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THE VOX AIR

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Wreaths Across Canada Honours Veterans



A collection of wreaths stand waiting to be placed at the ends of the rows of gravestones at the Brookside Cemetery. The wreaths were placed as part of the Wreaths Across Canada Commemorative Service, held on Sunday, December 7th. For more on the Service please see page 9. Photo: Martin Zeilig

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PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

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Santa Attends Annual NORAD Briefing

By Mike Sherby
Voxair Manager

The Canadian NORAD Region HQ played host to an incredibly important VIP on Thursday, December 4th. Old Saint Nick himself made the journey down from the North Pole to receive his annual NORAD briefing, which was delivered by Combat Operations Division Chief, Lieutenant-Colonel Darrell Marleau.

The briefing is held every year to ensure Santa's safe passage from the North Pole into Canadian Airspace and across the country.

The Pre-flight briefing was for adult eyes only.

"We need to make sure that none of the information about presents you're bringing to the kids gets out," LCol Marleau said.

He went on to say that after consulting the best weather guessers in the country, that NORAD anticipated a smooth ride for Santa and his reindeer, though

they did ask that he slow down once reaching Canada.

"We know you can travel in the twinkle of an eye, but our fighter aircraft need to catch up to you, because let's face it, fighter pilots are just big kids."

NORAD tracks Santa is a tradition that dates back to 1955, after a Sears ad listed an incorrectly printed telephone number for children to contact Santa. The number turned out to be the phone number for CONAD, NORAD's precursor, and a lot of kids ending up calling looking for Santa. Thinking quickly, the commanding officer on duty that night ordered his phone operators to give the children what they wanted, which was the location of Santa Claus as he made his way across the globe.

On Christmas Eve, from lift off at the North Pole and as soon as Santa and his sleigh enter North American air space, NORAD personnel relay that information and answer any questions through their website (www.NORADSanta.org) or by telephone at 1-877-HI-NORAD.

"He's one of the most important people in the entire world and the kids everywhere want to make sure that they are not forgotten. Anything that we can do to help keep him safe and on his route and getting all the toys and gifts to the kids is the most important thing we can do," said LCol Marleau.



Santa and his elf Eugene get briefed for their Christmas run at Canadian NORAD Region HQ. Photo: Mike Sherby

He ended the briefing with a special request for Santa this year.

"We've got a lot of men and women throughout the world right now who are defending all of our principles and ideals that we have. And they have left their families to go and do this. So we've asked Santa to remember them especially in his travel throughout the world."

17 Wing Helps Toys Get to Northern Communities



L to R: Warrant Officer of WSup Kirk Stubner and Corporal Garth Rushton of 17 Wing AMS pile toys for the Toys for the North program. These toys were delivered from Trenton and they are now going to northern Manitoba. The Toys for the North project is a partnership between the RCMP, the Toronto Santa Claus Parade and the Canadian Toy Association. This is the third year the RCMP has distributed toys that are collected during the annual Toronto Santa Claus Parade, as well as toys donated by toy manufacturers. Photo: Cpl Jean Archambault

RCAF Run Apparel Sale



While the RCAF Run committee is busy getting ready for the 2015 Run, they are also having a sale on 2014's run gear. For only \$5 you can get a fantastic run shirt from last year's run and help support a couple of wonderful charities. They have a variety of shirts to choose from, but supplies are limited, so better get yours soon. Call Maj MacCulloch at local 5544 for more information. Photo: Mike Sherby

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1CFFTS Holds Graduations



Reviewing Officer, Colonel Y.N. Thomson, Commanding Officer of the Air Force Flight Training Center, inspects the Parade, during the 1CFFTS Graduation Ceremony. Photo: Pte Darryl Hepner

work, dedication and determination it takes to reach this milestone. For the students, it's the day they stand on parade, proudly displaying their wings before staff, family, friends and distinguished guests. They are now aircrew.

A 1 CFFTS graduation parade is unlike most parades the graduates have attended thus far; four of the graduating ACSO members hold the command positions, while the three AES Op graduates were appointed the Flight WO's and Parade MWO positions. The Reviewing Officer, Colonel Y.N. Thomson, Commander Air Force Training Centre (AFTC), based at CFB Borden, gave a motivating speech prior to the wings and awards being presented. Lt Benjamin Samson, Lt Colin Clansy, Lt Nathan Cosman, Lt Stephan Germaine, Lt Paul Hansen, Lt Yujin Lee and Lt Brennan Roche received their wings from Colonel Thomson. As the top student for ACSO 1303, Lt Samson was appointed the Parade Commander for the Wings Parade and also won the James R. Dow Trophy for demonstrating outstanding flying excellence throughout the course. The trophy was presented by the president of 500 Wing of the Air Force Association of Canada, Lieutenant Colonel (Retired) Ed de Caux. The Reviewing Chief, CWO G.R. Sarrazin, Air Ops Branch CWO, NDHQ Ottawa, was invited to present the AES Op graduates their wings. The tradition of receiving wings from a senior member of one's flying occupation exemplifies the potential and promise that can only be attained through a career of hard work, dedication and excellence. Pte Dustin Snyder and Pte Andrew Ginting were appointed Flight WO's, while Pte Clinton

Sorensen was appointed Parade MWO. Pte Ginting was awarded the Honorary Colonel Bert Cheffins Trophy by 1 CFFTS Commandant, LCol R.J. Defer. The Honorary Colonel Bert Cheffins Trophy is presented to the AES Op student who made the greatest contribution to team building and course morale, as chosen by his peers.

For ACSO 1303 Course Director, Capt Stephenie Cadieux, it's a big day as well. This was her first course as Course Director. "I couldn't have asked for a better group of students. They demonstrated time and again their commitment to success with late night studying, excellent results on exams and training missions, and a continuous positive attitude. Seeing them receive their promotion and wings was a proud moment as a Course Director and Instructor because I was able to witness first-hand the blood, sweat and tears that went into the last 13 months of training for them. I think I was just as proud of them as I was when I received my own wings in 2006." The Sensors Cell WO Clay Emms was also happy with how things went throughout the day. "As the parade OPI, I was very pleased at the outcome of the parade and the participation by staff. This is the first parade in years that Sgts were responsible for the parade key appointment rehearsal, set up and graduation practice. The support from the base was excellent and I would like to thank Base Transport, Wing Imaging, WT-TISS, WCWO Office, Wing Chaplain, Officer's Mess, 17 Wing Band and the Bldg 21 facilitator who were key to our success. It was a great day of promotions, awards, recognition and the awarding of wings to much deserving AES Ops and ACSOs."

**By Sgt Jay Caldwell
1 CFFTS**

Thursday 20 November was a day of celebration at 1 Canadian Forces Flying Training School (1 CFFTS), as students from Air Combat Systems Officer (ACSO) Course 1303 and Intermediate Airborne Electronic Sensor Operator (AES Op) Qualification Course 1451 (IAQC) were awarded their wings. This is a proud day for staff and students alike. For the staff, it gives a sense of accomplishment that they've done their job right. It's very rewarding to see the result of their hard work standing so proud on parade. It's also a reminder of the hard

In Memorium: Cpl Just Sabater



years of his life, learning the language and culture of Catalonia and developing a great passion for it before moving back to Canada. After high school, Cpl Sabater graduated with an honours degree in theatre and film at the University of Winnipeg. He also became an avid soccer player, to the pride and honour of his father, together with whom he shared a passion for Football Club Barcelona. Cpl Sabater was a caring, gentle, compassionate individual, who loved to make people laugh and bring smiles to those around him. He was a loving uncle to his nephew, Blai Sabater-Fixe, to whom he was also a godfather. He was also a devoted son, who held family in the highest esteem. His three sisters-in-law, Karina, Alana, and Vanessa, were thrilled to have gained a new brother, as were his parents-in-law, Bonnie and Ken Lewis, to have gained a son. For the last ten years of his life, he served in the military, both reserve and regular force. During his time in service he touched many lives, and made many long-lasting friendships. He was affectionate, kind, and faithful to the love of his life, and the love that they shared was almost a fairy-tale. We take comfort in the fact that he is with the Lord, where his smile is now eternal.

It is with great grief we announce the passing of our beloved husband, son, brother, uncle, and friend, Corporal Just Sabater on November 28, 2014. Survived by his loving wife Sheri-Lynn Sabater; parents, Josep and Joaquina; and sisters, Helen (Steven Fixe) and Judit Sabater. Cpl Sabater was a cook with Wing Food Services at 17 Wing. The funeral took place at St. Ignatius Church, 255 Stafford St. Monday, December 8th. He was born in B.C. on March 19, 1986, where he lived until he moved to Catalonia, the homeland of his parents. Here he spent the next several



Front, L to R: Capt Alex Barrette, Maj Ryan Setter, LCol Russ Defer, 1CFFTS Commandant, Colonel Y.N. Thomson, Commander of the Air Force Flight Training Center, 1 CFFTS HCol Eldren Thuen, Capt Stephanie Cadieux. Back, L to R: Lt Nathan Cosman, Lt Brennan Roche, Lt Colin Clansy, Lt Yujin Lee, Paul Hansen, Stephan Germaine. Photo: Pte Darryl Hepner



Front, L to R: MWO Trevor Bull, CWO Craig Chislett, LCol Russ Defer, 1CFFTS Commandant, Colonel Y.N. Thomson, Commander of the Air Force Flight Training Center, 1 CFFTS HCol Eldren Thuen, CWO Gerry Sarrazin, Air Operations Branch CWO. Back, L to R: Sgt Bruno Caouette, WO Clay Emms, WO Dean Marche, WO James Dean, Pte Clinton Sorensen, Pte Dustin Snyder, Pte Andrew Ginting, Sgt Ed Delorme, Sgt Mike Moffitt, Sgt John Bowden. Photo: Pte Darryl Hepner

Following the parade, a reception is held at the Officer's Mess where LCol Defer addressed the graduates, as well as the family members and friends who came to witness this special day. "After months of hard work, delays and frustrations, it was great to see so many happy faces. This is what the school is all about; producing wings qualified graduates for the RCAF." The following day was business as usual for 1 CFFTS, as there are four ACSO courses running, with another IAQC and ACSO course beginning in January.

Correction

In our Dec 3 story on the opening of the Wobbly Prop Pub, we made the following errors: the pub's location is in Building 61, and we ran the wrong rank for PO2 Thom. Our apologies to those involved for the mistake.



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Wing Commander's Honours and Awards

On December 2nd, 2014, Colonel Joel Roy, Commander of 17 Wing, and Wing Chief Warrant Officer Mike Robertson presented Honours and Awards to staff in the Officer's Mess, Building 76. All photos by: Cpl Jean Archambault



WComd Col Roy (left) and WCWO Mike Robertson (right) present Capt MacLennan (center), with the General Service Medal South-West Asia (GSM-SWA).



WO Sagriff receives the Canadian Forces Decoration Second Clasp (CD2).



Sgt Bernard receives the Canadian Forces Decoration First Clasp (CD1).



Sgt Damron receives the Canadian Forces Decoration First Clasp (CD1).



Sgt Bouffard receives the Canadian Forces Decoration (CD).



Sgt Butcher receives the Canadian Forces Decoration (CD).



MCpl Mack receives the Canadian Forces Decoration (CD).



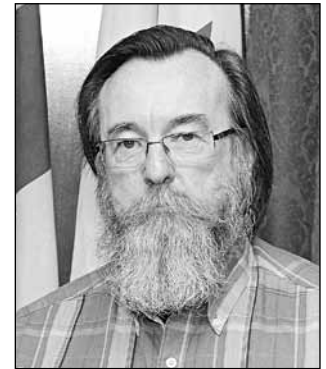
Cpl Imamshah receives the Canadian Forces Decoration (CD).



Cpl Mueller receives the Canadian Forces Decoration (CD).



Mrs. Haines receives the 35 Year Recognition Certificate.



Mr. Forbes receives the 35 Year Recognition Certificate.



Mrs. Pennell receives the 25 Year Recognition Certificate.



Mrs. Van Halvert receives the 25 Year Recognition Certificate.



Mr. Robins receives the 25 Year Recognition Certificate.



Mr. Stevens receives the 25 Year Recognition Certificate.



Mr. Wall receives the 25 Year Recognition Certificate.



Mrs. Moar receives the 15 Year Recognition Certificate.



Sgt Green receives the RCAF Commander's Commendation.



MCpl Portman receives the RCAF Commander's Commendation.



Maj Houle receives the Wing Commander's Commendation.



2Lt Roman receives the Wing Commander's Commendation.



WO Dominix receives the Wing Commander's Commendation.



Capt Lee and WO Joiner receive the WComd's Commendation on behalf of 17 Wing TME Sqn.



Lt Snowden and MWO Blais receive the WComd's Commendation on behalf of 17 Wing Food Svcs.



Mr. Martin receives the Wing Commander's Commendation.



Maj Harding receives the Wing Commander's Commendation.



Lt Pinsent receives the Wing Commander's Commendation.



MWO King receives the Wing Commander's Commendation.



PO2 Ross receives the Wing Commander's Commendation.

Wing Commander's Honours and Awards

On December 2nd, 2014, Colonel Joel Roy, Commander of 17 Wing, and Wing Chief Warrant Officer Mike Robertson presented Honours and Awards to staff in the Officer's Mess, Building 76. All photos by: Cpl Jean Archambault



Sgt Moffitt receives the Wing Commander's Commendation.



Sgt Svendsen receives the Wing Commander's Commendation..



Lt Comd Forward and Sgt Bellamy receive the WComd's Commendation on behalf of 23 CF H Svc.



MWO Morningstar and WO Whiting receive the WComd's Commendation on behalf of WCE Branch.



Capt Galbraith receives the Wing Commander's Commendation.



CPO2 Jarrett receives the Wing Commander's Commendation.



WO Stuart receives the Wing Commander's Commendation.



WO Semenchuk receives the Wing Commander's Commendation.



Sgt Harris receives the Wing Commander's Commendation.



Cpl Fischer receives the Wing Commander's Commendation.



Cpl Jewett receives the Wing Commander's Commendation.



Ms. Ingrilli receives the Wing Commander's Commendation.



Maj Pettitt receives the Wing Commander's Coin.



Maj MacCulloch receives the Wing Commander's Coin.



Lt (N) Levy receives the Wing Commander's Coin.



Capt Boudreau receives the Wing Commander's Coin.



CWO Spragg receives the Wing Commander's Coin.



Cpl Guinto receives the Wing Commander's Coin.



Mr. Travale receives the Wing Commander's Coin.



Capt Boyd receives the Wing Commander's Coin.



Capt Jordan receives the Wing Commander's Coin.



Lt Dreger receives the Wing Commander's Coin.



WO Flynn receives the Wing Commander's Coin.



Sgt Loewen receives the Wing Commander's Coin.



Sgt Fritsch receives the Certificate of Recognition of Superior Performance.



Capt Won receives the Commissioning Scroll.



2Lt Mitchell receives the Commissioning Scroll.



CWO Boudreault receives the CWO Scroll.



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GCWCC Wraps Up Another Year with Delicious Lunch



L to R: CWO Spragg, LCol Clouter, CWO Robertson, HCol Robinson, Col Roy, and Kathy Dmytrisin serve up delicious Chinese food at the GCWCC lunch fundraiser. Photo: Mike Sherby

**By Mike Sherby
Voxair Manager**

Anyone attending the GCWCC Chinese Food Buffet fundraiser on December 3rd did not leave hungry. Piles of Pork, Chicken, Rice and Noodles cooked up by Wing Foods were doled out by members of the GCWCC campaign, Col Roy, CWO Robertson, HCol Robinson, and many other volunteers.

From 1145 hrs onwards the Red River Lounge at Bldg 61 was packed to bursting with people lining up out the door to grab some lunch. And of course, all the proceeds went towards the GCWCC. In total the event added \$577 to the total amount raised this year that will go to help the United Way to help in a wide array of community initiatives.

The Chinese Food Buffet was the final fundraising initiative of this year's GCWCC, which kicks off in September every year with the Hercules and Fire Truck Pull. The campaign saw fundraisers big and small get organized by individuals from around the Wing. From the Charity Dog Walk to the Toonie Walk and Run, the events reach almost everyone at CFB Winnipeg, and

every year the men and women of 17 Wing rise to the challenge of raising as much money as possible for the United Way.

This year was no different, as to date 17 Wing has raised \$90,997 for the annual Government of Canada Workplace Charitable Campaign, and results are still being tabulated.

Kathy Dmytrisin, the civilian co-chair of this year's campaign, praised all of the people who worked hard to make it a success.

"The campaign went quite well overall considering the challenging operational commitments the Wing has supported this year. We had a great turnout for every event that was run through the campaign. The members of 17 Wing truly do pull together to support the community. On behalf of my co-chairs, Capt Snow & Capt Pentney, and myself, we'd like to thank every rep and canvasser, every event OPI and volunteer, and everyone who attended an event or made a donation during the campaign, thank you for your tremendous support our success would not be possible without you."

Adopt-A-Vet Blankets Help Woman Give Back to Veterans

**By Martin Zeilig
Voxair Photojournalist**

A total of 32 handmade woollen blankets are stacked neatly together in a storage closet in the Pilot Briefing Room of 402 Squadron. The blankets, hand made by Cheryl Purll, are her contribution to the annual 17 Wing Adopt-A-Vet Program.

The program was founded in 1998 by George Stetina, Administrative Assistant to the Commanding Officer of 402 Squadron. It serves to provide gifts to veterans at the Deer Lodge Care Home, said Stetina, who retired from the RCAF in 2009 after 24 years of service.

Cheryl, whose husband works at 402 Sqn, has been making blankets for the program since 2012. She got the idea after her husband had brought home a list of items needed for the Adopt-A-Vet program.

"I noticed that many were asking for sweaters, which made me think that warm blankets may be the perfect addition to what they were asking for. At the time I had recently learned to make these blankets from a friend, and had started to make blankets for home as well as gifts."

Cheryl says she makes the blankets in part to honour the memory of her grandfather, Al Mullholland, who was a significant role model in her life.

"I lived with him during my teenage years as my parents lived out of town, and he lived very close to the school that I was attending," Purll said.

Mullholland was a World War Two veteran who took

Cheryl to Remembrance Day parades and regaled his granddaughter with stories of the war, both good and bad.

"Grandpa was a generous man who always had time for his loved ones and enjoyed working with his hands, mainly in his wood shop. Unfortunately he passed away several years ago, which left a significant void in my life," Cheryl said.

"I thought that the Adopt-A-Vet program would be a fantastic way to contribute back to those that have served with him, and given so much for our freedom."

So she approached George, asking if she would be able to get a donation request letter for the program.

"He enthusiastically produced a letter for me that allowed me to approach some of the local fabric companies, and inform them of this amazing program that not only supports our local community, but honors those that have given so much," Purll said.

"Most of the companies that I approached saw the value in this program and donated enough fabric so that I could make some blankets for some very deserving veterans."

Purll says that veterans should be told more often how much we appreciate what they've sacrificed and given for our freedoms.

"I know that if my grandpa, who I love very much, was still here and had no family, I would hope that he would have someone like George Stetina to look out for him, especially during this holiday season, which can be

particularly lonely for those that have no one to share it with," she said.

"Each blanket is a way for me to remember and honour the memory of my grandpa."



32 blankets, handmade by Cheryl Purll, await new owners through the Adopt-A-Vet program. Photo: Supplied

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RCAF Band Christmas Concert Rocks the House

By Martin Zeilig
Voxair Photojournalist

Right from the opening number, Angels We've Heard on High, audience members knew they were in for a real holiday treat at the RCAF Band Christmas Concert, which was held in the theatre at the 17 Wing Fitness and Recreation Centre on December 7.

The free annual concert was held in support of Care and Share, a charity administered by the Wing Chaplains. Audience members were asked to make donations to the charity, which provides support to DND personnel and is made up of 100 percent volunteer donations from just two events: Christmas concert, and the Chaplains' golf tournament in August.

"That support is either financial or otherwise so that people don't fall through the cracks," said 17 Wing Chaplain Jack Barrett, who helps oversee the fund. Just over \$1400 was raised by this year's concert.

Some of the many other highlights included duets and solo songs sung by Sergeant Cindy Scott and Sergeant David Grenon, an original number called Christmas in the Air Force Band, the hilarious Grandma Got Run Over by a Reindeer, and a couple of haunting pieces from the The Nutcracker by Tchaikovsky.

But perhaps the most affecting number was Home,

a song originally recorded by Michael Bublé. A series of photos of personnel and military aircraft flashed on a background screen during the performance.

Judging by the enthusiastic applause afterwards, this rendition of the song struck a deep emotional chord with the audience.

17 Wing Commander Colonel Joel Roy, who was called up on stage to play the clapper during the band's performance of Sleigh Ride, put the concert into a larger context within the RCAF.

"It's fantastic to be able to do that for our folks and families," he said.

He called it a privilege to have such top professional musicians, who are "a jewel out here in the Wing," in the RCAF.

"I'm glad to see so many families out to enjoy it."

Master Warrant Officer Heidi Twellmann, a singer in the band, said that as a performer, you always want to play to a packed hall and

a happy audience.

"You want them to enjoy themselves," she said. "It means a lot to us, especially when people are so busy with holiday activities. We had a lot of fun. The thing that we enjoy the most is having that positive feedback and brightening their day a little, and having the audience leave the concert with a smile on their faces and thanking us."



Sergeant Mike Hall on guitar, Sergeant Jim Johnson on drums, and bass guitarist Sergeant Scott Foster rockin' for the crowd at the RCAF Band Christmas Concert in Building 90 on Sunday, December 7. Photo: Martin Zeilig

Wing AdminO Hosts Coffee Break



Members of 17 Wing line up for dainties and coffee in the Officers' Mess. The Wing AdminO hosted a Wing Commander's coffee break following the Honours and Awards Ceremony on December 9th, 2014. Photo: Mike Sherby

Building 90 Holiday Hours 2014	Le Bâtiment 90 Fêtes de fin d'année 2014 (heures)
24 December (Christmas Eve) - 0600-1600	Le 24 décembre - Veille de Noël - De 0600 h à 16 h
25 December (Christmas Day) - Closed	Le 25 décembre - Noël - Fermé
26 December (Boxing Day) - Closed	Le 26 décembre - Lendemain de Noël - Fermé
27 December 0600-1800	Le 27 décembre - De 6 h à 18h
28 December 0845 -2200	Le 28 décembre - De 8:45 h à 22h
29 December 0600-2200	Le 29 décembre - De 6 h à 22h
30 December - 0600-2200	30 décembre - De 6 h à 22 h
31 December (New Year's Eve) 0600-1600	Le 31 décembre - Veille du jour de l'an - De 6 h à 16 h
01 January 2015 (New Year's Day) Closed	Le 1 ^{er} janvier 2015 - Jour de l'an - Fermé
02 January 2015 - Return to regular hours	Le 2 janvier 2015 - Retour à heures régulières

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Military Couple's Daughter Recovers From Transplant

By Martin Zeilig
Voxair Photojournalist

With a confident smile on her face, Piper Coffin lifted her grey sweatshirt to reveal the gastrostomy tube that a pediatric surgeon at The Hospital for Sick Children in Toronto had inserted through her abdomen into her stomach.

A large "Y" shaped scar next to the tube indicates where the 11-year-old had liver transplant surgery at the same hospital on August 9, 2014.

"I feel good about having a new liver because I don't scratch as much anymore," Piper said.

Piper's parents are CWO Hank Coffin, who works at 2 Canadian Air Division, and Sgt Cynthia Jessop, who is at 1 Canadian Air Division. She also has a fraternal twin sister, Callysta.

At two months old Piper was diagnosed with Alagille Syndrome, a rare genetic disorder that affects organ development.

Piper's liver, kidneys, heart and spine were all affected, with her liver functioning at only 20 percent. At one-year-old, Piper weighed 12 pounds due to her disorder.

"Piper has had numerous surgeries almost since birth, including the G tube at age one, and a biliary diversion at age two," Sgt Jessop said. Piper was the first child in Canada to receive this surgery.

Piper's most recent ordeal started on July 8, 2014, when she was admitted to the Winnipeg Children's Hospital with a low fever.

"The doctors here determined that Piper's liver was failing, and that we had to be medically evacuated to Toronto," Sgt Jessop says. "We flew by air ambulance to Toronto and were admitted to the Hospital for Sick Children three days later."

Within a week, the doctors confirmed that her liver had failed and her kidneys were in the process of failing. A side effect of Piper's liver failure was that her blood stopped clotting, requiring a staggering 130 blood trans-

fusions.

Piper's surgery was very complicated and she needed a full adult liver transplant, which left her abdomen open until the liver shrunk enough to enclose.

On 30 August, Piper had her sixth surgery to put in a permanent dialysis line in her chest.

"Luckily, and strangely, Piper's kidneys started working with help from some medication after the surgery, and so far Piper hasn't needed any dialysis since August 30th," Sgt Jessop said.

Dr. Binita Kamath, a leading expert/researcher in Alagille Syndrome, and part of Piper's medical team at SickKids, says that they've taken away the biggest source of her medical problem.

"She has to deal with other potential complications from Alagille Syndrome, and Piper will have to be monitored for the rest of her life, but we anticipate that Piper will live a long and productive life," Dr. Kamath said.

In six months to a year from now, once her new liver has shrunk, Piper will have to return to Sick Kids to have the muscle in her abdomen sewn up.

But despite going through all these surgeries, Piper seems to be taking it all in stride. When asked about her experience at SickKids, she doesn't dwell on the negatives.



Piper Coffin cuddling with her colourful collection of stuffed toy animals. Piper received a liver transplant earlier this year at the Hospital for Sick Children in Toronto. Photo: Martin Zeilig

"Being in Toronto was boring and long, but it was also kind of fun because I got to play games like Dragon City and Minecraft on my iPad," she says.

A fundraising benefit, Presence for Piper, Bud, Spud and Steak evening, was held on November 13, 2014 at the Thirsty Lion Pub. The event, organized by current and former 17 Wing members, raised \$7500 to help support Piper's parents.

Meanwhile, an upbeat Piper is looking towards the future.

"I want to be a doctor because I already know a lot, and I can help people."

Warmest holiday greetings

To: all our patrons at
17 Wing Winnipeg

From: the staff at
Baldwinson Insurance

Phone: (204) 889-2204

Wreaths Across Canada Honours Those Who Served

By Martin Zeilig and Michael Sherby
 Voxair Photojournalist and Voxair Manager

For Ernie Tester, Harry Falk, and Garry Henderson, the 150-km drive from Gladstone to Winnipeg to attend the *Wreaths Across Canada* Commemorative Service held on Sunday, December 7 at Brookside Cemetery was a personal journey. A former member of the Canadian Armed Forces (CAF), Garry, along with his friends Ernie and Harry, had heard about the Service through their local Royal Canadian Legion branch and decided to take



L to R: CWO (ret) Jim Seggie (father of Cpl Mike Seggie), Della Morley (Mother of Cpl Keith Morley), Jane Wilson and Ken McKay (family of MCpl Tim Wilson) laying wreaths in front of the Commonwealth Graves Commission Stone of Remembrance at Brookside Cemetery on Dec. 7. Photo: Martin Zeilig

part in the event that saw nearly 100 people in attendance.

Conceived of by retired CAF Warrant Officer Craig McPhee in 2007 during a visit to Arlington Cemetery in the United States of America, *Wreaths Across Canada* has since grown into a community-based annual event



Members of 17 Wing removing wreaths from a truck trailer at Brookside Cemetery on Dec. 6 in preparation for the *Wreaths Across Canada* "Service of Commemoration" ceremony on Dec. 7. Photo: Martin Zeilig



Lieutenant-Colonel Danielle Clouter and crew with wreaths just before the laying of wreaths at Brookside Cemetery on December 6. Photo: Martin Zeilig

aimed at remembering and honouring all those who served in Canada's armed forces. The first ceremony of its kind was held in Mount Pleasant Cemetery in St. John's (Nfld.) in 2009, with Ottawa following suit at the National Military Cemetery (Beechwood Cemetery) in 2011. This year, Winnipeg became the third community to take part in a *Wreaths Across Canada* commemoration.

What makes this event different than Remembrance Day, Battle of the Atlantic, Battle of Britain and other significant commemorations honouring our country's military is that all Canadians are invited to actively participate in the event by helping to lay wreaths at the gravesites of military personnel. By making that personal connection, the founders of *Wreaths Across Canada*, hope that Canadians will remember and honour all military members who served, not just those who had lost their lives in combat.

That does not mean that that Remembrance Day or similar commemorations are any less important; instead *Wreaths Across Canada* can be seen as another opportunity to honour our military members for their service and demonstrate that we will not forget them at a time that is meant for families and friends. "The first Sunday in December was chosen (by the founders of *Wreaths Across Canada*) as a time to reflect and remember those who are no longer with us," LCol Danielle Clouter said.

To bring *Wreaths Across Canada* to Winnipeg, took some coordination and community partnerships. Bison Transport, the City of Winnipeg (under which Brookside Cemetery falls), the Canadian Cadets Organizations, and the Knights of Columbus all worked with CFB Winnipeg to make the event a reality. Bison Transport donated the wreaths and stands and delivered them from their supplier (Bell Woodlots Ltd.) in New Brunswick. Jane Saxby, the Cemeteries Administrator at Brookside, shared her knowledge of the military members interred at the Cemetery and applied her experience of military and remembrance ceremonies. And the Knights of Columbus and local area cadets played a large role in the placement of the wreaths in Brookside's Field of Honour.

Despite their desire to lay a wreath at every grave like in Ottawa, it soon became clear that it would be logistically impossible as some graves are inaccessible in the winter. Instead it was decided to lay wreaths

at the end of each row. As well, instead of laying out the 259 wreaths all on the same day, most of the wreaths were carefully put into place the day before. On the day of the commemorative service itself four larger wreaths were placed at Brookside Cemetery's Stone of Remembrance, the only Commonwealth War Graves Commission Stone of Remembrance in Canada.

"It was really nice to see the combination of youth and older generations taking part," said Lt.-Col. Clouter of everyone who volunteered. "We wanted the wreaths laid with dignity, and so at the end of each row they saluted and paid respect. It wasn't a quick process, but it was moving."

Karel Moravek, Manitoba District Master, Knights of Columbus, said his group was fulfilling their patriotic role by participating in *Wreaths Across Canada*.

"It is important to recognize the sacrifices that the war veterans made by fighting for our freedom. With many of our Knights being military veterans themselves, the wreath laying ceremony is very meaningful to us and we are honoured to be part of this commemoration ceremony," he said.

The wreaths will remain in the cemetery until January of 2015.



Commander Jean-Paul Gauvin and Faithfull Navigator Dan Shepherd salute during the God save the Queen song. Photo: Cpl Jean Archambault

Season's Greetings

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LCol Marc Torchinsky's Spiritual Quest

By Martin Zeilig
Voxair Photojournalist

One might view the life of Lieutenant-Colonel Padre Marc Torchinsky, the new 1 Canadian Air Division Chaplain, as a spiritual quest, a prolonged journey to find a home in faith.

After a conversation with him, though, it becomes evident that this outgoing, articulate and gracious person is still searching, or, rather, expanding his religious point of view.

"I started in the CAF in the late 1980s as an infantry soldier here in Winnipeg with the Royal Winnipeg Rifles," says the Jewish born and raised Anglican Reverend.

"It was the first time I experienced anti-Semitism in the Canadian Forces. I simply wanted to serve my country and grow in confidence and motivation. My experiences were both positive and negative. Once you get to know the other however, the fear begins to fade away."

The incident involved a fellow soldier making anti-Jewish comments to Padre Torchinsky. It was resolved when their Commanding Officer put them together in a fox-hole during a training exercise.

"I said to him: 'We've been through basic training together, are we really all that different?' We acknowledged our differences and moved forward."

Soon afterwards Padre Torchinsky decided to leave the forces to go to university. Then in 1991, he travelled to Israel for the first time. The trip had a profound experience on his Jewish faith, particularly at the Western Wall in Jerusalem.

"It was there where I really experienced the presence of God for the first time in my life," he says.

After returning to Winnipeg he soon took a longer trip to Israel, this time to study at an Orthodox Jewish Seminary in order to get closer to his roots.

"I was about to make Aliya (a permanent move to Israel) and join the IDF (Israel Defence Forces)," he added. But then fate got in his way.

"When I returned home to Winnipeg, I began to date a young woman whose father was a Christian Orthodox priest. We were both kind of rebelling I think. Though we wanted to learn about each other's cultures and religion, a number of factors led to the demise of the relationship."

He then returned to the University of Manitoba studying world religions.

"As time went on, my life went into a tailspin," he says. "My relationships were falling apart with my girlfriend and family and friends."

His life was at a dark point, so one evening he prayed to God.

"Soon after this, I had a dream and I saw an image of a cement wall covered with a cloth," Padre Torchinsky said. "I heard a loud crashing noise, the cloth ripped in two, and I saw an image of Jesus. I didn't realize then what it meant."

Upon reflection he realized what the symbolism meant to him: It represent-

ed Jesus Christ's death and resurrection.

"It wasn't my desire to change religions," Padre Torchinsky emphasizes. "I wasn't running away from Judaism. But, I had this encounter and I believe from this point on various Christian friends and mentors came into my life, including professors at the U of M."

As Padre Torchinsky begins his new role at 17 Wing, he says his priorities are a focus on spiritual resilience, noting that although Canadian soldiers and their families are particularly strong and resilient people, spiritual resilience is a key ingredient to total fitness and operational readiness.



LCol Padre Marc Torchinsky talks to the Voxair. Photo: Martin Zeilig

Recruiting Det Winnipeg Plays Santa for Families and Children in Need

By Capt P.H. Kim
CAF Recruiting Winnipeg

"It was more successful than I thought it would be," said RCN PO2 Rick Wassing, the Senior Recruiter for CAF Recruiting Prairies & the North Detachment Winnipeg, as he looked over the large amount of toys donated by the staff of his unit.



Recruiting Det Winnipeg staff (Sgt Madeline Voyer, Cpl Amanda Fleming and Sgt Dylan Lee) with Siloam Mission and Winnipeg Radio hosts from Fab 94.3 and QX 104. Photo: Supplied

In his first year as Senior Recruiter PO2 Wassing decided to switch things up for Christmas by offering the staff the choice of the usual 'Secret Santa' gift exchange or a toy drive. The suggestion was taken up with great enthusiasm by the staff and soon a collection of unwrapped new toys quickly outgrew the box set aside to receive them. So many toys were collected that they had to go into Canadian Army branded promotional bags to act as part of Santa's toy sack. The collected toys were delivered by RCAF members of the Det to representatives of the Siloam Mission and Winnipeg morning radio hosts from FAB 94.3 and Country QX 104 as they broadcast the delivery live on the air. Mr. Mike Beauregard, Siloam Mission's Director of Development was on hand to receive the toys, "I'm so glad that I was here to thank you guys for these gifts," he said. "A lot of our clients have never received or given their child a new toy, and the fact that our military came through to support them makes it more meaningful."

17 WING FIRE CHIEF'S CORNER

Seasons Greetings from the
17 Wing Fire Department



Think Safe - Fire Knows No Holiday

Christmas Tree Fires

Having a carefully decorated Christmas tree can help make your holidays safer.

Facts & Figures

- The leading cause of Christmas tree fires and property damage was short circuit or ground fault. In this category, electrical failure other than short circuit ranked second in number of fires, injuries and property damage with the exception of the "other known" category.

- Cords and plugs were the leading type of equipment involved in the ignition of Christmas trees.

- Unspecified short circuit arc accounted for an average of more than 100 fires.

Safety Tips

- When decorating Christmas trees, always use safe tree lights. (Some lights are designed only for indoor or outdoor use,

but not both.) Larger tree lights should also have some type of reflector rather than a bare bulb and a testing laboratory should list all lights.

- Never use electric lights on a metal tree.

- Follow the manufacturer's instructions on how to use tree lights. Any string of lights with worn, frayed or broken cords or loose bulb connections should not be used.

- Always unplug Christmas tree lights before leaving home or going to sleep.

- Never use lit candles to decorate a tree, and place them well away from tree branches.

- Try to keep live trees as moist as possible by giving them plenty of water daily. Do not purchase a tree that is dry or dropping needles.

- Choose a sturdy tree stand designed not to tip

over.

- When purchasing an artificial tree, be sure it is labelled as fire-retardant.

- Children are fascinated with Christmas trees. Keep a watchful eye on them when around the tree and do not let them play with the wiring or lights.

- Store matches and lighters up high, out of the reach of children, preferably in a locked cabinet.

- Make sure the tree is at least three feet (one meter) away from any heat source and try to position it near an outlet so that cords are not running long distances. Do not place the tree where it may block exits.

- Safely dispose of the tree when it begins dropping needles. Dried-out trees are highly flammable and should not be left in a house or garage, or placed against the house.

Ne risquez pas votre vie, éloignez-vous des voies ferrées.

Cet hiver, éloignez-vous des voies ferrées afin d'éviter un accident tragique. Circuler en motoneige sur la propriété d'un chemin de fer est non seulement illégal, mais aussi dangereux. En vous amusant, vous risquez d'être trop absorbé pour entendre un train qui approche.



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Wing Admin Branch Promotion



LCol Danielle Clouter (left), Wing AdminO, and Wing Admin CWO Sandra Spragg (right), promote MCpl Dwayne Pettitt (middle) from the Language Training Centre to Sergeant during a visit to the Language Training Centre on December 2nd. Photo: Cpl Justin Ancelin

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EMPLOYMENT OPPORTUNITY

Competition # WIN-14-027
Open to: This Category I position is open to all interested parties.

Rink Maintainer

Division: Personnel Support Programs
Outlet: Fitness & Sports
Base/Wing: 17 Wing Winnipeg
Temporary Part-Time Position
The anticipated term of this position is 3 months.

Who We Are:

Our organization is committed to enhancing the morale and welfare of the military community, ultimately contributing to the operational readiness and effectiveness of the Canadian Armed Forces (CAF). We pride ourselves on being part of the Defense Team. For more information on who we are, please visit us at www.cfmws.com.

Job Summary:

Under the supervision of the Facilities Coordinator, the Rink Maintainer liaises with appropriate personnel for all ground repairs and tool requirements for initial rink layout prior to the skating season. She/He maintains good ice conditions by scraping, shoveling, brushing and hosing the ice. She/He removes snow from around the exterior of the rink boards to enable passage through all gates as well as ensures all interior/exterior electrical circuits and lighting are operational.

Qualifications:

High school diploma AND some years experience in a related field.

OR An acceptable combination of education, training, and/or experience will also be considered.

Language Requirement: English mandatory

Experience Requirements:

- In ice rink maintenance
- In operating ice rink equipment

Salary: \$ 11.27/hr - \$ 12.90/hr

Security:

- Enhanced Reliability
- This process includes a police records check for service with the vulnerable sector.

NPF employees must demonstrate the following shared competencies: client service, organizational knowledge, communication, innovation, teamwork and leadership.

NPF is committed to employment equity. Our goal is a diverse, inclusive workforce that reflects the communities we serve. We strongly encourage applications from all of the designated group members. Individuals needing employment accommodation in the hiring process or job postings in an alternative format may contact the NPF Human Resources Manager.

Start Date: As soon as possible

Posting Date: 24 November 2014

Application Deadline: 23:59 hrs Pacific Time on 19 December 2014

Application Submission: Submit resume to NPF HR Office quoting competition # WIN-14-027.

Email: npfhrwinnipeg@cfmws.com or online: www.cfmws.com.

We thank all applicants in advance for their interest in this position, however, only those selected for an interview will be contacted.



www.pspwinnipeg.ca



Responsible Hosting During the Holidays

As winter holidays approach, many of us host parties and get-togethers. While parties are a great way to enjoy time with your friends and family, ensuring the safety of your guests should also be a priority. With this in mind, here are some tips to keep you and your guests safe over the holidays:

- Have a plan from the start. When your guests arrive, ask them how they are planning to get home. Tell guests you want to ensure everyone gets home safely. Ask for their car keys to keep in a safe place until it is time for them to go home. Be sure to have a list of local options and phone numbers of safe ride home programs in a visible location.

- Provide alternatives to alcohol. This can include snack foods and non-alcoholic beverages, including mocktails.

- Keep sharp. By avoiding alcohol, you will be able to make sound decisions throughout the night.

- Refuse to allow drunk driving. If a guest has had too much to drink, have them stay overnight, pay for a cab ride home, or find another safe way of getting them home. Do everything you can to stop them from driving. If they do end up driving, despite your best efforts, call the police and tell them what has happened.

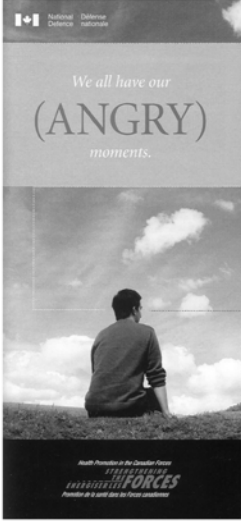
- Be prepared for guests to stay the night. When buying supplies for the party, pick up items such as extra toothbrushes, disposable razors, and travel sized toiletries. If you have a guest bed, make it up before the party begins.

Remember, when you keep your guests safe, you also keep yourself safe!

For more information and tips on safe use of alcohol, visit your local Strengthening the Forces Health Promotion office, local 4150, or check online at <http://www.forces.gc.ca/health-sante/ps/hpp-pps/aap-sdp/atoc-atdm-eng.asp>.

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





Managing Angry Moments (MAM)

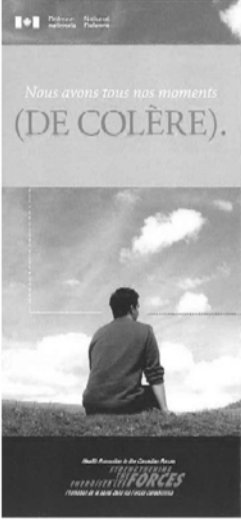
20 & 27 Jan 2015
0830 - 1600 hrs

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

20 et 27 janvier 2015
0830h à 1600h

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



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

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

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

Com Rec Unveils Many New Programs for Winter 2015

With Christmas and winter coming up, we thought we'd take the chance to highlight some of the exciting new programs that Community Recreation is offering. For a complete list of Community Recreation Programs and info on how to enroll, visit PSPWinnipeg.ca.

Children's Programs:

NEW! Children's Fencing 6 - 12 yr olds

Tuesdays Jan 13 to Mar 17 • 1800-1900

Building 90 Gym

Partnering with Sport Manitoba – Fencing.

Learn the basics in Fencing. The fencing program will focus on six key areas of development. Fun – the joy of play. Physical fitness – sport as part of a healthy lifestyle. Coordination – body awareness & control. Problem solving – cooperation. Order of game – respect for rules.

With Membership \$50 Without Membership \$65

NEW! Zumba Kids Jr. 5 - 7 yr olds

Wednesdays Jan 14 to Mar 18 • 1700 - 1730

Building 33 Activity Room

Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.

With Membership \$45 Without Membership \$60

NEW! Creative Drama 5 - 7 yr olds

Wednesdays Jan 14 to Mar 18 • 1630-1730

Building 90 Theatre

Partnering with the Manitoba Theatre for Young People.

A fun and encouraging introduction to theatre and drama, students will develop their imaginations and powers of self-expression through drama games, music and dance, story theatre, and role playing. A great class for anyone who loves to make-believe!

With Membership \$50 Without Membership \$65

Youth Programs:

Children's Zumba 7 - 12 years old

MONDAYS Jan 12 to Mar 16 • 1730 - 1800 hrs

Building 33 Activity Room

Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural

exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.

With Membership \$45 Without Membership \$60

YOUTH FENCING 13 - 17 years old

TUESDAYS Jan 13 to Mar 17 • 1800 - 1900 hrs

Building 90 Gym

Partnering with Sport Manitoba – Fencing.

Learn the basics in Fencing. The fencing program will focus on six key areas of development. Fun – the joy of play. Physical fitness – sport as part of a healthy lifestyle. Coordination – body awareness & control. Problem solving – cooperation. Order of game – respect for rules.

With Membership \$50 Without Membership \$65

JR. Actors' Workshop

5 - 7 years old

Wednesdays Jan 14 to Mar 18 • 1730 - 1830 hrs

Building 90 Theatre

Partnering with Manitoba Theatre for Young People.

What is acting about? How do you begin? This performance oriented class will help you develop essential skills in acting. Through dramatic exercises you'll learn to share ideas and invent scenes using improvisation, creative movement and teamwork. Join the fun of imagining, rehearsing and performing together with new friends who love to act, just like you!

With Membership \$50 Without Membership \$65

Youth Tennis 13 - 17 years old

Thursdays Jan 15 to Mar 19 • 1900-2000 hrs

Building 90 Gym

Partnering with Sport Manitoba – Tennis.

This program introduces the foundational skills of tennis with an oversized low compression ball on a smaller court. Players learn basic rally, serve and net play skills along with activities that build tennis specific coordination. Rules of play and "I am a Good Sport" behaviours are also introduced.

With Membership \$50 Without Membership \$65

Family Programs:

Family Yoga

Tuesdays Jan 13 to Mar 17 • 1730 - 1800 hrs

Building 90 Multi-purpose Room

Join Sandra McNeil in a yoga class for the whole Family. Learn basic breathing awareness and simple fun

yoga poses. This class is an opportunity for families to do something together. The structure of the class will depend on the age of the children present. Come prepared to play!
 \$20/child with fit pass \$80/family without fit pass

FAMILY FITNESS

SATURDAYS Jan 17 to Mar 21 • 1100 - 1130 hrs

Building 90 Multi-purpose Room

The focus is on fun and family fitness, as parents join their children in playful exercise. Using creative techniques and a variety of equipment, parents and children take turns challenging each other.

\$20/child with fit pass \$80/family without fit pass

FAMILY Open Gym

TUESDAYS Jan 13 to Mar 17 • 1800 - 1900 hrs

THURS DAYS Jan 15 to Mar 19 • 1800 - 1900 hrs

SATURDAYS Jan 17 to Mar 21 • 1030 - 1130 hrs

Building 90 Gym Floor

Come and enjoy family play in the gym using our child-sized equipment such as balls, hoops, nets, parachute, tennis, cricket, etc.

With Membership FREE

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

Adult and Adult Fitness Programs:

ADULT FENCING 18 years & older

TUESDAYS Jan 13 to Mar 17 • 2000 - 2100 hrs

Building 90 Gym

Partnering with Sport Manitoba – Fencing

Learn the basics in Fencing. The fencing program will focus on six key areas of development. Fun – the joy of play. Physical fitness – sport as part of a healthy lifestyle. Coordination – body awareness & control. Problem solving – cooperation. Order of game – respect for rules.

With Membership \$50 Without Membership \$65

Zumba – Step 1700 - 1800 hrs

Thursday, Jan 8 – Mar 26

Perfect for those who are looking to feel the burn, baby! Looking to strengthen and tone your legs and glutes? Step right up. How it works. We combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. Benefits - Zumba® Step increase cardio and calorie burning, while adding moves that define and sculpt your core and legs.



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www.facebook.com/WinnipegMFRC www.facebook.com/WinnipegMFRCYouth

MFRC FAMILY CHRISTMAS PARTY

Join us on Friday, December 19 from 2:00 to 5:30 p.m. for the MFRC Family Christmas party. Drop in and celebrate the season with the MFRC staff and board members. There will be holiday crafts and activities for the kids to do, some Christmas games and fun for the adults, as well as a surprise visit from a special someone from 3:00 to 5:00 p.m. Drop in for a few minutes, or stay for the whole time. Refreshments and snacks will be served.



Image by digitalart via FreeDigitalPhotos.net

JOB OPENING

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

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

Qualifications:

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

Knowledge requirements

- Of recreation and youth programs
- Of health and safety practices
- Of group dynamics
- Of injury prevention practices

Experience requirements

- In working with children
- In providing customer service
- In programming activities for children
- In leading children in youth activities
- In ensuring safety protocols and procedures
- In using Microsoft software including Publisher, e-mail, and Internet browsing

Salary: \$ 15.00 with increase after a satisfactory six month probationary period

Successful candidate will commence employment as soon as possible.

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

Eligible candidates should submit a resume clearly outlining their ability to fulfill all position requirements by mail to: John Bailey Winnipeg Military Family Resource Centre, 102 Comet Street, P.O. Box 17000, Station Forces, Winnipeg, MB R3J 3Y5, by fax at 204-489-8587, or by e-mail to john.bailey@forces.gc.ca Applications must be received before midnight Jan 9th 2015

Upcoming MFRC Programs and Events

INFORMATION SESSION WILLS AND ESTATE PLANNING

Wednesday, January 7 from 6:45 to 8:00 p.m.

Childcare provided with preregistration
 Registration deadline: January 5
 Are you up to date on your legal responsibilities? Mr. George Chapman of Chapman, Goddard and Kagan has offered to come and give a presentation on topics including Wills, Power of Attorney, Health Care Directive and Family Law. There will be time to have a question and answer period. Knowledge is power!

BABYSITTER'S SKILLS COURSE

Saturday, February 14, 2015 from a.m. 10:00 to 4:00 p.m.

Cost: \$25.00 includes pizza lunch and manual
 Registration deadline: February 6, 2015
 Do you like making money? Do you like children? Become a certified Babysitter and put the two together. Register in per-

son at the MFRC. Participants must be 12 years old or in grade six to participate.

ROAD TO MENTAL READINESS (R2MR) REUNION BRIEFING

Thursday, January 8 from 6:30 to 9:30 p.m.

Registration deadline: January 5, 2015
 Additional Stress Free Child Care funds are available for attending this program. While many families recognize the need for preparation prior to the deployment, preparing for the return of your loved one is just as important. Although your emotions about the upcoming reunion are bound to be much more positive than those that you were dealing with prior to their departure, it is essential to understand that there can be some common transition challenges for both families and CAF personnel during this time. Preparation, education and skills are key for both you and your military loved one's success in managing this phase of the deployment.

MFRC Holiday Hours

- Monday, December 22—8:30 to 4:30 p.m.
- Tuesday, December 23—8:30 to 4:30 p.m.
- Wednesday, December 24—Closed
- Thursday, December 25—Closed
- Friday, December 26—Closed
- Monday, December 29—8:30 to 4:30 p.m.
- Tuesday, December 30—8:30 to 4:30 p.m.
- Wednesday, December 31—Closed
- Thursday, January 1—Closed
- Friday, January 2—8:30 to 4:30 p.m.

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For questions or information check out www.Scouts.CA or email Dean Parsons at Kirkfieldgc@gmail.ca

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Taroscopes

BY
NANCY

Aries (March 21 – April 19): Call or write to those you care about most. Go out and have fun with friends. You'll discover things about yourself as you reminisce and share experiences. Celebrate your accomplishments. Reflect on what you want next before setting new goals. Don't rush things.

Taurus (April 20 – May 20): What you've agreed to may turn out to be a bigger project than expected but it may be just what you need. Break big jobs up into smaller tasks. Look for the silver lining in difficult situations. Take breaks. Remember to be mindful of your own health and wellbeing.

Gemini (May 21 – June 21): Never mind what isn't working. Think of what has worked in the past and what is working now. Maintaining a positive attitude keeps things in perspective. Check your assumptions. If faced with a challenge don't retreat, step up to the plate and defend your position.

Cancer (June 22 – July 22): You realize now that something precious has slipped away. You can't turn back the clock but you can work to make the present more emotionally fulfilling. Plant seeds for a better future for all. Find a way to share your heart and soul with others. Be creative. Act now.

Leo (July 23 – August 22): You're stronger than you think. Don't avoid important decisions. Try to act with everyone's best interests in mind. Acknowledge those who have helped you by sharing their own special talents and abilities. Add your own style to an ordinary outing without breaking the bank.

Virgo (August 23 – September 22): Don't let anxiety about your ability to do everything overwhelm you. Write the time required per task on your "to do" list. Delegate or delete tasks if necessary. Be honest about what is essential. And forget about what others are doing. Comparisons drain your energy.

Libra (September 23 – October 23): Reach out to those you want to connect with instead of waiting for them to call or approach you first. Feel all your emotions fully but then move on. Even the good times need to be released. And if you want to do things differently in future, choose to and follow through.

Scorpio (October 24 – November 21): Make getting your life in order a priority. Consider if any of your assumptions have held you back. Admitting you were wrong can be freeing. Don't worry about what others will say about your choices. Take control of your life. Meddling people should be avoided.

Sagittarius (November 22 – December 21): You'll get the urge for adventure. It's a good time to go after something you've always wanted. But this can't be used as a means to avoid a confrontation. Deal with what you've been afraid to face. Especially if it's something you regret saying or doing in the past.

Capricorn (December 22 – January 19): If you've been making questionable choices it's time to get your life back on track. Make a commitment and persevere. Life isn't just about work and play – it's about the evolution of the soul. Engage in philosophical discussions. Seek to find the profound in the ordinary.

Aquarius (January 20 – February 18): Don't overthink your next step. Just do it. Have some fun. Take a break. When you get back to work you'll be rested and inspired. Being with upbeat people motivates you. Help others in ways that are in keeping with your values. Accept help from others as well.

Pisces (February 19 – March 20): You've come through a lot. Share what you've learned. Your hidden strengths are obvious to others now. Take all the time you need to make decisions. Be still and let things reveal themselves or unfold naturally. You'll know when it's time to tackle something bigger.

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Happy Holidays from the staff at the Voxair!



Mike, Misra, Brittany, and Martin want to wish you a Happy Holidays, and we all look forward to working with you in 2015!



2015 Publishing Schedule

Issue Number	Issue Date	Content Deadline
1	14 January	January 7
2	28 January	January 21
3	11 February	February 4
4	25 February	February 18
5	11 March	March 4
6	25 March	March 18
7	08 April	April 1
8	22 April	April 15
9	6 May	April 29
10	20 May	May 13
11	3 June	May 27
12	17 June	June 10
13	22 July	July 15
14	19 August	August 12
15	9 September	September 2
16	23 September	September 16
17	7 October	September 30
18	21 October	October 14
19	4 November	October 28
20	18 November	November 12
21	2 December	November 25
22	16 December	December 9

To inquire about advertising with the Voxair in the new year, please email tmwalls@mymts.net. If you have an idea for a story, please email voxair@mymts.net. Please note: the Voxair office will be closed between Dec. 22nd, 2014 and January 2nd, 2015.

Pool Schedule: Jan 5 to Mar 29, 2015

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CASUAL SWIM kiddie pool only	1815 - 2000 hrs	1900 - 2000 hrs	1815 - 2000 hrs	1900 - 2000 hrs		1300 - 1500 hrs	1030 - 1200hrs
CASUAL SWIM both pools	1815 - 2000 hrs	1900 - 2000 hrs	1815 - 2000 hrs	1900 - 2000 hrs		1300 - 1500 hrs	1300 - 1500 hrs
AQUA ZUMBA							1530 - 1930 hrs Jan 11 - Mar 29
AQUA-FIT				1530 - 1930 hrs Jan 11 - Mar 29			
LAP SWIM	0630 - 0730 hrs 1100 - 1300 hrs 1815 - 2000 hrs (3 lanes)	0630 - 0730 hrs 1100 - 1300 hrs 1500 - 1600 hrs 2000 - 2100 hrs	0630 - 0730 hrs 1100 - 1300 hrs 1815 - 2000 hrs (3 lanes)	0630 - 0730 hrs 1100 - 1300 hrs 1500 - 1600 hrs 1900 - 2000 hrs (3 lanes)	0630 - 0730 1100 - 1300	1300 - 1600 hrs (2 lanes)	1030 - 1200 hrs (2 lanes)
LESSONS		1700 - 1900 hrs Jan 13 - Mar 17		1700 - 1900 hrs Jan 15 - Mar 19	1800 - 2100 hrs Jan 18 - Mar 20	0930 - 1200 hrs Jan 17 - Mar 21	

CATHOLIC

CHAPLAINS

Padre Paul Gemmiti
Roman Catholic Priest
833-2500 local 4885

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

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

Mass (Bilingual)
Sunday 1100 hrs

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

Confession: The sacrament of reconciliation is available by request. Contact Padre Gemmiti's office.

Baptism: We recommend that you contact the chaplain's office for an appointment prior to the birth of your child. Please contact the Chaplain before setting the date for the Baptism or arranging family travel.

Marriage: Six months' notice is required for marriages, as 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 marriage or arranging family travel.



PROTESTANT

CHAPLAINS

Padre Jack Barrett (Wing Chaplain)
(Anglican) 833-2500 ext 5417

Padre Christopher Donnelly
(United Church) Office 833-2500 ext 5785

Padre Darryl Levy
(Baptist) Office 833-2500 ext 5272

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn. Office 306-492-2153 ext. 4299

Sunday Services (English Only) 0900 hrs

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

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

Baptisms: The Sacrament of Holy Baptism is available by contacting a Chaplain. Baptism Preparation is a requirement. Please contact the Chaplain before setting the date for the baptism or arranging family travel.

Protestant Chapel Guild meets the first Sunday of the month at 1900 hrs in the Chapel Annex. All women are welcome.

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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

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