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Our Military Community Newspaper, 17 Wing Winnipeg

January 16, 2013

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Christmas Tradition Continues at 17 Wing



Colonel Blaise Frawley, 17 Wing/AFTC Commander, opens the staff car door for the Junior Ranks Mess dinner Honorary Wing Commander, Corporal Mark Ferdinand. Photo by: Sgt Daren Kraus

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Sacrifice Medal Presented to SAR TECH



(L-R) Maureen Decaire, Owen Decaire, Sergeant Brian Decaire, Kyla Decaire, Elizabeth Decaire and Garry Decaire pose for a picture following Sgt Decaire being presented the Sacrifice Medal. Photo: Sgt Bill McLeod

By Sgt Bill McLeod
17 Wing Photojournalist

Sergeant Brian Decaire, a Search and Rescue Technician and instructor at the Canadian Forces School of Survival and Aeromedical Training (CFSSAT), was presented the Sacrifice Medal at 17 Wing Winnipeg by Brigadier-General Martin Galvin, 2 Canadian Air Division (CAD) Commander, on 10 December 2012.

The medal was presented during an intimate ceremony in the 17 Wing Commander's Conference Room attended by his wife Elizabeth, his children Owen and Kyla, and his parents Garry and Maureen Decaire, as well as command team members

of 2 CAD, 17 Wing, and CFSSAT.

During the ceremony, a speech made by then Governor General Michaëlle Jean on 11 November 2009, was read.

"Those of you who were wounded also are not alone. We know the price you have paid. Your sacrifice will forever be etched into the pages of our collective history. Like you, we believe that life is precious and valuable, to be defended, respected and cherished. As commander-in-chief, I bow to you and express my deepest respect and gratitude," she said

Sgt Brian Decaire was wounded on 17 April 2002 while participating in OP APOLLO. A Company of the 3rd Battalion Princess

Patricia's Canadian Light Infantry was conducting a live night fire exercise in Afghanistan when they were struck by a bomb. Four members were killed and eight others were injured. Then Cpl Decaire suffered wounds from the shrapnel and hearing damage.

The Sacrifice Medal was created to provide a tangible and lasting form of recognition for members of the Canadian Forces and those who work with them who have been wounded or killed by hostile action as well as Canadian Forces members who died as a result of their service.

For more information about the Sacrifice Medal please visit:

<http://www.gg.ca/document.aspx?id=113>

2CAD held an Honours and Awards Ceremony on December 10th to recognize Queen's Diamond Jubilee recipients. For photos of the ceremony, please visit our website at: www.thevoxair.ca

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The Chinthes of Movember



435 Sqn Chinthes pose for a photograph on November 30 at the end of the Movember campaign. The team raised \$2712 dollars for men's health research and awareness. Photo: Cpl Jean Archambault

Sgt Bill McLeod
17 Wing Photojournalist

A team calling themselves the 435 (Transport and Rescue) Squadron Chinthes scored big this year in the Movember and Sons competition to raise funds for men's health issues.

Raising a total of \$2712 dollars, the 19 Mo Bros and one Mo Sista of Team Chinthe finished in 7th place out of 89 Canadian Forces teams competing with team member Warrant Officer Kirk Stubner personally placing 6th out of 963 total Canadian Forces members in the competition. Overall the team placed 2637th out of 23,751 teams competing across Canada.

"I was extremely pleased on how well the 435 Chinthes finished the CF Team rankings. Our team was relatively small in comparison to others within the CF, and we started the campaign a day late with only 3 members," said 435 Chinthes Team Captain Master Warrant Officer Michael Morrissey. "Due to the extraordinary efforts of WO Stubner and a few others we quickly gained momentum and finished strong with 19 team members."

On Movember (November) 1st, guys register at Movember.com with a clean-shaven face. For the rest of the month, these men, known as Mo Bros, groom, trim and wax their way into the annals of fine moustachery.

Supported by the women in their lives (Mo Sistas), Movember Mo Bros

raise funds for men's health issues by seeking out sponsorship for their Movember efforts, all the while raising awareness about the men's health in the general public.

"I am hoping that this becomes an annual event at 435 Sqn and I would like to thank our team, and anyone who contributed to this worthy fundraising effort," said MWO Morrissey, 435 Chinthes Team Captain.

A friendly competition with 402 "City of Winnipeg" Squadron ended a little lopsided with the two members on the 402 team raising \$560 dollars.

17 Wing Winnipeg Goldeyes Scuba Diving



Basic Open Water Course starts, 25 Feb 2013
Learn to SCUBA Dive!

Course includes 12 class and pool sessions, followed by a minimum of 4 Open Water check out dives at West Hawk Lake. Class and pool training is Monday nights from 1830-2200h. Students will need to purchase mask, fins and snorkel. Wet suit rental is also required for Open Water Dive.

Cost \$375 + GST/military members
\$420 + GST/associate members

Location: 17 Wing Community Centre and Base Pool 90

Date: 25 Feb 2013

Time: 1830-2200

E-Mail: Durren.McDonald@forces.gc.ca

President: Durren.McDonald@forces.gc.ca

Vice President: Jack.Williams@forces.gc.ca

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Cadets Donate to Siloam Mission



Members of the 50 Lt Col Barker V.C. Air Cadets unloaded over 60 bags full of clothing to Siloam Mission on December 7th. Photo: Maj Mike Lagace

**By: MCpl Aaron Zahara
31 Engineer Squadron**

Every year, piles of clothing, towels, sleeping bags, and various other items are left at the campgrounds of Dauphin's Countryfest. A few years ago, these items would be collected and discarded. Now, thanks to cadets from 50 Lt Col. Barker, V.C, these items are helping Winnipeg's less fortunate keep warm.

Seven air cadets unloaded just over sixty garbage bags full of various clothing items at Siloam Mission on Friday, December 7. Mike Duerksen, Communications Coordinator at Siloam Mission, says the items come at a much needed time.

"At this time of year, there is a huge demand for clothing. People who live on the street don't have access to lockers or storage, so they wear the same clothes over and over until they wear them out."

The cadets took the afternoon off from school to make

the special trip to Winnipeg from Dauphin. Accompanied by their officers, Captain Earl Pryce (Commanding Officer) and Lieutenant Wayne Williamson, the cadets unloaded the bags quickly and efficiently, despite the cold weather. For cadet Warrant Officer Second Class Rigby Devos, taking time away from his studies to donate the clothing was an easy decision.

"It was a total no brainer for me. I think it's important for everyone – no matter what you do – to take some time out of your schedule every now and again and just spread some happiness."

Initially, the cadets volunteered to clean up the campgrounds after Countryfest and were able to keep the proceeds from returning empty beer cans and bottles. This year marks the first time that 50 Lt Col. Barker, V.C was contracted to do the work. All the money raised goes to Dauphin Air Cadet Parent Committee and is used to fund events just like this.

Leanne Peters, Major Gifts and Corporate Relations representative for Siloam Mission says this donation is a dream event for a fundraiser.

"The cadets are such a wonderful, respectable group

of young people," said Leanne. "It's so great to see the next generation involve themselves in this kind of generosity."

For around 300 of Winnipeg's less fortunate, the streets are a cold reality – especially at this time of year. If it weren't for emergency shelters like Siloam Mission, many more homeless people in Winnipeg would be staring down a frozen night on the street. Without donations from the public, Siloam's ability to provide essential services to the homeless would be in jeopardy.

This is more than just a simple donation, however. The effects are much greater than just dropping off bags of garments.

"This isn't just about piles of clothes," explains Mike Duerksen. "When our guests see people – especially young people, taking the time to help them, it's a real eye opener. The cadets aren't just donating clothes; they're bridging gaps and building relationships."

During Countryfest, 50 Lt Col. Barker, V.C provides a minimum staff of twenty air cadets and parents to assist in collecting garbage, recycling, and handing out trash bags. After the festival is over, they spend an additional four to six days cleaning up the campgrounds with around thirty people.

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Jr Ranks Christmas Photo



Corporal Mark Ferdinand, Honourary Colonel, carves the turkey at the head table as (L-R) MCpl Jo-Ann Matyas, Honourary WCWO, Leading Seaman David Spear, WCWO Michael Scarcella, 17 Wing WCWO, Colonel Blaise Frawley, 17 Wing/AFTC Commander, and Captain Chantal Bellemare-Whiting, Wing Foods Svc Officer look on. Photo: Sgt Daren Kraus

17 Wing Member Awarded Provincial Male Athlete Award



Major Serge Faucher from the Canadian Forces School of Aerospace Studies was presented the Male Athlete of the Year – Masters category in Track & Field by Athletics Manitoba at their annual Awards Banquet held in November. The award capped an excellent year for Maj Faucher as he was named the 17 Wing Winnipeg Male Athlete of the Year as well and participated in the Canadian and World Masters Indoors Track and Field Championships. Photo: Submitted

Annual Air Logistics Symposium held at 17 Wing Winnipeg



Warren Otto, U of M welcomes Capt Alan Lemberg, CFB Halifax, FLog TEME Photo: Submitted

By: Lt Kirk Copping and Memoree Wells
1CAD

“Professional Development - a life long pursuit” was the message BGen Matheson brought to the opening of the annual Air Logistics Symposium held at 17 Wing from 13 – 16 Novembers 2012. This year’s theme brought together Air Force Logisticians from across Canada and educational institutes to promote a life time of learning for Logistics professionals, share best practices and work together to solve long, outstanding issues.

BGen Matheson, the key-note speaker, spoke about his personal experiences with Professional Development and how it contributed to his successful military career.

He stated that success is measured differently by every individual and that measure may change several times during different stages of your life. He defined success as being the best you can be, whether that is the best Corporal, mother/father or aspiring NCO or Officer.

He encouraged Logisticians to strive for variety of employment through line-assignments, staff billets and/or deployments. He advised young officers to strive for Command positions, upgrade their education and ensure time is spent on Second Language Training.

Educational institutes including the University of Winnipeg, University of Manitoba, Athabasca University, Certified General Accountants, Université de Saint-Boniface, Royal Roads University, Canadian Defence Institute, Certified Management Accountants, Academy of Learning and the NATO school were part of an educational fair which provided valuable information for all participants.

Royal Military Institute of Manitoba Awards



President Barry Burns presents Don Brennan with his award.



President Barry Burns presents former Wing Chief Frank Emond with his award.



President Barry Burns presents Commander Claude Michon with his award.



President Barry Burns presents Gen Walter Natynczyk with his award.



President Barry Burns presents Commander Bob Siemens with his award.



President Barry Burns presents Maj Gen (Ret'd) Dennis Tabbernor with his award.

By: Barry Burns

President of the Royal Military Institute of Manitoba

It was his last official appearance as Chief of the Defence Staff before his Change of Command ceremony. General Walt Natynczyk was presented the Patriot Award by President Barry Burns at the gala affair attended by over 200 current and former members of the Canadian Forces. Natynczyk was saluted for his brilliant career and

says now he just wants to be known as “Walt from Winnipeg”.

Another Patriot Award went to Major General Dennis Tabbernor who retired this year as Chief of Reserves and Cadets.

Don Brennan, Executive Director of the Military Family Resource Centre was given the Twice the Citizen award as was former Wing Chief Frank Emond.

Commander Claude Michon and Commander Bob Siemens, both former CO's of HMCS Chippawa, received the Institute Award



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Flying Tigers Swim Team



The Flying Tigers Swim Team practiced in the pool of Bldg. 90 on January 9th. Photo: Alison Boates

By: Alison Boates
Voxair Photojournalist
(With results from Michelle Neilson)

The Flying Tigers Swim team is a competitive team that practices over at the pool in Building 90 and competes in competitions in and around Winnipeg.

The meets they compete in are called developmental meets, which allows the swimmers to get times that they need. They can range from basic times that simply help the children improve in practice all the way to Provincial Level A times that allow them to compete on the Provincial level. The next level after Provincial is called ManSask that holds meets two times a year.

"We're a smaller team so we don't split them up by ages and they all practice together," says parent and volunteer, Michelle Neilson. The youngest swimmer is nine and oldest is 16 and of the 15 swimmers, nine will be competing in their next meet being held on January 19th at the Pan Am pool.

The team is always looking for people to help out on deck. They need basically 50 people in order to run a meet, so they're very dependent on volunteers.

"I'm also a swimmer with the Masters group, which is anyone aged 18 years and older. All Masters means is that you're 18 years or older, it doesn't mean you excel at swimming but as long as you have the basics down, the coaches will help you

with your strokes," says Neilson.

If you'd like more information about the swim team, you can visit their website at: www.ftst.ca.

At the Xmas invitational on Dec. 8th and 9th the swimmers contributed to team points and were a force to be reckoned with!

Richard pushed hard all weekend. He was the only team member to attempt a Fly event and was successful in his first try at the 50m. He also brought home a 5th place finish for his 400m Free.

Sydney has added 4 more Provincial times to her docket. She pushed through her 400m Free earning a 3rd place finish.

Makaela was in fine form adding 2 more Provincial times to her list. She also excelled at her 400m Free taking almost 28 seconds off her previous PB. She finished everything off by holding top 10 finishes throughout.

Shaylin also added 4 more provincial times. She obtained PBs in 6 of her 7 events and took an impressive 4th place finish in the 400m IM.

Haley certainly created a name for herself at her first meet ever adding 104 points to the team total with 2 x 1st place and 4 x 3rd place finishes! Provincial times were achieved in 2 events as well.

Ryan has added another Provincial time to his list too. The meet gave him 3 x 1st place and 1 x 2nd place finishes where his events included the gruelling 1500m free.

Free Week at the Gym!



Pilates instructor Shawn-Marie Tole checks up on her students who came out to give pilates a try for free from Jan. 7th - 13th at Bldg. 90. Photo: Alison Boates

By: Alison Boates
Voxair Photojournalist

As many of you may know, at the start of every session Community Recreation gives everyone a chance to check out the great fitness classes they offer for free and last week was that week over at Bldg. 90, so I decided to stop in on Jan. 10th to the Pilates class and see what it was all about. It is only one of the seven different classes that are being offered for the winter session and free week drew quite a crowd to this particular class, "Free week is great! I love seeing all these new students out who are interested in learning Pilates with me," said instructor Shawn-Marie Tole.

If you're interested in trying out any of the above classes and are a member of the gym, you can either purchase an unlimited pass for \$80 which will get you into any class of your choosing from Jan. 7th until March 24th or simply pay \$8 to drop-in/class. The following are descriptions of all of the great classes that are offered for the winter session at Bldg. 90.

SPIN CLASS

Take an ultimate ride in this all out, anything goes cycling class. Speed zones, hills, intervals, drills and sprints will take your cycling to the next level

FUSION FITNESS

A friendly and encouraging class for those who want to slim down and start down the road to better health and fitness. Will include a variety of low impact weights and cardio activities.

VINYASA YOGA

awareness, develop strength, balance, and flexibility, and learn to relax and re-energize. An active and flowing yoga class.

BEGINNER YOGA

A beginner class with more explanation and demonstrations. This workout will challenge your strength, endurance, flexibility, mobility and balance. You should leave the class rejuvenated and relaxed! Options will be given for different levels.

MUSCLE BOOT CAMP

This is a fun and fast-paced full body resistance workout using mats, dumb bells, BOSU and other apparatus. The focus is on toning and strengthening abs, butts and thighs - and developing upper body strength and endurance. Suitable for all fitness levels.

PILATES

Engage your mind and improve posture and body mechanics by increasing core strength.

WEIGHT ROOM CIRCUIT

Starting with a dynamic warm up and ending with a good stretch, the instructor will provide a different circuit in the weight room each week, help you learn the machines, build your confidence using them, and coach you to increase endurance and strength. A great class for beginners and for those more advanced.

Don't forget that these are only some of the stay fit options that Community Recreation offers its members. They also offer a pool, weight room and cardio equipment as well as squash courts. If you would like more information on what Community Recreation can offer you and your family, simply visit:

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A Year in Review - 2012 at 17 Wing Winnipeg

January



Major General Alain Parent, the then Commander of 1 Canadian Air Division, presented a cheque for \$10,000 to LCol June Zuorro, representing The Military Family Fund. Photo: MCpl Colin Aitken

February



Attendees at the 2012 Yellow Ribbon Gala enjoyed some light music with their dinner. The Gala attracted over 350 people, and featured a key note speech by the Chief of the Defence Staff, Gen Walter Natynczyk, as well as a very moving speech by journalist and author Melissa Fung. Photo: Cpl Piotr Figiel

March



The passing of a mentor as 17 Wing said goodbye to HCol Ben VanRuiten who passed away in February 2012.

HCol Van Ruiten served at 17 Wing for 13 years until he retired from the position in 2007. He was the longest serving HCol in the Royal Canadian Air Force and is the only one to have earned a Canada Decoration without serving a day as a military member prior to his appointment.

For his service to the RCAF he was awarded the Meritorious Service Medal.

April



RCAF Honourary Colonel Senator Pamela Wallin signed the guest book during her April 4th visit to 17 Wing Winnipeg as Wing/AFTC Commander Col Blaise Frawley looked on. Photo: Cpl Jean Archambault

The Voxair is now on Facebook.


Check out www.facebook.com/thevoxair



May



Torrential downpours and strong winds didn't slow down almost 2000 runners from participating in the 4th Annual RCAF Run on May 27th. Photo: Alison Boates



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A Year in Review - 2012 at 17 Wing Continued...

June



This year's Wing Commander's Challenge had a great turnout and PSP staff made sure everyone was limbered up by stretching before approximately 700 people participated by either biking and roller blading for 10 KM's or running and walking for 5 KM's. Photo: Alison Boates

July



On 27 June 2012 in the Officer's Mess at 17 Wing Winnipeg, the staff of the Personnel Support Program (PSP) hosted the annual Sports Awards Ceremony. The recipients for 2012 were:

- Male Athlete Of The Year – Capt Serge Faucher
 - Coach Of The Year – MWO Greg King
 - Female Athlete Of The Year – Capt Stephanie Bigelow
 - Team Of The Year - 17WG WPG Golf Team
 - Official Of The Year – Capt Cam Pow
 - The Sgt Glen MacLeod Memorial Award went to MCpl Darren Burgess.
 - The 17 Wing Winnipeg Sports program award went to Maj Dan Girard.
- Photo: Cpl Jean Archambault.

August



RCAF CC-130 Hercules air-to-air refuelling crew members from 435 Squadron flew over the Pacific Ocean near Joint Base Pearl Harbor-Hickam in Honolulu, Hawaii for EX RIMPAC on July 25, 2012. Photo: MCpl Marc-André Gaudreault

September



Lieutenant General (LGen) Alain Parent the outgoing 1 Canadian Air Division (1 Cdn Air Div) Commander, Lieutenant General (LGen) Andre Deschamps, the Commander of the Royal Canadian Air Force (RCAF) and Major General (MGen) Pierre St-Amand, the incoming 1 Cdn Air Div Commander signed the 1 Cdn Air Div Command Change of Command Certificate. Photo: Cpl Jean Archambault

October



PSP Staff member Deanne Bennett helped attendees log in to the DFit.ca website. Photo: Mike Sherby

November



17 Wing/AFTC Commander, Col Blaise Frawley, cut the ribbon marking the opening of the new Short Term Infant Care Centre. On his right is Mr Don Brennan, Executive Director MFRC. To his left are Mrs Lois Johnson, Director MFRC Childcare Centre, Mrs Bonnie Korzeniewski, Special Envoy for Military Affairs and Mr Jim Rondeau, Minister Healthy Living, Seniors and Consumer Affairs for the Manitoba Government. Photo: Cpl Piotr Figiel

December



Col Blaise Frawley, the Commander of 17 Wing Winnipeg/AFTC addressed the attendees and congratulated the recipients at the end of the Honours and Awards ceremony for the presentation of the Queen's Diamond Jubilee Medal. Photo: Cpl Jean Archambault



December was the month of medal presentations beginning with Major General Pierre St. Amand presenting the recipients of the Operation Unified Protector NATO service medal in building 21. Photo: Alison Boates

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17 Wing Triathlon Club Competes at the Forks



Five members of T3 17 Wing Triathlon Club did something new on Sunday, January 6th, 2013. They had the first ever winter triathlon at the forks. The event combined a 4.8km skate, followed by a 4.8km ski, followed by a 2.4km run. Capt. Stephen Gaunt was instrumental in mapping out the course. The day before the race he and Cpl Olson went for a ski on the river to cut the trails for the competition.

2 Lt Marla Haring is no stranger to winter triathlons and even had special skate blades that clipped into her cross country ski boots which can then be removed quickly to transition to the ski portion of the event. This worked as 2Lt Haring was in the lead after the ski portion of the event.

"Winnipeg has an excellent winter for this type of event. We have a long season of river ice that can support many races and some great venues to host them, I really hope this sport catches on here," said Cpl Olson. Photo: Submitted

Wood Hobby Club Xmas Draw



BGen Reid and 4 of the club members that made the prizes for the draw (Right to Left) Nick Iafolla, BGen Reid, Mike Bradford, Al Estensen and Bob Bidder. Photo: Submitted

Submitted

On 19 Dec 2012, the 17 Wing Wood Hobby Club held its Christmas Raffle Draw at the Mel Flake Wood Hobby Shop at the back of Bldg 33. The club was hon-

oured to welcome Brigadier-General Reid, the Deputy Commander of 1 Canadian Air Division to conduct the draws for the 5 prizes in the raffle. All of the prizes were made of hand-crafted wood by our club members who volunteered their time and talents. The prizes and their winners were as follows:

1st Prize – Oak Hope Chest
Approx – JK Kerr

2nd Prize – Rustic Stools & Hassock/Footstool – B Kenyon

3rd Prize – Pen Set & Case – K Stoddart

4th Prize – Cherry Wagon – Nathaniel Loeffler

5th Prize – Cherry Adirondack Child's Chair – U. Spangeu

The club is open to all military members and their dependents as well as civilian employees. The shop is extremely well-equipped with a variety of power and hand tools. Although we do not offer wood working classes at the club, you can always ask for help from more experienced members. Membership fees are \$52.20 and you will be required to complete a detailed safety checkout prior to having access to the club.

Healthy Pets for Happy Families



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Veterinary
Hospital**
889-3110

3717 Roblin Blvd.
(Just East of the Charleswood Bridge)

**Crestview
Veterinary
Hospital**
888-7463

3025 Ness Ave.
(Corner of Ness and Sturgeon Rd.)



Associated Veterinary Hospitals

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- ◆ Ultrasound
- ◆ Dentistry
- ◆ Vaccinations

RHU Residents Show Their Christmas Spirit



First place for the RHU Christmas Lights Decorating Contest for the north side RHU's went to MCpl Burgess at 508 Conway and second place went to MWO G. Snider at 450 Moor-gate. First place at the south side RHU's went to Maj Dea at 220 Ubuque which is pictured above and second place went to Sgt. Moffitt at 477 Grendadier. Honourable mention went to 2Lt. Grandy at 2008 Corydon Ave. Photo: Alison Boates

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K-8 French

COME FOR A VISIT!

Tuesday, January 29th, 2013

Kindergarten Open House
6:30 p.m.

Wednesday, February 27th, 2013

K-8 Open House
6:30 p.m.

R.S.V.P. at 204-837-1520

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**Saint Charles
Catholic School**

FGH Plaque Unveiled at Legislature



Manitoba Premier Greg Selinger (R), accepts a copy of Facta Non Verba from FGHC CO, LCol Atwell (L). Photo: Mike Sherby

By: Mike Sherby
Voxair Manager

Thursday December 6th was an exciting day for members of Winnipeg's Fort Garry Horse Regiment, as they officially unveiled a plaque at the Manitoba legislature.

Outgoing Regimental CO, LCol David Atwell, along with current and former members of the regiment, met at the Legislature to present a copy of the book, Facta Non Verba: A History of The Fort Garry Horse, to Manitoba Premier Greg Selinger, as well as to unveil a new, permanent plaque commemorating the regiment's Centenary.

After the unveiling, Premier Selinger thanked the members of the regiment for all their hard work and sacrifices. He said that he liked

the regiment's motto, Facta Non Verba (Deeds, Not Words), and that it was "good advice for anyone, either in Government or in the Military."

LCol Atwell thanked the Premier and talked a little of the regiment, and how happy he was to be there to accept the honour.

"It's a great day for us as a regiment," he said, "and I want to thank you on behalf of all the men and women of the Fort Garry Horse."

Among the members present that day were 88 year-old Stan Butterworth, who was a member of the regiment during WWII. Mr Butterworth said he was very proud to be able to attend the ceremony, and he talked about his time in the Regiment during the war.

"I went over towards the end of the war, and I must have been very

lucky because anyone who shot at me missed," he said with a laugh.

After the ceremony, the assembled members were invited to attend that day's session of Parliament, and were invited to watch the proceeding from the Premier's personal guest box.

During the proceedings, the Speaker of the House, Daryl Reid, welcomed the members of FGHC, saying:

"Although possibly best known for Colonel Harry Colbourne's pet bear, which the world knows as Winnie the Pooh, this regiment and its members have defended this nation in times of war and peace with valour, bravery, honour, dignity and sacrifice for a century."

CFHA Hosts First Wing Commander Coffee Break of 2013



(L to R) Colleen Ridley, Manager of CFHA, Vic Lee of the WCE, and Col Frawley, Commander AFTC and 17 Wing, at the Wing Commander's Coffee Break. The 1st Wing Commander's Coffee Break of the year took place on January 8, at the Wing HQ Building, and was hosted by CFHA. Dozens of people braved the windy weather to ease back into the working week with a nice cup of coffee and some snacks. Photo: Mike Sherby

<p>Sharon Blady MLA for Kirkfield Park 832-2318 SharonBlady.ca</p>	<p>Jim Rondeau MLA for Assiniboia 888-7722 JimRondeau.ca</p>	<p>Deanne Crothers MLA for St. James 415-0883 DeanneCrothers.ca</p>

Military Families
Strength Behind the Uniform

Drop by your local Military Family Resource Centre to find out what they can do for you. Join them for coffee breaks, support groups, second language training and special events.

Contact the Family Information Line at **1-800-866-4546** for answers to your questions, concerns and support.

Browse www.familyforce.ca - a site for and about military families.

La famille
La force conjointe

Communiquez avec votre centre de ressources pour les familles des militaires pour découvrir ce qu'ils peuvent faire pour vous. Rejoignez-les pour des pauses-café, des groupes de soutien, de la formation en langue seconde et des événements spéciaux.

Contactez la Ligne d'information pour les familles au **1-800-866-4546** pour obtenir des réponses à vos questions, préoccupations ou lorsque vous souhaitez avoir de l'appui.

Naviguez www.forcedelafamille.ca - un site pour et au sujet des familles des militaires.

National Defence / Défense nationale

Community Recreation Needs Assessment Survey

Community Recreation Services offered by Personnel Support Programs (PSP) provide a number of benefits to the military community that contribute to the quality of life and operational effectiveness of the CF. They include: Community Integration, Family Support, Deployment Support, Health and Fitness, Skill Development, and Leadership Opportunities. In order to ensure that the CF Community receives these benefits, it is imperative that the programs and services offered by PSP Community Recreation Services meet the needs of the Community. Please take a few minutes to complete this survey and submit it to the front desk of the Building 90 Gym. If you have any additional comments, suggestions, or concerns, please attach them to this sheet.

Section 1: About You

Please indicate your current Base/Wing/Unit:

1. Please indicated your gender by circling the appropriate response: Male Female
2. Please indicate your age by circling the appropriate response:
18-30 31-40 40-50 51-65 65+
3. Please indicate your relationship to teh CF Community by circling the appropriate response:
Regular Member Reserve Member Retired Member
Regular Member Family Reserve Member Family Retired Member Family
4. Please indicate your current living location by selecting the appropriate response:
On Base Accomodations 5-10 Km Off Base 11-25 Km Off Base 25+ Km Off Base
5. Please indicate the number of people living in your household: _____
6. Please indicate what is your language of choice: English French Other

Section 2: About Recreation Services

1. Please indicate which of the following resources you have used in the past 12 months to access recreational and leisure programs. Circle all that apply.

- PSP Community Recreation Military Family Resource Centre
Municipal Recreation Services Private Industry/Service Clubs
Other:

2. How many hours do you spend on recreation and leisure per week?

Organized Activity (i.e. Swimming Class):
Activity Type: _____ Hours: _____

Casual Activity (i.e. lane swim):
Activity Type: _____ Hours: _____

Rest and relaxation (i.e. watching TV):
Activity Type: _____ Hours: _____

3. Please indicate which activities you and your family participate in, or would like to participate in. Please select all that apply.

Activity Area	Examples	Myself		Spouse		Children	
Level of participation		Within past 12 months	Would like to	Within Past 12 months	Would like to	Within past 12 months	Would like to
Aquatics	Swimming						
Fine Arts and Crafts	Painting Ceramics						
Performing Arts	Dance Theatre						
Fitness and Wellness	Aerobics Yoga						
Sports	Soccer Hockey						
Hobby and special interest	Wood Working Chess						
Educational	Spanish Photogra- phy						
Child Care/ Day Camp	Summer Camp						
Outdoor Adventure	Canoeing Hiking						
Special Events	Canada Day Cultural Fair						
Other							

5. Please indicate which recreational facilities you and your family access by selecting the appropriate response. PSP Facilities would be considered those operated on your Base/Wing and other locations may include municipal or private facilities. If you use both, please indicate as such. In the space below, please indicate which family members use the facilities.

Facility Access	Through PSP	Through Other Location
Gym Floor		
Weight Room		
Cardio Room		
Squash/Racquet Courts		
Indoor/Outdoor Running Track		
Outdoor Sports Fields		
Indoor/Outdoor Pool		
Splash Pad		
Playground		
Tennis Court		
Beach Volleyball		
Community Library		
Computer Lab		
Teen/Youth Centre		
Arena		

Outdoor Rink		
Skateboard Park		
Community Garden		
Campgrounds		
Movie Theatre		
Bowling Alley		
Marina		
Curling Rink		
Golf Course		
Climbing Wall		
Sauna, Steam Room, Hot Tub		

6. Please rate your level of satisfaction with the following (1 being very dissatisfied, and 5 being extremely satisfied):

Variety and Quantity of PSP Recreation Programs	1	2	3	4	5	Don't use
Variety and Quantity of PSP Recreation Clubs and Groups						
Variety and Quantity of PSP Recreation Special Events						
Access to PSP Recreation Facilities						
Access to PSP Recreational Equipment						
PSP Registration Process (in person)						
PSP Registration Process (online)						
PSP Customer Service						
Community Gateway						
PSP Marketing Materials (Rec Guide, etc..)						

7. Please indicate reasons you might not participate in PSP organized recreation activities by selecting the appropriate response:

Barriers	Use this column if you live ON base	Use this column if you live OFF base
Transportation		
Accessibility		
Language of Program		
Time of Program		
Lack of Interest		
Previous Negative Experience		
Do no have all required equipment		
No childcare available		
Other:		

8. Please indicate your top 3 priorities in how recreation funding should be spent to better serve you and your family. In the box please rank 1st, 2nd, and 3rd indicating your choices.

Subsidize current levels of Programming for Children	
Subsidize current levels of Programming for Youth	
Subsidize current levels of Programming for Adults	
Increase the variety of Children's programs and services at a cost recovery basis	
Increase the variety of Youth programs and services at a cost recovery basis	
Increase the variety of Adult programs and services at a cost recovery basis	
Subsidize the cost of facility access for families	
Increase program and service delivery outside of the base community	
Increase the number of special events	
Other, please specify	

9. PSP Recreation Departments use various methods of communication to ensure that you and your family are aware of the programs and services they offer. Please indicate the effectiveness.

	Not Effective	Somewhat Effective	Very Effective
Website			
Social Media			
Community Guides			
Posters			
Emails			
Newspaper Articles			
Mail outs/Flyers			
Other			

Évaluation des besoins récréatifs de la communauté des Forces canadiennes

Les services de loisirs communautaire des Programmes de soutien du personnel (PSP) fournissent de nombreux avantages à la communauté militaire qui rehaussent la qualité de vie de la communauté militaire et l'efficacité opérationnelle des Forces canadiennes (FC), notamment: l'intégration communautaire, l'appui aux familles, le soutien au déploiement, la santé et le conditionnement physique, le développement des habilités (physiques et interpersonnelles), les occasions de leadership. Veuillez prendre quelques minutes pour remplir le questionnaire en ligne et remettre au gymnase ou au centre communautaire à l'édifice 90. Si vous avez d'autres commentaires, suggestions, ou préoccupations dont vous aimeriez nous faire part, SVP remettre sur un autre papier.

Section 1 - Au sujet de vous

SVP indiquer votre base/escadre/unité d'attache:

1. Veuillez indiquer votre sexe: Homme Femme
2. Veuillez indiquer votre âge en sélectionnant la réponse pertinente:
18-30 31-40 40-50 51-65 65+
3. Veuillez préciser votre lien à la communauté des FC en sélectionnant la réponse pertinente:
Membre de la Force régulière Membre de la Force de réserve Membre retraité
Famille d'un membre de la Force régulière Famille d'un membre de la Force de réserve
Famille d'un membre retraité
4. Veuillez indiquer votre lieu de résidence actuel en sélectionnant la réponse pertinente:
Logement dans la base 5-10 km à l'extérieur de la base 11-25 km à l'extérieur de la base
Plus de 25 km à l'extérieur de la base
5. Veuillez indiquer le nombre de personnes vivant dans votre ménage: _____
6. Veuillez indiquer la langue de votre choix: Anglais Français Autre

Section 2 - Au sujet des services de loisirs

1. Veuillez indiquer les ressources auxquelles vous avez fait appel au cours des douze derniers mois afin d'avoir accès à des programmes de loisirs. Veuillez sélectionner toutes les réponses pertinentes.
Loisirs communautaires des PSP Centre de ressources pour les familles des militaires
Services de loisirs municipaux Secteur ou club Privé Autre:
2. Combien d'heures consacrez-vous aux loisirs chaque semaine?
Activité organisée (p. ex. cours de natation): Heures:
Type d'activité: Heures:
Activité occasionnelle (p. ex. natation en longueur) Heures:
Type d'activité: Heures:
Repos et détente (p. ex. regarder la télévision): Heures:
Type d'activité: Heures:
3. Veuillez indiquer les activités auxquelles votre famille et vous participez ou auxquelles vous aimeriez

Catégorie	Exemples	Moi		Espouse		Enfants	
Niveau de participation		Au cours des 12 derniers mois	Intéressé(e)	Au cours des 12 derniers mois	Intéressé(e)	Au cours des 12 derniers mois	Intéressé
Activités aquatiques	natation, aquaforme						
Beaux-arts et artisanat	peinture, céramique						
Arts du spectacle	danse théâtre						
conditionnement physique et bien-être	danse aérobique, yoga						
Sports	Soccer Hockey						
Paase-temps et activités d'intérêt particulier	Travail du bois, échecs						
Activités éducatives	espagnol, photographie						
Garderies et camps de jour	camp d'été						
Camps d'aventures en plein air	canot, randonnée pédestre						
Événements spéciaux	Fête du Canada						
Autre							

5. Veuillez indiquer les installations de loisirs que votre famille et vous fréquentez en sélectionnant les réponses pertinentes. Les installations des PSP sont celles qui sont exploitées dans la base ou escadre tandis que les autres localités représentent les installations municipales ou privées. SVP indiquer les quelles membres de votre famille utilise ces facilités (p. ex. enfant, moi, conjoint(e))

Installations fréquentées	PSP	Autres localités
Gymnase		
Salle de poids et haltères		
Salle d'exercice cardiovasculaires		
Courts de squash et de racquetball		
Piste de course intérieure ou extérieures		
Terrains de sports extérieurs		
Fontaines à jets douchants		
Terrains de jeu		
Terrains de Tennis		
Volley-ball de plage		
Bibliothèque communautaire		
Laboratoire informatique		
Centre de jeunes		
Aréna		
Patinoire extérieure		

Planchodrome		
Jardin communautaire		
Terrains de camping		
Cinéma		
Salle de quilles		
Marina		
Piste de curling		
Terrain de Golf		
Structure artificielle d'escalade		
Sauna, bain de vapeur, spa		

6. Veuillez préciser votre niveau de satisfaction par rapport aux services des PSP suivants sur une échelle d'un à cinq. Le 1 indiquant que vous êtes très insatisfait et le 5 indiquant que vous êtes énormément satisfait.

Sélection et nombre de programmes de loisirs de PSP (animés par un instructeur)	1	2	3	4	5	Je n'y sers pas
Sélection et nombre de clubs et de groupes des PSP						
Variété et nombre d'événements spéciaux communautaires des PSP						
Accès aux installations de loisirs des PSP						
Accès à l'équipement de loisirs des PSP						
Processus d'inscription des PSP (en personne)						
Processus d'inscription des PSP (en ligne)						
Service à la clientèle des PSP						
Portail communautaire						
Ressources publicitaires des PSP (Guide de loisirs, affiches)						

7. Veuillez indiquer les raisons pour lesquelles vous ne participez pas aux activités de loisirs organisées par les PSP en cochant les obstacles qui s'appliquent à votre famille et vous. Veuillez sélectionner toutes les réponses pertinentes.

Obstacles	Veuillez utiliser cette colonne si vous habitez dans la base	Veuillez utiliser cette colonne si vous habitez à l'extérieur de la base
Transport		
Accessibilité		
Langue du programme		
Heure du programme		
Manque d'intérêt		
Expérience négative		
Manque d'équipement		
Services de garde non disponibles		
Autre, veuillez préciser		

8. Selon vous, quelles sont les trois priorités auxquelles nous devrions accorder du financement afin de mieux servir votre famille et vous. Veuillez indiquer vos trois choix en ordre de priorité en inscrivant 1, 2, et 3 dans la case appropriée

Subventionner les programmes déjà établis pour les enfants	
Subventionner les programmes déjà établis pour les jeunes	
Subventionner les programmes déjà établis pour les adultes	
Accroître la sélection des programmes et services pour les enfants selon le principe du recouvrement des coûts	
Accroître la sélection des programmes et services pour les jeunes selon le principe du recouvrement des coûts	
Accroître la sélection des programmes et services pour les adultes selon le principe du recouvrement des coûts	
Subventionner l'accès aux installations pour les familles	
Améliorer la présentation des programmes et services à l'extérieur de la communauté de la base	
Accroître le nombre d'événements spéciaux	
Autres, veuillez préciser	

9. Les services de loisirs des PSP utilisent diverses méthodes de communication pour assurer que votre famille et vous recevez des renseignements sur leurs programmes et services. Veuillez indiquer la méthode de communication la plus efficace pour joindre votre famille et vous en sélectionnant la réponse pertinente. Veuillez sélectionner toutes les réponses pertinentes.

	Inefficace	Plus ou moins efficace	Très efficace
Sites Web			
Sites de réseau social			
Guides communautaires			
Affiches			
Courriels			
articles de journaux			
Envoi postal/circulaires			
Autres			

www.pspwinnipeg.ca



HEALTH AND PHYSICAL FITNESS FOR LIFE / SANTÉ ET CONDITION PHYSIQUE POUR LA VIE

Get SMART in 2013!

By: Diane Brine, Health Promotion Manager

The holidays have passed, many of us have made resolutions to ourselves to get in shape, eat better or change habits. To help you reach your goals, consider the following:
SMART goals – Check your resolution, does it pass the SMART goal test? To find out if it does, ask yourself the following questions:
Is my goal specific? Goals that are too general such as I will eat better or I will get in shape or I will lose weight are not very specific. Your goal should be your instruction to yourself, telling you what to do.
Is my goal measurable? How will I know when I have reached my goal? If my goal is to exercise 3 times a week, I can measure that. If I only exercise 2 times a week, I haven't reached my goal.
Is my goal attainable? Don't set yourself up to fail! If you want to lose weight, set your goal for 5 or 10 pounds over 2 months. Studies have shown that a weight loss of 0.5-2 pounds per week is safest and more likely to stay off. You also want to make sure that your goal will motivate you. If you are already going to the gym 3 times a week, then setting an exercise goal of 3 times a week is not a goal as you have already achieved this. Try 4 or 5 times a week instead.
Is my goal relevant? If the goal doesn't matter to you, you are not going to invest the time and energy into making it happen. If you are lactose intolerant setting a goal to add dairy to your diet is not really relevant to you.
Is my goal timely? Does your goal have a start and end date? I am going to quit using tobacco on Jan 31 is better than stating that you are going to quit sometime in 2013. If you are like me, you can make excuses and put it off indefinitely.
 To help you reach your SMART goal, consider signing up for a Health Promotion program.

- If you are concerned about your weight and want to make changes to your diet or exercise routine, our Weight Wellness Lifestyle program is designed for you.
- If you are looking at refining your diet, getting more 'bang' for your food or if you are interested in nutrition for sports, then Top Fuel for Top Performance is for you.
- If you are interested in learning more about mental fitness and how you can deal with stress and anger more effectively, enrol in our Mental Fitness & Suicide Awareness program, Stress Take Charge or even Managing Angry Moments.
- Issues with alcohol, other drugs and gambling can cause lots of stress. Our awareness program is informative and will help you recognize the signs and symptoms of problematic usage in your members or those around you.
- Are you looking to quit using tobacco? The Butt Out program has drop-in hours every Monday from 0800 to 1000 hours.

Visit: www.health.gc.ca/eatwell-beactive for more information and great tips and tricks to get you on your way!
 If any of these courses or programs are of interest, please contact us to register or for more information. Our programs are open to military members, civilian employees and dependents and are free of charge.
 We can be reached by email at healthpromo@intern.mil.ca or call (204)833-2500 ext 4150 or drop in to see us. We are conveniently located in Bldg 63, lower level.
 Wishing you a 2013 of healthier behaviours!

My SMART Goal Worksheet:

S	Specific: What do I want to do?	
M	Measurable: How much & how often?	
A	Attainable: How will I do it?	
R	Relevant: Can I do it? Do I want to do it?	
T	Timely: When will I do it?	

Mental Fitness and Suicide Awareness
 It's one thing to look after your body. Just don't forget about your mind.

Mental Fitness & Suicide Awareness: Supervisor Training
 This course is course coded!
 17 January 2013 or 26 March 2013
 0800 – 1600 hrs

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

Force Mentale et Sensibilisation au Suicide – Formation du Superviseur
 Il s'agit d'un cours auquel on a attribué un code!
 17 janvier 2013 ou 26 mars 2013

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

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

Sensibilisation à la santé mentale et au suicide

Alcohol, Other Drugs and Gambling: Supervisor's Training
 27 February 2013
 0830-1600 hrs

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

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

Sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif: formation des superviseurs
 27 février 2013

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

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

To register, contact Health Promotion at local 4150

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

Managing Angry Moments (MAM)
 13 & 20 February 2013
 0800 - 1600 hrs

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

Gérer les moments de colère
 13 et 20 février 2013
 0800h à 1600h

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

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

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

WEIGHT wellness
 Lifestyle Program

Programme Style de vie **POIDS-santé**

Mondays/chaque lundi
 21 Jan – 25 Mar
 1200 – 1300 hrs
 Bldg/Bâtiment 62
 Available Via Teleconference

The tools you need for a better lifestyle
 Healthy eating, physical activity and attitude!

Les outils dont vous avez besoin pour un meilleur style de vie
 Saine alimentation, activité physique et attitude!

For more information or to register contact Health Promotion local 4150

Pour s'inscrire ou pour de plus amples informations, communiquez avec le bureau de promotion de la santé le 4150

The Canadian Forces Community Recreation Needs Assessment Survey is also available at:
www.thevoxair.ca or www.pspwinnipeg.ca

TAKE A STEP TOWARDS AN ADDICTION FREE LIFESTYLE, BUTT OUT TODAY!

POSEZ UN GESTE POUR UN MODE DE VIE SANS DÉPENDANCE : ÉCRASEZ-LA DÈS AUJOURD'HUI !

DROP IN
 Mondays — information & medication
 Lundi — information & médicaments
 0800—1000 hrs
 Building 63

BUTT OUT | ÉCRASEZ-LA

For more information contact your local Strengthening the Forces Health Promotion office or visit our website at: <http://www.forces.gc.ca/health-sante/ps/hpp-pps/>

Pour plus de renseignements communiquez avec votre bureau local de promotion de la santé - Energisez les Forces ou visitez notre site Web : <http://www.forces.gc.ca/health-sante/ps/hpp-pps/>



www.familyforce.ca
204.833.2500 ext. 4500



Donations to the MFRC



At the MFRC's monthly Community Coffee Break on December 6, several donations were presented. Honourary Colonel Ross Robinson (left) presents a cheque to MFRC board chair Shannon Bisson. Also pictured Alana Robinson, 17 Wing Commander Col Blaise Frawley, Johanne Frawley and MFRC Executive Director Don Brennan. Photo: Submitted



Charleswood Legion Branch President Don Pickering makes a presentation to MFRC board chair Shannon Bisson. Photo: Submitted

Kids Care

If you need some child-free time to run errands, work out or relax, this casual child care service may be the answer. Experienced Westwin Children's Centre staff will care for your children in their beautiful new room located in the MFRC

Child Care Centre. Care is available for children six months to five years old. Care is offered for 1, 3 or 7 hour periods on Tuesday, Wednesday and Thursday. Reasonable rates. Call 204 833-2500 ext 2491 for information or to book care.

Holiday Hampers for 2012

Thank you!

On behalf of the Winnipeg MFRC and the Care and Share Program, thank you

to everyone who helped make this year's holiday hamper program a success. Because of individual and unit donations, we were able to make the holidays just a bit happier for families in our community.

Fax: 204.489.8587 • Email: winnipegmfrcc@familyforce.ca
102 Comet Street PO Box 17000 Stn Forces, Winnipeg, MB
R3J 3Y5

Upcoming Programs

OPERATION CONNECTION

Tuesday, January 22, 7 to 8:30 p.m.

Registration deadline: January 17

This group is designed to connect family members who are, or who have recently experienced a deployment. Come out for some rest, relaxation and a little pampering. We will be making body scrubs and will have supplies on hand for DIY manicures and pedicures and yummy eats. This is a perfect chance to unwind while meeting other adults experiencing deployment. Additional Stress Free Child Care funds are available.

MINI FESTIVAL DU VOYAGEUR

Wednesday, January 30, 5:30-8 p.m.

Registration deadline: January 25

Get in the spirit of Festival du Voyageur. Join us for a French Canadian meal of pea soup, feves au lard, bread and a sweet treat. After supper, representatives from Festival du Voyageur will do a brief presentation about the event, and there will be songs and fun for the whole family. Everyone is welcome, and if you have never experienced Festival, this is your chance to hear about it first hand. Tickets for the event will be available to purchase. Registration is required for this event.

NEXT CHAPTER

Thursday, January 17, 9:30 to 11:30 a.m.

Are you in the next chapter of your parenting life? Do you have school aged kids, and are you looking to socialize with other parents who have school age kids? This group will help you as you go through the middle years before the teen years. Each month we will discuss a different topic while having some fun and food with friends. This program is designed for parents with children ages 6+. Child care is provided for younger children.

FRENCH COFFEE

Every Wednesday morning, 10 to 11 a.m.

Join us every Wednesday morning for a coffee and a chat with members of the francophone community. Free child care is provided.

COFFEE AND CONVERSATION

Tuesdays January 8, 15, 22, 29 @ 2 p.m.

This event enables volunteers, members of the community and MFRC staff to get to know one another and discuss programs and services offered by the MFRC.

FRANCOPHONE LADIES GROUP PEDICURE, MANICURE, REFLEXOLOGY AND MAKEUP

WORKSHOP

Sunday, January 20 at 1 p.m.

\$5, free if you don't want the reflexology session

Register by January 16

Pamper yourself for an afternoon. There will be make-up sessions, massage and reflexology. There will be supplies on hand for DIY manicures and pedicures.

CREATIVE TOTS

WESTWIN CHILDREN'S CENTRE, 642 WIHURI RD.

Thursdays, January 10, 17, 24, 31

9:30 to 11 a.m.

Parent participation required,

Parents/caregivers and children 0-5 come and join us for free play, art, songs and stories. This drop in program is a great way to meet others and introduce your child to a group setting. Please bring a peanut free snack for your child. For more information, call 204-833-2500 extension 2491.

GET MOVING!

WESTWIN CHILDREN'S CENTRE, 642 WIHURI RD.

Tuesdays, January 22- March 19 1:15-2:15 p.m.

Parent participation required

\$25/family for nine weeks or \$5/family drop-in

Parents and preschoolers - Chase away the winter blahs with some fun play to get you and your child moving! Register for all nine classes or drop in when you can.

MOTHER GOOSE

300 CARPATHIA RD

Tuesdays, January 8- March 19 9:30-11 a.m.

Parent participation required

This program is for parents/caregivers and their children infant to 5 years old. Discover the power and pleasure of rhyme and song in a casual friendly setting. Parent participation required. For more info call 204 833-2500 ext 2491.

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The Right Honourable Adrienne Clarkson,
Former Governor General of Canada
Colonel-in-Chief of Princess Patricia's Canadian Light Infantry

Conférencière d'honneur
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2013

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Cocktails à 18 h - Dîner à 19 h

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

Mysterious Snow Sculptures Appear Around Wing Chapel



**By: Mike Sherby
Voxair Manager**

People returning from their Christmas break got a bit of a surprise as they were driving down Whytefold recently. Witnesses say that several snow cairns, some of them reaching heights of up to six feet, have been appearing around the Wing Chapel, and no one seems to know who the culprit is.

Ms Catherine Landry, the Wing Chaplain Admin Assistant, says that she first noticed the cairns last week when she returned to work.

"I have no idea who's doing it. I've talked to the Chaplain and he doesn't know either, it's a bit of a mystery."

The Wing's Chaplain, Maj Mark Mawson added that the sculptures appear to be multiplying.

"At first there were only 2 of them, and then overnight there were 6, and then 10."

At last count there were over a dozen of the cairns. Staff at the MFRC Childcare Center said they have no idea who might be building them.

"At first I thought it might have been us doing it, but I asked around and no one knows," a representative from the centre said.

Community Recreation Director Tina Bailey was also unable to pin down who's been making these cairns.

"I'd just assumed it was the Chapel doing it. I have no idea who, but they look really beautiful," she said.

So it seems that no one knows who has been constructing these cairns, or what sort of mysterious purpose they serve. A random survey of 17 Wing staff members said they thought that the cairns were 'cool'. Ideas about what they could be ranged from just a jogger having some fun, to it being a landing strip for UFOs.

If you have any idea of the culprit behind these mysterious sculptures, please contact the offices of The Voxair immediately.

3CFFTS Raises Money for GCWCC



Mike Hnatiuk (L) and Mike Porter get ready for their winning pull at 3 Canadian Forces Flying Training School's King Air pull event. This was one of the many events held at the school to help raise over \$14,000 for the 2012 Government of Canada Workplace Charitable Campaign. Photo: Mike Houle

By: Capt Sean Morris

Another successful Government of Canada Workplace Charitable Campaign (GCWCC) wrapped up this week at 3 Canadian Forces Flying Training School (3CFFTS).

Both Canadian Forces members and Allied Wings employees participated in many events organized over the last couple of months to raise money for the GCWCC. Events organized ranged from a chili cook off, a King Air pull, to head shaving. The campaign was capped off with a school floor hockey tournament held at Southport gym. The hockey tournament was a huge success with eight teams entering into the sudden death tournament. After

several hard fought battles, the final game came down to the Rotary Wing Instructors versus the Rotary Wing Students. The game came down to the final seconds, but the instructors let it be known that the students still have a few things to learn!

When all the numbers came in, the school raised over \$14,000 for this year's campaign. This total surpassed both previous amounts and the school's expectations for this year. A big thank you is definitely deserved to everyone at the school who helped organize specific events and to everyone who donated! A special thank you to Allied Wings employee Dany Comeau for the being the overall coordinator for the campaign.

Together in Church

CATHOLIC

CHAPLAINS

Padre Mark Mawson (Wing Chaplain)

Roman Catholic Office 833-2500 ext 5417

Padre Ray Laudenorio

Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre

Roman Catholic Office 833-2500 ext. 5956

Ms Catherine Landry

W Chap Admin Assistant

Office: 833-2500 ext 5087

Masses (English only)

Tues, Weds, Thurs 1210 hrs

Sunday 1100 hrs

Religious Education classes are available to all students from Preschool to Grade 6. Please call the office for information.

Confessions The sacrament of reconciliation is offered 20 minutes before mass and by appointment. Contact the chaplain's office.

Baptisms We recommend that you contact the chaplain's office for an appointment prior to the birth of your child.

Marriages Six months' notice is required for marriages, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required.

Catholic Women's League meets in the Chapel Annex the third Monday of each month at 1830hrs.

PROTESTANT

CHAPLAINS

Padre Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Darryl Levy

(Baptist) Office 833-2500 ext 5785

Padre Frank Staples (UCC)

Det. Dundurn. Office 833-2500 ext. 4299

Sunday Services (English Only) 0900 hrs

Sunday School is held during the service for children ages 3 to 12, except on the last Sunday of each month. Childcare is provided on an as-required basis for children under 3 years of age.

Marriages Contact the chaplain at least six months in advance. A marriage preparation course is a requirement.

Baptisms The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

Protestant Chapel Guild meets the first Sunday of the month at 1800 hrs in the Chapel Annex. All women are welcome.

FOOD BANK

The Food Bank is a joint undertaking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.

EMERGENCY CHAPLAIN

After normal working hours, the Emergency Chaplain can be reached through WOps Duty Centre, 833-2700.

OTHER PHONE NUMBERS:

For your convenience, a phone number has been set up to provide callers with info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Those with access to the DIN visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, then click on 'Services'.



PERSONAL CLASSIFIEDS

Wanted: Volunteers!

1 Canadian Air Division is looking for volunteers to work in the kit shop. Flexible hours. 1 day a week between 10:00 hrs and 14:00 hrs. Please contact PO2 Jennifer Ross at 833-2500 ext 6512

Volunteers Wanted!

The Western Canada Aviation Museum is looking for volunteers in the artifacts, library and restoration departments. Applicants must be able to use a computer for data imputing and indexing. Let us know what your skills are but if you're willing to learn new things, we can teach you! We are always looking for help in other departments as well. Please contact the museum reception desk at: 204-786-5503 to volunteer.

Club de plongée sous-marine Goldeyes de la 17e Escadre



Apprenez à faire de la plongée sous-marine !
Cours de plongée en « eau libre » débutera le 25 février 13

Le cours comprend 12 séances en classe et en piscine, suivi d'un minimum de quatre épreuves de plongée en eau libre. La formation en classe et en piscine aura lieu les lundi soirs de 1830 à 2200 hrs. Les stagiaires doivent se procurer des palmes, un masque et un tuba. Une combinaison de plongée est requise pour la plongée en eau libre mais ne sera pas inclus dans le prix du forfait (service de location de combinaison est offert à une des 4 boutiques de plongée sous-marine à Winnipeg).

PRIX : 375 \$ - militaires; 420 \$ - associés (+TPS)

Location: Centre Communautaire Westin de la 17e escadre et la piscine de l'escadre, située dans le bâtiment 90 (centre des loisirs)

Date: 25 Feb 2013

Time: 18h30—22h00

Pour nous joindre par courriel :
Président: Darren.McDonald@forces.gc.ca
Vice-président: Jack.Williams@forces.gc.ca
HTTP://GOLDEYESSCUBACLUB.WEBS.COM

Personne ressource :
Darren ou Jack

Instructeur-chef: Armando

Nombres de Téléphone :

Darren	204-833-2500, ext 4011
Jack	204-833-2500, ext 0860
Armando	204-334-0505

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Taroscopes

BY NANCY

Aries (March 21 – April 19): You're urged to do what you feel you are meant to do. You experience a reawakened sense of purpose or an awareness of something deeper in response to an experience that touches you deeply. Let go of limiting beliefs, assumptions and expectations. Enjoy renewed hope.

Taurus (April 20 – May 20): Immerse yourself in work you enjoy. Strive to establish a sense of security, for when you're in your "comfort zone," good things happen. You're more willing to explore and take risks that lead you to a greater understanding of others and the subtleties of relationship dynamics.

Gemini (May 21 – June 21): You'll be the recipient of kind words and deeds. Encouragement and support are offered. Share your plans for the future with someone who can help you. Establish connections and watch for signs that it's time to begin the next stage of your life journey. Something better awaits.

Cancer (June 22 – July 22): Gain peace of mind by taking control of what you can. Take care of your health. Count your blessings. There is hope for the future. Your past shapes your ideas about what is possible, but it should not limit your expectations. Something new and different is coming your way.

Leo (July 23 – August 22): You have a lot of resources at your disposal. Just remember work is required to ensure future prosperity. In a bid to get what you feel you deserve you may try to push your agenda. Your confidence in your ability to win is your greatest asset but don't forget to consider others as well.

Virgo (August 23 – September 22): You may feel disillusioned by others and want to withdraw. Before you do, determine if part of the issue is that you've been creating your own illusions. See people and situations as they really are. Be prepared to deal with money concerns that arise due to the economy.

Libra (September 23 – October 23): Make plans and take action to banish a sense of ennui. Look at the big picture. Don't try and maintain the status quo. Take logical risks. Challenge yourself to try new things and explore new routes. If you've slipped into a rut and are operating on autopilot, shake things up a bit.

Scorpio (October 24 – November 21): Yes, money is important but happiness and harmony are also important. Reconsider some of your assumptions about life. Find ways to honor body, mind, spirit and emotions. Don't be so concerned about what you haven't achieved. Appreciate what you already have.

Sagittarius (November 22 – December 21): Some things are broken beyond repair. You can't fix the past but you can apply what you've learned to the present. Explore more of the world and all that life offers. People naturally look up to you and follow your lead. Expect a promotion or a chance to "call the shots."

Capricorn (December 22 – January 19): You take pride in your work. Initiating change that betters the world gives you a heightened sense of having a purpose-driven life. You want to be respected, and to give back to those who have helped you. You shine as an advocate because you are smart and articulate.

Aquarius (January 20 – February 18): What you've hoped for is possible. It just takes work and good timing. Don't be disheartened if issues arise. If people show disrespect; their influence should be fleeting. Instead focus on and appreciate those who stand by you. Kindness is the hallmark of a kindred spirit.


Pisces (February 19 – March 20): Accept that it's time to leave situations if you can't see positive changes in the environment and/or people involved. Staying will only exhaust you. Do what gives you joy. Look for what makes life meaningful. Get physical. Challenge yourself to be the best you can be.

FOR APPOINTMENTS CALL 775-8368


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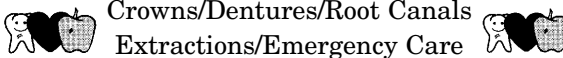
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