Commander-In-Chief Visits Winnipeg

Her Excellency the Right Honourable Julie Payette, Governor General of Canada, waves as she departs 17 Wing, Winnipeg on November 27, 2018. Please see our story on Page 2. Photo: Cpl Angela Gore, 17 Wing Imaging

Leading Change The Smart Way
Getting Fit And Boosting Morale At The Spinathon
Christmas Concert Features Local Country Stars
1 CAD Honours And Awards
Check Out The MFRC Programming for the Christmas Season
’Tis The Season To Consider Advent Before Christmas

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Governor General Visits 17 Wing Winnipeg

From 1992 to 2013, Her Excellency, who speaks six languages, worked as an astronaut and flew two missions in space. She also served many years as CAPCOM (Capsule Communicator) at NASA's Mission Control Center in Houston, Texas, and was Chief Astronaut for the Canadian Space Agency.

Her visit included a stop at the legislature and talk with Premier Brian Pallister, a visit to the University of Manitoba and a celebration of Francophone culture, seeing “first hand the realities of life in the city’s north end” with the Bear Clan Patrol, and a visit to the Canadian Museum for Human Rights, noted a Canadian Press story.

Her Excellency, wearing a green flight suit with a space flight patch on her shoulder, was shown around 16 Hangar, the home of 435 Transport and Search Squadron and City of Winnipeg Squadron. The visit, which included the Search and Rescue Technician section and a visit inside a C-130 Hercules, was led by Brigadier-General Mario Leblanc, Commander 2 Canadian Air Division and Colonial Eric Charron, Wing Commander, 17 Wing Winnipeg.

“It’s a great honour having her visit us,” Colonel Charron said. “She’s the representative of the Queen in Canada. Yesterday I had the opportunity to attend the Lieutenant Governor’s residence where there was a reception in honour of the Governor General. It was a chance to see the who’s who of the city and the province come together.”

He also remarked that the Governor General is a great speaker, noting that she spoke “a little bit” about her experience in space and mentioned that she saw Manitoba “for about a minute” from the International Space Station.

“Just last month we provided a Guard of Honour from 17 Wing to Detachment Durnand when she went to Saskatchewan for the first time,” Col Charron said. “Master Corporal (Mechanical) Knoeske, an aviation systems technician at 435 Sqn, said Governor General Payette’s visit was a once in a lifetime opportunity. “It’s nice to have people of her stature come in and see what we do,” he added.

During an inspection inside the flight deck of the C-130 Hercules, which was led by Captain Gayle Beaudoin, a pilot with 435 Sqn, Governor General Payette engaged members of the media in a conversation. “We are open for business,” she continued in response to a question about her message for Canadians. “We welcome people. We are based on values of free-dom, openness and democracy.”

“However, we also have defence,” she continued. “That’s very important. It ensures the sovereignty of our country, it ensures our borders and our homeland. It’s a call for other people in need, our friends and allies. That’s why we need to be ready all the time.”

Governor General Payette praised the Canadian Armed Forces pilot at CFB Moose Jaw, she said. “That was before I was sent to train as an astronaut at NASA. It really prepared me very well. By the time I ended up at NASA, I was very qualified because I had the opportunity to train with the best.”

“I had the privilege of training as a Canadian Air Force pilot at CF1 Moose Jaw,” she said. “That was before I was sent to train as an astronaut at NASA. It really prepared me very well. By the time I ended up at NASA, I was very qualified because I had the opportunity to train with the best.”

Governor General Payette also noted that members of the CAF spend a lot of time just keeping their skills sharpened.

“That’s true of astronauts too,” she emphasized. “You’ve got to be ready every day. It requires continuous training. The (CAF) have great career opportunities for young people, by the way.”

The Mental Health Department at CF 23 Health Services offers these 10 tips to help cope with the season’s stress and make the holidays easier.

1. Take realistic expectations for the holiday season.
2. Set realistic goals and pace yourself. Don’t take on more responsibilities than you can handle.
3. Make a list and prioritize the important activities. This can help make holiday tasks more manageable.
4. Find holiday activities that are free, like looking at holiday decorations, and enjoying the winter season, whether outdoors or in your own home.
5. Keep track of your holiday spending and stick to your budget.
6. Limit your drinking: excessive drinking will only increase feelings of depression.
7. Celebrate the holidays in a new way if circumstances change traditional unrealistic.
8. Spend time with supportive and caring people.
9. Make time for yourself.
10. Get plenty of rest.

To learn new skills to help you better cope with stress, the Mental Health Department at 23 Health Services offers several 4 session courses such as CBtM (Cognitive Behavioural Therapy with mindfulness) and CBF (Cognitive Behavioural Therapy for insomnia). The 4 week course will_Maximize your thinking, feelings and behaviours can interact and influence each other to create both unhelpful coping mechanisms and disruptive sleep patterns. For more information, please contact Mental Health at (204) 833-2500 ext 5086.

Festive Stress - Why the Season can be Anything but Merry

Submitted by Mental Health Dept, 23 Health Svcs

The traditional image of Christmas is, let’s be honest, incredibly optimistic. Nearly every portrayal shows a cozy, cheerful and tastefully decorated home surrounded by pristine snow, in which a happy rosy-cheeked family gathers to share a large dinner cooked to picture-postcard perfection.

Sadly, life is just too complex and messy to ever guarantee the main theme portrayal of a perfect Christmas. And yet, we still expect it. We expect perfection and repeatedly deny that the perfection is not possible. The result? Stress. Expectations can cause a lot of stress. And that’s just at the personal level. These days, social media means we can see how great everyone else is doing with their Christmas efforts, creating even more pressure.

How many times have you touched base with someone prior to the holidays to see how they were doing only to here “busy”, “crazy busy”, insanely busy”, “busy, busy, busy”. We’re expected to respond in like or at least applaud their efforts because being “crazy busy” is considered an asset in our culture.

Then, of course, there are the social expectations that set by holiday movies or lifestyle magazines is simply unrealistic. For military members and their families, trying to meet those expectations takes on an added dynamic. Frequent moves and the absence of a family member due to deployment are the norm for a military family, making that traditional image often an unlikely reality.

For both military and civilian families, the typical sources of holiday stress are:

• fatigue
• unrealistic expectations
• over-commercialization
• financial stress
• the inability to be with one’s family and friends
• over-eating
• excessive drinking
• panic attacks
• over-eating
• self harm or suicide

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2 Canadian Air Division: Leading Change the SMART Way

The Canadian Forces School of Aerospace Control Operations (CFSACO) and the Joint Personnel Support Unit (JPSU), and from the office of the Assistant Judge Advocate General (AJAG), Prairie Region.

Leadership, the importance of planning, and improving RCAF requires leadership and planning together to achieve SMART results.

CWO Recognized for Her Volunteer Work with Animals

CWO Sandra Spragg poses with her Volunteer Extraordinaire Award Photo: Martin Zeilig, Voxair Photojournalist

When she first began volunteering for the Assiniboine Park Conservancy (APC) last year, Chief Warrant Officer Sandra Spragg was just looking for something to do in her spare time.

“I never dreamed that I was going to like this so much,” CWO Spragg said.

Most of her volunteer work is done at the Assiniboine Park Zoo. Her day job is as the CWO for the Assistant Judge Advocate General, Prairie Region, 1 Canadian Air Division Headquarters.

CWO Spragg’s commitment to volunteering was recognized recently when she was presented with the Volunteer Extraordinaire award for all that she does for APC.

“Sandra joined the APC volunteer team in 2017,” Bruce Keats, the Chief Operating Officer of APC, said in a statement made during the award ceremony.

“Despite working full-time for the Department of National Defence, she volunteers every weekend, for evening events and activities, as well as on her days off. She is energetic, flexible and will enthusiastically complete any task that needs to get done, no matter how obscure. Always ready to lend a hand and promote the park and zoo, we are incredibly lucky to have her on our team.”

“I really love it,” CWO Spragg, who’s been a member of the Canadian Armed Forces for the past 35 years, said.

“You can volunteer in the park. You can volunteer in the zoo. There’s training for anything we want to be involved in. I was looking for something to do before I retire from the military. I never dreamed that I was going to like this so much. After 14 months I ranked up 1000 hours. I can’t believe it, I’m pretty much there for six hours every weekend unless I’m away somewhere.”

CWO Spragg’s interest in volunteering was sparked during a visit to the zoo one day in early 2016.

“I ran into a volunteer and she gave me the names of the tigers,” she said. “That was very cool. Then, I ran into the same volunteer again, not knowing that I wanted to learn more about the animals. She told me that every March is the volunteer drive and there’s an open house. I said, ‘I’ll be there.’ So, I said to her that I’d be interested in volunteering. I wanted to learn more about the animals. She told me that every March is the volunteer drive and there’s an open house. I said, ‘I’ll be there.’

CWO Spragg said. “My favourite part is interacting with the visitors. We have our uniforms, so we stick out. We answer their questions. I like the fitness. I like walking around. I like looking at all the different animals. I like looking at what’s new in each exhibit. The zookeepers do a lot of work. All the enrichment they do for the animals so that their lives can be as good as possible. The keepers work really hard.”

There are other benefits too.

“I really enjoy it. I especially like volunteer lunches, barbecues, briefings, presentations from different curators, animal care people, all kinds of education and briefings,” CWO Spragg observed. “I like to learn. I want to learn as much as I can because the more you pass on to a visitor, it enhances their visit. They feel like they’ve gotten more out of it. I plan on increasing my volunteer work after my retirement. I think it’s a great opportunity. I got training on the Asian big cats. So, I can deliver lectures on the snow leopards and the tigers. I also trained in the northern animal interpretation, and have also trained in several other areas to increase my knowledge and opportunities.”

She also mentioned that part of her volunteer award (at 1000 hours) was being allowed “behind the scenes” to see the tigers and the snow leopards with zookeepers.

“We got to go into their enclosures because the animals were released into their public display areas,” CWO Spragg said. “We got to see the tigers and the snow leopards with zookeepers.”

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RCAF Band Member Selected for Women’s Brass Experience in Toronto

November 23.

Both military and civilian personnel from around the base took part. Besides, the loud catchy music, a series of slides showing various scenic locations flashed onto a screen set up in front of the arc of cyclists. PSP Fitness and Sports instructors faced the group on another bicycle while calling out instructions to pedal harder or participate in a game, such as throwing a foam ball into a big wire basket.

Tables set up in one corner contained bananas, other fruit and various veggies and healthy beverages for hungry and thirsty cyclists.

“I’m having a lot of fun,” said Bennett, who had a large water bottle filled with water on a stand attached to the stationary bike’s handlebars. “It’s great to participate, and good to get some exercise and see happy people.

She also lauded the fitness staff for their enthusiasm. “The whole idea behind holding a Spinathon is ‘getting people away from the desk and the office,’” said Dadieh Chung, Fitness and Sports Instructor and the OPF for the day. “We want to have them moving and having a little bit of fun while getting some exercise. That’s the main idea behind Spinathon.”

The turnout was excellent, he added, noting that 11 or 12 teams registered in advance, with many “random people” registering that morning or the previous day. “There are a lot of people coming in today,” Chung commented, mentioning that Wing Commander Colonel Eric Charron kicked things off at 0800 hrs with an ap- pearance in person. “We have games going on for hungry and thirsty cyclists.

When done she stayed in Toronto and worked as a freelance musician,” Cpl MacMillan, a native of Cayley, Alberta, who’s been in the CAF for almost a decade now. “I made some connections and people remembered me. So, I received an invitation.”

“I have been invited to perform in a brass ensemble which includes members of the National Arts Centre Orchestra, the Toronto Symphony Orchestra, and National Ballet. I have also been asked to be a panelist for the orchestral exports competition. There are a number of master classes and performances I would attend as well.

Cpl MacMillan was first introduced into music per- sonnel “to keep that connection going” while she’s in Toronto,” she said.

“Playing with the Thunder Bay Symphony Orchestra a few times over the years when I was in Toronto,” she said.

Cpl MacMillan mentioned that she also has per- formed with the Hamilton Philharmonic Orchestra, as well as smaller orchestras in Toronto— the Ontario Philharmonic Orchestra, Toronto Concert Orchestra, Toronto Mendelsohn, Robicke Philharmonic.

The highlight, though, was being called an hour before a Canadian Opera Company rehearsal because one of their bass trombone players was sick in 2016, she added.

“It was high pressure,” she said. “Unfortunately, there was only one rehearsal. But, a really cool experience. It’s one of those things as a musician you always need to be ready for and available to step into one of those situations and hold down the fort.”

The Opera, incidentally, was the Canadian Opera Company rehearsal because one of their bass trombone players was sick in 2016, she added.

“It was a success,” she said with a wide smile.

“There were no glitches. I was just focused on my music, and making sure I didn’t screw up.”

Cpl MacMillan emphasized that her colleagues have been supportive of her going off to Toronto next month. “I’ve received a ton of support from my Chain of Command, which is pretty amazing,” she said. “This gig is some years of professional development, and I’ve got a place to stay.”

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Chananukah Menorah Seeks to Inspire

The Eight Lights of Chananukah

The Menorah, Hebrew for "lamp", is one of the oldest and well-known symbols of Judaism. Through the teachings of the Torah (Holy Bible), the mitzvot (Jewish laws) as cultural practice, and the Torah (Holy Bible) as a work of wisdom or philosophy, and the mitzvot (Jewish laws) as cultural practice.

Since the miracle of Chananukah occurred in 140 BCE (before current era), the eight-branched Menorah continues to serve as a reminder of God’s involvement in our lives, past and present, and the miracles performed by our Creator. Even today, when the world stumbles in darkness, the Chananukah Menorah shines bright, inspiring us all and giving us the strength to persevere.

Menorah Lighting – 6 December 2018

Come and be inspired at 17 Wing Winnipeg’s first Chananukah menorah lighting on Thursday, December 6. No matter your background or beliefs, please join the 17 Wing Commander and the members of 17 Wing Chaplain Services at the corner of Fifth Avenue and West Street across from 17 Wing Headquarters at 3:30 p.m. for this historical event. All are also welcome to gather, following the ceremony, in the atrium of 17 Wing Headquarters for a light reception, featuring traditional Chananukah refreshments.

Sports Trivia

Female Sports Achievements by Stephen Stone

1. Canadian soccer player and Captain of the Canadian national team. She scored all three goals for Canada in the 2012 Olympic semifinal versus the USA which won with help from biased officiating.

2. She is the first of only three swimmers in Olympic history (Kristina Krawczyk of Hungary and Michael Phelps of the US being the others) to have won individual gold medals for the same event at three successive Olympics (100 m freestyle – 1996, 2000, 2004).

3. She was the first filly, and the favourite at race time, to win the Kentucky Derby.

4. These two females are the only other two fillies to win the Kentucky Derby.

5. This retired professional race car driver was the first woman to qualify and compete in both the Indianapolis 500 and the Daytona 500.

6. She is an American professional motorcycle racer and made history in 2010 as the first woman to win an AMA Pro Racing sprint road race and is also the first woman to win a professional motorsports race. She won at the Daytona International Speedway, on March 17, 2012.

7. She is the most successful woman in the history of American open-wheel racing, having ten victories in the Indy Japan 300.

8. She is an American professional wrestler, actress, author, and professional wrestling manager. She is currently the Raw Women’s Champion in the WWE.

9. This daughter of “The Greatest” held the WBC, WIBA, IWBF and IBA female super lightweight titles, and the IBF light heavyweight title.

10. She was the first woman to play full-time professional hockey in a position other than goalie.

11. This Olympic gold medalist has sold a number of historic firsts during her career, including becoming the first woman to play in any of the major North American pro sports leagues.

12. She was the first gymnast to be awarded a perfect score of 10.0 at the Olympic Games, and then, at the same Games (1996 Summer Olympics in Atlanta), received six perfect 10.0s on the balance beam to win three gold medals.

13. This American professional golfer was a founding member and leading player on the LPGA Tour during the 1940s, 50s and 60s. Her major titles wins include the all-time record for a female golfer.

14. This Canadian athlete won a medal for the 400 m relay and a silver medal for the 400 m at the 1928 Summer Olympics in Amsterdam. She was the “best Canadian female athlete of the half-century” and a star at basketball, hockey, softball and tennis. She was named Canada’s Female Athlete of the Year in 1946, 1947 and 1948, and Canada’s Female athlete of the year trophy is named for her.

15. She was the first American woman to win three gold medals: two in the 1984 Los Angeles Olympic Games, and one in 1992.

16. She represented her country at the 2012 and 2016 Summer Olympics, and was the 2017 World all-around silver medalist, making her the first Canadian gymnast to win a world all-around medal. She is also the 2014 Commonwealth and 2015 Pan American all-around champion and a five-time Canadian national all-around champion.

17. This American was the first woman to receive a license from the National Hot Rod Association (NHRA) to drive a Top Fuel dragster. She won the NHRA Top Fuel championship in 1977, 1980 and 1982, becoming the first person to win two and three Top Fuel titles.

18. A five-time Olympian, her five Olympic medals at the 2018 Pyeongchang games brought her total number of medals up to 15, the most any female athlete has won in any single sport in history. She is ranked first in the all-time cross-country World Cup rankings with 114 individual victories and is also the most successful jumper in the history of the women’s World Cup ski jumping, with 29 victories.

19. This former Canadian competition swimmer, Olympic medalist and former world record-holder won two bronze medals in the 200 m backstroke and 200 m backstroke at the 1976 Summer Olympics in Montreal at the age of 14, behind two East German athletes, Ulrike Richter and Birgit Treiber, who later were confirmed to be longstanding participants of the East German doping scandal. She is also the 1975 Commonwealth and 2015 Pan American all-around champion and a five-time Canadian national all-around champion.

20. This American was the first woman to play in any of the major North American pro sports leagues, from the National Hot Rod Association (NHRA) to drive a Top Fuel dragster. She won the NHRA Top Fuel championship in 1977, 1980 and 1982, becoming the first person to win two and three Top Fuel titles.
Doc Walker joins the RCAF Band for Holiday Hoedown

Vocalists Sgt Dave Grennon and Sgt Cindy Scott of the RCAF Band (left) follow along as Doc Walker guitarist Dave Wasyliw (centre) and Chris Thorsteinson (right) rock out with Sgt Mike Hall (front); while sound person MCpl Gerrit Reitveld monitors the session.

Wasyliw and Thorsteinson met Sgt Hall through their producer Gavin Brown (3 Days Grace, Billy Talent, Barenaked Ladies) who knew Hall from his days as guitarist for Canadian metal legends, Killer Dwarfs.

by Brosse Tulloch, Voxair Layout

Just when you need relief from the onslaught of toy commercials, mall parking, and the overall stress that is the holidays, the RCAF Band has the cure - their annual Holiday Concert! It's family friendly holiday cheer and this year features special guests, Juno Award winning country group Doc Walker.

It was Sgt Mike Hall's idea to invite Doc Walker as their special guest.

"From my perspective I wanted to find a musical guest form Manitoba, with great songs, who are great people who want to help their community, and these guys fit the bill!" Sgt Hall said, adding "With the diversity of agencies funded by United Way it is very likely each and every one of us will be touched in some way by a United Way agency."

Likewise, it was a done deal for Doc Walker's Dave Wasyliw (vocals/guitar) and Chris Thorsteinson (vocals/guitar).

“I was approached by my friend, and the RCAF band member, Mike Hall, to see if we might be interested in being a part of the event," recalled Wasyliw. "The United Way and the Military Family Resource Centre are two very worthy causes, and with the chance to play with the RCAF band, it was a no-brainer! Plus, growing up in Portage La Prairie, we were very close to CFB Southport. Many of my friends and classmates were “army-brats”.

Supporting the community is important, but it’s also fun for the boys.

“We have played with the WSO a couple times before. For the opening of the MTS Centre in 2005, and again for a Winnipeg Jets gala in 2013,” explained Wasyliw, “I have written string arrangements for a few of our songs in the past for recordings, but playing live with a symphony is a rare treat!”

Wasyliw and Thorsteinson don’t just talk about the importance of community and giving back, they continue to live it, remaining grounded in Manitoba even when their music expanded globally.

“From my perspective I wanted to find a musical guest from Manitoba, with great songs, who are great people who want to help their community, and these guys fit the bill!” Wasyliw said, adding “Most of our extended families are is still in Manitoba as well.”

Doc Walker hits the stage with the RCAF Band at the Centennial Concert Hall Monday December 10. Also making a special guest appearance will be the Westwood College Choir! The show starts at 7:30pm with tickets available online at centennialconcerthall.com and at the box office 204-949-3899.

The RCAF Band was created in the 1940s and is comprised of 35 professional musicians, all regular forces members, who hold a Bachelor's Degree in Music or equivalent professional experience. The band is back from England where they performed Public Duties before Her Majesty Queen Elizabeth II.

Oh what fun these sleighing songs will be, but Sgt Hall also wants everyone to remember how important this event is.

"Each year the Government of Canada Workplace Charitable Campaign provides an opportunity for military members and public servants who work for DND to support the wide array of agencies supported by United Way," he explained. "Our members both live and work in this great community, and take pride in being able to give back in so many ways - one of which is by supporting United Way and its member agencies and partners."
Westwin Community Centre Reopens for Family Friendly Programming

Chinthes Roar and RCAF Band Upset Victory at 2018 Wing Commander’s Hockey Tournament

17 Wing Commander, Colonel Eric Charron (second from right), accompanied by 17 Wing Chief Warrant Officer, CWO Jerome Rossignol (second from left), performs the ceremonial puck drop during the 17 Wing Commanders Hockey Tournament on November 26, 2018 at the MTS Iceplex, Winnipeg. Photo: Cpl Kyle Morris, 17 Wing Imaging

17 Wing Commander, Colonel Eric Charron said the tournament provided a chance for families to participate in our activities,” he added. “It broadens the scope of what we can provide to military families, and gives us that additional space for our programs. So, we’re very excited about that renovation.”

He pointed, in particular, to the multipurpose room that will be used extensively for Comm Rec fitness programming, such as Zumba and the mini-gym “that will be great in the summertime for all our children’s camps and all the programming we provide and Active Kids. We’re really happy with this new space,” said Colleen Preston, Community Recreation Coordinator. “It’s well done. We’re very encouraged. We’ll be able to utilize this space for all of our programs. We’re supposed to be getting a little bit more storage. The materials they’ve used on the walls are very high quality.”

“We offer all the same programs as the City and the YMCA. The nice thing is our prices are better. All of our staff are certified and experienced in all the areas and disciplines.”

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But, at 17 Wing, families are within easy walking distance of the Westwin Community Centre as well as the Military Family Resource Centre, he emphasized.

“The serving personnel are quickly integrated into the whole military system, the buddy system, PT (physical training), and all sorts of activities,” continued Col Charron, who spent time conversing with several of the young part-time and casual staff people. “It’s well established.”

He called the programs run at the community centre “an anchoring point” that starts right in the summer when newly posted members first arrive.

“I can speak from personal experience,” Col Charron said. “My wife and I were able to put our primary school age children into the camp programs here (several years ago when he was first based at 17 Wing). It was a lot of that time that, anchoring point for our kids, before school started and they found friends in the neighbourhood.”

So, they have these 13 to 18 year old instructors, some of whom are also children of military members. That’s another great thing our community centre offers, employment for these young instructors and neighbour- ing teens and getting a chance to interact with child-

He also lauded Comm Rec and the Personnel Support Programs (PSP) staff for their hard work and varied programming at the community centre.

Chris Merrithew, Manager of Fitness Sports and Recreation, said the refurbished centre will have a very positive impact on the various programs.

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It gives military families another opportunity to participate in our activities,” he added. “It broadens the scope of what we can provide to military families, and gives us that additional space for our programs. So, we’re very excited about that renovation.”

He pointed, in particular, to the multipurpose room that will be used extensively for Comm Rec fitness programming, such as Zumba and the mini-gym “that will be great in the summertime for all our children’s camps and all the programming we provide and Active Kids. We’re really happy with this new space,” said Colleen Preston, Community Recreation Coordinator. “It’s well done. We’re very encouraged. We’ll be able to utilize this space for all of our programs. We’re supposed to be getting a little bit more storage. The materials they’ve used on the walls are very high quality.”

“We offer all the same programs as the City and the YMCA. The nice thing is our prices are better. All of our staff are certified and experienced in all the areas and disciplines.”

Meanwhile, 17 Wing Commander Colonel Eric Charron said the tournament provided a chance for members, both military and civilian, to get away from the office and have fun as a group.

“I can speak from personal experience,” Col Charron said. “My wife and I were able to put our primary school age children into the camp programs here (several years ago when he was first based at 17 Wing). It was a lot of that time that, anchoring point for our kids, before school started and they found friends in the neighbourhood.”

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Around The Wing

The Lt Governor of Manitoba, The Honourable Janice Filman chats with RCAF Band trombonist Corporal Sheila MacMillian during the “Opening of the Legislative Building” on November 20, 2018 at the Manitoba Legislative Building Winnipeg, Manitoba.
Photo: Cpl Angela Gore, 17 Wing Imaging

The 17 Wing Guard during the “Opening of the Legislative Building” on November 20, 2018 at the Manitoba Legislative Building Winnipeg, Manitoba.
Photo: Cpl Angela Gore, 17 Wing Imaging

17 Wing Members play in the 2018 Wing Commanders Hockey Tournament, on November 30th, 2018, at MTS Iceplex.
Photo: Cpl Kyle Morris, 17 Wing Imaging

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Around The Wing

402 Squadron ACSO Instructor, Capt David Belley, gives a tour of the 402 Squadron Aircraft Life Support Equipment Shop to MFRC Yellow Ribbon Gala Partners during the MFRC Yellow Ribbon Gala Partner Appreciation Event, on November 21, 2018, at 17 Wing Winnipeg. Photo: Cpl Kyle Morris, 17 Wing Imaging

17 Wing Commander, Col Eric Charron, and 17 Wing MFRC Executive Director Joel Roy, sit with MFRC Yellow Ribbon Gala Partners, during the MFRC Yellow Ribbon Gala Partner Appreciation Event, on November 21, 2018, at 17 Wing Winnipeg. Photo by: Cpl Kyle Morris, 17 Wing Imaging

Spinathon participants injecting some holiday cheer with ugly sweaters, shirts and ties. Photo: Bill McLeod, Voxair Manager

Captain Jason Collingridge, 402 Sqn Air Combat Systems Officer, briefs Providence University College students on the training systems on the CT-142 Dash 8 aircraft, 17 Wing Winnipeg, MB, on 23 November 2018. Photo: Sgt Daren Kraus

17 Wing Commander Colonel Eric Charron speaks with Polish Second World War veteran Mr Stefan Olbrecht at a commemoration for Poland’s Independence Day for the local Winnipeg Polish community on 10 Nov 2018. Photo: Lech Grazyna Galezowski

Spinathon participants injecting some holiday cheer with ugly sweaters, shirts and ties. Photo: Bill McLeod, Voxair Manager

Captain Jason Collingridge, 402 Sqn Air Combat Systems Officer, briefs Providence University College students on the training systems on the CT-142 Dash 8 aircraft, 17 Wing Winnipeg, MB, on 23 November 2018. Photo: Sgt Daren Kraus

17 Wing Commander Colonel Eric Charron speaks with Polish Second World War veteran Mr Stefan Olbrecht at a commemoration for Poland’s Independence Day for the local Winnipeg Polish community on 10 Nov 2018. Photo: Lech Grazyna Galezowski
Prepare Now for Bad Weather in Manitoba

by Martin Zelig, Voxair Photjoournalist

Now that winter is upon us again, Search and Rescue Technician (SAR Tech) Warrant Officer Dwayne Guay wants people to get rid of the assumption that an emergency situation, such as being stranded in a remote area, will never happen to them. He should know. WO Guay is an experienced Search and Rescue Technician, a former SERE Instructor (Survival, Evasion, Resistance, and Escape) at the Canadian Forces School of Survival and Aeromedical Training, and now works at the CF Health Services Group Detachment Winnipeg.

For example, WO Guay points out that if your vehicle breaks down in a remote area, you should have enough food and water to endure the complications. “Basically, you should have the capabilities to survive,” he said during an interview earlier this year. “Being prepared for the unexpected will pay double in dividends.”

Before heading out somewhere, you should ask yourself: “What if I had to spend an extra day out in the wild? Do I have enough to survive?” he added, while noting that this time of year can still be very transitional (later winter/early spring) in terms of weather conditions.

WO Guay noted that survival kits are a necessity. He keeps one in his vehicle.

WO Guay said “standard survival kits are available at various outdoors stores and there are plenty of ideas online to help augment or build them. Survival courses are also available. For example, a local company out of Lac Du Bonnet, International School of Survival offers hands on training and experiences.”

“Having a roadside emergency kit in your automobile can provide you and your passengers with the assistance you need to get back on the road,” says information on the website, https://72hours.ca/collections/vehicle/kits/products/72hrs-essential-roadside-emergency-kit.

The kit contains such automotive tools as 10 Gauge Booster Cables, Safety Vest (62cm x 70 cm), Heavy Duty Tow Rope, Oil Siphon Pump, 6” Adjustable Wrench, Utility Knife, among other items. It all comes stored in a compact bag.

“Being able to pull out an article of clothing, like a jacket or a sweater, can make all the difference if you have to spend the night out (in your vehicle),” WO Guay emphasized.

He added that you should always operate according to Murphy’s Law: “Anything that can go wrong will go wrong.”

“The trend today is to be minimalist,” WO Guay continued. “But, you have to weigh the pros and cons.

“Please ask yourself: on my last hunting, fishing trip, did I inform a friend or a loved one the details of where I was going and when I was expected to return? This small detail is often overlooked.

“Avoid outdoorsmen frequently fail to inform their friends and loved ones where they’re going,” WO Guay said, adding that you should always include a time schedule—when you’re leaving and returning with stops in between (if any). “Even the best of the best sometimes fail to recognize that small mistakes can lead to trip failures.”

If children are ever involved, then you need to have a plan for them, as well, he observed. “The onus is on you,” WO Guay said. “The same items you pack for yourself have to be given out to kids, too.

There should be a survival pack in everyone’s car, so they can facilitate the priorities. Always be prepared for the unexpected.”

He also recommends potentially having a PLB (personal location beacon) like a Spot Beacon with you on your big adventures.

“I’ve been on SAR Tech missions where a Spot Beacon has facilitated a rescue in minimal time and had great outcomes” WO Guay said. “Be safe out there!”
1 CAD Honours & Awards

Deputy Commander, Canadian North American Aerospace Defense Region, and Deputy Combined/Joint Force Air Component Commander for 1 Canadian Air Division (1 CAD), United States Air Force (USAF) Brig Gen Christopher Ireland, presents the United States of America, Meritorious Service Medal (Second Oak Leaf cluster) to USAF, Lt Col Brian Hardeman on Nov 27th, 2018 at 1 CAD, Winnipeg. All photos: Cpl Darryl Hepner, 17 Wing Imaging

USAF, Capt Matthew Alldritt received the Air Force Commendation Medal.

WO M. Dubois received the General Service Medal Expedition.

Cpl Cody Saunders received the General Service Medal Expedition - Rotation Bar.

Capt Colleen Penner received the Special Service Medal - NATO Bar.

Capt Mat Strong received the Special Service Medal - NATO Bar, with the support of his spouse Capt Brianne Strong.

CWO Denis Girouard received a CWO Scroll.

Capt Colleen Penner received the Canadian Forces Decoration.

LCdr William Strecker received the Canadian Forces Decoration.

CWO Thierry Marques received the Canadian Forces Decoration 2nd Clasp.

MWO Allen Amey received the Canadian Forces Decoration 2nd Clasp.

Maj Audrey Bourassa received the Canadian Forces Decoration.

Capt Yekaterina Ryabkova received the Commander Canadian Joint Operations Command Commendation.

LCol Joel Ingimundarson received the 2018 NOVA Merit Award.

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Le stress durant les fêtes : ça se combat!

11 December 2018
0930 - 1600 hrs
11 December 2018
0930 to 1600

Need to increase your stress hardness, enhance your performance, ramp up your resilience? Go online to learn and experience stress resilience and performance enhancement now.

For more information on how to register, contact healthpromotion@forces.gc.ca or healthpr@forces.gc.ca

Voxair 17 Wing Winnipeg 5 December 2018
cafconnection.ca/winnipeg

DROP ‘N’ SHOP
Drop your children off for a day of fun holiday activities while you shop!
SUNDAY 15 DECEMBER, 2018
0930 - 1600 hrs
YOUR CHILDREN WILL ENJOY CRAFTS, GAMES, SWIM & A MOVIE

AGES 4 - 12 YRS
4 & 5 year olds may register for morning only (0930 - 1230 hrs)

ACTIVE KIDS 1/2 DAY
Cost: $42.50
ACTIVITIES: Yoga, Dance, and more

COFFEE BREAK: 10:00 am

COFFEE BREAK: 1:00 pm

FREE MOVIE NIGHT

AGES 18 MTHS - 3 YRS
4 & 5 year olds may register for after half or all day with the MFC

COST: $25.00
ACTIVITIES: Arts, crafts, games

COST: $25.00
ACTIVITIES: Arts, crafts, games

FREE MOVIE NIGHT

FOOD
Popcorn & Sushies available for purchase

171 ESCADER WING
GOOD FOOD BOX
PROGRAMME LA BOITE Verte
A community based program designed to encourage healthier eating through the provision of fresh fruits & vegetables!

The box buying program that allows you to support local food producers and consumers. The food is fresh, fair trade, and organic.

The boxes are prepared monthly. Each box contains fruits, vegetables, and sorted snacks. The box is available for pick up at the door.

For more information on how to register, contact forces@cafconnection.ca or visit cafconnection.ca/winnipeg

17 Wing Winnipeg
Voxair
17 Wing Winnipeg
VOXAIR 17 Wing Winnipeg 5 December 2018

Alcohol, Other Drugs, Gambling and Gaming Awareness Training
Formation de sensibilisation aux problèmes liés à l’alcool, aux autres drogues, au jeu excésif et au jeu électronique

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

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

Reception and response to early warning signs and develop effective intervention skills.
This training is open to current and former military personnel and to a supervisory role.

For more information or to register, contact healthpromotion@forces.gc.ca or healthpr@forces.gc.ca

Pour plus d’information, composez Promotion de la santé à
(204) 635-2000 poste 4150
ou healthpromotion@forces.gc.ca

For more information or to register, healthpromotion@forces.gc.ca or healthpr@forces.gc.ca

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BRUNO
9 DÉC 2018
15h à 16h 30

EN APRÈS-MISSION KIKI ALLAIT DANS LES FÊTES!

Si vous l’avez lue, si vous l’avez vue, si vous l’avez écoutée, si vous l’avez aimée, si vous l’avez appréciée, si vous l’avez appréciée et si vous l’avez aimée.

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Upcoming MFRC Programs and Events

For the most current information on all of our programs, visit our webpage at: www.cafconnection.ca/Winnipeg or follow us on Facebook and Twitter: @WinnipegMFRC

CHILREN & YOUTH PROGRAMS:

OCCASIONAL CHILD CARE
Casual child care for 6 months - 12 yrs. Call 204-833-1248 to register or ask for more information including cost and extended hours. MFRC Occasional Child Care Centre, 630 Wihuri Rd.

KIDS CLUB
Drop in care for children 18 months to 5 years. $2 per child per session without PSP membership. Free with one! Please send a snack and diapering supplies if required. Westwin Children's Centre, 642 Wihuri Rd. Tues. & Thurs. 1630 - 1830, Sat. 0900 – 1200.

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

FRENCH SING-A-LONG
No French experience needed. For kids 2 - 7 yrs. This month we will visit with Mrs. Claus and have hot chocolate and cookies. Sat., Dec. 8, 1500 - 1600. Register by Dec. 5. $5 per family.

DROP AND SHOP
Drop your children off for a day of fun holiday activities while you shop. They will enjoy crafts, gym, games, swim and a movie! Please send a snack and diapering supplies if required. Westwin Children's Centre, 642 Wihuri Rd. Tues. & Thurs. 1630 - 1830, Sat. 0900 – 1200.

ADULT PROGRAMS

FRENCH LUNCH 'N CHAT

CAFÉ EN FRANÇAIS
Join us for a coffee and chat in French. This is a perfect opportunity to practice your French. Wed., Dec. 5 (MFRC), 12 (MFRC), 0930 – 1100. Free. Drop-in.

CRAFT DROP IN EVENING
An evening opportunity to work on your projects in the room with space to work and you can finish your blankets, cards, scarfs, paintings, etc. Mon. Dec. 10, 1330 - 1500. Free, Drop-in.

CRAFT DROP IN AFTERNOON
A ‘community’ of parents will discuss topics related to parenting children of all ages. Fridays, 0930 - 1130. Free. Drop-in.

PARENTING TOGETHER EVENING

PARENTING TOGETHER MORNING

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

PARENTAL LEAVE GROUP

PARENTS' NIGHT OUT
A parent group for parents while they wait. Parents must remain at the shoppe. Coffee and snacks will be available for parents while they wait. PARENTS MUST REMAIN ON SITE. Tues., Dec. 12, 1500 - 1930. Free. Drop-in.

MATURE WOMEN'S GROUP

COMMUNITY COFFEE BREAK
Everyone from families, community and the Wing is invited for coffee and snacks. Thurs., Dec. 6, 1000 - 1100. Free. Drop-in.

DECEMBER 6 VIGIL
A noon hour service to remember and honour the women from École Polytechnique and the Manitoba women who have been killed by violence this year. Thursday, December 6, 1200 - 1300. Free. Drop-in.

LADIES NIGHT - ORNAMENT EXCHANGE
Bring your girlfriends, sisters, neighbours, a $5 wrapped ornament and an appetizer or dessert to share and come out for our annual ornament exchange. Lots of food, fun, friends and of course laughter! Wed., Dec. 5 1900 – 2100. Free. Register by Mon., Dec. 3.

MAGIC CHRISTMAS SHOPPE
Children (12 and under) may visit the special shoppe to purchase gifts for the people on their list. Personal assistants will be on hand to help select and wrap gifts. Each gift will be 50 cents and children must pay cash at the shoppe. Coffee and snacks will be available for parents while they wait. PARENTS MUST REMAIN ON SITE. Tues., Dec. 11, 1530 – 2000 and Wed., Dec. 12, 1500 - 1930. SPACE IS LIMITED. Register by December 10.

BAKE EXCHANGE
Simplify your holiday baking by coming to our bake exchange. Each person will will make a dozen treats for the people on their list. Personal assistants will be on hand to help select and wrap gifts. Each gift will be 50 cents and children must pay cash at the shoppe. Coffee and snacks will be available for parents while they wait. PARENTS MUST REMAIN ON SITE. Tues., Dec. 11, 1530 – 2000 and Wed., Dec. 12, 1500 - 1930. SPACE IS LIMITED. Register by December 10.

FINDING EVERYDAY JOY - A YEAR FULL OF JOY

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A parent group for parents while they wait. Parents must remain at the shoppe. Coffee and snacks will be available for parents while they wait. PARENTS MUST REMAIN ON SITE. Tues., Dec. 12, 1500 - 1930. Free. Drop-in.

SOUTH SIDE COFFEE
French or English, parent or not, kids at home or empty nest…everyone is welcome! Wed., Dec. 19, 0930 - 1100. Free. Drop-in.

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

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

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Call 204-833-2500 ext 4500 to register for programs or for more information.
Sports Trivia Answers

1. Christine Sinclair.
2. Dawn Fraser of Australia.
5. Janet Guthrie.
6. Elena Myers.
7. Danica Patrick.
8. Ronda Rousey.
11. Manon Rheaume.
13. Patty Berg.
15. Wilma Rudolph.
17. Shirley “Cha Cha” Muldowney.
18. Merit Bjorgen.

Taroscopy

Aries (March 21 – April 19): Reconnecting with friends can lower your stress. Research as much as possible on ways you can improve your health. Small adjustments to your lifestyle will work wonders. Commit to doing gentle exercise and taking supplements. Taking charge of your life builds confidence.

Taurus (April 20 – May 20): Assess outstanding tasks and make a commitment to complete work. Make time for loved ones. Keeping up with current trends takes a lot of time and energy. Reconsider if this is essential for success. What feeds your spirit? Are you living in sync with what emotional sustains you?

Gemini (May 21 – June 21): You’ve reached a goal but you still don’t feel right. Things are not falling into place as easily as hoped. This can trigger the need to review your own actions and words to see if they are helping or hindering the situation. Do you feel you’re living a life with meaning and purpose?

Cancer (June 22 – July 22): You sense hidden agendas. Instead of getting stressed or frustrated when you feel you don’t have the whole picture, encourage open communication. Remain non-judgmental but insist on respect. Deal with uncertainty by focusing on the positive. Good things will come. It’s worth the wait.

Leo (July 23 – August 22): People love you, flaws and all. There’s no need to keep up a front all the time. Engage in deeper conversations. Share stories of your struggles and challenges. Your experiences can help others. Help a friend or partner get ready for school. Find creative ways to juggle responsibilities.

Virgo (August 23 – September 22): Your efforts are paying off. You feel a sense of renewed hope and vitality. Have an attitude of gratitude. Having the support of loving friends and family is more important than you might think. Have an attitude of gratitude. Having the support of loving friends and family is more important than you might think.

Libra (September 23 – October 22): Your ideal is to be inclusive, open and easy going. Reality can require you to maintain some boundaries though. It’s not necessary to be so nice that people invade your space and take advantage of you. Close the door on people you know are not sincere and respectful.

Scorpio (October 23 – November 21): You’ll hear something that makes you realize you need to change your course. Have a “live and learn” attitude. The past is done. No point stressing about what can’t be changed. Take calculated risks. Playing it safe won’t work for you at this time. Book a trip and get away.

Sagittarius (November 22 – December 21): Someone may not want to follow your lead. Everyone is entitled to their priorities. Explain why you feel so strongly about their participation. But don’t insist that you way is the only way. Ultimatums won’t work. Aim to develop comradery not forced compliance.

Capricorn (December 22 – January 19): Complete tasks so you have more free time to do what you love. Juggle commitments and learn to say, “No.” Seeing that others are enjoying more down time can make you feel the need to map out a plan for the future so you don’t feel like you’re spinning your wheels.

Aquarius (January 20 – February 18): Sometimes rational, detached decision making works. Other times it’s a way to disconnect from deeper feelings. You want some excitement and adventure but you need to connect with others to really feel you’re part of the fun. It’s time to speak up about what’s bothering you.

Pisces (February 19 – March 20): Do some soul searching to determine if your past is negatively affecting you. Make a commitment to deal with any excess in your life. Shift through, sort and file important documents. Create a more balanced lifestyle. Alleviate clutter. Burn the midnight oil to meet deadlines.

For appointments with Nancy call 204-775-8368

Help Santa stock the Magic Christmas Tree With love.
DONATIONS OF NEW OR GENTLY USED GIFTS (for men, women and children), AS WELL AS WRAPPING SUPPLIES (gift bags, tissue paper, tape) WILL BE GRATEFULLY ACCEPTED AT THE MPRC BETWEEN NOV 20 TO DEC 7.

Christmas Magic
Aidez le Père Noël à stocker la Magie de Noël
Donnez la joie du cadeau à un enfant dans le besoin
LES DONTS DE CADEAUX NEUFUS OU GENTILMENT USAGÉS (pour hommes, femmes et enfants) SERONT GRÂCIEUSEMENT ACCEPTÉS AU CPM DU 28 NOV AU 7 DEC.

Barala Kennels
Your pet’s home away from home
• Boarding all breeds of cats & dogs
• Individual quarters and outdoor run
• Pet exercise and play area• Separate cat facilities
• Central air conditioned and heated kennels
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Send us an e-mail today to place your FREE Classified ad (of 50 words or less) at: voxair@mts.net. Classified ads will run for one month (two issues) unless space permits or specified otherwise.

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TAROSCOPIES

by nancy
Considering the Advent Season before the Season of Christmas

by Padre Hope Winfield

Advent is my favourite liturgical season of the church year. A combination of joy and hope, mixed with energized anticipation, renew my confidence in God’s abiding presence in our life. Unfortunately, the busyness of the season can also take away from its true meaning.

It seems to happen every year that several days after Remembrance Day, department stores start playing Christmas songs, and radio stations start a countdown as if Christmas is actually like doomsday. This time of year, stress mounts up as individuals try to reschedule their lives so that they can find time to get the Christmas cards sent out and search for the perfect gift, all while disappointment builds up about not being able to get the gift one would like to give or spend time with the people they want to have near.

As we know, Advent is a time to be prepared for the coming of the Lord, both within our lives in the here and now, as well as at the end of time. We have four weeks to dust off our lenses and sharpen our awareness. Eventually, like waiting for a sunrise, Christ’s Light comes to dispel what kept us from seeing or understanding clearly. Unfortunately, if we are too distracted with unnecessary things and no longer see what spiritually yearn for, we run the risk of missing the whole thing.

Young people depend and learn from the observations of the world around them. As a family, it is essential to take time to remember the traditions of our faith or simply take a moment to reflect on why this time of year is so special. Charitable works and monetary contributions are the offer of love without condition. Hope and now, as well as at the end of time. We have four weeks to dust off our lenses and sharpen our awareness. Eventually, like waiting for a sunrise, Christ’s Light comes to dispel what kept us from seeing or understanding clearly. Unfortunately, if we are too distracted with unnecessary things and no longer see what spiritually yearn for, we run the risk of missing the whole thing.

So, why is this time of year special to you? Is it because Block Leave is starting soon and we can be with family and friends (or at least be away from work)? Is it because we are challenged to think beyond ourselves, and in some small way we can make a difference to another person? Could making a difference be simply by making time to have a coffee with someone who is away from family or has a loved one deployed? Could sharing renewable items such as socks for a homeless person be that spark which enables that person to carry on?

Could adopting a veteran and supplying a few simple toiletries and wish items remind that former warrior that they are still loved and valued? Could volunteering at a local kitchen, seniors home or animal shelter help us see that we do have much to be thankful for?

This Advent Season, I encourage all of you to take the time to help those around you, to dispel the darkness of the season which focuses on what we don’t have, in order that they might see that which we do have... each other, peace, hope, and love.

Wishing you all a very blessed Holiday Season from 17 Wing Chaplain Services