Sgt Dennis Matthews, Fire Operations at 17 Wing, holding a laminated group photo of the firehall crew from several years ago with Dottie the Dalmatian -- the Firehall's long-time canine mascot. Photo: Martin Zeilig



A soulful looking Dottie posing for a photo some years ago outside the 17 Wing Firehall. Photo: Supplied



We found this old photo from the 80's of a fire house dog that came before Dottie. If anyone has any information about this pup please email us at voxair@mymts.net.

Correction

In our last issue, we incorrectly referred to Brigadier-General Dave Cochrane as Lieutenant-Colonel in a photo caption. We apologize to BGen Cochrane for this error.

Have you got a story you'd like to share with us? Drop us a line at 204-833-2500 (ext. 6976) or send us an e-mail at voxair@mymts.net

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402 Squadron Graduates AESOPs

Various awards were presented during the AES Op (IAQC) 1551 Graduation Parade on December 11, 2015 at Bldg 21, 17 Wing Winnipeg, MB. Photos By: Cpl Darryl Hepner



402 Squadron Commanding Officer, LCol K Rosenlund (right) and Squadron Chief Warrant Officer Austin Gaulton (left) present Capt Jean Francois with the CD1.



LCol K Rosenlund and SCWO Austin Gaulton present Corporal David Watson with the CD1.



LCol K Rosenlund and CWO Austin Gaulton present 2nd Lieutenant Kevin Prior with the Commissioning Scrolls.



Reviewing Officer, A3 Training and Education at 2 CAD, Col Denis O'Reilly presents Cpl Nathan Crosby with a Certificate of Achievement.



RCAF CWO Gérard Poitras presents his son, Aviator Jeremy Poitras with a Certificate of Achievement.



Sergeant Linda Bunga (right) presents a Certificate of Achievement to her daughter, Avr Kayla Wetzell (left).



402 Sqn CO, LCol K Rosenlund presents Cpl Nathan Crosby with the Reginald McNamara Trophy and the Honorary Colonel A.W.H. Cheffins Award.



402 Squadron Intermediate Airborne Electronic Sensor Operator Qualification Course 1551 and Staff.



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CFS Met Graduates Tactical Weather Specialists



After five and a half months, December 11th, 2015 brought the long awaited grad day for six students on the Tactical Weather Specialist (TWS) Course at the Canadian Forces School of Meteorology (CFS Met) 17 Wing Winnipeg. After these many months of training, the Met trade now has six new Tactical Weather Specialists.

CFS Met had the great privilege to have LCol Paul Johnston of A2 1Cdn Air Div Cdn NORAD Region HQ as our Guest of Honour at the TWS graduation.

LCol P. Johnston and MWO Brent McDonald (Standards MWO) presented Avr Ashley Cormier with the CFS Met "Certificate of Academic Distinction". She had the highest overall academic mark.

All of the TWS students head to the Joint Met Centre (JMC) in Gagetown to begin OJT.

New Programs Available at Community Recreation

By Martin Zeilig
Voxair Photojournalist

There is something for everyone in the enhanced 2016 Community Recreation Winter Programs at 17 Wing.

The printed list of programs lists a wide variety of Adult Fitness programs, including aqua-fit classes, muscle boot camp, power yoga, pick-up pickle ball, Pilates (beginner and advanced) to children's tennis lessons and more.

It all begins with "Free Week", January 11-17. Any adult fitness class or adult drop in sport will be free that week.

Anyone who participates in a fitness class or drop-in sport during that time frame will also be entered to win a free pair of tickets to a Winnipeg Jets hockey game, said Deanne Bennett, Community Recreation Coordinator PSP.

"Some of the fitness classes begin as early as 9:30 a.m.," she added, "but, the majority of classes take place in the evenings."

Fitness passes are available for the season at \$90.00 for military and recreation association members and a fitness pass for non-military and non-recreation association members is \$130.00.

"You can pay a drop-in fee to attend an individual class," Bennett said. "If you go to ten or more classes, it pays for itself."

Some of the classes run back-to-back, so you could even workout for two straight hours, she added.

Then, there are the registered programs being offered for adults: Brazilian Jiu-Jitsu (16 years and older) in Building 33, Chair Pilates for seniors and/or individuals with lower body disabilities (Activity Room in Building 33), and Salsa Dancing (18 years and older) in the All Ranks Mess.

Salsa is one of the most famous Latin dance styles. "A few people last year had been asking about Salsa dancing, and we already had a qualified instructor on staff," Bennett said. "So, it seemed like a good fit."

Participants will learn the basic steps in line or pairs and, according to a PSP flyer, enjoy the warm Latin rhythms "while burning some calories, and working on your balance and coordination."

Another new program is the French Sports & Fitness.

"It was brought to our attention by some French speaking members of the community here that there was a need for this type of instruction," Bennett said, noting that the program will be run by Deenah De Sousa Baptista, a contracted fitness instructor.

"Anyone who speaks French or is actively looking to improve their French language skills is welcome to participate."

Among the alternative recreational activities are Free Movie nights in the Building 90 theatre on the third Wednesday of every month till March.

"The price is right," Bennett quipped. "I'm looking forward to the winter programs starting up. I feel that we offer a wide range of programs to

meet the needs of the community," said Bennet. "We're always looking to start new programs. I'm particularly excited about the Salsa dance and the French programs because they could potentially bring in a new group of participants to our programs. I do like to pair up classes with back to back options because there are people on base who enjoy challenging themselves."


She also stressed that all of the instructors are qualified, motivating, personable and skilled in multidisciplines.

For further information, contact Bennett at ext. 7013; email: deanne.bennett@forces.gc.ca; or Building 90 front desk at ext. 5139.



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SISIP awards \$250 gift card



Dave Hight, Insurance and Financial Advisor (right) and John Clarey, Branch Manager (left) present a \$250 Canex Gift Card to Avr. Linden Chase. It was won as part of the SISIP promotion to start either a TFSA or RRSP via the Canadian Armed Forces Savings Plan (CAFSP). The contest started back at the start of September and ran to 31 Dec 2015. The CAFSP is with Great-West Life and allows the member to directly contribute to their selected plan(s) via payroll deductions. The minimum amount to contribute is \$25 a month. SISIP is not just for Life Insurance anymore. Stop in and see us at our new location on the 2nd floor of the Canex Building. Photo: Martin Zeilig

Long Service Recognized



Wing Commander Colonel Andy Cook makes a presentation to Judy Bosko McCarthy at the Wobbly Prop on the occasion of her retirement from the public service. Judy was employed at the Wing, mainly for the Wing Comptroller, for 31 years.

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The Voxair Looks Back at 2015

January



Col Roy uses a hockey skate to cut the ribbon on the new south side skating rink. Left to right: Vic Lee, WCWO Robertson, WComd Col Roy, LCol Danielle Clouter, CWO Sandra Spragg, and PSP Manager Rick Harris. Photo: Sgt Bill McLeod

- Adopt-a-Vet program brings Christmas Cheer to 133 Deer Lodge veterans
- Red Seal Certification becomes easier for military tradesmen
- Major Todd Young becomes Wing Logistics and Engineering Officer

February



Staff prepare to cut the cake at the Logistics Branch Anniversary Celebration. Left to right: Cpl Ashmead, Col Clouter, and CWO Spragg. Photo: Mike Sherby

- 435 Sqn locates missing hunters in Arctic
- Logistics Branch celebrates 47th Anniversary
- SAR Tech Sgt Mark Salesse passes away in training accident

March



Military members from all over Manitoba gather for a post-game photo at the Winnipeg Jets Military Appreciation Night. Photo: Winnipeg Jets Hockey Club/Lance Thomson

- Memorial Service for Sgt Mark Salesse
- \$13.1 Million for 17 Wing upgrades
- CDS Visits 17 Wing

April



17 Wing Commander Col Joel Roy smiles before throwing out the opening rock at the jam packed 2015 Wing Commander's Curling Bonspiel. Photo: Mike Sherby

- Jackie Kurceba named CFB Winnipeg Golf Club Manager
- RCAF Mess Dinner an evening to remember
- Social held for international student's family member

May



Maj Tim McClure (l) observes as Frank Decker (r), Aerospace Course Systems Instructor at CFSAS, and Dennis Ward (c), the UAV remote control pilot, trouble shoot on the Super Hauler after its first (and only) flight that windy morning. Photo: Martin Zeilig

- CFSAS embraces UAV technology
- MGen Whitecross holds townhall on sexual misconduct
- 435 Sqn participates in Key West SAREX

June



Runners in the 1/2 Marathon head out from the starting gate at the beginning of the 2015 RCAF Run. This year's run attracted a record 2,314 registered runners, with all the money raised going towards military charities. Photo: Mike Sherby

- 1 CFFTS has last graduation before amalgamation
- RCMP dog handler receives 1 CAD Commander Commendation
- Andrew Mynarski V.C. statue unveiled at Vimy Ridge Park

The Year in Review

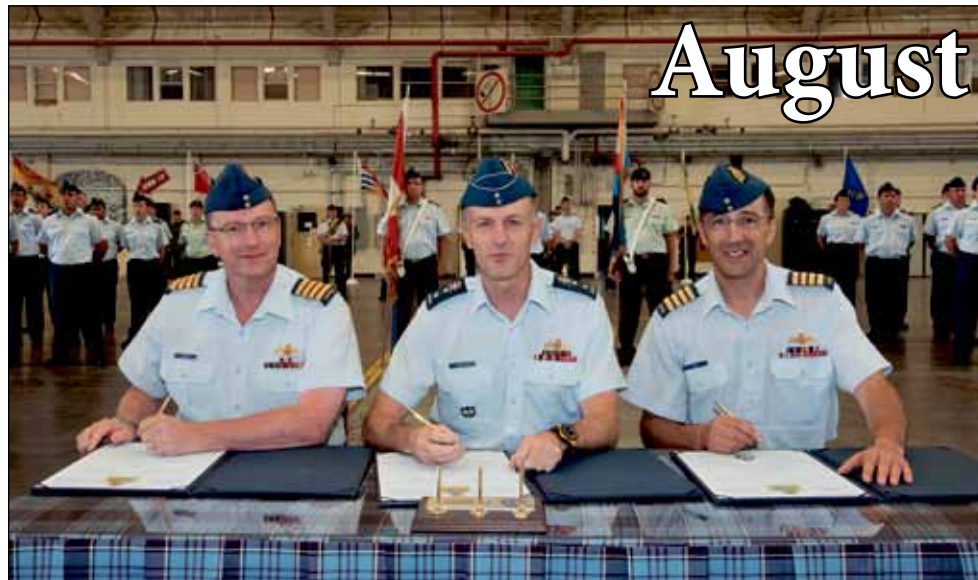
July



American Staff Sargent, Mylisa Teague (r), passes the Pan Am flame to Soldier On representative MCpl Macrae at Stevenson Parade Square. Photo: Cpl Darryl Hepner.

- Pan Am Torch Relay passes through 17 Wing
- New Lt. Gov. of Manitoba is invested
- WCWO Slo-pitch tournament a welcome break

August



Col Andy Cook assumes command of 17 Wing at the Change of Command ceremony. Left to right: Col Cook, MGen Wheeler, and Col Roy. Photo: Cpl Justin Ancelin

- Col Andy Cook assumes command of 17 Wing
- Veteran's Ride across Canada passes through the Wing
- 440 Sqn members trek across Ellesmere Island

September



17 Wing Comd Col Andy Cook (l) and WCWO Mike Robertson (r) pay their respects in the 17 Wing Garden of Memories at the end of the Battle of Britain Parade. Photo: Mike Sherby

- 38 CBG participates in EX Bison Warrior 15
- 75th Anniversary of the Battle of Britain Commemoration
- 402 Sqn gives kids 'Tools for Schools'

October



The long line snaked around the room as hundreds lined up in support of the annual TEME Breakfast, which raises funds for the GCWCC. Photo: Mike Sherby

- 17 Wing Command Team takes hard line on sexual harassment
- 17 Wing stands in for Afghanistan for 'Hyena Road'
- Jody Mitic visits 17 Wing

November



17 Wing Comd Col Andy Cook cuts the ribbon during the CANEX Grand Opening with help from (L-R) Larry Mohr, John Clary, 17 Wing CWO Mike Robertson, Mike Ward, and David Yanick (17 Wing CANEX Manager). Photo: Cpl Justin Ancelin

- 435 Sqn holds SAREX in Grande Prairie
- Sgt David Grenon, RCAF Band, sings anthem at Blue Jays playoff
- Take your Kids to Work Day a success

December



LCol Michael 'Skip' Fawcett, Combat Operations Division Chief, briefs Elf Lily Bell and Santa Claus on the frequencies and procedures required for Santa's December 24 flight through the North American Aerospace Defense Command Region. Photo: Bill McLeod

- Hall of Honour opens at Manitoba Legislature
- Sports Day in Canada
- Santa and his elf receive a briefing at NORAD

Manitoba Cadet Corps awarded 2015 Gerard Buckley Cadet Fund Award

By Linda Wall
On-Target

When Gerard Buckley and his spouse Mary MacDonald wake up daily they are conscious about two aspects of daily life. How youth are developing and how with the right amount of leadership, education and nurturing these young people will become the Leaders of Tomorrow. Often quoted "you are learning the shared Canadian and military values of Loyalty, Professionalism, Mutual Respect and Integrity. Look in the mirror, those are the values of the Leaders of Tomorrow that are sought in the leaders that engage at corporate Canada". It is these kind of values that are shown in cadets that Gerard and Mary had in mind when they established this grant in Canada for cadet corps such as the Winnipeg Rifles and the other 35 recipients of the \$3,000 grant to date to use for their extracurricular activities.

Gerard, a former Army Cadet, Cadet Instructor Cadre (CIC) Officer and now member of Canada Company created the Gerard Buckley Cadet Fund in 2001 jointly with the Army Cadet League of Canada and Scotiabank, to support optional training for Canadian Cadets.

A few years ago, Mr. Buckley generously increased this support to the Army Cadet Movement by increasing the number of awards to four cadet corps, with grants of \$3000.00 each for a total of \$12,000 annually. The winning cadet corps will be using the funds to cover costs towards various activities such as; biathlon and marksmanship training, musical instruments, citizenship activities and wilderness and outdoor exercises. To date the GBCF has raised over \$250,000.00 and has awarded 36 grants of \$3,000 each to cadet corps where there is a challenge to raise monies for extracurricular programs and will continue to award grants for years to come.

Gerard and his wife, Mary MacDonald have established a Donor Advised Fund "The Buckley & MacDonald Youth Fund" to inspire youth, leadership and community in Canada and abroad.

Manitoba Corps has been privileged to have received the Gerard Buckley award 4 times since the inception of this award. In 2008, 2328, 21st Field Squadron in Flin Flon received the award. In 2009 and again in 2013 38 Ernest McLeod Cadet Corps was the recipient. These Corps have benefited greatly by the financial assistance from this generous award.

In 2015, 2295 Royal Winnipeg Rifles were notified that they were the recipients. This led to the decision to see if we could engage Mr. Buckley into actually coming to Manitoba to visit with and talk to various groups involved in Cadets in Manitoba. Gerard and his wife Mary graciously accepted the invitation, and what follows is a brief look at what his whirlwind trip to Manitoba entailed.

Mary and Gerard arrived in Winnipeg on a bright sunny Thursday, and spent that day enjoying the hustle and bustle of the downtown Winnipeg area and a treat to see the Winnipeg Goldeyes in action, a local semi-professional baseball team. Friday was a different story. An early start to the day with a 2 hour drive to Brandon Manitoba as the guest of LCol Michele Claveau, Commanding Officer of the Regional Cadet Support Unit in Winnipeg and Master Warrant Officer Leamy at the 2520 Brandon Cadet Corps Annual Ceremonial Review.

Gerard and Mary were present to observe Captain Rob Lussier, CO of 2520 receive a CO's commendation as well as not only be presented with the Top Manitoba Cadet Corps Award but to receive the top Regional Cadet Corps. It was the fourth time that 2520 ACC had received top Corps in Manitoba but it was the first time

a Manitoba Corps had won the Regional award. It was great to have the Buckley's there for this event. "To achieve top standing across three provinces and three territories is an amazing accomplishment," LCol Claveau shared. The Northwest Region, which includes Manitoba, Saskatchewan, Alberta and the three northern territories, is the home of 216 army and sea cadet corps and air cadet squadrons combined. "That's a large a region and this corps is top for army for good reason."

From there the group retraced their steps, making a fast trip back to Winnipeg to attend what was to be the real highlight of his visit, to be the Reviewing officer at 2295 Royal Winnipeg Rifles ACR, present the GBCF award to the Cadets themselves and to get to know the Corps that would benefit from their generosity this year just a little bit better.

The opportunity for Gerard and Mary to engage with the backbone of the cadet movement was a most enjoyed and welcomed opportunity. Gerard believes this is where the rubber hits the road in regards to cadets and both the CIC officers and volunteers that make cadets possible for these youth in such local communities as Brandon and Winnipeg.

Gerard and Mary headed back to Toronto early Sunday morning as they had to present another GBCF award that day. We look forward to holding Gerard to his promise to come back and be a drummer in our Corps Band once we are up and rolling!

Thank you so much to Gerard and Mary for giving of their time to make the trip to Manitoba, we really enjoyed your visit, your company on the van rides between ACR's; your assistance with presentations and especially appreciate your thoughts, insights and sage advice.



Gerard Buckley, Reviewing Officer, 2295 Royal Winnipeg Rifles Army Cadet Corps 2015 ACR and C/CWO David Wall. Photo: Supplied



Warrant Officer Zoe Fiola receives the Top corps Cadet award from Reviewing Officer Gerard Buckley. Photo: Supplied



Buckley and Manitoba Army Cadet League member Linda Wall co-present the Top Green Star award to Cadet Lee. Photo: Supplied

Proudly standing with military families



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Participate in Sports & Fitness with French-speaking instructors. Whether you speak French or would like a fun environment to practice speaking French these activities are for you!

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		JAN 19 JAN • Cardio-velo / entraînement en circuit Spin / Circuit
		JAN 26 JAN • Badminton
		FEB 2 FÉV • Orientation en salle de musculation Weight Room Orientation
		FEB 9 FÉV • Volley-ball / Volleyball
		FEB 16 FÉV • Yoga
		FEB 23 FÉV • Pickleball
		MAR 1 MARS • Orientation en salle de musculation Weight Room Orientation
		MAR 8 MARS • Hockey-balle / Ball Hockey
		MAR 15 MARS • Zumba
TUESDAYS		MAR 22 MARS • Basket-ball / Basketball
		MAR 29 MARS • Orientation en salle de musculation Weight Room Orientation

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Final Flight at 435 Squadron



Capt Matt Adam receiving a ceremonial soaking immediately following his final flight on the C-130 at 435 Sqn. He departs Winnipeg for 15 Wing Moose Jaw where he will be instructing on the Harvard II. Best Wishes to Matt and his family. Submitted by: Capt Josephson.

17 WING FIRE CHIEF'S CORNER



Step Out Safely This Winter...

...A Night on the Town

A fancy night on the town could turn into a long night in the emergency unit unless you wear non-slip footwear. Many slipping accidents are caused by wearing great-looking but slippery shoes on icy sidewalks.

...From A Vehicle

Watch your step when you exit from your vehicle when the weather is cold. You may have safely driven over icy highways and snow-clogged streets to reach your destination, but you could get seriously injured when you open your car door if you have parked beside a patch of ice.

...On Traffic Tracks

It's easy to get into a rut anytime, but especially in winter. Frozen ruts and ridges in the snow add just one more tripping and falling hazard to a time of year, which is already filled with pitfalls.

...Walking A Beat

There is one menace delivery persons hope to avoid about as much as angry dogs, and that is ice. Persons who walk a delivery route should wear non-slip footwear, and householders should keep walks and steps free of ice, snow and tripping hazards.

...Into a Building

You're not safe from winter hazards just because you have arrived indoors. Entrances and walkways in offices and plants can be treacherous if ice, snow or mud is tracked in. Watch your step in these danger zones, and do your part to keep the floors clean and dry.



Image courtesy of Tuomas_Lehtinen at FreeDigitalPhotos.net

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Congrats Diane!



Kathy Dmytrisin, Manager of Health Promotions, presents Diane Brine, Health Promotions Specialist, with her Recognition of Service Certificate at a curling funspiel on December 11, 2015. Photo: Bill McLeod

17 WING WINNIPEG



17^E ESCADRE WINNIPEG

GOOD FOOD BOX PROGRAMME DE LA BOÎTE VERTE



A community-based program designed to encourage healthier eating through the promotion of fresh fruits & vegetables!

Il s'agit d'un programme communautaire qui a pour but d'encourager une alimentation saine grâce à une plus grande consommation de fruits et de légumes frais!

It is a bulk-buying program that aims to lower your grocery bill by buying bulk, fresh fruits & vegetables from local farms & distributors.

Afin de diminuer le montant de votre facture d'épicerie, les fruits et légumes sont achetés en grosses quantités auprès des fermiers et des distributeurs locaux.

THE BOXES ARE PREPARED MONTHLY!

LES BOÎTES SONT PRÉPARÉES CHAQUE MOIS!

Each box contains a variety of high-quality, fresh, nutritious fruits & veggies. Stock depends on which are in season or available at the best value.

Chaque boîte contient divers fruits et légumes frais, nutritifs et de qualité. Le choix dépend de la saison et des occasions d'achat au meilleur prix.

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(a one-time user request form must be filled out and returned before you can register)

(il faut compléter et remettre le formulaire de demande d'usage avant de pouvoir s'inscrire au programme)

Online order payment by credit card only. Orders are also accepted at the Rec Centre (Bldg.90) front desk with payment by cash, cheque, credit & debit.

La carte de crédit est l'unique modalité de paiement accepté par internet. On peut aussi passer sa commande au poste de surveillance du centre de loisirs (bât.90) avec paiement par comptant, chèque, crédit ou débit.

JANUARY 2016 JANVIER
Order by / Date limite - 15 JAN
Pick up boxes / Ramasser des boîtes - 20 JAN

FEBRUARY 2016 FÉVRIER
Order by / Date limite - 12 FEB/FÉV
Pick up boxes / Ramasser des boîtes - 17 FEB/FÉV

MARCH 2016 MARS
Order by / Date limite - 11 MAR
Pick up boxes / Ramasser des boîtes - 16 MAR

Small Box \$17
Large Box \$27



Petite boîte 17 \$
Grande boîte 27 \$

NO ORDERS ACCEPTED AFTER THE DEADLINE. PLEASE BRING YOUR OWN BAGS/BOXES TO CARRY YOUR PRODUCE HOME.

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Programme des Forces canadiennes

For more information contact the Health Promotion Section at your Base/Unit or Formation. Pour plus de renseignements, contactez avec le directeur de la promotion de la santé de votre base, régiment ou formation.

STRENGTHENING THE FORCES
ÉNERGISER LES FORCES

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

Stress: Take Charge!
10 & 11 Feb 2016
0800 - 1600 hrs

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

Le stress: Ça se combat!
10 et 11 fév 2016
0800 h à 1600 h



For more information or to register contact Health Promotion at local 4150

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

Mental Fitness and Suicide Awareness

It's one thing to look after your body. Just don't forget about your mind.

Mental Fitness & Suicide Awareness: Supervisor Training
This course is course coded!
5 Feb 2016
0800 - 1600 hrs

For more information or to register, contact Health Promotion at local 4150

Force Mentale et Sensibilisation au Suicide - Formation du Superviseur
Il s'agit d'un cours auquel on a attribué un code!
5 fév 2016

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

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

Sensibilisation à la santé mentale et au suicide



Registration for Winter Swimming Lessons 2016

Is ongoing
Classes begin the week of Tuesday January 12th 2016

Cours de Natation Session de hiver 2016

Est en cours
Les classes débutent la mardi le 12 janvier 2016



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Upcoming MFRC Programs and Events

WINTER SESSION 2016

Classes begin the week of January 18, 2016

English Level 2 - Basic class for individuals with some knowledge or experience in English.

Tuesday and Thursday from 9:00 a.m. to 12:00 p.m.

Childcare avail. for children 18 months to five yrs old.

French Level 2—Basic class for individuals with some knowledge and experience in French.

Monday and Wednesday from 6:00 to 9:00 p.m.

French (intermediate level):

Tuesday and Thursday from 6:00 to 9:00 p.m.

\$50.00 military or \$100.00 for civilian

Registration deadline: January 13, 2016

The Second Language Training Service is designed to facilitate the integration of civilian spouses/partners of CAF members who are posted to locations where the community's primary language is unfamiliar.

The primary participants eligible to access Second Language Training are civilian spouses/partners and children of CAF members sixteen years of age and over. Special consideration may be given to children fourteen to fifteen years of age. A minimum of five primary participants must be registered for a course to be offered.

A deposit of \$50 is required upon registration for the course. This deposit is refundable if the participant attends 85% of classes.

Courses are also open to military members for a non-refundable cost of \$50 and to members of the community at a non-refundable cost of \$100 per session. The course duration is ten weeks and will consist of two three-hour classes per week.

Come in and complete the registration form at the MFRC or call Colombe Pelletier at 204-833-2500 ext 4515 for further information.

CREATIVE TOTS

Wednesdays, January 6, 13, 20 and 27

Kids Care, 630 Wihuri Rd.

From 9:30 to 11:00 a.m.

Parent participation required

Beat those Winter blues by getting out and meeting other parents and children! Join us in our new location, on a new day, with a new bilingual facilitator! Play, crafts, stories and songs for children 0-5 and their parents/caregivers. Please bring a nut free snack for your child.

MFRC HOT LUNCH

On the second Thursday of every month, the MFRC will host a hot lunch, from 1200 to 1300 hrs, in the multi-purpose room of the MFRC. The menu will usually include soup and a bun, but you may find chili, or maybe a stew or a casserole...It hasn't been set yet. But we will try to have it advertised on our Facebook page the day before. Food will be available on a first come, first served basis and when it's gone it's gone! Donations will be gladly accepted, and put towards MFRC programs and services. We hope to see you out on January 14 for our first Hot Lunch of 2016!

OP DEPLOYMENT ROAD TO MENTAL READINESS (R2MR)

Monday, January 18

From 6:00 to 8:00 pm.

Registration deadline: January 13, 2016

Are you or a family member currently experiencing or planning for a deployment in the near future? If so, this course is for you. Preparation, education and skills are not only important for your military loved one's success during the deployment, they are also important for you, whether you are a spouse, life partner, parent or alternative. The Road to Mental Readiness (Phase 3) is designed specifically for loved ones of military members. One of the best ways you can prepare yourself to manage the upcoming deployment is to take this training package. Many of the same concepts that are in your training are included in the military members' training package.

LEARN TO...

MAKE CARDS

Tuesday, January 19

From 6:30 to 8:30 p.m.

Registration deadline: January 15, 2016

Join us as we continue our 'Learn to' classes. This month we will be learning to be crafty, by making some cards. We will be making 2 cards, one easy and one that is a little more in-depth. Come out and have some fun with friends!

HAPPIER AT HOME

Wednesday, January 20

From 6:30 to 8:30 p.m.

\$15.00

Childcare available for children ages 18 mos. to 5 years with preregistration.

Registration deadline: January 13, 2016

Happy at home, but want to be even happier? This group is the sequel to the Happiness Project and will meet to build on the experience of the previous year, looking specifically at happiness within the home. Participants will receive a copy of the Gretchen Rubin book, Happier at Home, to read and discuss.

GET MOVING!

Manitoba winters can be long and cold, sometimes making it difficult for children to get as much active play as they need. Parents and preschoolers can join us in a free, drop in program and "Get Moving"! Together, you and your child can jump, run, balance, throw, kick and dance! The program runs Tuesdays from 1:15 p.m to 2:15 p.m in the Westwin Community Centre, January 26 – March 8. Call 204-833-2500 ext 2491 for more information. This program is funded by WRHA Healthy Together Now.



Guest Speaker / Conférencière d'honneur
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10th Annual Yellow Ribbon Gala

2016

Gala des rubans jaunes

10^e Annuel

Saturday FEBRUARY 20 FÉVRIER le samedi

\$100 per person* or table of 10 for \$900
*A divisible amount must be used for a portion of the purchase price.
TICKETS AVAILABLE UNTIL FEBRUARY 10, 2016.

100\$ par personne* ou 900\$ pour une table de 10
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LES BILLETTS SONT EN VENTE JUSQU'AU 10 FÉVRIER 2016.

For ticket information / Pour obtenir des renseignements sur les billets: 204.833.2500 ext./poste 4500
MFRC/CRFM - 102 Comet Street / 102, rue Comet - Monday to Friday 8:30am - 4:30pm / de lundi au vendredi, de 8 h 30 à 16 h 30

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MFRC CRFM

Curvy Girl

Clothing Exchange • L'échange de vêtements

FRIDAY • VENDREDI
JAN 15
2016

St. James Legion - 1755 Portage Ave.
7 pm - 19 h

The *Curvy Girl* Clothing Exchange is an event for plus sized women looking to refresh their wardrobe in a fun and body positive shopping environment!

Drop off your new or gently used clean clothing and accessories **SIZE 14 & UP** at the MFRC from January 11-14, 8:30 am to 4:30 pm and get a ticket for **FREE ENTRY** to the event!

Nothing to swap... No problem! **ENTRY FEE \$15**
Clothing can also be dropped off at the St. James Legion on Feb 15, January 15.
From 10am to 4 pm. Clothes will not be accepted after this time.

L'échange de vêtements « *Curvy Girl* » est un événement pour femmes de grande taille qui cherchent à rafraîchir leur garde-robe dans un environnement plaisant et positif!

Déposez vos vêtements et accessoires, nouveaux ou propres et légèrement usagés, de **TAILLE 14 ET PLUS** du 11 au 14 janvier, de 8 h 30 à 16 h 30, au CRFM et recevez un billet d'**ADMISSION GRATUITE** à l'événement.

Rien à échanger, pas de problème! **PAYEZ 15 \$ À L'ENTRÉE**
Les vêtements doivent également être déposés à la Legion le vendredi 15 janvier de 11 h à 16 h. Aucun vêtement ne sera accepté après 16 h.

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FOR MORE INFORMATION: The Military Family Resource Centre • 102 Comet St. • 204-833-2500 ext 4500
POUR PLUS D'INFORMATIONS: Centre des Ressources pour les familles de Militaires • 102, rue Comet • 204-833-2500 ext 4500

Got "Squeaky" Cheese?

During the week of January 25, 2016, the MFRC is going to order and pick up fresh cheese curds directly from the Bothwell Cheese factory! The cheese will be made on January 25th for optimum freshness and squeakiness.

Orders must be placed and paid by Thursday, January 21, at the MFRC front desk. No orders will be accepted after this date.

Bag of 350g: \$5.75

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DANCING: Friday 8:00pm-12:00am
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

Taroscopes

BY NANCY

Aries (March 21 – April 19): You'll see the facts are obvious. Someone you care about is in trouble but they need to learn their own life lessons. If you try to save them they may not like your solutions. They could become resentful and accuse you of trying to take over their life. Stay active to keep worries at bay.

Taurus (April 20 – May 20): Nothing will take care of itself. If you want something, make a work-plan and get going. Even one small step per day will make a difference in the long run. Face challenges with passion. Live in the moment. Take a few risks. Playing it safe will feel boring these days.

Gemini (May 21 – June 21): Don't let your fears get in the way of a great idea or you will quit before you even start. Comparisons and judgements will impede the momentum you build so keep away from people who try to work these things into conversations. Express your creativity. Do something just to have fun.

Cancer (June 22 – July 22): It's not selfish, it's sensible to act in your own best interests. Always changing to suit others is exhausting. And blindly following others can be dangerous. Ask the tough questions of others before making decisions. Don't assume anything. Say and do what is right for you.

Leo (July 23 – August 22): Because you share your world with others, things don't always go the way you want them to. If you are frustrated by this, have a heart-to-heart talk with those you love. Be open to hearing what they have to say. Find common ground and then try to create a win-win solution.

Virgo (August 23 – September 22): Your expectations for yourself are very high, and you usually meet them. However some things are beyond your control. There are no guarantees. Also, anything taken to extremes can become a problem – even good things. Look for ways to empower yourself and others.

Libra (September 23 – October 23): You'll be full of energy. Embrace the joyful things life offers. You're in a heightened state of awareness at this time. Intense feelings surface about someone close to you. Journal about this to understand how your outer world affects your inner world and vice versa.

Scorpio (October 24 – November 21): Take the lead and blaze a trail. Your charisma, talent and abilities are highly marketable. Establish yourself as an authority who is dependable. Networking pays off. Be responsive to changes in the environment you work in as it will impact on future opportunities for you.

Sagittarius (November 22 – December 21): Things you've said and done in the past are strongly affecting the future. Learning from your mistakes is good but don't get stuck there. Live in the present and focus on the positive. Your true friends accept you, even though you're not perfect; now do the same.

Capricorn (December 22 – January 19): Expect sudden, exciting opportunities to come your way. The speed with which things happen may be a bit challenging but get on board and you'll have lots of fun. Sharing the deeper aspects of yourself and your feelings with someone will create a stronger bond.

Aquarius (January 20 – February 18): You've learned so much and come so far. You're in a better place than you thought you'd be at this time. You've successfully dealt with challenges and thankfully some just disappeared. Take a time-out and enjoy the small blessings you receive. The future looks bright.

Pisces (February 19 – March 20): Create a plan that will help you meet your personal wishes and your career goals. You've built a solid reputation as one who adheres to their principles. Opportunities come your way through networking. Avoid procrastinating. Find ways to simplify tasks or make them fun.

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Chaplain's Corner

Time to Reflect on Eternity

by Rev Christopher Donnelly
17 Wing Hanger Line Chaplain

Well you made it. Congratulate yourself for surviving for another year. It is amazing how fast the days slip by. I remember when I was young it seemed like special events were so far apart. It took forever for one season to move to another. Now I blink and we are celebrating another special occasion. Birthdays, anniversaries, holidays, graduations, the list goes on and on. This makes sense in a mathematical way when you compare your age with the passage of time. When I was four, it was 1/4 of my lifetime between special events, such as, Christmas or your birthday. Now that I am approaching fifty it is 1/50th of my lifetime between similar events. A unit of time has not changed, but my understanding and experience of the passage of time certainly has.

Time is a something that our modern society focuses on a great deal. Every day you are bombarded with commercial messages that tell you how you can be more productive and accomplish more in less time. Most of these require you to purchase something.

Being the New Year, I have seen many fitness focused ads telling you how to get fit in 15 minutes of exercise a day. Each one selling the perfect workout that will help you achieve that dream look you have always wanted with only a short time commitment.

We are given timings to meet day in and day out. Just try to come into work whenever you choose and see how long it takes before someone "gently corrects" you about expectations in the military. 15 minutes early is on time, on time is late and late means Charges (AWOL).

We set times for when things start and finish. Sporting events is a great example of this. They use time as a means to say when the game ends and a victor is declared. I am ADHD and lose interest if events take too long. Drag Races last a few seconds. Horse races last a few minutes. Hockey is fast paced and exciting to watch. Still some people prefer Baseball where they wake you up at the 7th inning so you don't miss the big finish. Whereas a good Cricket match can go on for days with breaks for tea, meals and sleep.

It doesn't matter how you perceive time or how old you are, most people when asked would say that they want more time. More time for the fun things in life. I wish holidays (Christmas, Spring Break, summertime or Annual Leave) and weekends could be longer. At work it would be longer coffee breaks, lunch or time at the gym.

Reflecting further on this point I wonder how an Eternal (timeless) God (feel free to fill in your own Deity) who is Omnipotent (all-powerful), Omniscient (all-knowing) would perceive time. Would time have any meaning anymore? My opinion on this is no.

This is why so much of spiritual teaching is about relationships. "Time" is just a construct that allows us to function in a coordinated world. What God longs for is relationship with the Divine, with others, and with creation. In that, most of us can identify. Which is why we want more time. Time to spend in reflection, with family and friends, or traveling to places we have never seen.

Therefore my prayer for you is that your relationships will become stronger and that they will last forever. Let us all strive for the eternal.

Pax, Padre Chris.

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Marriage: Contact the chaplain at least six months in advance if possible. A marriage preparation course is a requirement. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

Baptism: 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: It meets the first Sunday of the month at 1900 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

Padre Jack Barrett
(Anglican) - *Wing Chaplain* ext 5417

Padre Lesley Fox
(United Church) - *Chapel Life Coordinator* ext 6914

Padre Christopher Donnelly
(United Church) ext 5785

Padre Charles Baxter
(Ukrainian Orthodox) *Det. Dundurn*
306-492-2135 ext 4299

17 Wing
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17 Wing Community Chapel
2235 Silver Avenue
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Administrative Assistant
ext 5087

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Padre Paul Gemmiti
(Roman Catholic Priest)
- *Chapel Life Coordinator*
ext 4885

Padre Emanuelle Dompierre
(Roman Catholic Pastoral Associate)
- *Mental Health Chaplain*
ext 5956

SUNDAY MASS (Bilingual) 1100 hrs
COMMUNITY SERVICES

Religious Education: Classes can be available to children from Preschool to Grade 6.

Sacrament of Reconciliation: It is available by request and at special times of the year. Contact Padre Gemmiti.

Baptism: We recommend that you contact the chaplain's office for an appointment six months in advance. *Please contact the Chaplain before setting the date for the Baptism or arranging family travel.*

Marriage: Six months notice (1 year preferred) is required for weddings, as counselling 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 wedding or arranging family travel.*

FOOD BANK DONATIONS
In assistance to Winnipeg Harvest, the donation box is located at the entrance of the chapel.

EMERGENCY DUTY CHAPLAIN
After normal working hours s/he can be reached through the Wing Ops Duty Centre at 204-833-2700.

INFO PHONE NUMBER
For service times and contact with a chaplain of your choice, phone ext 6800 and follow the prompts.

WEBSITE
Those with access to the DIN can visit <http://17wing.winnipeg.mil.ca> then click Wing Admin - A1, then Wing Chaplains.

CARE & SHARE BENEVOLENT FUND
Contact Wing Chaplain Office for further information.



Your 17 Wing Chaplain Team

From left to right:
Lt (N) L Fox,
Capt P Gemmiti,
LCdr J Barrett,
Capt C Baxter,
Lt(N) C Donnelly,
Capt E Dompierre

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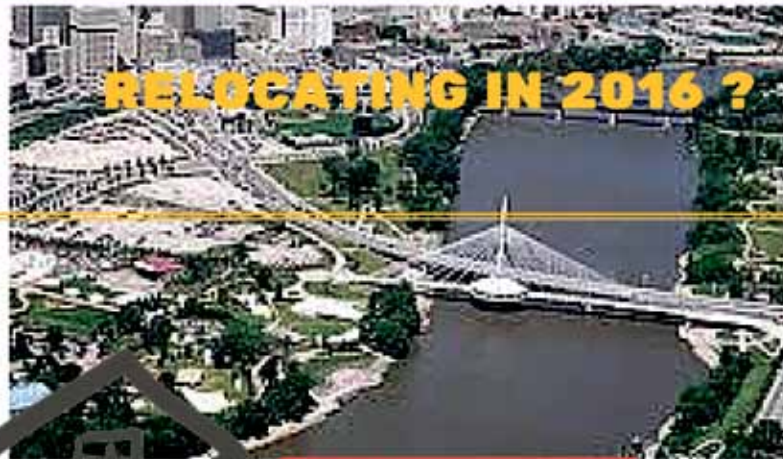
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