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THE VOXAIR


The Winnipeg Military Community News Source Since 1952



The Royal Canadian Air Force Band Annual Christmas Concert at the Centennial Concert Hall, Winnipeg, on December 10th, 2018. Please see our story on page 14 and photos on page 9. Photo: Cpl Bryce Cooper, 17 Wing Imaging


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Holiday Greetings 2018

from Lieutenant-General Al Meinzing, Commander RCAF

Chief Warrant Officer Denis Gaudreault and I are pleased to send you holiday greetings at this most special time of year and, as many of us do at this time of year, to take a look back at the past 12 months.

We can honestly say that 2018 has been an extraordinary year for the Royal Canadian Air Force. The year was bookended by the Sea King, with the last east coast operational flight of our maritime helicopter taking place in January and the official farewell and final flights taking place in December. It's hard to say farewell to an old friend such as the Sea King, but the Cyclone is proving to be a tremendous asset to the RCAF and the Royal Canadian Navy and the first operational deployment of the Cyclone onboard HMCS Ville de Quebec was a tremendous milestone.

This year also brought our participation in a major UN peacekeeping operation, with stellar work being carried out by our Air Task Force personnel in Mali under Op Presence. We also continued our contributions to Op Caribbe and Op Impact. On the space aspect of "air and space power", we are now an integral part of the Combined Space Operations Centre in California, with a member of the RCAF serving as the combined deputy director.

Meanwhile, at home, our ongoing, essential SAR missions continued, as well as sovereignty operations and exercises in the North. We responded to several Op Lentus missions, including fires in British Columbia and Manitoba, flooding in Kashechewan, Ontario, and storm damage on les Îles de la Madeleine.

We also participated in marking a number of significant anniversaries this year, including the 60th anniversary of NORAD. We also marked the 100th anniversary of the Royal Air Force and, as part of those celebrations, sent a contingent to the United Kingdom to undertake Public Duties—guarding the residences of Her Majesty the Queen.

2018 also brought the 100th anniversary of the end of the First World War, as well as the 75th anniversary of the Dambusters Raid. In April, I was privileged to attend the opening of the International Bomber Command Centre in England, which is mandated to preserve and honour the memory of all those who served in the Command. I was reminded powerfully of the courageous contributions of our RCAF personnel, noting that we lost some 10,000 RCAF personnel during the bombing campaign.

As we look forward to 2019, we must continue to focus on our anchor points: our people, our defence policy, our program and our posture.

First and foremost among these are you, our people. Successful delivery of air and space power relies on well-led, robust, healthy and inclusive squadrons and tactical units. You and your families are our lifeblood, and your leaders will continue to create the right conditions to support you, retain your exceptional talents and attract personnel with the right skills and energy to continue your excellent work and move us into the future. We are extremely grateful for and proud of your enthusiasm, your dedicated service and your unparalleled professionalism. You may also rest assured that your work is deeply appreciated by Canadians, by your colleagues throughout the Canadian Armed Forces and Department of National Defence, and by our allies.

And now, during this holiday season, CWO Gaudreault and I, along with our families, hope that you will be able to enjoy some well-deserved rest and time with your family and friends, whose love and support is essential to our ability to do great things. Those of you who must be on duty during the holidays, whether at home or far away, have an extra-special place in our thoughts.

No matter what your belief or faith, we hope you will draw strength from the message of peace and joy this season represents. We wish each and every one of you a Merry Christmas, happy holidays and all the very best in 2019

Vœux du temps des fêtes 2018

du lieutenant-général Al Meinzing, commandant de l'ARC

L'adjudant-chef Denis Gaudreault et moi sommes ravis de vous transmettre nos vœux du temps des Fêtes en cette période tout à fait spéciale de l'année. Nous en profitons, comme beaucoup de gens le font, pour dresser un bilan des douze derniers mois.

Nous pouvons dire en toute franchise que 2018 s'est révélé une année extraordinaire pour l'Aviation royale canadienne. L'année s'est terminée par le retrait du service du Sea King, notre hélicoptère maritime. L'appareil a effectué son dernier vol opérationnel sur la côte est en janvier, puis en décembre, il a accompli ses tout derniers vols en plus de faire l'objet d'un adieu officiel. Il est bien entendu difficile de dire au revoir à un vieil ami comme le Sea King, mais le Cyclone promet d'être une ressource précieuse pour l'ARC et la Marine royale canadienne. Le premier déploiement opérationnel du Cyclone à bord du NCSM Ville de Québec a marqué le franchissement d'une étape déterminante.

Cette année, nous avons aussi participé à une opération majeure de l'ONU, lors de laquelle le personnel de notre force opérationnelle aérienne a accompli un travail exceptionnel au Mali, dans le cadre de l'opération Presence. Nous avons aussi poursuivi notre participation aux opérations Caribbe et Impact. Quant au volet espace de la « puissance aérienne et spatiale », nous faisons désormais partie intégrante du centre d'opérations spatiales interarmées en Californie, dont le directeur adjoint est un Canadien.

Au pays, nous avons poursuivi nos missions essentielles de SAR, ainsi que nos opérations et nos exercices portant sur la souveraineté dans le Nord. Nous avons accompli plusieurs missions liées à l'opération Lentus, dont des interventions pendant les incendies en Colombie-Britannique et au Manitoba, les inondations à Kashechewan, en Ontario, et à la suite des dommages causés par des tempêtes aux Îles-de-la-Madeleine.

Nous avons aussi marqué quelques anniversaires importants cette année, dont le 60e anniversaire du NORAD. Nous avons également souligné le centenaire de la Royal Air Force et, dans le cadre de ces célébrations, nous avons envoyé un contingent au Royaume-Uni afin qu'il y assure des services d'honneur consistant à garder les résidences de la reine.

L'année 2018 constituait aussi le centenaire de la fin de la Première Guerre mondiale, ainsi que le 75e anniversaire du raid des Briseurs de barrages. En avril, j'ai eu le privilège d'assister à l'ouverture de l'International Bomber Command Centre, en Angleterre, dont la mission consiste à préserver et à honorer la mémoire de tous ceux et de toutes celles qui ont fait partie du commandement. L'événement m'a rappelé de façon frappante le travail courageux accompli par le personnel de l'ARC, sans oublier que la campagne de bombardement a entraîné la mort de quelque 10 000 militaires de l'ARC.

En réfléchissant à l'année 2019, nous devons garder à l'esprit nos points d'ancrage, à savoir notre personnel, notre politique de défense, nos programmes et notre posture.

Le premier point d'ancrage et le plus important, c'est vous, notre personnel. Notre capacité d'exercer efficacement une puissance aérienne et spatiale repose sur des escadrons et des unités tactiques bien menés, robustes, sains et accueillants. Vous et votre famille êtes vitaux, et c'est pourquoi vos dirigeants continueront à établir les conditions nécessaires afin de vous offrir du soutien, de conserver vos talents exceptionnels et d'attirer les gens ayant les compétences et l'énergie qu'il nous faut afin de vous permettre de poursuivre votre excellent travail et de nous faire progresser vers l'avenir. Nous vous sommes extrêmement reconnaissants de votre enthousiasme, de votre service dévoué et de votre professionnalisme sans égal, et en sommes tout aussi fiers. Les Canadiens, tous vos collègues des Forces armées canadiennes et du ministère de la Défense nationale et nos alliés valorisent grandement votre travail; n'en doutez pas.

L'adjudant-chef Gaudreault et moi, ainsi que nos proches, espérons que le temps des Fêtes vous permettra de vivre des moments agréables et bien mérités où vous pourrez vous reposer et passer du temps avec votre famille et vos amis, dont l'amour et le soutien sont essentiels à notre capacité d'accomplir de grandes réalisations. Nous penserons tout particulièrement à ceux d'entre vous qui devront travailler pendant le temps des Fêtes, au pays ou à l'étranger.

Quelles que soient vos croyances ou votre confession, nous espérons que vous puiserez de la force dans l'esprit de paix et de joie du temps des Fêtes. Nous vous souhaitons un joyeux Noël, de merveilleuses Fêtes et une bonne et heureuse année 2019.



Lieutenant-General Al Meinzing (left), commander of the RCAF, and Chief Warrant Officer Denis Gaudreault, RCAF Command Chief Warrant Officer, extend holiday best wishes to all members of the extended Royal Canadian Air Force family. On August 6, 2018, they visited Canadian Armed Forces personnel deployed on Operation Presence-Mali, Canada's contribution to the UN mission in Mali. Photo: Corporal Ken Beliwicz

Le lieutenant-général Al Meinzing (à gauche), commandant de l'ARC, et l'adjudant-chef Denis Gaudreault, adjudant-chef du commandement de l'ARC, offrent leurs meilleurs vœux du temps des Fêtes à tous les membres de la grande famille de l'ARC. Le 6 août 2018, ils ont visité les militaires des Forces armées canadiennes affectés à l'opération Presence, la participation du Canada à la mission de l'ONU au Mali. Photo: Caporal Ken Beliwicz

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1 CAD Holiday Greetings

It's hard to believe we are already here again, at the end of another very busy year for 1 Canadian Air Division and the Canadian North American Aerospace Defense Command (NORAD) Region and looking forward to some much deserved rest and relaxation as we head into the holiday season.

As we look back at an extremely busy 2018, Division Chief Warrant Officer Boucher and I are very proud of the hard work and dedication each and every one of you have put towards generating air power at home and around the world every day. I am very proud to be able to say that thanks to our dedicated people the RCAF enjoyed another year of operational success.

This year, we celebrated the 60th anniversary of NORAD, our binational defence agreement with the United States. It is a relationship built on mutual trust and respect for sovereignty, but that also truly solidifies the collaborative relationship we share with our neighbours. It was an honour to celebrate this important milestone with our American friends that we work with every day. Most importantly, NORAD 60 gave us the opportunity to celebrate the people behind NORAD that have the watch 24 hours a day, 365 days a year ensuring the safety of North Americans. You are the true strength behind NORAD.

2018 also saw us continue to support operations and exercises around the world. Notably, we took part in Exercise TRIDENT JUNCTURE 18, the largest NATO exercise since the end of the Cold War. Our support to Operation REASSURANCE was also renewed as we sent another Air Task Force to Romania in support of NATO enhanced air policing. As part of our support to the United Nations Multidimensional Integrated Stabilization Mission in Mali, Operation PRESENCE was stood up, joining 56 other partner countries in their efforts to bring sustainable peace and stability to Mali and the Sahel.

Another hot and dry summer led to multiple requests for support at home, including firefighting operations in British Columbia and fire evacuations Manitoba. And, once again, our units rose to the occasion, moving people and supplies and providing operational support to the missions. On top of everything else, we saw the first operational deployment of the CH-148 Cyclone and said good bye to the CH-124 Sea King, which has ruled the skies supporting naval operations for over 55 years. The impressive legacy of the Sea King is a true testament to what is possible thanks to the expertise and skills of our aircrew and technicians who kept it serving honourably for so long.

In closing I want to make something very clear. What we do would not be possible without you, our people. It is your drive and innovation that ensures our mission success every day. The Chief and I thank you for constantly going above and beyond to ensure our members, aircraft and supplies are in the right place at the right time. I am constantly impressed by what you are able to make happen with a few phone calls and well timed emails. Your dedication makes what we do possible.

As we look ahead to 2019, please take the time this holiday season to relax, unwind and spend time with family and friends. We have been working hard over the past few months and everyone deserves a break! Now is the time to recharge and slow down as we know operations don't wait and the challenges of 2019 will soon be at our doorsteps. We wish you a very happy holiday season and we can't wait to see everyone in the New Year.



In November 2018, Major-General Christian Drouin (right), commander of 1 Canadian Air Division / Canadian NORAD Region, and Chief Warrant Officer Jake Boucher (second from left), chief warrant officer of 1 Canadian Air Division / Canadian NORAD Region, visited RCAF personnel deployed to Mali for Operation Reassurance. PHOTO: Submitted

1 DAC Vœux du temps des fêtes

Il est difficile de croire que nous sommes déjà à la fin d'une année durant laquelle la 1re Division aérienne du Canada et la Région canadienne du Commandement de la défense aérospatiale de l'Amérique du Nord (RC NORAD) ont été très occupées. À l'approche des fêtes, nous attendons avec impatience le moment où nous allons nous reposer et nous décontracter.

Nous avons été extrêmement occupés en 2018. L'adjuc Boucher, adjudant-chef de la Division, et moi-même sommes très fiers de votre excellent travail et du dévouement avec lequel vous générez chaque jour notre puissance aérienne, dans le monde entier. Je suis très fier de pouvoir dire que, grâce à son personnel, l'ARC a vécu une autre année de réussites sur le plan opérationnel.

Nous avons célébré le 60e anniversaire du NORAD, accord de défense binational entre le Canada et les États-Unis. C'est une relation de confiance mutuelle et de respect de la souveraineté, qui renforce notre collaboration avec nos voisins du Sud. C'était un honneur de célébrer cet événement important avec nos amis américains avec qui nous travaillons quotidiennement. Plus important encore, lors de cet anniversaire, nous avons célébré le personnel derrière le NORAD qui monte la garde 24 heures sur 24, tous les jours, pour veiller à la sécurité des Nord-Américains. Ils sont la force derrière le NORAD.

Nous avons aussi, en 2018, continué à apporter notre concours aux opérations et aux exercices à travers le monde. Nous avons participé à l'exercice TRIDENT JUNCTURE 18, le plus important exercice de l'OTAN depuis la fin de la Guerre froide. Nous avons renouvelé notre soutien à l'opération REASSURANCE en envoyant une autre force opérationnelle

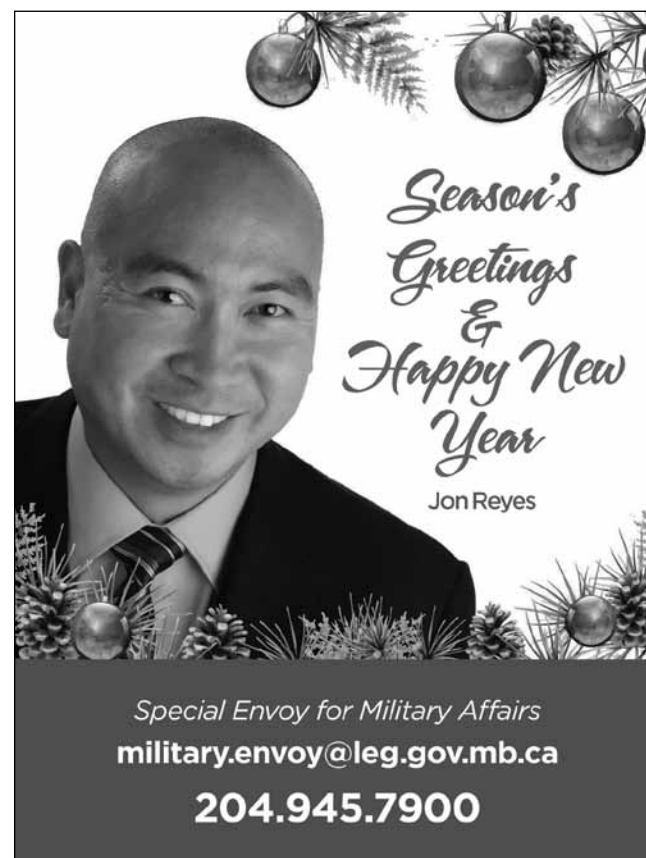
aérienne en Roumanie, pour soutenir la police aérienne améliorée de l'OTAN. Dans le cadre de l'opération PRESENCE, nos membres se sont joints à 56 pays partenaires de la Mission multidimensionnelle intégrée des Nations Unies pour la stabilisation au Mali pour s'unir aux efforts visant à assurer une paix et une stabilité durables au Mali et dans le Sahel.

À cause d'un autre été très chaud et sec, nous avons lutté contre les incendies en Colombie-Britannique et fait nombre d'évacuations au Manitoba. Encore une fois, nos unités ont été à la hauteur de la situation, déplaçant personnes et approvisionnement, et offrant un soutien opérationnel aux missions. En plus de tout cela, nous avons vu le premier déploiement opérationnel du CH-148 Cyclone et nous avons fait nos adieux au CH-124 Sea King qui a dominé le ciel en apportant son soutien aux opérations navales pendant plus de 55 ans. Le Sea King nous laisse un témoignage impressionnant qui est que l'expertise et les compétences de nos équipages et de nos techniciens lui ont permis de servir honorablement pendant si longtemps.

En conclusion, je veux que vous compreniez que nous ne pourrions pas faire ce que nous faisons, sans vous, membres de notre personnel. Votre dynamisme et vos innovations assurent la réussite de nos missions quotidiennes. L'adjudant-chef et moi-même vous remercions de faire plus que ce que nous vous demandons, pour que notre personnel, nos aéronefs et notre approvisionnement soient au bon endroit, au bon moment. Je suis toujours impressionné par ce que vous réalisez avec quelques appels

téléphoniques et quelques courriels envoyés au bon moment. C'est grâce à votre dévouement que nous pouvons faire notre travail.

Dans l'attente de l'an 2019, prenez le temps, pendant les fêtes de fin d'année, de vous détendre, de décompresser et de passer du temps avec votre famille et vos amis. Nous avons travaillé fort au cours des derniers mois et nous méritons tous une pause ! Voici le temps de recharger les batteries, de se reposer, car nous savons que les opérations n'attendent pas et que les défis de 2019 seront bientôt à nos portes. Nous vous souhaitons de très heureuses fêtes de fin d'année, et nous serons impatients de vous revoir l'an prochain.



2 Canadian Air Division Season's Greetings

from Brigadier-General Mario Leblanc
and Chief Warrant Officer Jean-Claude Parent

Regardless of your beliefs, one cannot help but notice the changes in the air as the Christmas Season fast approaches.

As members of 2 Canadian Air Division embrace the holiday season and hopefully enjoy the chance to recharge, we take a moment to reflect back on a year full of accomplishments and changes.

Both Command Team positions at 2 CAD changed hands this summer and we have been thrilled to expand our knowledge about the impressive work the division undertakes. 2 CAD units ensure that no matter where an RCAF member is in their career, they have received the safe, efficient and effective training and the professional development for their current job and are inspired to prepare for future opportunities within the RCAF.

We have witness many proud moments since this summer. One of our most memorable was during the Snowbird's Season Finale Show at 15 Wing Moose Jaw where we were able to share our pride with Her Excellency the Right Honourable Julie Payette, the Governor General of Canada.

We were equally impressed at how 16 Wing Borden truly got behind some brave participants as they shaved their heads to raise funds in support of cancer research as part of the Government of Canada Workplace Charitable Campaign. We were also delighted with the recognition 17 Wing Winnipeg received for its crucial role in fighting a major industrial fire on the outskirts of Winnipeg.

These are just a few of the stellar examples we have witnessed of the dedication and hard work our members exemplify in all our units and schools throughout 2 CAD. We wish you, along with your loved ones and friends, a well-deserved break over the holidays and encourage you to take a moment during the festive season to remember those who have loved ones far from home or are unfortunately, no longer with us.

We hope to get out to many of our units in the New Year to meet more of you who work so very hard supporting our important training mission on behalf of all Canadians.

Merry Christmas!

Meilleurs vœux de la 2e Division aérienne du Canada

du Brigadier-général Mario Leblanc et adjudant-chef Jean-Claude Parent

Quelles que soient vos croyances, vous ne pouvez faire autrement que remarquer les changements dans l'air à l'approche du temps des Fêtes.

Alors que les membres de la 2e Division aérienne du Canada (2 DAC) accueillent

la saison des Fêtes et profiterons de l'occasion, nous l'espérons, pour refaire le plein d'énergie, nous prenons un moment pour réfléchir à une année pleine de réussites et de changements.

La direction des deux équipes de commandement de la 2 DAC a changé de mains cet été et nous avons été ravis d'accroître nos connaissances sur le travail impressionnant entrepris par la Division. Peu importe où se trouve un membre de l'ARC dans sa carrière, les unités de la 2 DAC veillent à ce qu'il ait reçu la formation sécuritaire, efficace et efficiente ainsi que le perfectionnement professionnel lié à son poste actuel, et qu'il soit motivé à poursuivre les possibilités d'avenir au sein de l'ARC.

Nous avons vécu de nombreux moments qui nous ont remplis de fierté depuis l'été. Un des moments les plus mémorables a eu lieu lors du spectacle de fin de saison des Snowbirds à la 15e Escadre Moose Jaw, où nous avons partagé notre fierté avec Son Excellence la très honorable Julie Payette, gouverneure générale du Canada.

Nous avons également été impressionnés par la façon dont la 16e Escadre Borden a pleinement soutenu quelques courageux participants qui se sont fait raser les cheveux au profit de la recherche contre le cancer dans le

cadre de la Campagne de charité en milieu de travail du gouvernement du Canada. Nous nous sommes également réjouis de la reconnaissance reçue par la 17e Escadre Winnipeg pour son rôle crucial alors qu'elle a combattu les flammes d'un incendie industriel important aux abords de Winnipeg.

Ce ne sont là que quelques brillants exemples qui nous ont montré le dévouement et le travail acharné des membres de toutes nos unités et écoles au sein de la 2 DAC. Nous vous souhaitons, à vous ainsi qu'à vos êtres chers et à vos amis, une pause bien méritée durant les Fêtes, et nous vous invitons à profiter d'un moment au cours de la période des Fêtes pour penser à ceux qui ont des êtres chers loin de chez eux ou qui ne sont malheureusement plus parmi nous.

Nous espérons nous rendre à beaucoup de nos unités au cours de l'année à venir afin d'y rencontrer un plus grand nombre d'entre vous qui travaillez si fort pour soutenir notre importante mission de formation au nom de tous les Canadiens.

Joyeux Noël!



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17 Wing Commander's Holiday Season Message

from Colonel Eric Charron

Six months already!? I can't believe that Christmas is coming so soon, and 2019 too.

A quick look back takes us to summer and the departure of Colonel Cook after three years with 17 Wing. He has been spotted around Dundurn and the Wobbly Prop since his retirement and transfer to a Saskatoon air company (you can take the man out of the Prairies, but you can't take the prairies out of the man!). We wish him and Tracy an excellent transition after so many years serving our country!

Shortly before the Change of Command, one of our schools was renamed Barker College in honour of the First World War ace, and some of your colleagues left to fill the ranks for OP IMPACT, while the RCAF Band flew off to the United Kingdom for a prized ceremonial role with HRH! After taking July and August to recharge our batteries, we welcomed new members to 17 Wing with the fall fair on 8 September, and we were back up and running!

We quickly lost count of the number of Guards of Honour after a summer of wing, unit and division parades! At the same time, we continued to support activities from Thunder Bay to the Alberta-Saskatchewan border in terms of supply, vehicle movement, materials and support for the Reserves, Cadets and other lodger units. Our colleagues at CFSSAT continued their training programs at Springer Lake – an idyllic site that the Wing CWO and I were able to visit during training. At 402 Sqn, we welcomed a Dieppe veteran while keeping up a hectic training pace, with a number of missions on weekends and immense dedication by our technicians to keep the Gonzos flyable! At Barker College, in addition to specialized courses and fantastic innovation opportunities, the AFOD program is in full swing, with distance courses and a final two weeks on site with an exercise that welcomes Generals and Colonels to play the role of the JFACC to interact with students. Our Operations Support Squadron went all out to prepare for a possible NORAD validation inspection, including the buildup of the WASF, while keeping an eye on a Polish DC-3 relic that we will be trying to repatriate in early 2019. The Band gave a stunning concert in Thunder Bay at the ceremony to commemorate the end of the First World War – what an honour it was to attend in person with my command partner! Det Dundurn welcomed us in July to complete our firing range qualifications, where we were able to interact with each member of the Detachment, soon after putting out a fire that was threatening the neighbouring municipalities. And we can't forget the Deputy Commander's team, which provides a great deal of service, often with no fanfare. The implementation of the new cannabis policy is a perfect example, in addition to the daily hard work of our chaplains, public affairs officers, regulators, etc. Finally, I don't know what I would do without the Wing HQ personnel working hard to support all that we do!

Together, you have raised the bar with outstanding participation in the duty with honour doctrine review; a special mention to that effect came from the RCAF CWO. With the active participation in courses on respect within the CAF, double the number of military members and public servants participating in sports day, increased involvement in Remembrance Week with over 110 local requests – each met, in accordance with CDS expectations – and, most recently, the construction and lighting of the first menorah at 17 Wing (and in the RCAF!?!), what else is there to say!?

I am so proud to be the 17 Wing Commander, thanks to each of you and your daily accomplishments within 17 Wing and within our community – bravo!

In 2019, we will continue to apply the Defence policy principle of putting people first to make sure that missions are always accomplished! We couldn't do that without the support of our families, who deserve a huge thank-you, because they are the strength beside the uniform.

My wife Andrea, our children Philippe and Sarah, our two cats Jet & Lili and I send you our best wishes for this holiday season, whatever your family traditions may be, and for a 2019 filled with happiness and success at home and at work.



Message du commandant de la 17e Escadre pendant la période des fêtes

du Colonel Eric Charron

Déjà 6 mois!? J'ai peine à croire que Noël qui s'amène à grands pas et puis 2019...

Un court regard en arrière nous ramène à l'été et le départ du colonel Cook après 3 ans à la barre de l'escadre. On l'aurait vu dans les parages de Dundurn et de notre Wobbly Prop depuis sa retraite et transfert à une compagnie aérienne de Saskatoon (et oui, on peut sortir le gars des Prairies mais pas les Prairies du gars!!) Nous souhaitons à Tracy et lui une excellente transition après de nombreuses années de service à notre pays!

Peu avant le changement de commandement, une de nos écoles s'était renommée le Collège Barker d'après un as de la première guerre mondiale et certains de vos collègues sont partis remplir les rangs de l'OP IMPACT alors que la fanfare de l'ARC s'envolait pour le Royaume-Uni et un rôle cérémonial prisé auprès de son Altesse Royale! Après les mois de juillet et août pour recharger nos batteries et accueillir les nouveaux arrivants à la 17e Escadre avec la foire automnale du 8 sept, tout repris de plus belle!

On a vite perdu le compte du nombre de gardes d'honneur qui se sont succédées et celles-ci, après un été de parade au niveau de l'escadre, d'unité et de la division! En même temps, nous continuons de supporter toutes les activités de Thunder Bay à la frontière alberta-saskatchewanaise avec l'approvisionnement, le mouvement de véhicules, matériel et du soutien à la Réserve, aux cadets et aux autres unités hébergées. Nos collègues de l'EEASFC (CFSSAT) ont poursuivi leurs programmes de formation à Springer Lake – site idyllique que l'adjud d'escadre et moi avons pu visiter pendant la formation. Au 402, on accueillait un vétéran de Dieppe tout en maintenant un rythme d'entraînement effréné, avec bon nombre de mission en fins de semaine et un dévouement herculéen des techniciens pour garder nos Gonzos en état de vol! A Barker, en plus des cours spécialisés et des débou-

chés fantastiques en matière d'innovation, le programme DOFA (AFOD) bat son plein avec les cours à distance et les deux semaines finales sur place avec un exercice qui accueille généraux et colonels comme CCAFI pour interagir avec les étudiants. Notre escadron de soutien opérationnel a mis toute la gomme pour se préparer pour une éventuelle inspection de validation NORAD, incluant la montée en puissance de la FSAE (WASF), tout en gardant l'œil sur la relique d'un DC-3 polonais que nous tentons de rapatrier en début 2019. La fanfare a poursuivi ses éclats avec un concert à couper le souffle à Thunder Bay lors des cérémonies de commémoration de la fin de la 1er Guerre Mondiale – quel honneur d'y avoir assisté en personne avec mon partenaire de commandement! Dundurn nous a accueilli en juillet pour compléter nos champs de tir tout en interagissant avec chaque membre du détachement et ce, après un travail d'arrache-pied pour éteindre un incendie menaçant les municipalités avoisinantes. On ne saurait oublier l'équipe du cmdt adjoint qui en dessert large, souvent sans tambours ni trompettes. L'implantation de la nouvelle politique sur le cannabis est un bel exemple, comme le sont les labeurs sans fin de nos aumôniers, officiers d'affaire publique, contrôleurs, etc. Finalement, le personnel du QG de l'escadre qui travaille d'arrache-pied pour supporter tous nos engagements – je ne saurais que faire sans eux!

D'ensemble, vous avez élevé la barre avec une participation hors-pair dans la revue de la doctrine de Devoir avec Honneur, avec une mention particulière de l'adjud de l'ARC en personne à cet effet. Si on ajoute une participation active dans les cours de respect dans les FAC, un dédoublement des membres militaires et de la fonction publique à la journée des sports, un engagement accru pour la semaine du souvenir avec plus de 110 demandes locales – chacune remplie, rencontrant les attentes du CEMD et tout récemment, la construction et l'illumination de la première Menorah à la 17e ERE (et dans l'ARC!?!), que dire de plus?

Quelle fierté de pouvoir occuper pour quelques temps le bureau du commandant de la 17e Escadre et ceci reflète directement de chacun de vous et vos accomplissements journaliers sur l'escadre et dans notre communauté – Bravo!

En 2019, nous continuerons d'appliquer la devise de la politique de Défense qui veut que les gens passent d'abord, pour que les missions soient ainsi toujours accomplies! Cette devise, nous ne pouvons pas l'appliquer avec succès sans l'appui de nos familles – un gros merci, car elles sont la force aux côtés de l'uniforme!

De la part de mon épouse Andrea, nos enfants Philippe et Sarah, nos deux chats et moi-même, veuillez accepter nos meilleurs vœux en ce temps des Fêtes, peu importe vos propres traditions familiales et une année 2019 remplie de succès et de joie à la maison et au travail.

Christmas Greetings from the 17 Wing Chief Warrant Officer

Another busy year comes to an end, and thankfully, comes with it the holiday season which will be greatly appreciated to have time to recharge our batteries. Our success, your success I should say, is incommensurable. Everyone should be proud of their accomplishments. I have noted the professionalism, dedication and team spirit of all. Every member of 17 Wing can be proud of their accomplishments throughout the year. No matter what your trade, the effort of every single one of you is a key factor of success and contributes greatly to the future of the RCAF. The tremendous effort you (civilian employees and military members alike) have provided is recognized. The holiday season brings a well-deserved pause to the high tempo we are facing. I wish you and your loved ones peace, joy and health over the happiest time of the year. Merry Christmas and Happy New Year to the amazing team. Yes 17 Wing members, you're all amazing professional people!

CWO Jérôme Rossignol
17 Wing Chief Warrant Officer

Meilleurs vœux de Noël de la part de l'adjudant-chef de la 17^e Escadre

Une autre année bien remplie tire à sa fin et, fort heureusement, cela signifie que le temps des fêtes s'en vient et que nous pourrions ainsi nous reposer et refaire le plein d'énergie. Nos réalisations – vos réalisations, devrais-je dire – sont remarquables. Vous pouvez tous en être fiers. Je tiens à souligner votre professionnalisme, votre dévouement et votre esprit d'équipe. Chacun des membres de la 17^e Escadre peut être fier du travail qu'il a accompli tout au long de l'année. Peu importe la profession que vous exercez, votre ardeur au travail est un facteur clé du succès de l'ARC et contribue grandement à l'avenir de l'organisation. Les efforts colossaux de chacun d'entre vous, employés civils et militaires, ne passent pas inaperçus. La période des fêtes est le temps de prendre une pause bien méritée et de décrocher du rythme effréné du quotidien. Je vous souhaite, ainsi qu'à vos proches, paix, joie et santé pendant la période la plus joyeuse de l'année. Joyeux Noël et bonne année à tous. Vous êtes une équipe phénoménale. Oui, vous tous, membres de la 17^e Escadre, êtes de formidables professionnels!

Adjuc Jérôme Rossignol
Adjudant-chef de la 17^e Escadre



38 CBG Commander's 2018 Christmas Message



from Colonel Geoff Abthorpe, MSM, CD
Commander, 38 Canadian Brigade Group

As the snow flies and the temperature drops, thoughts turn to the Christmas Holidays and spending much needed time at home with loved ones and friends. One of the greatest gifts we can bestow on each other is the gift of time.

This past year has seen many 38 Canadian Brigade Group officers and soldiers away from home, whether deployed on EXERCISE TRIDENT JUNCTURE in Norway; on OPERATION LENTUS fighting fires in British Columbia; or spending weekends training recruits to develop deployable soldiers in support of the Road to High Readiness. The Brigade has also seen demonstrable growth in our streamlined recruiting, as well as First Nation Initiatives, such as the expansion and of the BOLD EAGLE PROGRAMME and the introduction of the EAGLES NEST camp for Indigenous youth. All of these required the dedicated leadership of my Brigade who work tirelessly to train world class soldiers. From the Headquarters Staff, to Course Officers, and even the storeman/drivers – everyone is clear on what the Commander of the Canadian Army expects, and we are delivering it!

38 Canadian Brigade Group enjoys these successes because of the tremendous support offered by 17 Wing. Support does not just happen, and I would like to thank the hard working staff across the Wing for the food, maintenance, clothing, administrative support and so much more.

It has been an amazing era of shedding biases for the Canadian Armed Forces, the Army and 38 Canadian Brigade Group. From 'Boot-FORGEN' to 'Beard-FORGEN,' to the change in the country's cannabis policy, there is much to celebrate as we wind down 2018. It is very easy, once Christmas stand-down takes effect and you attempt to leave your stresses at work, to over-indulge in too much Christmas cheer. Be responsible and be respectful.

As the holiday season approaches, I ask each and every one of you to look out for your own fire team partners, your friends, and most importantly, your family. Ensure that the upcoming holiday period is a time of great joy for everyone and assist those going through difficult times to find peace. We are all one military community and we can only succeed if we work together as any strong family does.

On behalf of the Brigade Sergeant Major, CWO Robert Morris and both our families, I wish each and every one of you the most joyous of holiday seasons and all the very best in 2019.

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Hiker Returns to Thank 435 Sqn Sports Trivia



Louie Odorico renewing his acquaintanceship with those who came to his rescue this fall: SAR Tech Master Corporal Louie Labrecque and another member of 435 Transport and Rescue Squadron plus one of the pilots from STARS. Mr. Odorico sustained a serious concussion after a fall on the Mantario Trail in Whiteshell Provincial Park on September 9, 2018. Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

Louie Odorico says he's a lucky guy after sustaining a serious injury during a hike with four friends on the challenging Mantario Trail in Whiteshell Provincial Park a few months ago.

The accident happened at Moosehead Lake, the midway point on the trail. The trail is located 130 kilometres east of Winnipeg near the border with Ontario.

Mr. Odorico, a Province of Manitoba employee, paid a visit to 17 Wing on December 11 to say "thank you" in person to Search and Rescue Technicians Master Corporal Donovan Ball and Master Corporal Louis Labrecque, as well as other members of 435 (Transport and Rescue) Squadron who came to his rescue on Saturday, September 9.

The meeting, which included Mr. Odorico's fellow hikers and their family members, took place at 16 Hangar.

Also present were members of the STARS (Shock Trauma Air Rescue Service) team-- pilots Andrew Davidson and Ray Grenkow and Nurse Corine Oxer-- that transported Mr. Odorico to the Health Sciences Centre by helicopter after MCpl Ball and MCpl Labrecque had parachuted in earlier that night.

"I suffered a brain injury but I'm recovering from that," Mr. Odorico said. "I'm very thankful to all of you and for the three services (including a crew from the province that came in to clear a spot for the helicopter to land later) coming together to get me out of a tight spot in the middle of nowhere. What an experience. Thank you from the bottom of my heart. It's great to be here."

An earlier story in The Voxair described the rescue in detail.

"We got a call at about 1030 hours on September 9th about a hiker on the Mantario Trail," MCpl Ball said. "He had fallen backwards and lost consciousness. The call came from the JRCC (Joint Rescue Coordination Centre) at CFB Trenton. STARS was going to pick him up, but winds were strong and there was limited landing area so we were tasked to go in and see what we could do." They arrived on station at 0100 hours. "Winds were extremely strong at 50-60 knots at 2500 feet," MCpl Ball said. "We were planning to do a water jump. Our limitations for training for night water is 20 knots."

Other members of the crew included the Aircraft Commander and Pilot Major Tony Meikle; Captain Charles Lindell, Pilot; Capt Steve Huntley, Air Combat Systems Officer; Sergeant Kim Blake, Flight Engineer; and Corporal Christopher Rancourt, Loadmaster.

Capt Huntley observed that the winds in nearby Kenora, Ontario were gusting 16 to 26 knots. "That was totally doable for us," he said.

The two SAR techs jumped into Moosehead Lake, swam to shore, and provided medical assistance to the

hiker. Manitoba Natural Resources assisted in cutting trees to create a landing zone for the helicopter, and the SAR Techs were able to hand over their patient at 8:30 the next morning to STARS.

MCpl Ball observed that he became a SAR tech for just these sorts of situations.

"I just want to look at it as if I was out there hurt, I would want someone like us to come out and help," he said. "It's an amazing opportunity to help someone like that."

Capt Huntley said he was pleased to see that Mr. Odorico was doing well after the accident.

"That's all we need really," he added. "It's always good to see a positive outcome. It's gone great today. We've had some people come to thank us before. It's great to meet people face to face. It's good to see Louis reach out to us. We're glad to have him here."

MCpl Labrecque echoed those sentiments.

"This is good for us because we never really get to close the loop," he said. "So, seeing our patient when he's injured is one thing, but seeing our

patient after he's recovered is good for us. It's positive feedback for us. That people are appreciative of what we do is awesome."

For his part, Mr. Odorico, who praised the two SAR Techs for their "bedside manner and good humour," said that he'll never complain about having to pay taxes again-- not after seeing how the public purse was spent in paying for his rescue.

"My tax dollars were put to good use," he said with a smile.



Louie Odorico (black shirt) is flanked by (Left) Search and Rescue Technician Master Corporal Louie Labrecque and one of the crew, and a pilot of the Shock Trauma Air Rescue Services (STARS). Mr. Odorico paid a visit to 17 Wing on December 9 to personally thank MCpls Ball and Labrecque and the STARS crew for their rescue efforts after he sustained a serious head injury after a fall on the Mantario Trail in Whiteshell Provincial Park back in early September. Photo: Martin Zeilig, Voxair Photojournalist

Mr. Odorico also commended his fellow hikers.

"It was a serious time," he remarked. "It could have turned out poorly but it didn't. We had some challenges. Our beacon didn't work. One of the hikers, Ian, his cell phone worked. He called his wife in Winnipeg. She called 911, and then was in touch with them all night. Everybody pitched in. They worked as a team. They collected firewood and built fires for the Hercules to see us. These guys stayed up all night and then they had to hike out. It took them two more days to do that. I'm a little envious of that. I wanted to finish the trail. I'm a little frustrated about that. But, I'm very proud of the work the Canadian Forces personnel did on this job. They're professionals."

Sports Trivia

More Potpourri

by Stephen Stone

1. Who are the only NFL quarterbacks to record a win against all 32 NFL teams?
2. As of 2018, which is the only NFL city not to have either been in a Super Bowl or hosted one?
3. What is the only city to have claimed three championships in the same year?
4. Despite not playing basketball after high school, Bruce Jenner, who is now Caitlyn, won the decathlon at the 1976 Olympics and was drafted 139th by which NBA team?
5. During the 1961-62 season, Wilt Chamberlain AVERAGED 50.4 points and 22.9 rebounds per game, which is truly amazing. Yet he was not the league MVP. Who was?
6. Who were the only U.S. presidents to grace the cover of Sports Illustrated?
7. Which Boston Red Sox player had 61 more career hits than Ted "The Splendid Splinter" Williams?
8. Who set an NBA record for most games played in a single season without registering a single assist?
9. This player never went up to bat; he never played the field; he just took over as a pinch runner. Ignominiously, he was picked off base in the ninth inning of game two of the 1974 World Series. Who is he?
10. Which U.S. president was instrumental in having the Flying Wedge banned from football?
11. Who was the first PGA player to use the now common lob wedge?
12. Drafted by the Buffalo Bills of the upstart AFL, this player was the first professional kicker to use the "soccer" style of place kicking.
13. He was the last placekicker to use the standard front-on approach toe kick style..
14. Why is Tony Franklin best remembered in the NFL, besides his scored feats?
15. This Pittsburgh Pirates pitcher was the first to throw the "eephus" pitch: an overhand lob ball.
16. Dick Fosbury is credited with a new high jumping technique known today as The Fosbury Flop. An unheralded Canadian jumper was the first woman to use the backward jump style. Who is she?
17. Who won the 1960 Olympic marathon in Rome running bare foot?
18. 11-year-old Cen Xiaolin holds this world record.
19. Who is the first player since Wally Pipp to hit a walk off home run in his 1,000th game?
20. Which goalie has the record for consecutive games played for the same team?

Sports Trivia Answers on page 14

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LCol Brian M. Quick
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435 Sqn Thrills Families With Night Flight Over City



It's not a ride in Santa's Sleigh, but the thrill was just as enchanting for family and friends of 17 Wing military members on a flight on board a C-130 Hercules to see the Christmas lights of Winnipeg on December 11. Thank you 435 Transport and Rescue Squadron! Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

With the festive season's lights glittering like little jewels in the snow below, the C-130 Hercules circled over the city in a slow and gentle arc.

For the 30 or so people on board gazing out the big concave Plexiglas windows on the SAR (Search and

Rescue) doors, it was a night to remember, especially for the children onboard.

It was the annual Christmas flights over Winnipeg sponsored by 435 Transport and Rescue Squadron.

A total of eight 30 minute flights, which started from 16 Hanger (home of 435 Sqn), took place on December 11 and 13th.

"It's an opportunity to bring family and friends to enjoy the experience of C-130 Hercules," Major Brian Noel, Air Leader at 435 Squadron, said just prior to the second flight of the evening on December 11.

"It's been a busy year at the squadron and we recognize that family and friends have been very supportive of what we do," he added. This is a chance for us to give back to them, and allow them to see what we do on a daily basis by flying."

Maj Noel noted that well over 100 people, friends and family members of RCAF personnel, had signed up for the flights.

"We opened it up to immediate family members, and if there was an opportunity, we allowed them to bring in friends or close relatives," he continued. "The highlight here is that the Christmas season is about sharing and spending time with friends and family. So, this is our way of showing appreciation for what they do for us, and also for them to see what we do rather just hearing about it when they come home."

Although, she's flown on other types of aircraft, Paityn Holhauser, 15, said this was her first time flying on a Hercules.

"I loved it very much," added the smiling, well-spoken grade 10 student from Maples Collegiate.

She was on the flight with family friends, Corporal Katrina Currie, of 435 Squadron, and her husband, Corporal Adam Orvis, and their son and daughter and nephew.

"I'd love to do it again," Holhauser said. "The best part was when I got up and walked around the plane because I've never done that before."

The experience might even have influenced her future career direction.

"I'd definitely like to be a pilot in the RCAF one day," Holhauser said.

Cpl Currie called it an awesome experience for the children to see what personnel at the squadron do on a day to day basis.

"They've never been flying in a Herc before," she said.

Major Maryse Laliberte, who works at Barker College, and her daughters Aurelie, 9 1/2 years, and Evelyn, 6 1/2 years old, were also were passengers onboard the Herc.

"I think it's a great opportunity to present the daily operation (of 435 Sqn) in a more fun and open way for families," Maj Laliberte said. "It also a good lead into Christmas because it's a busy time for military folks. A lot of people have to work during the holiday and can't be with their families and are out of the country. It gives a good time to the family (allows them to) share part of their life with them."

402 Sqn Slips and Slides with Sledge Hockey Manitoba

by 2Lt Becky Major, 17 Public Affairs

402 "City of Winnipeg" Squadron (Sqn) skated out of their comfort zone this month by scooting onto the ice with Sledge Hockey Manitoba. December 3 marked the United Nations International Day of Persons with Disabilities, so 402 Sqn arranged an exhibition sledge hockey game to raise awareness while promoting fitness.

Before the start of the game, LCol John Schwindt, Commanding Officer of 402 Squadron, presented Sean Gilmour from Sledge Hockey Manitoba with a mirror engraved with the squadron's crest and an image of the squadron's aircraft, the CT-142 Dash-8. The inscription read, "In recognition of the inaugural match between Sledge Hockey Manitoba and 402 "City of Winnipeg" Squadron". There was an excellent turnout of spectators as many 402 Squadron members came out to support the game.

The feeling on the ice was one of excitement and intrigue. The game started a bit slow as the 402 Squad-

ron members got the hang of their sticks and tried to find their balance. There was more than one occasion when a 402 Squadron member would be all alone in the defense end trying to pass the puck out, and then a Sledge Hockey Manitoba player would be there in flash. The sport is extremely upper body and ab intensive as you need these muscles to move yourself around, but also to constantly keep yourself balanced and upright.

By the second and third periods, the intensity of the game started to pick up as the 402 members became more comfortable on the ice. 402 Sqn even scored a few goals, although by the third period this may have had something to do with the Sledge Hockey Manitoba players who switched teams to lend a hand.

LCol Schwindt was brave enough to take to the ice and try out the sport. He explained that due to the Canadian Armed Forces (CAF) Universality of Service, CAF members don't have as much exposure to this community. "This event is an opportunity for us to change our perception of people with disabilities," said LCol

Schwindt. "Anyone who thinks sledge hockey isn't as hard as hockey, or isn't as fun, should think about giving it a try. My back and arms were aching for days!"

Kristen Bilodeau was in the crowd with her family watching her son, Logan, defending the net as goalie. Logan, who has cerebral palsy, has been playing sledge hockey for 12 years since he was 8 years old. "A lot of these players want to play competitively but there just aren't enough people involved in the sport," explained Kristen. She hoped that this game would educate a few military members about the sport and maybe spark some interest from the military community.

The sport is definitely harder than it looks, but it is a little known fact that sledge hockey is for everyone. Often people think it is restricted to those who have a disability but anyone can take part. Maybe you're a bad skater but still want to get out on the ice? This sport might be for you!

Please see following page for story photo.

1 CAD Making Christmas Warmer for Children



(L-R) MGen Christian Drouin, Carmela Wade, and Nicole Drouin. Photo: Bill McLeod, Voxair Manager

by Bill McLeod, Voxair Manager

Christmas will be a little bit warmer for 46 children this year when they receive their new pyjamas, thanks to the generous nature of 1 Canadian Air Division members.

When Major-General Christian Drouin, Commander 1 CAD, became aware of the Visions of Sugarplum Fairies Pyjama Project through his wife Nicole Drouin, he requested that guests attending the 1 CAD Open House bring a pair of children's pajamas.

Carmela Wade, the self-described Sugarplum Fairy of the Visions of Sugarplum Fairies Pyjama Project, was at 1 CAD Headquarters on Wednesday, Dec 12, to thank the 1 CAD members for their contribution to the project. Nicole Drouin met Carmela and learned about the project at the gym they both attended.

"I started the project six years ago," Carmela said. "I was teaching art at Brooklands School and I had a conversation with the principal. They do a holiday lunch and they didn't have a present to give to the kids. I racked my brain and I thought 'All kids deserve pyjamas.'"

"So it started with Brooklands and I didn't know how I was going to get 75 pyjamas but it just happened," she added. "The next year I added Heritage School, and this year I added Stevenson School, the daycare at Brooklands, and a class at Machray School. Seven hundred pairs of pyjamas. Winnipeg is an amazing community."

"I think it's just great that the community of Winnipeg has such a great relationship with the Royal Canadian Air Force," said Nicole Drouin.

"I think it's important to give back to the community for what they do in supporting our military families when we move around," she added. "When we come to Winnipeg we are welcomed with open arms."

"I wanted to give back to the community," said Nicole Drouin. "With my husband being the Commander of 1 Canadian Air Division and Winnipeg being home of the Air Force I wanted to bring them together. So at our Open House, instead of people bringing the hostess a gift, I asked people to bring pyjamas."

Nicole Drouin has also started another project to get Winnipeg children a present during the Christmas season.

"This year is about giving," she said. "What we're doing for my husband's staff Christmas party is we're going down to Build a Bear in Polo Park on Saturday to build a bunch of bears and then we are going to give them to the women's shelter. It's great to help out people around the world but when you're helping out people in your own community it gives a great new meaning to Christmas."

MGen Drouin reminded everyone to go to noradsanta.org to watch Santa make his way around the world this Christmas and Carmela Wade said she could still use more pyjamas for the children. She can be reached at carmelawade@hotmail.com. She said she would be willing to go pick up pyjamas.

Around The Wing



Lights of Winnipeg from on high inside the flight deck C-130 Hercules during the Christmas Flight on December 11.. Please see full story on preceding page.
Photo: Martin Zeilig, Voxair Photojournalist



Members of 402 Sqn play against the Sledge Hockey Manitoba team on December 3rd, 2018, at MTS Iceplex. Please see full story on preceding page.
Photo: Cpl Kyle Morris, 17 Wing Imaging



17 Wing RCAF Band Vocalist, Sgt David Grenon, performs during the RCAF Band Christmas Concert, on December 10th, 2018, at Winnipeg Centennial Concert Hall. Please see full story on page 14. Photo: Cpl Kyle Morris, 17 Wing Imaging.

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Around The Wing



The 17 Wing RCAF Band, Lead Guitarist Sgt Mike Hall, performs with Doc Walker, during the RCAF Band Christmas Concert, on December 10th, 2018, at Winnipeg Centennial Concert Hall. Please see full story on page 14. Photo: Cpl Kyle Morris, 17 Wing Imaging.



17 Wing members attending the 2018 Junior Ranks Christmas Dinner on Dec 12, 2018 at 17 Wing Winnipeg, Manitoba. Photo: MCpl Justin Ancelin, 17 Wing Imaging



Personnel Support Programs staff cheer on Marc Lavallee, Fitness and Sports Instructor, as he completes his Force Fitness test on Dec 12, 2018. Fitness and Sports Instructors are required to complete the Force Fitness test just like military members. Photo: Bill McLeod, Voxair Manager



Devon Klassen, Fitness Instructor, demonstrates goblin squats to the group participating in the Christmas Circuit in Bldg 90 on Dec 10. Photo: Bill McLeod, Voxair Manager



Santa Claus (Fitness Instructor Sean Kochalyk) poses with 17 Wing Commander Colonel Eric Charron during the Christmas Circuit at Bldg 90 on Dec 10. Photo: Bill McLeod, Voxair Manager



Teams of four students competed in the Skills Canada Cardboard Boat event held at the Building 90 Pool on December 5, 2018. Photo: Candace Maxymowich, Health Promotion

Around The Wing



Corporal Ankon Goli, Supply Technician, demotes Chief Warrant Officer (CWO) Jerome Rossignol, 17 Wing CWO, to the acting rank of Corporal before the Junior Ranks Christmas Mess dinner, 17 Wing Winnipeg, MB, on 12 December 2018. Photo: Sgt Daren Kraus



Acting Colonel Zacharie Beaulieu, Electrical Distribution Technician, demotes Colonel Eric Charron, 17 Wing Commander, to the acting rank of Aviator before the Junior Ranks Christmas Mess dinner, 17 Wing Winnipeg, MB, on 12 December 2018. Photo: Sgt Daren Kraus



17 Wing MSS CO, LCol Kenneth Mills and 17 Wing MSS Chief Warrant Officer, CWO Cheyne Todd serve dinner during the 2018 Junior Ranks Christmas Dinner on Dec 12, 2018 at 17 Wing Winnipeg, Manitoba. Photo: MCpl Justin Ancelin, 17 Wing Imaging



The "Head Table" during the 2018 Junior Ranks Christmas Dinner on Dec 12, 2018 at 17 Wing Winnipeg, Manitoba. Left to Right: 17 Wing Chief Warrant Officer, CWO Jerome Rossignol, Acting Chief Warrant Officer, Cpl Ankon Goli, 17 Wing Commander, Col Eric Charron and Acting 17 Wing Commander, Pte Zacharie Beaulieu. Photo: MCpl Justin Ancelin, 17 Wing Imaging



The Acting 17 Wing Commander, Pte Zacharie Beaulieu cuts the Christmas Turkey during the 2018 Junior Ranks Christmas Dinner on Dec 12, 2018 at 17 Wing Winnipeg, Manitoba. Photo: MCpl Justin Ancelin, 17 Wing Imaging



Members of 402 Sqn, play against the Sledge Hockey Manitoba team, in the inaugural game, on December 3rd, 2018, at MTS Iceplex. Photo: Cpl Kyle Morris, 17 Wing Imaging

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Season's Greetings

Once again we are coming to the end of another year. A new holiday season is very near.

Let's remember all the wonderful things, we truly should be thankful for. Let's all look forward to an even brighter future.

Winnipeg is a beautiful city, located in the best country in the world. We are truly grateful, to be a part of this community. Our profession has enabled us, to meet many outstanding people.

We sincerely wish to thank you for placing your trust and loyalty in us. We would like to wish you a Merry Christmas and a Happy New Year.

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Warmest holiday greetings

to: 17 Wing Members

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Looking
forward
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throughout
2019

EXERCISE PHOENIX RISING

by Padre Paul Gemmiti

EXERCISE PHOENIX RISING occurs annually for chaplains of the RCAF during autumn. It was recently held at 17 Wing Winnipeg, 29 October to 2 November 2018.

CAF chaplains who work on an RCAF Wing across Canada gathered for professional development which was intended to help chaplains in the Forces at large, but also for covering concerns within the RCAF in particular.

Guest presenters and other speakers covered topics as broad ranging as Child Soldiers, Sentinel Program, Air Reserve Program, and Recruitment of Future Chaplains. It included social opportunities to renew networks of those who have been in the system for a while, but also opportunities to begin new connections for those chaplains who had recently been posted to work within an air force environment or those chaplains who are simply new to both the Royal Canadian Chaplain Service and the RCAF.

Greetings from the 17 Wing Winnipeg Commander, Col Charron, and the Wing Chief Warrant Officer, CWO Rossignol, began the event. MGen Drouin, BGen Leblanc, and BGen Ireland were a selection of others nearby who addressed the gathered chaplains. Col Moore, who is a US chaplain, stayed amongst us and was an enjoyable conversationalist and dispenser of American particular history and points of view.

Most of our time was occupied by some of our own chaplains. Our 1CAD chaplain, Padre Michel Dion, shared with us his busy and interesting participation in RIMPAC. Padre Alain Guevremont spoke about retirement trends in the chaplaincy. Padre Stephan Moisan introduced a software project that will hopefully help streamline the administrative information input of chaplain pastoral service. An informative visit to a local Jewish synagogue was provided by one of our newest upcoming chaplains. And Padre Kevin Olive continued his networking, dialogue, humour, and cajolery of various other chaplains (such as me) to help make the event yet another success.

It is intended that this annual event complements the professionalism, creativity, and evolution that each chaplain can offer to the air force environment since we are an integral presence as a "Strong, Secure, and Engaged" member of the military. May it also be recognized as a ministerial fortifier for the pastoral ministry which only a "padre" can provide to the military member and his/her loved ones.

Please see accompanying photo on Page 19.



College Corner



2018 - An Incredible Year for Barker College

As 2018 comes to an end, the Barker College took time to reflect on an incredible year. The biggest event was the name change from the Canadian Forces School of Aerospace Studies to the RCAR W/C William G. Barker VC Aerospace College. The renaming honoured the recognition of William Barker, a WWI Ace and the most decorated soldier in Commonwealth history.

The Barker College welcomed a new department into its folds. The Instructor Check Pilot School joined our team and became the Department of Human Performance Education. With them they bring the Instrument Check Pilots, Human Performance in Military Aviation and the Flying Supervisor courses.

Several members of the Barker Family were noted for their outstanding work and contributions throughout the year. WO Messier was presented with the US Meritorious Service Medal for his work at Buckley AFB, Colorado. Two Commander 2 Canadian Air Division Commendations were awarded to Maj Lacasse and Mr. Sandall for their outstanding work to the Barker College and the RCAF. Sgt Chenard and Sgt Pelletier were invited by the Unmanned Systems Canada 2018 conference to present their capstone papers.

It has been an exciting year for the Barker College and we can't wait to hit the ground running in 2019. On behalf of everyone at the Barker College we wish you happy holidays and all the best in the New Year! Merry Christmas!

RCAF Barker College News

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2019 Publishing Schedule

Issue Number	Issue Date	Content Deadline
1	16 January	9 January
2	30 January	23 January
3	13 February	6 February
4	27 February	20 February
5	13 March	6 March
6	27 March	20 March
7	10 April	3 April
8	1 May	24 April
9	15 May	8 May
10	29 May	22 May
11	12 June	5 June
12	26 June	19 June
13	10 July	3 July
14	28 August	21 August
15	11 September	4 September
16	25 September	18 September
17	9 October	2 October
18	23 October	16 October
19	6 November	31 October
20	20 November	13 November
21	4 December	27 November
22	18 December	11 December

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RCAF Band and Doc Walker bring Christmas Cheer for Charity

Lt Becky Major, 17 Public Affairs

Last Monday, the Royal Canadian Air Force Band put on a musical extravaganza in support of their Winnipeg community. With special guests Doc Walker, the band performed at the Centennial Concert Hall for their annual holiday concert and raised over \$15 000 for United Way Winnipeg and the Winnipeg Military Family Resource Centre. With over 800 people in attendance, including Lt-Gov. Janice Filmon and Gary Filmon, the audience was entertained by a wide variety of performers from one genre to another.

The RCAF Band shared some Christmas classics including "The Nutcracker," "Sleigh Ride," and "All I Want for Christmas". The band then shared the stage with Westwood Collegiate Chamber Choir, a wonderful young group of students who performed two Disney classic mash-ups from the movies "Frozen" and "Moana."

The emcees for the show, Brody Jackson & Randy

Parker from the weekday morning show at QX104 FM, also provided some entertainment. The two jumped into the holiday spirit and marched around the stage with symbols and bells during "Run Run Rudolph".

But the highlight of the show for most people was the appearance of Doc Walker, the popular country duo from Portage la Prairie and Westbourne, Manitoba. The group's two musicians, guitarist Dave Wasyliv and lead vocalist Chris Thorsteinson, were touched to be performing on stage with the RCAF Band. As Wasyliv explained, "We hate to practice," he said to laughter in the crowd, "But to come and rehearse with this group and hear a whole band playing our songs...that was really cool." The duo played a mix of Christmas tunes and their own hits throughout the show.

Bev Passey, Vice President of Donor Relations and Resource Development at United Way Winnipeg, came up after the intermission to explain the impact donations from the event would have. She described a day

in Winnipeg and all those who would benefit from partner agencies supported by United Way Winnipeg, including Meals on Wheels deliveries and crucial services provided by the Main Street Project.

Another organization which benefited from the concert was the 17 Wing Care & Share Benevolent Fund, which provides emergency support to Canadian Armed Forces members, Department of National Defence (DND) employees and their families, in times of need. This group earned donations from a raffle which allowed the lucky winner a chance to conduct the RCAF Band.

"We love sharing music with the community, especially when it means we can give back," said Captain Matthew Clark, Commanding Officer of the RCAF Band. "Winnipeg is such a welcoming place, and our members really feel at home here."

Please see pages 9 and 10 for photos.

17 Wing Winnipeg Lights Giant Menorah for Hanukah

by Martin Zeilig, Voxair Photojournalist

For Lieutenant-Colonel Marc Torchinsky, Command Chaplain, Canadian Joint Operations Command and Principal Chaplain Diverse Faith Groups, the lighting of a giant-sized Hanukah Menorah at 17 Wing was a personally profound experience.

He admitted to being moved in an emotional/spiritual and intellectual level.

At least 100 people, both military members and civilian employees, including invited guests, took part in the first ever event held at a military base in Manitoba on a freezing and windy afternoon. The Menorah, built by 17 Wing Mission Support Squadron, is located at the corner of the parking lot across from Wing Headquarters.

Rabbi Avrohom Altein, Executive Director, Chabad-Lubavitch of Winnipeg was also in attendance. He spoke in English briefly and delivered a prayer, Ma'oz, in Hebrew.

The idea for a Menorah construction and installation came from Rabbi Chaplain Captain Arnold Notech Glogauer.

The Menorah, Hebrew for "lamp", is one of the oldest symbols of Judaism, noted provided information. For thousands of years, images of Menorahs have been prevalent in Jewish art, architecture and culture.

"The Torah tells of a seven-branched Menorah that was lit every day in the Mishkan (or Tabernacle), the portable temple used by the ancient Hebrews while they travelled to the Holy Land," explained the brochure available at the lighting ceremony. "Later, a seven-branched Menorah came to be lit in Jerusalem's Holy Temple. Originally beaten out of a solid piece of gold, the Menorah in the Holy Temple served as a sacred vessel containing only the purest, freshest olive oil. It stood in the southern part of the Temple and was lit every day by the High Priest."

The Jewish winter holiday, Hanukah, celebrates a Jewish rebel army's routing of the Greek-Syrian Seleucid Empire's forces, and its recapture of the Jewish Holy Temple in Jerusalem, nearly two centuries before the Common Era.

This small army of Jews named themselves Maccabees — an acronym for "Mi Kamocha Ba'eilim Hashem", meaning "Who is like You among the power, O Lord?"

"When the Maccabees finally recaptured the Holy Temple, however, they discovered that the Greeks had left their idols and forbidden foods, destroyed many of their cultural works, and tainted the pure, sanctified olive oil that was used to light the Temple's six-foot Menorah."

"As they set the Temple back to rights, the Maccabees miraculously found one small jug of oil with the High Priest's seat intact. Although they knew that there was only enough oil for one day, they voiced their blessings and kindled the Menorah. Miraculously, the oil lasted for eight days.

"Every year since that time, we celebrate Chanukah

to remember and give thanks for the miracles that God has brought about. With the setting of each light we are reminded that deep inside each person there is a 'cruse (or pot) of pure oil', a tiny part of ourselves that remains pure and holy-- a spark of the Divine which is indestructible and beyond defilement by environmental influences that attempt to lead us away from a moral and spiritual way of life."

Wing Commander Colonel Eric Charron reminded participants that the Hebrew word "Shalom" means peace in all its variants.

"Let us remind ourselves that as an institution the Canadian Armed Forces has been learning to heal and take control of the physical aspect of what it means to be a human being," he said. "We've been making great headways in terms of mental healing, as well Operation Stress Injuries and Post Traumatic Stress Disorder.

"But, one aspect in which we have been falling behind, and need rekindling, is the spiritual side of ourselves as human beings."

Spiritual does not mean religious, Col Charron said, adding that earlier during the week he had participated in a sweat lodge with some of his Command Team.

"It was a significant event for our Indigenous people," Col Charron emphasized to the shivering crowd. "We are blessed in many ways in the CAF. We have over 200 chaplains of various denominations. With us here in Winnipeg we have one of two rabbis in the CAF. Here he is with us sharing in his culture and some of the symbols that are so central to Judaism."

He also referred to the Pittsburgh, Pennsylvania synagogue shooting on October 27, 2018 in which 11 people were killed and seven were injured.

The sole suspect, 46-year-old Robert Gregory Bowers was arrested and charged with 29 federal crimes and 36 state crimes.

"These kinds of acts don't have a place in our civilization," Col Charron said.

"They go against our very nature as human beings of living together, being diverse, being tolerant and being accepting of others-- whatever their traditions may be, as long as they're respectful of one another. So, I think it's very soothing and very appropriate this year that one of the first symbols we put forward and celebrate is one that is central to the Jewish faith. It is with that spirit of acceptance and diversity and tolerance that I welcome you all."

Rabbi Captain Glogauer thanked Col Charron for his "kind and sharing words."

"Within each of us there lies the candle of God with the power to transform darkness into light," he said.

"So too our souls must be kindled first before we can brighten up our lives and the lives of others," Rabbi Glogauer remarked. "Our mission for a better future is therefore clear. We must all become better lamp lighters, and ignite the sparks that lie dormant in one another's hearts."

Just as a candle requires lighting before it can perform its function, so too our souls must be kindled

first before we can brighten up our lives and the lives of others, he added.

"I can't say enough about having an event like this at this Wing at this time," LCol Torchinsky, who was accompanied by his 13-year old daughter, Sophia Liora, said afterwards during the reception in the lobby at Wing HQ, which included refreshments. "The Wing Commander spoke quite eloquently when he spoke about the world, often times darkness and some of the horrible things we do to each other, as well as the intolerance. That fact that we in Canadian society can reflect diversity by celebrating various traditions and cultures in the manner in which we just did is a true sign of what, I think, Canadian identity is all about."

17 Wing Members Work Together to Celebrate Holiday

by Martin Zeilig, Voxair Photojournalist

The large welded aluminum Menorah that was installed in the parking lot across from Wing Headquarters during the Jewish holiday of Hanukkah (December 2-10) was constructed in the CE Flight Electrical Generations (FEG) Shop.

The idea for a Menorah came from Captain Rabbi Notech Glogauer, a member of the 17 Wing Chaplain's team.

The Menorah was built in the FEG Shop in early November by Master Corporal Legace and Corporal Blundun. Captain Justin Gardiner, OC, CE Flight for 17 MSS, arranged a tour for the Voxair while the Menorah was in the final stages of construction.

"The aluminum was sourced through our supply system," MCpl Legace said, noting that using aluminum ensured that the Menorah was "as light as possible."

Master Cpl Legace said it took him a day to weld the pieces together but it took a few days to "mock it up and lay out the pieces" and their proper positioning.

Meanwhile, Cpl Blundun welded up the steel base. "The two of us pulled wires through," said MCpl Legace, pointing out that the Menorah had two different options-- light bulbs and a candle like a traditional menorah.

There was a little bit of difficulty with the wiring, he added.

"But, the main issue we wanted to address is that this is a religious item and we wanted it to be represented correctly," MCpl Legace said. "We went onto the internet and talked to Rabbi Glogauer. Just to make sure it was done correctly. That was our biggest worry. We wanted to ensure that we wouldn't be culturally insensitive."

Freshly Painted T-33 Honours Memory of RCAF Pilot



Rod Slaughter was instrumental in getting the T-33 on Portage Ave. repainted and its base repaired.

Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

After 51 years on a pedestal, Winnipeg's T-33 Silver Star on Portage Ave has a new look, says Gord Crossley, Heritage Officer, 17 Wing Winnipeg.

The repainted plane, which now sports the distinctive red paint job and knight's helmet crest of the Red Knight, was remounted on its concrete and steel base on Portage Avenue West in St. James on November 7, 2018. The helmet was inspired by a beer label according to supplied information.

The repainting, which required almost 500 pounds of automotive paint, was done on site in a make shift scaffolding structure by Western Industrial Services.

Rod Slaughter, whose father, Brigadier-General Bill Slaughter (1939-2013) flew the Red Knight, expressed his approval at the refurbished plane.

The City of Winnipeg and the Slaughter family were behind having the base repaired and the aircraft repainted in the Red Knight scheme, said advance information.

"I think it looks amazing aesthetically in the park," Rod Slaughter said. "Even more important is that it's historically accurate now."

"The Red Knight made the T-33 famous," Mr. Slaughter said. He mentioned that his father was a Flight Lieutenant when he flew as a Red Knight in the 1963/1964 season and was a native of St James, where the display aircraft is mounted.

Canadair CL-30 T-33AN Silver Star Mk.3 number 21232 entered service with the Royal Canadian Air Force (RCAF) on 10 August 1955, says the historical information. It served as a trainer at RCAF Station Gimli and RCAF Station McDonald in Manitoba and was later transferred to RCAF Uplands in Ontario. In October 1964 it was transferred to the Royal Canadian Navy, and served at Shearwater NS. In May of 1967 the aircraft was declared surplus and was transferred back to the RCAF for use as a monument.

It was presented to the City of St. James in Canada's Centennial Year of 1967 to commemorate the long connection between the RCAF, the aviation industry, and the City of St. James. The bronze plaque attached to the base reads as follows:

"The Red Knight was a solo aerobatic performance program run by the RCAF from 1958 to 1969. Over the period of the program, 17 of Canada's best pilots flew the distinctive Red Knight aircraft. Three were killed in crashes during the duration of the program. Over the period of the program, four T-33 aircraft and two Tutor aircraft were painted in the distinctive Day-Glo red scheme."

"It was repainted once in 1975 in the same scheme," according to the supplied information.

"In 1990, a project by 500 Wing, Royal Canadian Air Force Association, had the aircraft removed from its pedestal, and re-painted in the markings of a T-33 that served with the Golden Centennaires aerobatic team in 1967. The Golden Centennaires flew the Canadair CL-41 Tutor (as the Snowbirds do today), but a single T-33 was used by Squadron Leader L.J. Hubbard, the Public Information Officer, and Flight Lieutenant J.D. Gauthier, Commentator. Inside the engine air intakes were painted the names of the members of the RCAF Association and Canadian Forces members who worked on the project."

Since 1990, the aircraft and concrete and steel base have deteriorated.

"I am so proud and pleased that the City and the Airforce have agreed to painting the T33 in the colours of the Red Knight," Ottawa resident Colette Ouellet, one of BGen Slaughter's two daughters, wrote in an email. "Not only was that plane so bold and bright to see in an airshow, but it was a reflection of the daring of those seventeen pilots who could maneuver that jet in such exciting and heart stopping ways."

She also said that one of her earliest memories was watching from the tarmac as her father flew in a show in Portage la Prairie.

"I was only three or four years old, but I knew that it was MY Dad who was in that plane, and I was enthralled," Ms. Ouellet, the middle of three children, wrote. "In those days, once the plane was back on the ground, the audience at the show were able to go over to see the plane up close and meet the pilot. I watched as my Dad got out of the cockpit and climbed down the ladder, and I remember thinking that he was surely the most handsome and exciting man in the whole world. He seemed bigger than life."

"We know that our Dad was an exceptional pilot, and have heard from others how adept he was at moving that machine through the air. But he didn't talk much about his work or his role as a jet pilot."

After he retired from the RCAF, BGen Slaughter was employed as the Executive-Director for the Secretariat of Search and Rescue in Ottawa, Rod Slaughter said, adding that during the Cold War his dad piloted F-86 Sabres in France from 1960-1962.

Crossley observed that 17 Wing and the RCAF assisted the City and Slaughter family by providing original painting diagrams and instructions for the aircraft, as well as assisting in the design of the interpretive panel with images from the National Defence Image Library.

Meanwhile, Greg Ginter, Superintendent of Western Industrial Services, said it took about a week to paint the plane.

"But, it took us a week of prepping it," he added. "The actual refurbishment was two weeks."



The original T-33 Silver Star in Woodhaven, circa 1970. Photo: Supplied

Health Promotion Ready to Help You Keep Your Resolutions



by Bill McLeod, Voxair Manager

Everyone knows that making a change in your life all by yourself is not easy. 17 Wing Health Promotion wants to help you make the changes you need to live healthier in the New Year and help you keep the resolutions you made to yourself in 2019.

Beginning January 14 and running until April 3, Health Promotion will run one of their newest courses, Blast Off the Pounds (BOP). The course includes the Weight Wellness program content that Health Promotion has been running for years but now includes a mandatory physical training portion.

The requirements for taking BOP is that you commit to the 12 week program, attend all nutrition and exercise workshops, do three instructor led physical training sessions a week, weigh-in and allow measurements to be taken and keep a food journal. The first day of the program is a full day of learning but the following

sessions are only one hour a week during lunch time for the rest of the program.

Participants receive valuable information about physical training instruction from PSP Fitness Instructors as part of the program and members can choose from a wide range of instructor-led training sessions including military fitness classes and Community Recreation classes. The fitness instructors can design a program for anyone, even if you are just starting out.

Some modules of the BOP course include, Nutrition 101, Be Label Savvy, Self-Care, Weight Room Orientation, and Fitness Program Design.

The objective of the BOP course is to equip participants with the tools to work out safely on your own and make the right choices to lead a healthy and active life.

Blast Off the Pounds ran twice in 2018 and Health Promotion is very happy with the outcomes.

"It's been exciting to see the success of BOP," said Deanne Bennett, Health Promotion Specialist. "Participants gain knowledge, a structured yet flexible routine, comradery and support in this program."

"I feel some of the reasons the program is successful is the combined approach of physical fitness and nutrition for health benefits and weight management," Deanne added. "The duration of 12 weeks is enough time to start creating behaviour change and the program requires only a small weekly time commitment

after the first day."

Beginning January 15 and running until February 26, Health Promotion will also be running the Butt Out program. The Butt Out program has been around for years and has helped many military members quit using tobacco.

Butt Out is designed to give you the assistance required to kick your addiction to nicotine. The program assists you by providing information about smoking/chewing cessation medications, problem solving and coping strategies, relaxation and stress management, minimizing weight gain, and planning how to remain tobacco free.

For information about either BOP or Butt Out, please contact Health Promotion at 204-833-2500 ext. 4150 or by email at healthpromo@forces.gc.ca.



cafconnection.ca/winnipeg

Butt Out Écrasez-la



15, 22, 29 January & 5, 19, 26 February 2019
1130 - 1230 hrs

15, 22, 29 janvier et 5, 19, 26 février 2019
11h30 à 12h30

Butt Out is designed to help participants overcome their addiction to nicotine by providing education and support. This program focuses on smoking/ chewing cessation medications; problem-solving and coping strategies; relaxation and stress management; physical activity; minimizing weight gain; preparing for high-risk situations and developing a plan for remaining tobacco-free.

Le programme Écrasez-la est un programme conçu pour aider les participants à combattre leur dépendance à la nicotine en offrant de l'information et du soutien. Le programme met l'accent sur les médicaments qui facilitent l'abandon du tabac, la résolution de problèmes et les stratégies d'adaptation, la relaxation et la gestion du stress, l'activité physique, la réduction du gain de poids, la préparation aux situations à risque élevé et l'élaboration d'un plan détaillé pour une vie sans tabac.

For more information or 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

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
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Promotion de la santé dans les Forces canadiennes



As well as wishing Merry Christmas, the entire staff of 17 Wing Personnel Support Programs would like to remind you about Free Week, from January 7 to January 13, 2019. During Free Week, patrons can access fitness classes/programs for free to encourage you to sign up.

Blast Off the Pounds À l'assaut des kilos



14 Jan - 3 April 2019
14 janvier - 3 avril 2019

In the Blast Off the Pounds (BOP) program you will take part in courses on healthy eating, injury prevention and training principles as well as instructor-led PT sessions! While coached throughout this program, the objective is to become equipped with the tools to work out safely on your own and make the right choices to lead a healthy and active life.

Dans le cadre du programme À l'assaut des kilos, vous participerez à des cours sur la façon de manger santé, de prévenir les blessures et de s'entraîner. Les séances de formation seront données par un instructeur. Vous serez encadré pendant tout le programme dont l'objectif est de fournir aux participants les outils nécessaires pour s'entraîner seuls en toute sécurité, et pour prendre des décisions éclairées qui mènent à une vie saine et active.

Make the commitment, sign up today!
Engagez-vous et inscrivez-vous maintenant!

For more information or 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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Merry Christmas!



Diane, Deanne, & Candace
PSP Health Promotion Team
17 Wing

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And reach the 17 Wing Community



Contact (204) 833-2500 ext 4120
thevoxair.ca

Alcohol, Other Drugs, Gambling and Gaming Awareness Training

Formation de sensibilisation aux problèmes liés à l'alcool, aux autres drogues, au jeu excessif et au jeu électronique

24 & 25 January 2019
0800 - 1600 hrs & 0800 - 1200 hrs

24 et 25 janvier 2019
08h00 à 16h00 et 08h00 à 12h00

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

Reconnaitre 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

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

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Mental Fitness & Suicide Awareness: Supervisor Training

Force Mentale et Sensibilisation au Suicide: Formation du Superviseur

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

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

21 January 2019 0800 - 1600 hrs
21 janvier 2019 08h00 à 16h00

This course is Coded! Il s'agit d'un cours auquel on a attribué un code!

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

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National Défense / Defence nationale

Operation HONOUR

RESPECT IN THE CAF WORKSHOP RESPECT DANS LES FAC

10 January 2019 0800 - 1600 hrs
10 janvier 2019 08h00 à 16h00

The "Respect in the CAF" workshop is intended to promote respect in the CAF through awareness and understanding, to empower CAF members to take a stand against sexual misconduct and to support victims.

L'atelier « Respect dans les FAC » vise à promouvoir le respect au sein des FAC en favorisant la prise de conscience et la compréhension pour encourager les membres à lutter contre l'inconduite sexuelle et à soutenir les victimes.

This course is Coded! Il s'agit d'un cours auquel on a attribué un code!



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

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Health Promotion in the Canadian Forces
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Upcoming MFRC Programs and Events

For the most current information on all of our programs, visit our webpage at:

www.cafconnection.ca/Winnipeg

or follow us on Facebook and Twitter:

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CHILDREN & YOUTH PROGRAMS :

OCCASIONAL CHILD CARE

Casual child care for 6 months - 12 yrs. Call 204-831-1248 to register or ask for more information including cost and extended hours. MFRC Occasional Child Care Centre, 630 Wihuri Rd.

KIDS CLUB

Drop in care for children 18 months to 5 years. \$2 per child per session without PSP membership. Free with one! Please send a snack and diapering supplies if required. Westwin Children's Centre, 642 Wihuri Rd. Tues. & Thurs. 1630 - 1930, Sat. 0900 - 1200.

CREATIVE TOTS

Facilitated play group at our South Side Centre. Parents are required to stay. Bilingual. South Side Youth Centre, 347 Doncaster St. Mon. Thurs. & Fri 1300 - 1500, Tues. 0900 - 1100. Free. Drop-in.

FRENCH SING-A-LONG

No French experience needed. For kids 2 - 7 yrs. This month we will visit with Mrs. Claus and have hot chocolate and cookies. Thursdays 0900 - 1000 starting January 10, Free. Register by: January 4

YOUTH PROGRAMS :

GROOVY GIRLS

Get together for some girl talk! Girls ages 10-12 will share snacks and fun activities while talking about what it's like to be a girl! Topics covered will include friendship, dealing with bullies, self-esteem and positive self-image. Registration includes child's ticket to Matilda. (Parent's ticket is additional cost) Thursdays, 1630 - 1800 Jan. 24- March 7 (no group Feb 21) \$30/defense team; \$50 civilian Pre-registration discussion required. Contact Sarah Bell, MFRC Social Work Student at sw.student.mfrc@gmail.com before January 17.

YOUTH DROP-IN CENTRES (6-12 YRS)

Our two youth centres are the hub of our programming for 6 - 12 year olds. There is a \$20 annual membership fee and a registration/health form needs to be completed at a youth centre or the mfrc office. As our program adapts to youth needs, the most current information regarding activities and other opportunities for youth are available via facebook @winnipegmfrcyouth. **hours of operation are subject to change based on attendance. Centres are closed on holidays.

North Side - 102 Comet St

Monday & Wednesday: 1700 - 2000, Friday: 1700 - 2100, Tuesday/Thursday: CLOSED (see Kids Club/Active Kidz)

South Side - 347 Doncaster St.

Monday to Friday 1630 - 2000

PARENT & FAMILY PROGRAMS :

A PARENT COMMUNITY

A 'community' of parents will discuss topics related to parenting children of all ages. Fridays, 0930 - 1130. Free. Drop-in.

A PARENT GROUP

Join us for parenting discussions and networking. Wed., Jan.9 0930 - 1130. Free. Drop-in.

PARENTING TOGETHER EVENING

Join us for a parenting group in the evening. Wed., Jan. 16, 1830 - 2030. Free. Drop-in.

UN-HIBERNATION AT THE CANADIAN MUSEUM FOR HUMAN RIGHTS

If this is your first winter in Winnipeg, come out of hibernation and join other Newcomers as we explore things to do in Winnipeg in the winter. We will meet at the Canadian Museum for Human Rights Sunday 1000 January 20 Information will be emailed to newcomer families by the Newcomer Coordinator.

CIRCLE OF SECURITY

Wouldn't it be great to be able to make sense of what our kids are really asking from us? Circle of Security® Parenting program can help parents and caregivers to read children's emotional needs, support emotional management and enhance self-esteem. Each family will receive a copy of "Raising a Secure Child" Mondays 1330 - 1500 January 21 - March 18 No class February 18 Defense Team \$40/individual, \$60/couple; Civilian \$100/individual, \$150/couple Register by January 11

DEPLOYMENT DINNER DATE

If you have a loved one preparing to deploy or is currently deployed or has recently returned from a deployment, allow us to organize dinner for you and your family. Meal themes will be announced in the Keeping in Touch email and on the MFRC Facebook (@WinnipegMFRC)page closer to the date of the dinner. Tuesdays 1700 - 1900 January 29 February 26 March 26 April 30 \$5 per adult and \$3 per child (5-12), under 4 free with a max \$20 per family. Register by: January 25, February 22, March 22, April 26

ADULT PROGRAMS

CAFÉ FRANÇAIS

Join us Wednesday mornings for a coffee and chat in French. This is a perfect opportunity to practice your French. Wednesdays 930 - 1130 First and Second Wednesday at MFRC Fourth Wednesday École Roméo Dallaire Free. Drop-in.

NEW YEAR! NEW GOALS! VISION BOARDS

New Year! New Goals! Come out to the MFRC and create your personal vision board. Vision boards are display boards with motivational images and words, that can be short term or something you wish for far into the future. These boards will serve as a reminder of your personal goals and help you make them reality! Saturday 1300 - 1500 January 12 \$5 Register by January 8.

CRAFT DROP IN AFTERNOON

Are you a knitter, scrap-booker, card maker or other crafter? Pack up your supplies and work on it in our space, in the company of other crafters. We have 8 ft tables so you have room to work! Wednesday 1330-1500 January 16 February 20 March 20 April 17 Free. Drop-in.

EVERYDAY JOY

Participants will discuss and share practical ways to

make their lives more joyful and fulfilling. Each month will have a theme; some will have an activity! Thursday, 1900 - 2100 January 17 Thursday 1800 - 2000 March 7 Free Register by January 14 March 4

MAURITIAN CULTURE AND COOKING

Come learn about the culture of the island nation of Mauritius while learning how to make Mauritian gâteaux piments and chicken curry. Inviting Francophone, Francophiles, adults interested in French language and francophone cultures to participate and share ideas and recipes. Friday 1700 - 1930 January 18 \$5 Register by January 11.

EMPLOYMENT & EDUCATION SUPPORT GROUP

This small group environment is dedicated to offering a socially supportive atmosphere for spouses who are looking for employment while offering training, presentations, workshops and visits to local employers and education providers. Tuesdays 0930 - 1130 January 22 - April 23 Free. Drop-in.

LEARN TO... BULLET JOURNAL

Bullet journaling is more than just a fad, it's a great way to help you organize your life and prioritize your life! We will be learning the basics of bullet journaling, some different techniques and some creative fonts. You will leave with your own journal to get started. Tuesday 1830 - 2030 January 22 \$15 Register by January 16.

MFRC "COUPLE FORCE"

Come out with your partner for a date night to remember. Dinner and activities provided. There will be some friendly competition between couples and within couples. Friday 1730 - 1930 January 25 \$10 per couple. Register by January 18.

SPECIAL EVENTS

COMMUNITY COFFEE BREAK

Visit with community members, pick up resources, register for programs and meet with staff. We have door prizes, occasional special guests and announcements. Thursdays 1000 - 1100 January 3 February 7 March 7 April 4 Free Drop in

YELLOW RIBBON GALA

Victoria Inn Hotel and Convention Centre 1808 Wellington Ave. The annual fundraising gala is a chance to relax with friends, enjoy world class entertainment by JetStream and even bid on the silent auction and buy tickets for the players choice raffle. An event not to be missed! Saturday February 16 1730 cocktails 17 Wing and Lodger unit personnel and immediate family: \$75. Civilian: \$100 or Table of 10 is \$900. Tickets available until February 6.

ACROSS GENERATIONS; SHARED EXPERIENCES OF SUPPORTING A FAMILY MEMBER WITH PTSD

Join us for a viewing of Military Mothers from the documentary Soldiers' Children followed by a moderated, intergenerational panel discussion. Saturday 1300 - 1500 February 23 Free. Register by February 19.

Call 204-833-2500 ext 4500 to register for programs or for more information

Sports Trivia Answers

1. Peyton Manning after he was traded to the Denver Broncos from the Indianapolis Colts; Brett Favre after being traded from the Green Bay Packers; and Drew Brees beating his old team, the San Diego Chargers.
2. Alas, the only city is home to the Browns – Cleveland..
3. Detroit: the Lions won the NFL championship, the Tigers won the World Series, and the Red Wings hoisted the Stanley Cup, all in 1935..
4. Kansas City Kings – now the Sacramento Kings..
5. Bill Russell of the Boston Celtics..
6. John F. Kennedy, Gerald Ford, Ronald Reagan twice, and Bill Clinton..
7. Bill Buckner. In a 22-year career that included time with the Chicago Cubs, Los Angeles Dodgers, Red Sox, California Angels and Kansas City Royals, he amassed 2,715 hits. However, poor Bill is remembered for the error in game six of the 1986 World Series..
8. Yinka Dare of the New Jersey Nets. He ended his career with four assists against 96 turnovers..
9. Herb Washington, Oakland A's. Interestingly, his baseball card lists him as "designated runner."
10. Theodore Roosevelt. A popular formation, the Flying Wedge saw a phalanx of blocking linemen (often grabbing handles sewn to the pants of the man in front) thunder down the field linked together, with the ball carrier right behind, usually leaving bodies strewn all over the field.
11. Tom Kite.
12. Pete Gogolak from Cornell University.
13. Mark Mosley, who retired from the Washington Redskins in 1986.
14. He was the first bare foot placekicker in the NFL.
15. Rip Sewell.
16. Debbie Brill – owner of the "Brill Bend."
17. Abebe Bikila. He also won in 1964 in Tokyo, this time wearing track shoes.
18. The boy recently set a new rope skipping world record by completing a whopping 108 skips in just 30 seconds!
19. Anthony Rizzo.
20. Glen Hall. Starting in 1955 and spanning seven seasons, he played in 502 consecutive games for the Chicago Black Hawks. The streak was stopped because of a back injury..

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Challenge your beliefs. Free yourself from limited thinking and stretch emotionally. Face your fears. Take the lead in making your work environment a better place. Work on developing functional relationships. Build a sense of community where you'll feel safe and supported.

Taurus (April 20 – May 20): Open your mind. Truths are revealed when you consider other people's perspectives. A shared experience doesn't always create identical memories. Everyone processes things differently. Make choices that bring peace of mind. For your own good, let go of any negatives. Move on.

Gemini (May 21 – June 21): Your intuition is working well right now. Use it to sense which path will lead to abundance and joy. Sense where you will find freedom. You can change the way you live. Have confidence in your inner compass and you can be more decisive when making big and small choices.

Cancer (June 22 – July 22): If you've been avoiding something you may end up feeling emotionally tired. Address the problem and your fatigue will fade. Be sensible in your approach. Think carefully before acting. Be honest and note when your actions serve you and are productive and when they are not.

Leo (July 23 – August 22): Networking and creating connections are a good way to get promoted. You'll be valued and respected if your skills are current. Upgrade if necessary so that you are qualified for new projects. It's the combination of what you know and who you know that gets you the furthest now.

Virgo (August 23 – September 22): There are differences and opposites in everything but you need to be comfortable with all aspects of yourself and aspects of others. Do not avoid the inevitable or shy away from confrontation. Deal with challenges when your energy is high. To be at your best, schedule rest.

Libra (September 23 – October 23): To find clarity, ask the hard questions of yourself and others. Take care of yourself. Stand up for yourself. Step into the spotlight. Every team needs a leader. You'll feel healthier, happier and more confident when you speak your mind from a place of strength and truth.

Scorpio (October 24 – November 21): Perfect is impossible. Your ideal isn't realistic because even things that start out looking good (physically and emotionally) require a lot of maintenance to stay strong. And things are always changing. Teamwork takes effort. Give 100% yourself and you'll get the best results.

Sagittarius (November 22 – December 21): Solid investments sustain you. Projects pan out. When you want to improve your health, look at more than just the physical. Assess if there are ways in which you create tension in your life. Is there a better way to manage how you relate to yourself and others?

Capricorn (December 22 – January 19): A life review shows you where you need to make adjustments. Live in the moment. Leave the past behind. Your new plans may meet with some resistance. The changes you've made won't sit well with everyone. If they suit you that's what counts. Live, learn, laugh and love.

Aquarius (January 20 – February 18): Limiting yourself to what you've always done will keep you from really reaching new heights. Take a few risks. Look at new ways of seeing and doing things. You'll discover a whole new you. Change is inevitable. Make your own evolution a positive experience.

Pisces (February 19 – March 20): Commit to changes in your life that contribute to the lives of others. Can you mentor someone or do something that will make the world a better place? Use your personal skills and talents to make a positive contribution. Your vision, conviction and wisdom are needed.

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Chaplain's Corner

A Sharing of Prayer at Christmas

by Padre Hope Winfield

Well, holiday leave is almost here! Christmas music is playing on the radio, Hallmark specials are being aired on TV, and many of us have been caught up in the marathon of holiday celebrations.

While joy may be in the air, this season can also bring about the inevitable stretching of budgets, managing expectations, being nice to the in-laws, and stressing out (sometimes about the little things).

Why must we do this to ourselves? Why must we try to keep up with the Joneses? Have we really forgotten what the true meaning of the season is? What about our various cultural and faith-based associations? What, for example, is the Christian perspective?

Our liturgical readings and practices at this time of year encourages us to open a space in our hearts, our homes, our relationships, and our lives for Love Incarnate to be born again.

But, what is love? Each of us has a different point of view, after all.

Let's look at the writings of St. Paul who says this about love:

"Love is patient, love is kind. It is not jealous, (love) is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing. (Rather it) rejoices with the truth. It bears all things, hopes all things, endures all things. Love never fails."

(1 Corinthians 13:4-8)

If we are to truly find Love Incarnate, if we are to prepare for God to be at the centre of our lives, we need to look at the whole season through a different lens. And so, I offer this prayer up in hopes that I will focus less on the noise around me and more on allowing love to enter.

God, please make me patient when things don't

seem to go my way or according to my timelines.

Help me see that there is no need to compare myself to others or my life to the lives of others. Aid me in accepting my own talents so that I may not be jealous of those who have more (culinary) talent than me. Instead, let me be happy when others invite me to share in what they have made with their own hands.

Lord, help me not to be pompous, inflated or rude to those who have reached out to invite me over, who have taken their time to send a card, or those who call to ask me how I am. Let me be the person who always has

time for a coffee, who returns others' greetings (even if it is late), or who picks up the phone to reach out to someone.

Help me to keep my temper in check. Help me show Love to those who have been less-than-kind, and help me to move past a revengeful heart to see an opportunity for new beginnings. Help me to open my heart, home and life to a Love that endures all and never fails.

In closing, I would like to extend my wishes to all for a wonderful season and many blessings in the New Year!



Standing left to right: Capt Jacques Tremblay; Maj Stephan Moisan; Capt Jean Max Destine; Capt Edgar Schroeder; Lt(N) Mary-Anne Van Heuvelen; Capt Bryan Bowley (shy/hidden); Capt Wendy Kean; Capt Brenda Zwicker; Capt Felix Tachie; Maj Bastien Leclerc; Maj Hope Winfield; Capt Eric Davis; LCdr Zbigniew Jonczyk; Maj George Helou; Capt Frances Savill; Capt Audrey Brown; Maj Richard Bastien; Capt Laura Coxworth; Capt Paul Gemmiti; Lt(N) Haupi Tombing; Capt Greg Girard; Lt(N) Gleb Pistruga; Capt Marcin Rosinski; Capt Noteh Glogauer.
Sitting left to right: Capt Kevin Olive; LCol Martine Belanger; LCol Michel Dion; BGen Chris Ireland; Col Alain Guevremont; Col Kelly Moore; Maj Jim Hardwick; Maj Mario Gaulin. Photo: Supplied

Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

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 Laura Coxworth
(Pentecostal)
- Protestant Faith
Community Coordinator
ext 5785

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

TBD
ext 5272

JEWISH

CHAPLAIN

Padre Noteh Glogauer
(Rabbi)
ext 6914



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Community Chapel
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(west off
Whytewold/
Wihuri Road)

CATHOLIC

STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

SUNDAY MASS: (Bilingual)
Spring/Summer Liturgy Timings: 9am
(Sunday after Easter - Thanksgiving Weekend)
Autumn/Winter Liturgy Timings: 4pm
(Sunday after Thanksgiving to Easter Sunday)

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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Contact Wing Chaplain Office for further information.

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