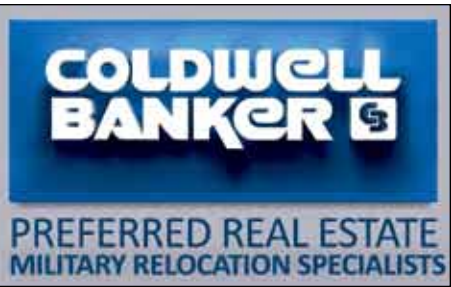




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THE VOXAIR

The 17 Wing Community news source since 1952



Captain Joel MacDougall, Wing Foods Officer, points out some of the new features of the servery to 17 Wing Commander Colonel Andy Cook and Wing Chief Warrant Officer Jerome Rossignol during a tour of the upgrades to the combined mess and kitchen.
 Photo: Bill McLeod, Voxair Manager.

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435 Sqn Locates Missing Snowmobilers



435 Transport & Rescue Sqn Search & Rescue Team Aircrew on January 17, 2018 at 17 Wing. Left to Right: Capt Mike Carey, MWO Rich Rousseau, MCpl Chris Griffiths and WO Joe Manaigre. Photo: Cpl Justin Ancelin, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

It was 435 Squadron to the rescue once again on the night of Monday, January 8, 2018.

435 Transport and Rescue Sqn was tasked to find two overdue snowmobilers in the vicinity of Kelsey and Little Kelsey Lakes, located about 500 kilometres northwest of Winnipeg. The area is close to The Pas, Manitoba.

Captain Mike Carey, the Aircraft Commander, was in bed when he received the call from the Joint Rescue Coordination Centre at 8 Wing CFB Trenton at 1230 hrs.

"We were tasked at that moment," said Capt Carey during an interview, along with SAR Techs Warrant Officer Joe Manaigre, senior team leader, and Master Corporal Chris Griffith, in the SAR Tech headquarters in 16 Hangar. "So, our operations base at CFB Comox

contacted the crew and our SAR techs to get the aircraft ready and fuelled up.

"We were told that the snowmobilers were headed from Kelsey Lake to The Pas. They were out for the day, but didn't have gear for overnight."

The Royal Canadian Mounted Police and members of the "all volunteer" Civil Air Search and Rescue Association had earlier been tasked to search for the snowmobilers, Capt Carey added.

The missing persons had been sending text messages, notes the official SAR advisory report.

"Winnipeg Hercules tasked to search area around Kelsey Lake and Saskatchewan River, and provide night illumination as required," says the report. "R338 located missing persons, provided illumination and guided the RCMP search parties to them. Persons transported back to The Pas. R338 released and RTB Winnipeg."

Capt Carey said the entire crew was at the base within 30 minutes of receiving their notifications.

His preparation for the flight included looking at the weather conditions, planning the route by studying a VFR Navigation Chart – a visual map of the ground, specifically for aviation purposes, Capt Carey explained, while adding that the flight engineer and load master are making sure the aircraft is ready.

"We're preparing our personal equipment depending on what kind of mission we're going into," said WO Manaigre. "We're also trying get as much information about the people we're searching for, including their medical conditions, if any. Like the aircrew, we're also looking at the weather conditions in the area."

Our mandate is to always have an aircraft on duty," commented Capt Carey, who said it took them just over one hour to arrive at their destination. "We keep communication with RCC Trenton to listen for our updates.

"We got there and descended into the area at 1000 feet above ground and began our procedure."

Both WO Manaigre and Cpl Griffith were using

their night goggles while looking out the huge window-like SAR doors on either side of the plane.

Then, while returning to search along the Saskatchewan River, WO Manaigre spotted, in his words, "an unusual light" in the distance at the south end of Kelsey Lake.

He thought it was "a little suspicious because I could see other lights in the area."

"After several passes, the light was identified as a fire," said the official report. "The light grew in intensity the longer RSCU 338 remained in the area and after several flares were dropped by the aircrew, two persons were seen.

"RSCU338 contacted the RCMP through Winnipeg Radio at The Pas and Joint Rescue Coordination Centre Trenton about the sighting and passed on the coordinates of N53 36.7 W100 58.0. The ground party reached the target and identified the persons as the overdue snowmobilers. RSCU338 stayed until the persons were recovered by the RCMP and then returned to base at 17 Wing Winnipeg."

"We're not sure why they got stranded," Capt Carey confessed, noting that the two snowmobilers were 60 year old women.

This was Cpl Griffith's first mission as a SAR Tech. "It felt a lot like the training we do daily, just another day of training," he said.

"It was a great crew," WO Manaigre added. "We were like a well-oiled machine. There was good crew cohesion."

Capt Carey said they were doing exactly what they train to do.

"Our job is to find and then rescue them (people missing in remote areas)," he observed.

The other crew members were First Officer Captain Jeff Knight, Air Combat Systems Officer Captain Keith Nociar, Flight Engineer Master Warrant Officer Rich Rousseau, and Load Master Sergeant Steve Joyce.

CAF Members Deploy to Latvia

National Defence Public Affairs

Following months of training and preparation, approximately 450 Canadian Armed Forces members are now on their way to Latvia to provide relief for Canadian soldiers taking part in Operation REASSURANCE.

The new Canadian personnel, led by the 2nd Battalion, The Royal Canadian Regiment (2 RCR) will replace the 1st Battalion, Princess Patricia's Canadian Light Infantry in NATO's enhanced Forward Presence (eFP) Battlegroup Latvia. Lieutenant-Colonel Sean French,

Commanding Officer of 2 RCR, will assume command of the multinational battlegroup shortly after his arrival.

"The men and women of 2 RCR, along with the many soldiers, sailors, airmen and air women who have joined us from other units across the Canadian Armed Forces, are honoured to represent Canada in Latvia. We are prepared and ready to fulfill the commitment of which we have been asked," said LCol French.



Canadian soldiers with NATO's enhanced Forward Presence Battlegroup Latvia coordinate a plan with a Polish tank commander on August 24, 2017, during the Certification Exercise being held at Camp Adazi, Latvia. Photo: Cpl Jordan Lobb, Canadian Forces Combat Camera

and Spain.

The majority of soldiers deploying are from 4th Canadian Division in Ontario and approximately 40 soldiers are from 5th Canadian Division in Eastern Canada. Before deploying, these soldiers completed an intense schedule of individual and collective training to hone their general and mission-specific skills, including weapons training, mental readiness, and language and cultural awareness.

"After months of training and preparation, the deploying members of the 2nd Battalion, The Royal Canadian Regiment Battlegroup are ready to carry out the critical role of leading NATO's enhanced Forward Presence Battlegroup Latvia. My very best wishes go out to all of our members deploying and I thank their families for their support and dedication," said Brigadier-General Stephen Cadden, Commander 4th Canadian Division, Canada's Army in Ontario.

NATO's enhanced Forward Presence is part of a defensive and proportionate response to the evolving security environment in the region. The Battlegroup is training with the Latvian Land Forces Infantry Brigade, with which it will work hand-in-hand to deter, and if necessary help defend, the people of Latvia from aggression.

This deployment is part of Operation REASSURANCE, the Canadian Armed Forces' support to NATO's strengthened deterrence and defence posture in Central, Eastern and Northern Europe.

As articulated in Canada's defence policy – Strong, Secure, Engaged – the deployment of the Canadian Armed Forces members as part of Operation REASSURANCE reaffirms Canada's commitment to leading and contributing to NATO's efforts to deter and defend against potential adversaries in order to support global stability.

The eFP Battlegroup Latvia comprises military contingents from Albania, Canada, Italy, Poland, Slovenia

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New Simulator Means Almost All AES Op Training Done in Winnipeg



Instructor Sergeant Spencer Cass, shows two AES Op students Cpl Denis and Cpl Slaunwhite how to use the newly installed PCT at 402 Sqn, 17 Wing. Photo: OCdt Penney, 2 CAD Public Affairs

by OCdt Kylie Penney, 2 CAD Public Affairs

In January, 2018, a group of Airborne Electronic Sensor Operator (AES Op) students at 402 "City of Winnipeg" Squadron (402 Sqn) will be the first course to graduate having benefited from the newly installed Procedural Crew Trainer (PCT) System at the squadron.

Up until now, AES Ops were only able to complete approximately 40 percent of their Qualification Standard (QS) requirements at 402 Sqn, which meant the missing portion had to be covered on their subsequent operational training course at either 406 Sqn in Shearwater or at 404 Long Range Patrol and Training Sqn in Greenwood. With the new equipment up and running, 402 Sqn can now cover 97 percent of the AES Op QS, making the training more efficient, reducing training burden and time at the operational training units and making the new AES Ops more proficient at what they do.

The goal is for AES Ops to become comfortable and confident with basic procedures, skills and systems knowledge on their ab-initio training. By using the PCT, AES Ops can focus on more advanced techniques during their subsequent training.

The PCT is capable of emulating and simulating the following sensors and systems: Communications, Acoustics, Electro-Optics/Infrared (EO/IR), Imaging Radar System (IRS), Electronic Support Measures (ESM), and Magnetic Anomaly Detection (MAD). The PCT system, which came in under budget, also came with a Modular VME Acoustic Signal Processor (MVASP) system to teach Acoustics and a Tactics Procedure Trainer (TPT) to instruct Programmable Entry Panel (PEP) - a special type of key board - selections and locations to crew members.

"The PCT is beneficial because it is designed as a Part Task Trainer. When you combine other trades in and do a mission-type scenario like they do on the Operational Training Units (OTUs) and Maritime Operational Aircrew Training (MOAT) courses, it becomes hard to do individual core training," explained MWO Derek Inman, Senior AES Op Instructor at 402 Sqn. "In the PCT, students can concentrate an entire three-hour scenario on one topic such as Inverse Synthetic Aperture Radar (ISAR). We can take 6 students into the PCT and have them operate each radar individually on different aircraft."

"It's totally up to the instructor how he sets up the exercise. The flexibility of the trainer allows us to teach one skill set to all of the students simultaneously before we move on to the next teaching point," said Inman.

The PCT is not only beneficial because it reduces the subsequent course time, but because it is more cost effective. The instructor, who monitors two students per station, is able to pause a scenario to explain a teaching point or even rewind and replay a scenario. In an aircraft, it would take substantial extra time and fuel to turn around and re-do the scenario, whereas on the PCT, the aircraft is repositioned by simply dragging it across the screen, and the scenario can be restarted within seconds.

With an assumption of 24 AES Op students a year, which is the regular course in-take, the total station use will be 1008 hours, for that occupation alone. The Air Combat Systems Officers (ACSO), who currently cover two-thirds of their QS at 402 Sqn, are also working on

incorporating PCT training into their ab-initio curriculum in order to increase their QS compliance training to over 80 percent.

When asked about the impact the PCT will have on an AES Op's career, MWO Inman explained that it has re-vitalized the training at 402 Sqn and has provided new motivation for future AES Ops to excel in the trade.

"The students like the idea of operating new modernized training systems. It is a big motivation for them. It's new, it's efficient, and it's what the operational units are using. Instructional staff at 404 Sqn have already noticed an increase in proficiency by the students who trialed the PCT during our validation in Greenwood. The OTU Sqn's will be able to get the students out to the line operational squadrons faster and send them on deployed operations sooner."

The PCT was procured by the RCAF for 402 Sqn as a quick way to bridge a gap in training deficiencies. However, the training now available has far exceeded expectations and the long-term benefits go way beyond the original plan as the PCT will now bridge until the implementation of the proposed Future Aircrew Training (FAcT) project and may even remain as a key training aid for FAcT. Regardless, in the near term, the PCT ensures that the future AES Ops of the RCAF will be better trained in less time and ready to stand on guard as operationally effective aircrew.

Sports Trivia

Hockey Trivia

by Stephen Stone and Tom Thomson

1. Which country achieved an international first with a double gold in hockey by winning the Olympics and the World Championships in the same year?
2. What was Bobby Orr's only major outing in World Hockey competition?
3. Who established Canada's national hockey team program?
4. How many shots were fired on net before the first goal was scored in the 1972 Summit Series?
5. Who were the four players who quit Team Canada mid-series and returned to Moscow in 1972?
6. What controversial action did the Soviets take that enraged Canadian officials prior to the series-deciding 8th game?
7. Who has Paul Henderson's game-winning puck from game eight?
8. In which Canada Cup did the opposing players in the championship game exchange jerseys on the ice after the game? (a) 1976 (b) 1981 (c) 1984 (d) 1987 (e) 1991
9. Who scored the game-winning goal, in overtime, to defeat Czechoslovakia in the final of the first Canada Cup?
10. What was the score in all three games of the final series of the 1987 Canada Cup between Canada and the USSR?
11. Who was named tournament MVP of the 2004 World Cup of Hockey?
12. How much NHL experience did Eric Lindros have when he played in the 1991 Canada Cup?
13. In what year did Canada first host the World Hockey Championship?
14. What is the record for the most games appeared in by a player in the World Championship? (a) fewer than 90 (b) 90-110 (c) 110-130 (d) more than 130
15. Which senior amateur team from Canada won the 1961 World Championship?
16. After their return to world play in 1977, when did Canada next win gold at the World Championship? (a) 1982 (b) 1986 (c) 1990 (d) 1994.
17. Canada won the 2003 World Championship after what happened during the gold medal game against Sweden?
18. In which decade were the World Junior Championships first held? (a) 1950's (b) 1960's (c) 1970's (d) 1980's.
19. Which coach has won the greatest number of World Championships for Canada? (a) Tom Renney (b) Andy Murray (c) George Kingston (d) Dave King.
20. What is the IIHF record for most World Championship titles? (a) six gold (b) eight gold (c) ten gold (d) 12 gold.

Sports Trivia Answers on page 14

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Meet the Wing's Newest PSP Fitness and Sports Instructor



To achieve his fitness dream, Devon Klassen, worked 2 jobs and raised 2 kids, while attending university full-time. Photo: Martin Zeilig, Voxair Photojournalist

By Martin Zeilig, Voxair Photojournalist

Devon Klassen concedes that he was never an

athlete during his school years but, he was always into personal fitness, something he believes has lifelong benefits in several ways.

Klassen was hired three months ago as a Canadian Forces Morale and Welfare Services (CFMWS) Personnel Support Programs (PSP) Fitness and Sports Instructor at Building 90.

Klassen, who has a Bachelor of Kinesiology Degree from the University of Manitoba, followed a somewhat different path to his current job than one might expect.

"Before starting here, I worked as a crew leader for a professional painting company out of Steinbach," said Klassen, who's married with two young sons. "I did that for about 18 months. Before that I was a gym manager in Steinbach for two years. I always liked exercising recreationally."

In fact, he couldn't get enough of exercising, he added with a grin.

"After high school, I began working in the trades, construction and carpentry," Klassen said. "But, I wasn't satisfied in that line of work."

Then, one day while speaking with his wife at their home in Steinbach, 65 kilometres southeast of Winnipeg, she asked, "What do you want to do?"

"If I could make a living helping people exercise and strengthen their bodies, and meet those goals, I'd love that," Klassen responded to his spouse. "This was before I even knew about kinesiology. So, I returned to school at age 24, already married and with a new house. My younger brother was enrolled at the U of M in a different program. So, I tagged along with him to check out the campus, and it felt like a good place.

With the agreement of his wife, he enrolled.

"I had a fall course and was also working two part time jobs in Steinbach-- at Canadian Tire and at a gym," Klassen said. He says it took a few years of burning the candle at both ends to get through university.

"In my fourth year, my final term, my first son was

born," Klassen, who is also a Certified Strength and Conditioning Specialist, said. "That was seven months of school, one part time job, and a home life. During that time, I was doing my unpaid supervised field work in Winnipeg for the degree."

Throughout his entire university career, Klassen noted that he attended summer school too.

"When I look back now, I wonder 'How did I make it through all that,'" he offered. "It was truly by the grace of God and the support of my wife, Jodi."

His first job after graduating from the U of M was as a full time trainer at a Shapes Fitness Centre in Winnipeg.

"An opportunity came up for me to manage the gym in Steinbach so I took it," Klassen continued. During that time, Marc Lavallee, Acting Sports Coordinator, CFMWS Personnel Support Programs, made him aware of the opening for his present job.

"I applied for it, but didn't get it," Klassen said.

A year and half later the permanent full time position became available again.

"I applied for it and was hired," Klassen said, noting he had to write an exam and then do a three person panel interview to get the job.

"Here I am. I love it here-- the people you get to work with, and my colleagues," he said. "It's a team effort. We help each other. I help to relieve stress (in military members) through exercise and create a lighter atmosphere making it more enjoyable for them. The biggest thing for me is realizing how many different trades and occupations there are here on the base.

"I like to get to know people and their stories-- what they do and where they've been to. I like it here. It's an awesome place to be."

for more information on fitness and sports programs offered at 17 Wing, please visit CAF Connection online at: <https://www.cafconnection.ca/Winnipeg/Home.aspx>

Bell Let's Talk Day Helps Open Discussion of Mental Illness

"We place a high priority on the wellbeing of our military members, Veterans, and their families. Prevention is the first line of defence against mental illness, and comprehensive treatment is available for those suffering from mental health issues."

—Harjit S. Sajjan, Minister of National Defence, and Kent Hehr, Minister of Veterans Affairs and Associate Minister of National Defence (as quoted on the National Defence/Canadian Armed Forces website)



by Martin Zeilig, Voxair Photojournalist

For Diane Brine, Manager, Health Promotion, Bell Let's Talk Day on Wednesday, January 31 is an opportunity to have some open dialogue about mental illness, and, as she said recently, "a chance to break down" those barriers for seeking help.

In other words, it's a day for the general public, including the Canadian Armed Forces, to focus on Canada's mental health.

In September 2010, Bell Let's Talk began a new conversation about Canada's mental health, says the BLTD website.

"At that time, most people were not talking about mental illness," explains the online information. "But the numbers spoke volumes about the urgent need for action. Millions of Canadians, including leading personalities engaged in an open discussion about mental illness, offering new ideas and hope for those who struggle, with numbers growing every year.

The 2018 BLTD awareness campaign "spotlights personal stories from Canadians of all ages from all walks of life" living with mental illness or providing support for those who do not.

"Bell's total donation to mental health programs

now stands at \$86,504,429.05 and we are well on our way to donating at least \$100 million through 2020," says the BLTD website.

"Dedicated to moving mental health forward in Canada, Bell Let's Talk promotes awareness and action with a strategy built on 4 key pillars: Fighting the stigma, improving access to care, supporting world-class research, and leading by example in workplace mental health."

During an interview with The Voxair, Brine stressed that Health Promotion will refer military personnel with mental health issues to the Mental Health Canadian Forces Assistance Program, or have them go through their Chain of Command.

"Health Promotion doesn't do counselling," she said. "We provide education and resources. We're working on trying to change that culture of silence so that people are comfortable about talking about mental health, so it becomes just as common as talking about physical health."

Brine pointed out that the social workers at the Military Family Resource Centre and 23 Health Services, the mental health care nurses, even medics and doctors as well as the base chaplains are all part of the team.

"So, people shouldn't be afraid to talk about it," she said.

Captain Josette Leblanc, MSW, RSW, Mental Health Team Leader, 23 Canadian Forces Health Services Centre, reinforced the fact that CAF members have access to a range of programs while serving in the Forces, including exceptional medical and mental health care, support for families, and comprehensive re-integration and return-to-work programs for those who are ill and injured.

Together, says the Bell Let's Talk Day website, we can all help end the stigma around mental illness with the five simple ways developed by Dr. Heather Stuart, the Bell Mental Health and Anti-Stigma Research Chair at Queen's University:

"Language matters – pay attention to the words you use about mental illness; Educate yourself – learn,

know and talk more, understand the signs; Be kind – small acts of kindness speak a lot; Listen and ask – sometimes it's best to just listen; Talk about it – start a dialogue, break the silence."

Some information from the booklet, You're Not Alone: Connecting Military Families to Mental Health and Social Wellness Programs, provided by Health Promotion:

Mental health means striking a balance in all aspects of your life: social, physical, spiritual, economic and mental.

At times, the balance may be tipped too much in one direction and you have to find your footing again.

Mental illness is the term used to refer to a variety of mental disorders that can be diagnosed.

Mental disorders are health conditions that are characterized by changes in thinking, mood or behaviour (or some combination thereof) associated with distress and/or impaired functioning.

An operational stress injury (OSI) is any persistent psychological difficulty resulting from work-related duties performed while serving in the Canadian Armed Forces.

Recreation, physical fitness and sports provide opportunities for personal growth and improved health for everyone. And keeping mentally and physically active is a great contributor to mental health and well-being.

Personnel Support Programs (PSP) offers high quality, innovative recreation programs in each CAF community to provide families, individuals, children and communities with quality leisure experiences, innovative programming and recreational facilities that meet their needs.

Mental illness can be treated effectively.

For more information, contact the Canadian Forces Member Assistance Program: 1-800-268-7708. In person at the MFRC, 23 Health Services, or the base Chaplaincy; or call, the 24/7 Family Information Line 1-800-866-4546.

Rabbi Joins the 17 Wing Chaplain's Team



The Rabbi Dr. Noteh Glogauer helps Voxair reporter Martin Zeilig do a mitzvah. The Rabbi has recently joined the Canadian Armed Forces as a chaplain and is working at 17 Wing. Photo: Bill McLeod, Voxair Manager

by Martin Zeilig, Voxair Photojournalist

Captain (Rabbi) Noteh Glogauer confesses that joining the Canadian Armed Forces was not that difficult a decision for him to make.

In fact, one could say it was destiny, or, in Yiddish, “beshert.”

He comes from a military family.

“I’m the fourth consecutive family member to serve wherever we have lived,” said Capt Glogauer, 48, who’s formal Attesting Ceremony was held on Wednesday, November 29, 2017 at the Canadian Armed Forces Recruiting Centre in Toronto.

17 Wing is his first posting and he still has to complete his basic training.

“We are blessed to be able to welcome to Winnipeg our first Military Rabbi to the Chaplain Team,” Major Hope Winfield, Wing Chaplain, wrote in an email to The Voxair. “At Chaplain Services we are already working on plans for Capt Glogauer to provide various team opportunities for those who wish to learn more about the Jewish Faith or areas for Spiritual accommodation as leaders.”

“My father served with the South African Defence Forces in 1961,” said Capt Glogauer, who was born

in South Africa into a traditional Jewish family. South African soldiers who went up to North Africa to fight with the Allies against the Germans during the Second World War. My maternal great grandfather fought for Germany in the First World War. He won the Iron Cross first and third class. He dragged two injured officers back into the trenches. He was shot in the head but survived.”

Captain (Rabbi) Glogauer is eager to embark on his new adventure, as a full-time Chaplain, posted to 17 Wing in Winnipeg, Manitoba.

Rabbi Glogauer maintains that one of his most crucial challenges as a chaplain will be, as he said during his Attesting Ceremony, “providing support in such a diverse, interfaith, multicultural setting such as the Canadian Armed Forces, at the same time offering spiritual care to Jewish members and their families” posted to 17 Wing.

“I have been fortunate to have had experiences in many diverse settings and am excited to meet different people of varying backgrounds and engage them in an environment of mutual respect and tolerance,” he added.

The wiry and athletic Rabbi Glogauer and his wife, Chaya, who has a PhD in clinical psychology and is currently working at Sick Kids Children’s Hospital in Toronto, have two daughters and a son, ages 14-24.

His parents immigrated to Canada and settled in Calgary, Alberta over 40 years ago to escape the oppressive apartheid regime, Rabbi Glogauer writes in his 2016 book, *Never Give Up: A Journey From Class Clown To School Principal* (Austin Macauley Publishers Ltd. 370 pg. \$21.95).

“The Young Arnie G. is popular in his first (non-Jewish) school, acting the class clown and excelling at team sports,” says a precis on the back of his book. “Latent anti-Semitism engenders in him feelings of being different, inspiring him to seek purpose in Jewish community life. Drawn into a career in teaching, he realizes that to promote ideas on education-- nurturing individuality, striving for personal excellence, innovation, cooperation and sharing-- he needs to become a school principal himself, to be the role model embodying the core values of the institution. But to be principal of an Orthodox school he must be ordained a rabbi. In achieving his ambition, Glogauer and his own young family embark on a tortuous odyssey across the continent....”

When it came time for his wife to take an internship as a psychologist the family moved to Houston, Texas said Capt Glogauer, who has an undergraduate degree

in French Language and Mathematics from the University of Calgary.

“I taught for a year in a Jewish school and I had a huge realization that the only way I could change things in the Jewish school system was as a rabbi,” he said. “So, after my wife completed the internship in 1996, we moved to Brooklyn, New York (1997) for me to study for Rabbinical Ordination.”

It took him 18 months to attain his ordination at a Yeshiva (an academy) at Chabad Lubavitch World Headquarters.

In fact, Capt Glogauer reveals that he received “a double ordination”-- in NY and in Israel.

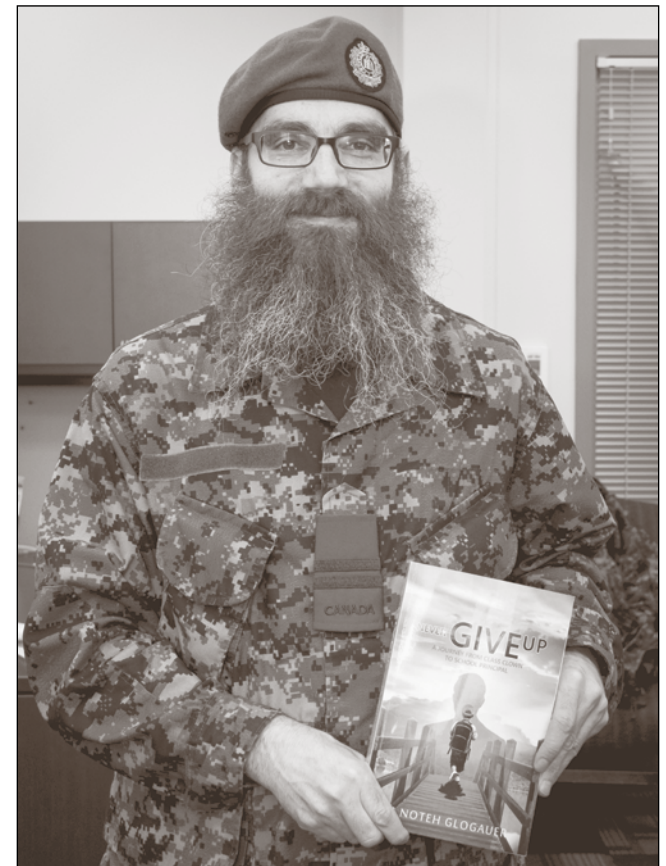
“I had two major opportunities in Las Vegas and in Calgary,” Capt Glogauer said. “Through a lot of soul searching, we chose Calgary. I was principal at Akiva Academy. From there, I was recruited to become principal of a larger school in Port Washington, Long Island (NY).” Capt Glogauer also has a PhD in Education and Instructional Technology from Nova Southern University in Florida.

He was then recruited to be principal of a larger school in Sydney, Australia.

“It’s a wonderful place from a lifestyle and environmental aspect, but it was far from family,” said Capt Glogauer. “That made it difficult because we’re from such a close family. It was one of the reasons that led us to return to Canada.”

He added that his wife and children are “extremely proud” that he has chosen to join the CAF, and to use his skills to better the world around us.

“My goal is to connect to as many of the service members as possible to make a positive connection, and to support them in whatever role they need me for,” Capt Glogauer said. “I’ve also had an opportunity to meet with some of the Jewish community in Winnipeg. I hope to support their efforts and link up to the vibrant Jewish infrastructure here.”



Captain Noteh Glogauer poses with his book, *Never Give Up, A Journey From Class Clown To School Principal*. Look for a future review and a chance to win your own copy in a future issue of the Voxair. Photo: Bill McLeod, Voxair Manager

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Survey says – Opportunities in the new drafting and survey technician occupation

by Major Jim Hutcheson

A military occupation that has recently been re-established provides a great opportunity to employ highly technical skills that are applied both in the office and in the field, serving the Canadian Armed Forces and other government departments anywhere in the world. This small but exclusive occupation is drafting and survey technician (DS tech), and we're looking for new members.

As part of the Military Engineering Branch, DS techs employ leading-edge electronic and satellite equipment to gather precise survey data. From this, they produce essential site plans, charts, architectural drawings and designs using the latest computer aided design (CAD) software. This capability is essential on permanent military facilities, during exercises, and across the full spectrum of deployed operations.

DS tech positions have been established at two Royal Canadian Air Force wings (4 Wing Cold Lake, Alberta, and 14 Wing Greenwood, Nova Scotia), at two Army bases (Canadian Forces Bases Kingston, Ontario, and Gagetown, New Brunswick), and in Brussels, Belgium.

This occupation includes non-commissioned members from the rank of private/aviator to sergeant, after which DS techs may enter the construction engineer superintendent (CE supt) occupation (link on the right side of this page).

The Canadian Forces School of Military Engineering (CFSME) at CFB Gagetown conducts the occupational qualification training – that is, the training that will qualify you as a DS tech – which includes the following topics:

- Planning and conducting land surveys
- Mathematics related to survey
- Data and material management
- Auto CAD software
- Producing civil designs
- Producing building systems designs
- Performing construction stakeouts
- Producing as-built drawings
- Construction engineering common tasks and safety

Further specialty training may be offered through additional formal courses and on-the-job training. The skills and experience gained by DS techs are closely related



Mapping locations and distances, Canadian Armed Forces drafting and survey technicians contribute to the creation of accurate and up-to-date electronic maps. En cartographiant les lieux et les distances, les techniciens en dessin et en arpentage des Forces armées canadiennes contribuent à la création de cartes électroniques à jour et précises.

to those in civilian technician and technologist positions in the fields of surveying, architectural drafting, and civil engineering.

No previous training or experience is required to apply, although Grade 11/Secondary 5 math is a prerequisite. For more information about the drafting and survey technician occupation, check out the information and the video on the recruiting website (link on the right side of this page).

If you think a career in the Canadian Armed Forces in this new occupation is the right one for you, visit your local recruiting office or the online recruiting website.

For personnel already serving in the CAF, your local personnel selection officer can provide additional details about the opportunities available in this unique and challenging occupation.



A CAF technician gathers precise survey data using electronic and satellite equipment in Inuvik, Northwest Territories. Un technicien des Forces armées canadiennes recueille des données d'arpentage précises à l'aide d'équipement électronique et satellite à Inuvik, dans les Territoires du Nord-Ouest. All Photos: DND/MDN

Vous voulez devenir technicien en dessin et en arpentage?

par le Major Jim Hutcheson

Un nouveau groupe professionnel militaire offre une belle possibilité de mettre à profit vos compétences hautement techniques tant au bureau que sur le terrain, au service des Forces armées canadiennes (FAC) et de ministères du gouvernement du Canada partout dans le monde. Il s'agit du groupe professionnel militaire, petit mais exceptionnel, de technicien en dessin et en arpentage (Tech DA) et nous souhaitons recruter des gens.

Les Tech DA, qui font partie de la Branche du génie, utilisent de l'équipement électronique et satellite de pointe pour recueillir des données d'arpentage précises. Grâce à ces données, et à l'aide des plus récents logiciels de conception assistée par ordinateur, ils produisent des plans de situation, des cartes ainsi que des conceptions architecturales et des dessins architecturaux essentiels. Cette capacité est primordiale dans les installations militaires permanentes, durant les exercices et dans le spectre complet des opérations de déploiement.

On a créé des postes de Tech DA dans deux escadres de l'Aviation royale canadienne (la 4e Escadre Cold Lake, en Alberta, et la 14e Escadre Greenwood, en Nouvelle-Écosse), dans deux bases de l'Armée canadienne (bases des Forces canadiennes Kingston, en Ontario, et Gagetown, au Nouveau-Brunswick) et à Bruxelles, en Belgique.

Ce groupe professionnel comprend des militaires du rang du grade de soldat et d'aviateur à sergent, après quoi les Tech DA peuvent aspirer au groupe professionnel de surintendant – Génie construction (voir le lien à droite).

L'École du génie militaire des Forces canadiennes, située à Gagetown, dirige l'instruction de qualification professionnelle, c'est-à-dire la formation qui vous permettra d'apprendre le métier de Tech DA. Les sujets enseignés sont les suivants :

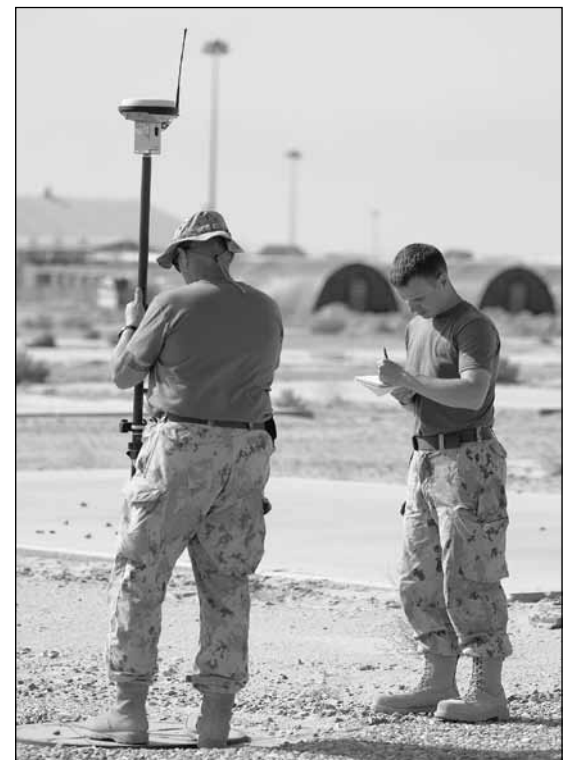
- planification et pratique de l'arpentage;
- mathématiques relatives à l'arpentage;
- gestion des données et du matériel;
- utilisation du logiciel AutoCAD;
- production de conceptions de génie civil;
- production de conceptions de systèmes de bâtiments;
- piquetage d'implantation;
- production de dessins d'après exécution;
- tâches courantes du génie construction et sécurité.

Vous pouvez approfondir vos connaissances spécialisées en suivant d'autres cours officiels et une formation en cours d'emploi. Les compétences et l'expérience acquises par les Tech DA sont fort semblables à celles des technologues et techniciens civils dans les domaines de l'arpentage, du dessin architectural et du génie civil.

Pour postuler, vous n'avez besoin d'aucune formation ou expérience préalable, sinon qu'avoir réussi le cours de mathématiques de la 11e année ou du 5e secondaire. Pour en savoir plus au sujet du groupe professionnel de technicien en dessin et en arpentage, consultez le site Web du recrutement, où vous trouverez également une vidéo (voir le lien à droite).

Si vous croyez qu'une carrière de Tech DA dans les Forces armées canadiennes est toute désignée pour vous, rendez-vous à un bureau de recrutement ou consultez le site Web du recrutement.

Si vous faites déjà partie des FAC, communiquez avec un agent de sélection du personnel pour obtenir plus de renseignements sur les possibilités d'emploi dans ce groupe professionnel unique et stimulant.



A Canadian Armed Forces drafting and survey technician gathers survey data using the latest electronic and satellite equipment. Des techniciens en dessin et en arpentage des Forces armées canadiennes utilisent la nouvelle technologie d'arpentage de haute précision au Koweït.

Combined Mess/Kitchen Reopens With Upgrades



17 Wing Commander, Col Andy Cook cut the ribbon at the reopening of 17 Wing kitchen after renovations on January 18, 2018 at 17 Wing. Left to right: Maj Alexandre Wakeham, 17 Wing MSS Replenishment Flight OC, LCol Brian Quick, 17 Wing MSS CO, Capt Joel MacDougall, 17 Wing MSS Replenishment Ft Foods Officer, 17 Wing Commander Col Andy Cook, 17 Wing Chief Warrant Officer CWO Jerome Rossignol, 17 Wing MSS Chief Warrant Officer Cheyne Todd. Photo: Pte Montpéfit, 17 Wing Imaging.

by Martin Zeilig, Voxair Photojournalist

Corporal Doug Larose, a cook at MSS Food Services, uses a large stainless steel spatula to slide a huge mound of luscious, tangy, steaming beef vindaloo into a wide metal hotel pan.

The mouth-watering East Indian curry dish from the Goa region had just been prepared in an up-to-date, easy to clean, stainless steel tilt skillet. The food was being readied for one of the two main course lunch dishes, the other being Poached Haddock Loin, that day at the newly refurbished 17 Wing Combined Mess.

Cpl Larose, a chef, and his fellow cooks and other kitchen staff are the beneficiaries of the modernized kitchen and dining areas in Building 16.

The mid-morning Grand Opening, which attracted about 40 military and civilian personnel, took place on January 18.

"This is a great example of team work," said Wing Commander Colonel Andy Cook said in a brief extemporaneous speech after the ribbon cutting ceremony. "I'm honoured to preside over the grand opening of our combined mess-kitchen."

He lauded Captain Joel MacDougall, the 17 MSS

Flight Food Officer, for taking the time to listen to the recommendations of his subordinates, and then implementing their suggestions for upgrades.

Col Cook commented that Capt MacDougall even solicited the opinion of the base medical staff about the state of the mess.

"They said it was unhygienic," he added. "That was a great example of problem solving. The renovations which have taken place have resulted in a state-of-the-art food preparation and dining space facility for members of 17 Wing."

Defence Construction Canada and Construction and Engineering Flight in partnership with civilian contractors "have transformed our facility, one

that rivals any commercial kitchen," Capt MacDougall observed to a reporter afterwards.

While the refurbishments were being done, some modifications were made to turn the staff room into a serving line so the dining area could still be used, at least in part, he said.

"This was a multi-year renovation project," added Capt MacDougall, noting that the dining and kitchen areas are now professional and inviting. "We did it in stages. The men and women who work here love what they do. You see that by the quality of food and the service they provide."

Besides the tilt oven being used by Cpl Larose, the other kitchen improvements include a large stainless steel state of the art Rational oven; two half Rational ovens; an ALTO-SHAAM oven that staff can use to keep food warm and moist for the short term, plus being able to "slow cook a turkey, a brisket, or pulled pork," Capt MacDougall said; and, new storage freezers.

"We're committed to giving our chefs the best equipment available so that their skills can be realized," Capt MacDougall added, noting that they're still waiting for the lighting to be replaced in the kitchen. "Everything we've done on every level is to improve efficiency for our chefs, customers and the entire facility. This improves the whole experience for the staff."

Meanwhile, the servery improvements, include new faux marble countertops, an all stainless steel "industry standard" serving line, salad bar, stand-alone sandwich bar, plus induction heating trays to replace the former steam heating equipment.

"We have digital menu boards, which allows us to more accurately convey information to our customers in a timely fashion," said Capt MacDougall, mentioning, too, the new blinds on the windows in the dining area. "This is the level of service that our customers expect; and, it allows us to provide a better product, fresher food and a more diverse menu."



A cake prepared by the staff at Combined Mess looks too good to eat at the reopening of 17 Wing kitchen after renovations on January 18, 2018 at 17 Wing. Photo: Pte Montpéfit, 17 Wing Imaging.

Commissionaires Join the Team at 17 Wing Operations Centre

Bill McLeod, Voxair Manager, with files from 17 Wing Public Affairs

Commissionaire Captain Robert Schofield relieved Royal Canadian Air Force (RCAF) Captain Jeremy Simmonds at 6:00 a.m. on Sunday, Jan 14, marking the end of the Base Duty Officer rotation at the 17 Wing Operations Centre. A former RCAF member, Commissionaire Schofield was among those chosen who had the right mix of knowledge and skills to serve as a duty watch officer at the Operations Centre.

During the last few years, the high demand for qualified aircrew for domestic and international operations has reduced the number of military personnel to fill staff positions at various locations. Since 17 Wing has been involved in a pilot project to restructure the Wing's organization to match that of a deployed air task force, it became necessary to identify what positions had to be filled by a Canadian Armed Forces (CAF) member and what positions could be filled by civilian DND employees or contractors.

Examination of the National Master Standing Offer for Commissionaire Services with Public Works and Government Services Canada revealed that the Commissionaires had the capability to support CAF operations centres. 17 Wing contacted Commissionaires Manitoba to start the process of identifying the requirements for four full-time and two part-time positions.

Commissionaires Manitoba then identified a field of candidates for the positions the candidates were interviewed by 17 Wing Operations Centre staff for suitability.

Although the core staff at 17 Wing Operations Centre still consists of RCAF pilots, air combat systems officers (ACSOs) and air environment controllers (e.g. aerospace controllers or aerospace control officers), the Commissionaires are a welcome addition to the operations team as duty watch officers.

"Employing Commissionaires under contract is a win-win for both of our organizations," said 17 Wing Winnipeg Public Affairs Officer Captain Bettina McCulloch-Drake. "Working together with Commissionaires Manitoba, the Wing has been able to find a local solution that enables us to continue our support to CAF operations while employing skilled people in our community."

The contract for the Commissionaires employed at the 17 Wing Operations Centre began on Nov 27, 2017, and will be up for review on March 31, 2018.



Commissionaire Captain Robert Schofield takes over the 17 Wing Operations Centre from Base Duty Officer, Capt Jeremy Simmonds at 17 Wing, Winnipeg on January 14th, 2017. Photo: Cpl Bryce Cooper

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Around The Wing

Cameron Highlanders are Pallbearers for Johnny Bower



On January 3, 2018, Master Warrant Officer James Clark and Corporal Brian Trenchard were honoured to represent the Queen's Own Cameron Highlanders of Canada as pall bearers for Toronto Maple Leaf great, Johnny Bower. Mr Bower served with the Winnipeg-based unit during the Second World War. Photo: Mark Blinch/Toronto Maple Leafs

Sundog Days of Winter



by Richard Carleton, CD

On Jan 15th we were treated to a spectacular sight with the appearance of bright colourful patches of light on each side of the Sun. If you've ever seen this curious phenomenon, you may have wondered if you were seeing double. Don't worry, no need to check your eyes, you were just seeing sun dogs.

Bright coloured areas of light beside the Sun are more commonly known as sun dogs. They're often approximately 22 degrees to the left or right (or both) and about the same distance above the horizon as the Sun. They're also often seen as part of a ring or halo around the sun.

Sun dogs are known as parhelia (singular: parhelion) in the scientific community, which comes from the Greek words meaning "beside the sun." Other common names include mock or phantom suns.

Sun dogs form when there are hexagonal ice crystals in high, cold cirrus clouds. They can also form when ice crystals float in the air during extremely cold weather. Although sun dogs are more common when cold weather brings ice crystals into the atmosphere, they can occur anywhere and anytime there are cirrus clouds. The ice crystals in the air act like prisms, bending the sun's rays and refracting them in such a way that sun dogs appear.

Photo: Frank Emond

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

Since electrical power was first introduced into construction, there have been hazards associated with it. Besides the obvious electrical shock hazards, fires caused by electrical faults are especially dangerous as wiring is hidden within walls of most homes and buildings. If a wire were to overheat as a result of a short or overloading, a fire could result and could burn within a wall unnoticed and quickly spread throughout a building.

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

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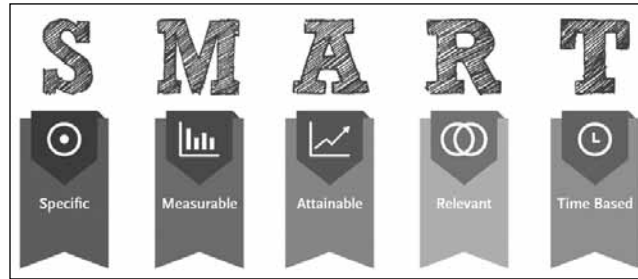
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Set Up for a SMART 2018!



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 time-line to 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

38 Canadian Brigade Group members honoured as Hendricks' Heroes

by Lt Stacie Nelles, Public Affairs Officer, 38 CBG

With the addition of Matt Hendricks to the Winnipeg Jets, Hendricks' Heroes has moved to Winnipeg! Two deserving members of the Fort Garry Horse were proud to represent 38 Canadian Brigade Group at MTS Centre on December 27, 2017.

Warrant Officer Lawrence Troop and Master Corporal Aaron Montgomery were nominated to take part in this Jets recognition program which included parking passes, two tickets to the game with pre-game meal, as well as an opportunity to meet with Matt Hendricks personally who presented them with jerseys. The game announcer introduced these honoured Canadian Armed Forces members by reading out their biographies while their photos were displayed on the big screen, not to mention some live camera coverage.

In a Nov 6, 2017 interview with the Winnipeg Free Press, Hendricks said,

"It's been a blessing to work with the men and women of the military, both the Canadian and in the United States. It's been a great experience for my whole family. Meeting these people is really incredible. ..."



"It's nice to thank them for their service, and to talk to the wives or husbands and their kids about the sacrifices they make as well when (their family members) are off defending our country.

"For me, the best thing is when they stand up in the arena and get applause from the crowd. It's important they get to hear how appreciative we all are."

Oh what a night indeed for WO Troop and MCpl Montgomery in late December, back in '17.



XXXX. Photo: Supplied

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Snowshoes Available to Rent from Building 90

17 Wing Community Recreation is pleased to announce that we have snowshoes available to rent through Personnel Support Programs in building 90. Snowshoe rentals are available to military members, veterans, DND, MFRC and RCMP employees, and recreation memberships. NOT FOR UNIT USE.

Rentals will be on a first come first served basis and are offered on a daily and weekend basis. Available are 9 pairs of adult-sized snowshoes, 8 teen/children-sized pairs, and 5 toddler-sized dino pairs.

To inquire about snowshoe rentals please call the front desk of building 90 at extension 5139.

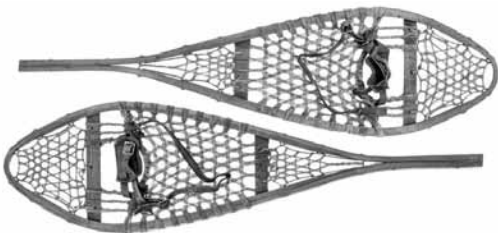
Location de Raquettes au Bâtiment 90


Le personnel du Bureau des Loisirs Communautaires de la 17e Escadre est heureux d'annoncer qu'il est maintenant possible de louer des raquettes par l'entremise des Programmes de Soutien du Personnel, au Bâtiment 90.

Les membres des Forces régulières, les vétérans, les réservistes, les employés du MDN, du CRFM et de la GRC ainsi que les membres réguliers et ordinaires des Loisirs Communautaires peuvent louer des raquettes. PAS POUR L'UTILISATION DES UNITÉS.

Les raquettes seront attribuées selon le principe du premier arrivé, premier servi, sur une base quotidienne ou pendant la fin de semaine. En tout, il y a 9 paires de raquettes pour adultes, 8 paires pour ados/jeunes et 5 paires d'adultes pour les jeunes enfants.

Pour obtenir plus d'informations vis à vis la location des raquettes, veuillez appeler le personnel de la réception du Bâtiment 90, au poste 5139.





WEIGHT wellness Lifestyle Program

Combine good nutrition and physical activity for a healthy lifestyle!

Wednesday's
7 February—28 March
1300-1600 hrs

- Real life eating for real people
- Manage hunger & food cravings
- Incorporate physical activity
- Maintain motivation
- Set realistic goals
- Look beyond the fads
- Find community resources

Free!

Free for military members, DND employees and their adult family members! For more information or to register please contact Health Promotion at (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca



POIDS-santé

Programme Style de vie

Une bonne alimentation et de l'activité physique pour un mode de vie sain!

Les mercredi
7 février—28 mars
De 13h00 à 16h00

- Bien manger pour bien vivre
- Intégrer l'activité physique
- Gérer votre faim et vos envies de nourriture
- Maintien de la motivation
- Se fixer des objectifs réalistes
- Ne faites pas attention aux modes du jour
- Trouver des ressources communautaires

C'est gratuit pour les militaires, les employés du MDN et les membres adultes de leur famille! Pour de plus amples renseignements ou pour vous inscrire, communiquez avec la Promotion de la santé en composant le (204) 833-2500, poste 4150 ou écrivez à l'adresse healthpromo@forces.gc.ca



Alcohol, Other Drugs and Gambling: Supervisor's Training

8 & 9 February 2018
0800-1600 hrs & 0800-1200 hrs

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

This training is course coded and is required for all military in a supervisory role. DAOD 5019-7

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

8 et 9 février 2018

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

Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code. DAOD 5019-7

To register, contact Health Promotion at (204) 833-2500 ext.4150 or healthpromo@forces.gc.ca

Pour s'inscrire, composez Promotion de la santé le (204)833-2500 poste 4150 ou healthpromo@forces.gc.ca



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More FREE family movies to come!

SERVICE DES LOISIRS COMMUNAUTAIRES DE LA 17 ERE - HORAIRE DES COURS DE CONDITIONNEMENT PHYSIQUE - HIVER 2018							
COURS RÉGULIERS DU LUNDI 15 JANVIER AU JEUDI 29 MARS 2018							
LAISSEZ-PASSER D'ENTRAÎNEMENT 100 \$ - Militaires et membres du programme des loisirs (donne un accès illimité aux cours)							
140 \$ - Non-membres (donne un accès illimité aux cours)							
TARIF JOURNALIER							
9 \$ - Militaires et membres du programme des loisirs							
11 \$ - Non-membres							
HEURES	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
	8 janv. au 26 mars	9 janv. au 27 mars	10 janv. au 28 mars	11 janv. au 29 mars	12 janv. au 23 mars	13 janv. au 24 mars	14 janv. au 25 mars
6 h 30 à 7 h 15	Yoga au lever du soleil Gratuit pour les militaires et les employés du MDN B90 - salle polyvalente Cris			Tabata au lever du soleil Gratuit pour les militaires et les employés du MDN B90 - salle polyvalente Cris			
9 h 30 à 10 h 30	Conditionnement physique combiné B90 - gymnase Jillian	Série d'exercices dans la salle de musculation B90 - salle polyvalente Bruce	Pilates B90 - salle polyvalente Alan	20-20-20 B90 - salle polyvalente Bruce	Exercices de musculation style camp militaire B90 - gymnase est Tricia		Ballon et poids B90 gymnase ouest Laura
10 h 45 à 11 h 45					Vélo stationnaire B90 salle de cardio-vélo Tricia		
13 h 30 à 14 h 30							Yoga vitalité B33 - salle des activités LeAnne
15 h à 16 h							Aquaforme B90 - piscine Natalia
17 h à 18 h	Vélo stationnaire B90 - salle de cardio-vélo Jo	Conditionnement physique combiné B90 - salle polyvalente Bruce	Vélo stationnaire B90 - salle de cardio-vélo Jo	Conditionnement physique combiné B90 - gymnase ouest Bruce	20-20-20 B90 - salle polyvalente Bruce		
17 h 30 à 18 h 30				Pilates (débutant) B90 - salle polyvalente Alan			
18 h à 19 h	kickboxing cardiovasculaire B90 - gymnase ouest Laura						
18 h 15 à 19 h 15		Yoga de base Vinyasa B90 - salle polyvalente Tricia					
18 h 30 à 19 h 30				Pilates (avancé) B90 - salle polyvalente Alan			

17 WG COM REC WINTER 2018 FITNESS SCHEDULE							
REGULAR CLASSES RUN MON 15 JAN TO THU 29 MAR 2018							
FITNESS PASS \$100 Military Personnel and with Recreation Membership (includes unlimited class access)							
\$140 Without Membership (includes unlimited class access)							
DAILY DROP-IN \$9 Military Personnel and with Recreation Membership							
\$11 Without Membership							
TIMES	MON	TUE	WED	THU	FRI	SAT	SUN
	8 Jan - 26 Mar	9 Jan - 27 Mar	10 Jan - 28 Mar	11 Jan - 29 Mar	12 Jan - 23 Mar	13 Jan - 24 Mar	14 Jan - 25 Mar
0630-0715	Sunrise Yoga free for military & DND B90 MPR Cris			Sunrise Tabata free for military & DND B90 MPR Cris			
0930-1030	Fusion Fitness B90 Gym Jillian	Weight Rm Circuit B90 MPR Bruce	Pilates B90 MPR Alan	20-20-20 B90 MPR Bruce		Muscle Boot Camp B90 East Gym Tricia	Ball & Weights B90 East Gym Laura
1045-1145						Indoor Cycle B90 Spin Room Tricia	
1330-1430							Yoga for Active Living B33 Activity Room LeAnne
1500-1600							Aqua-Fit B90 Pool Natalia
1700-1800	Indoor Cycle B90 Spin Rm Jo	Fusion Fitness B90 MPR Bruce	Indoor Cycle B90 Spin Room Jo	Fusion Fitness B90 West Gym Bruce	20-20-20 B90 MPR Bruce		
1730-1830				Pilates (Beginners) B90 MPR Alan			
1800-1900	Rick Roll Cardio B90 West Gym Laura						
1815-1915		Yoga Beginner Vinyasa B90 MPR Tricia					
1830-1930						Pilates (Advanced) B90 MPR Alan	



Connect with us:

102 Comet Street / 102 rue Comet
204-833-2500 extension / poste 4500

www.cafconnection.ca

www.facebook.com/WinnipegMFRC

www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

2018 Festival du Voyageur passes!

The Winnipeg MFRC is pleased to offer 2018 Festival du Voyageur passes at lower cost to military families. These passes provide access to all sites and events of the Festival (except the Bal du Gouverneur), during 10 days of festivities, from 16 to 25 February 2017.

Adult (18+): \$20 (limited to 2 adult tickets)

Youth (13-17): \$10

12 and under: Free

You can get the 2018 programming information at festivalvoyageur.mb.ca. Stop by the MFRC to order and pay for your passes by Friday, February 9.

An email will be sent to advise you when the tickets will be available for pick up.

Quantities are limited.

Message from Joël Roy, MFRC Executive Director

Welcome back! I trust you found some time to recharge your energy over the holidays. You will need it; we have tremendous opportunities and activities coming up.

If you don't have your ticket to the Yellow Ribbon Gala yet, please don't hesitate as this promises to be another superb evening. Looking further to April; the 17 Wing's got talent show should be a very special event; look for the posters and register.

And there is so much more; we need your help to make it happen though. Families, veterans, and serving members come see us to discuss volunteer opportunities or to share your own ideas. For example, we are developing a group that will be able to assist deployed families using equipment we are buying (such as a snow blower, etc.). We will be looking to develop an outside mural painting for the South Youth Centre. We can already start the project of a Christmas float for next Winnipeg Christmas parade. We are also developing a group that will assist refurbishing the T-33 on Portage Avenue this coming Spring in collaboration with the city.

We are looking forward to work with you and your family over the coming year. See you soon at the MFRC.

Sports Trivia Answers

- Sweden – 2006.
- Canada Cup – 1967.
- Father David Bauer.
- One – 30 seconds into the first period, Phil Esposito scored on a rebound from Frank Maholovich's shot on Vladislav Tretiak.
- Jocelyn Guevremont, Vic Hadfield, Rick Martin, and Gilbert Perrault.
- The Soviets wanted East German official Josef Kompalla to referee the game instead of the scheduled Swedish official Uve Dahlberg. Kompalla and East German Franz Baader were the officials who assessed 31 minutes in penalties to Canada and four minutes to the USSR in game seven.
- Pat Stapleton.
- (a) 1976.
- Darryl Sittler.
- 6-5.
- Vincent Lecavalier.
- None. He was still playing junior hockey and was the first draft pick of the Québec Nordiques.
- 2008.
- (c) Jiri Holik began playing with Czechoslovakia at age 19 in 1964. When he retired in 1985 he had played in 123 in 14 World Championships, scoring 59 goals and 111 points, winning three championships and four Olympic medals.
- Trail Smoke Eaters from British Columbia.
- (d) 1994 in Milan, Italy.
- A video replay of Anson Carter's goal at 13:49 overtime.
- (c) 1970's
- (b) Andy Murray – 23 wins, two losses, two ties, and three championships between 1977 and 2003.
- (c) ten gold. Vladislav Tretiak – USSR, 1970-1983; Alexander Ragulin – USSR, 1961-1973 (including Olympic gold in 1964 and 1968, which counted for that year's Championship).



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Taroscopes

BY
NANCY

Aries (March 21 – April 19): When you are making decisions, quiet your mind and sense what is right for you. Take time for solitary reflection and introspection. Your dynamic personality will burst forth once you are ready to take charge, but first you must find clarity about what you really want and believe.

Taurus (April 20 – May 20): Take stock of your situation. Determine your next move. Use a conventional approach and self-discipline when scoping out opportunities. Be open and trust that you will find what you are looking for. Allow things to just unfold effortlessly. Enjoy this time of abundance.

Gemini (May 21 – June 21): Consider your part in things. In a drama the energy of all the players affects others. Make the effort to find out what you need to know. You can aim for the truth but you might not always get it. Be loyal, respectful and compassionate. You may not receive the same back. Do it anyway.

Cancer (June 22 – July 22): You care so deeply but you don't always feel comfortable showing your feelings. Let them come to the surface. Be honest with yourself. Insist on action when it is necessary. Be pro-active. Trying to be nice and patiently waiting for others to take the lead won't fix anything.

Leo (July 23 – August 22): Things are falling into place thanks to past efforts. Being in the right place at the right time helps. Show others what you can do. Your unique, innovative style draws attention. Present your ideas with flair. Sweeping changes in businesses and governments will directly affect you.

Virgo (August 23 – September 22): Make choices that feel authentic. Be true to yourself and to your own path. Long range plans are important but the journey to get to the future can only be taken one step at a time. Don't over-commit yourself as you navigate through your current challenges and responsibilities.

Libra (September 23 – October 23): Aim for quality not quantity. Cut ties with fair-weather friends. You're not getting through to someone right now. Hidden agendas are a waste of your time and drain your energy. Be bold in going after the truth. An indirect approach could unearth the answers you seek.

Scorpio (October 24 – November 21): Make short and long term plans now. Gather information about the big picture that can affect your timeline and finances. Brainstorm ideas with an understanding, loyal and trusted friend. Important information surfaces that forces you to act in your own best interest. Just do it.

Sagittarius (November 22 – December 21): You're a master at turning a vision into something solid and real. But if it's not panning out as planned you might need a push to move on instead of trying to tweak things into perfection. Maintaining your image may be limiting you more than helping you now.

Capricorn (December 22 – January 19): Listen to your heart. Be patient as you go deeper inside yourself. Reconnect to what it is you really want. List your goals. Change will occur but timing is key. And consulting with one who has wisdom in this area is a good idea. Find or reconnect with a mentor.

Aquarius (January 20 – February 18): Seize opportunities to get out in nature. Be flexible in your plans. Consider the advantages of being an entrepreneur. What have you always dreamed of doing? During important meetings pay attention to your own and other peoples' body language. Do what excites you.

Pisces (February 19 – March 20): Strive for grace and inner calm while you still keep moving and getting things done. Your competency is gaining recognition. Your work in transforming some aspect of your life. Listening to music and dancing is good for your heart and soul. Make your life a celebration of spirit.

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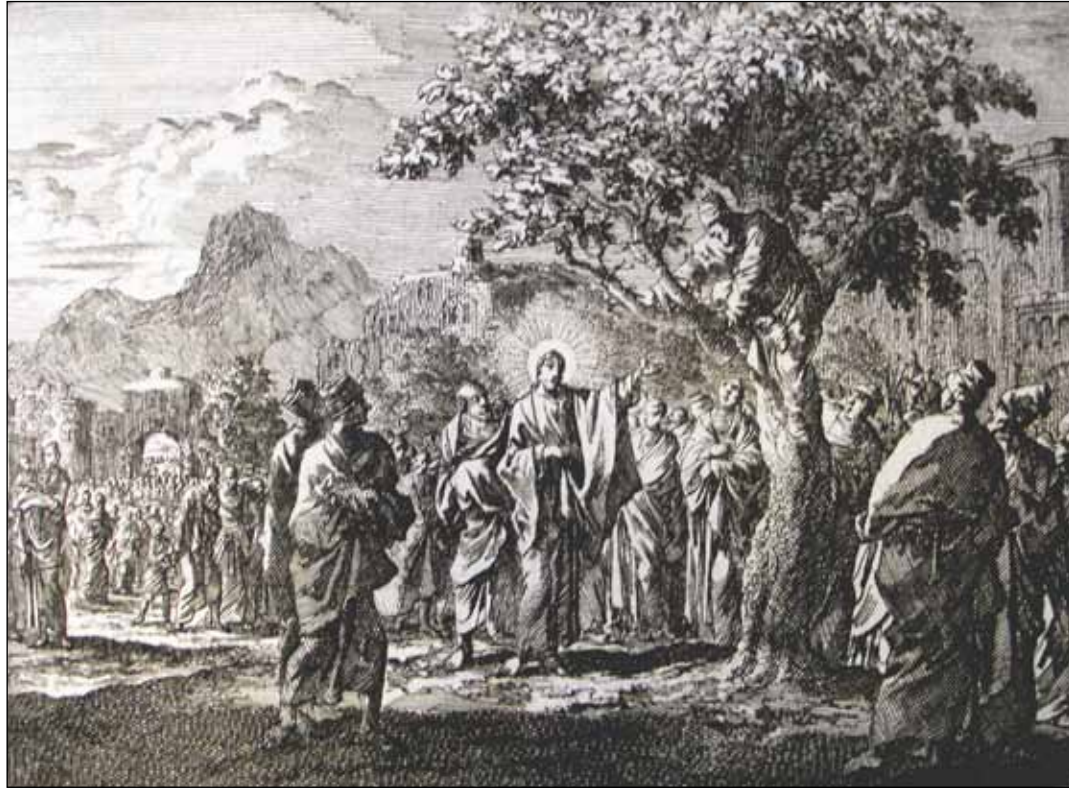
The Story of Second Chances

by Major Hope Winfield

So we have made it to 2018! For many of us, as we ushered in the New Year, we took a moment to reflect on the highs and lows of the past year. For others, this might have inspired a "New Year's resolution" to change an undesired behavior or accomplish as personal goal. For those who are still sticking to your resolution, good for you.

I on the other hand am a procrastinator, and I own that. I have a long list of items under the categories, "I'll check that out when the weather changes".... "perhaps next posting" and my favorite ... "if I wasn't so busy". Some items over the years seem to have re-appeared on my list. In some instances I have valid reasons; there wasn't the time, money, knowledge of, or access to, the right support. Admittedly, it's too easy for one of these "back burner" items to creep into ones soul as regrets, miss opportunities and "what if's". Wouldn't it be nice to have a second chance?

I don't think I am alone in this. Certainly there are a lot of pop-culture novels, movies and TV series based on giving second chances to make right past mistakes, missed opportunities, or to be given a second chance by being gently nudged on a new path of life choices. How



many programs can you think of that fit this description? Well, if you are from my generation, your answer may have included – Touched by an Angel, Highway to Heaven, Quantum Leap, or It's a Wonderful Life.

Within many of these plot lines, life has gone wrong, and the individual needs someone else (an Angel, a

time traveler etc) to help them recognize that either 1) change is needed in order to live out their full calling (life they were meant to have); or 2) through having a heart weighted down with guilt, anger and regret about their choices or how life has turned out, hopelessness, bitterness or hurt overshadows the individual from recognizing or enjoying what they do have in their life. Through the help of these "guides" the individual recognizes their mistake and resolves to start new.

Many World Religions and Spiritualities incorporate new beginnings, regeneration, or redemption. As a Christian, Jesus gained for us a second chance through his grace. We don't have to wait for the time to be perfect or an entity to flash into our life like the movies. We already have the possibility to start new. Although one cannot change the past, we do have a choice about our future actions; to learn from our mistakes, to embrace dreams before they become regrets, and to find the strength and

resources to change what we have the ability to change.

If you would like to change in an area of your life and not sure how, Spiritual Direction is offered through Chaplain Services ex 6800!

Faith and Life

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SUNDAY SERVICE: (English Only) 1100 hrs

COMMUNITY SERVICES:

Sunday School: It 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.

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 Wednesday of the month at 1300 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

Padre Lesley Fox
(United Church)
- Protestant Faith
Community Coordinator
ext 5272

Padre Laura Coxworth
(Pentecostal)
ext 5785

Padre Greg Girard
(Christian Reformed)
- Det. Dundurn
306-492-2135 ext 4299

17 WING



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Wihuri Road)

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CHAPLAINS

Padre Hope Winfield
(Roman Catholic Pastoral Associate)
- Wing Chaplain
ext 5417

Padre Paul Gemmiti
(Roman Catholic Priest)
- Catholic Faith Community Coordinator
ext 4885

Padre Emanuelle Dompierre
(Roman Catholic Pastoral Associate)
- Mental Health Chaplain
ext 5086

TBD
ext 6914

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.*

MAIN OFFICES
Administrative Assistant
204-833-2500 ext. 5087
Building 64,
Lower Level, North End.

EMERGENCY DUTY CHAPLAIN
Contact MP Dispatch ext 2633.

INFO PHONE NUMBER
For chaplaincy services and related information, phone ext 6800 and follow the prompts.

WEBSITE
Those with access to the DIN can visit 17Wing.winnipeg.mil.ca, then click '17 Wing', then 'Services'.

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