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THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

BE PROUD SOYEZ FIERS

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RCAF Band Makes The Holidays Merrier



The RCAF Band puts on a crowd-pleasing performance at the Community Recreation Christmas Concert, held at the Manitoba Theatre for Young People on Sunday, December 8th. For more, see page 7. Photo: Martin Zeilig

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PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

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Skating rink ready for action

By MWO Brian Rodgers

Air Maintenance Mission Support 2

The south side RHU community ice rink is back and in good shape for skating.

Cpl Gillis of WCE put a great deal of effort into making the ice rink surface for the south side RHU's. Cpl Gillis with his determination took it upon himself to use his personal equipment to move the snow and create the base for this skating rink. This ice surface provides the teen town and after school activity for the area residence of the RHU's and Tuxedo district to keep fit and have fun. The ice rink has been voluntarily maintained for the past three years by volunteers like Cpl Gillis, Cpl Mueller, and Cpl Jewett who enjoy the pleasure of helping their community. The volunteers who try to keep the ice cleared with 100's of hours of volunteer time to maintain a skating surface is worth the thank you they receive from the children who use the ice. If you see them out there pulling the zamboni or pushing the snow off the rink please offer them help or give a thank you to them.



The south side RHU community ice rink is ready for skating. Photo: Supplied

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Wishing you a Merry Christmas
from all of us here at

THE
VOXAIR

Holiday Hours:

Closed December 23 - January 3

Red River Exhibition Park Winter Wonderland

Once again the 17 Wing Community Recreation Association is selling tickets to the Annual Winter Wonderland that will be held at Red River Exhibition Park from 6 December 2013 to 4 January 2014 (except Christmas Day).

Tickets are available at the Reception Desk, Fitness and Recreation Centre (Bldg 90) at a cost of \$9.00 each/car or van (including GST). These tickets are available to the military community, including civilian employees.

Questions may be directed to Community Recreation at local 5139, 5976, or 2059.
<http://www.redriverex.com>

Winter Wonderland, au parc de l'exposition Red River

Encore une fois cette année, l'Association de loisirs communautaire de la 17e Escadre vend des billets pour l'activité annuelle Winter Wonderland, qui aura lieu au parc de l'exposition Red River, du 6 décembre 2013 au 4 janvier 2014 (à l'exception du 25 décembre).

Les billets sont en vente au bureau d'accueil du Centre de conditionnement physique et de loisirs (bâtiment 90) au coût de 9 \$ par voiture ou fourgonnette (TPS incluse). Les billets sont à la disposition de la collectivité militaire, y compris le personnel civil.

Si vous avez des questions, communiquez avec l'Association de loisirs communautaire, au poste 5139, 5976 ou 2059.
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Santa receives mission brief from NORAD

By Martin Zeilig
Voxair Photojournalist

Captain Wright Eruebi, Public Affairs Officer 1 Canadian Air Division/Canadian NORAD Region Headquarters, slowly swung open the thick protective door into the dimly lit Combined Aerospace Operations Centre to reveal two special guests: Santa Claus and his elf, Eugene.

It was that time of year, in this case, the morning of December 6, when the local media are invited to witness the Canadian NORAD Region deliver a pre-flight operational briefing to Santa Claus.

"Hohoho," the red suited Santa bellowed as he and Eugene, who was clad in a typical green and red trim elf's outfit, were led into the CAOC by Lieutenant-Colonel D.W. Dixon, Chief of Christmas Operations for the 2013 NORAD Tracks Santa Operation.

"We're on time to deliver gifts around the world. I've been doing this for some years now," he said.

For more than 50 years, NORAD and its predecessor, the Continental Air Defense Command (CONAD) has tracked Santa's flight.

The tradition began in 1955 after a Colorado Springs-based Sears Roebuck & Co. advertisement misprinted the telephone number for children to call Santa.

Instead of reaching Santa, the phone number put kids through to the CONAD Commander-in-Chief's operations "hotline." The Director of Operations at the time, Colonel Harry Shoup, had his staff check the radar for indications of Santa making his way south from the North Pole. Children who called were given updates on his location, and a tradition was born.

Things have changed in the intervening years, and now people can now track Santa using the internet. Millions of people who want to know Santa's whereabouts now visit the NORAD Tracks Santa website at www.noradsanta.org.

"With the increase in the amount of air traffic, we are able to help Santa navigate through," said LCol Dixon, who stood in front of four large elevated screens that, as he explained, receive numerous intelligence and operational surveillance information from systems throughout North America, while military and civilian personnel sit at computer workstations monitoring and inputting data.

"We're all moms and dads in here and have an expressed concern that Santa will find all the homes. This pre-flight operational briefing will provide Santa Claus with a better understanding of what to expect from the Canadian NORAD Region as we prepare to track his magical journey once again."

He added that it all starts with the NORAD radar system called the North Warning System.

"This powerful radar system has 47 installations strung across Canada's North and Alaska," added LCol Dixon.

"NORAD makes a point of checking the radar closely for indications of Santa Claus leaving the North Pole every holiday season. The moment our radar tells us that Santa has lifted off, we begin to use the same satellites that we use in providing air warning of possible missile launches aimed at North America."

The satellites have infrared sensors. When a rocket or missile is launched, a tremendous amount of heat is produced, allowing for the satellites to see them. Rudolph's nose gives off an infrared signature similar to a missile launch.

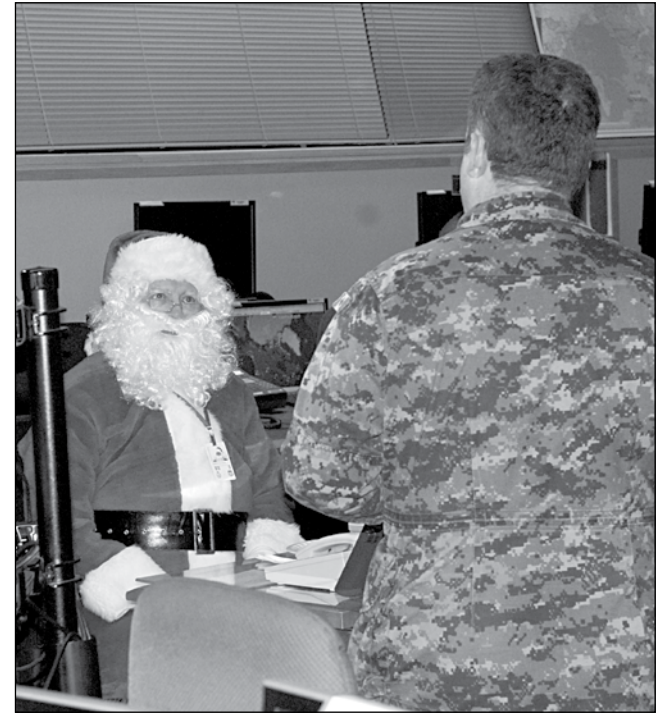
"The satellites detect Rudolph's bright red nose with no problem," said LtCol Dixon.

Kids of all ages can also make use of the SantaCam to see the jolly old elf.

"NORAD SantaCams are ultra-cool, high-tech, high-speed digital cameras that are pre-positioned at many places around the world. We turn the cameras on about one hour before Santa enters a country then switch them off after we capture images of him and the Reindeer. We immediately download the images onto our web site for people around the world to see."

Since Santa is very busy this time of year, for the purposes of the briefing he was played by Lieutenant-Colonel Pete Young, while MWO Yves Wiseman was made an honorary elf so he could play Eugene.

Happy and Healthy Holidays to all.



Santa is briefed by a NORAD official in preparation for his round-the-world flight on December 25th. Photo: Martin Zeilig

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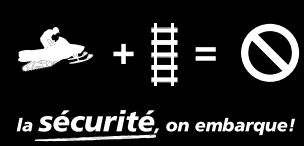
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Chief of Defence staff on mental health

Ladies and Gentlemen, any, each, and every suicide is a tragedy, and the loss of any soldier is painful and heartbreaking to our men, women and families. Although suicide is an international public health concern, for an organization built on leadership, built on camaraderie, and built on strength, it hits us especially hard. We have an expert health care system to support us, but in order for us to help each other, it's essential that all military personnel, like all Canadians, recognize mental health issues as they develop.

As you're already aware, we each have a role to serve in identifying and assisting those affected by mental health concerns. Don't underestimate the direct, positive impact you can have as a leader, as a friend, or as a subordinate. We can all note changes in behaviour, we can all listen to each other, and we can all aid in seeking help.

For those of you currently combating mental illness, don't avoid or delay accessing support services and treatment. If you have thoughts of suicide, help is immediately available by calling 911. Expert help is also available at your base and wing clinics, via the member assistance program (1-800-268-7708) or at your local emergency room. Reach out to your friends, family members, leaders, padres and medical professionals for support.

Self-stigma regarding mental health must end. Just as you would expect to be helped by your colleagues on the battlefield if you were physically injured, your brothers and sisters in arms are with you in the fight against mental illness.

Care is available to each of us. From private to General, from recruit to retirement; we're a team and we're there to support each other.

To see a video statement by the CDS, please visit: <http://www.forces.gc.ca/en/news/article.page?doc=statement-by-general-lawson-on-mental-health-in-the-canadian-armed-forces/hosl5n9p>

General Tom Lawson
Chief of Defence Staff

Video Statement: <http://www.forces.gc.ca/en/news/article.page?doc=statement-by-general-lawson-on-mental-health-in-the-canadian-armed-forces/hosl5n9p>

Chaque suicide est une tragédie et la perte de tout soldat est douloureuse et déchirante pour nos militaires et nos familles. Le suicide est une préoccupation mondiale en matière de santé publique. Mais pour une organisation comme la nôtre, bâtie sur le leadership, la camaraderie et la vigueur, cette réalité nous touche durement. Nous avons mis en place un système de soins de santé spécialisés pour nous appuyer. Mais pour que nous puissions nous aider les uns les autres, il est essentiel que tous les militaires, comme tous les Canadiens, soient en mesure de reconnaître les symptômes d'une maladie mentale lorsqu'ils surgissent.

Comme vous le savez déjà, chacun d'entre nous a un rôle à jouer lorsqu'il s'agit d'identifier et d'aider ceux qui font face à des problèmes de santé mentale. Ne sous-estimez pas l'impact direct et positif que vous pouvez avoir en tant que supérieur, ami ou subordonné. Nous avons tous la capacité de remarquer un changement de comportement, de s'écouter les uns les autres et d'aider quelqu'un à aller chercher le soutien dont il a besoin.

À ceux qui luttent contre la maladie mentale, ne vous défilez pas. N'attendez pas avant de recourir aux services de soutien et aux soins. Si vous avez des pensées suicidaires, vous pouvez obtenir de l'aide sur-le-champ en composant le 911. Des spécialistes sont aussi disponibles pour vous aider à la clinique de votre base ou de votre escadre, par l'intermédiaire du programme d'aide aux membres (1-800-268-7708), ou encore à l'urgence de l'hôpital de votre région. Recherchez du soutien auprès de vos amis, des membres de votre famille, de votre supérieur, des aumôniers et des professionnels de la santé.

Les tabous liés à la santé mentale doivent cesser. Bien sûr, vous vous attendez à ce que vos collègues vous aident sur le champ de bataille si vous êtes physiquement blessé. Sachez que vos confrères et vos consœurs d'arme combattent aussi à vos côtés dans la lutte contre la maladie mentale.

Nous avons tous accès à des soins. De soldat à général, de recrue à retraité : nous sommes une équipe et nous nous soutenons les uns les autres.

Pour voir le message-vidéo du C.MD, veuillez consulter ce lien : <http://www.forces.gc.ca/fr/nouvelles/article.page?doc=declaration-du-general-lawson-sur-la-sante-mentale-au-sien-des-forces-armees-canadiennes/hosl5n9p>

Général Tom Lawson,
Chef d'état-major de la défense

Brig.-Gen Hyde on NORAD's continuing mission

By Martin Zeilig
Voxair Photojournalist

Although the Cold War between the former Soviet Union and the West has been over since the early 1990s, Brigadier General Charles K. Hyde has no doubt about the need to maintain and strengthen the 55 year old North American Aerospace Defense Command (NORAD)—a United States and Canada bi-national organization charged with the missions of aerospace warning and aerospace control for North America.

He speaks with an understanding of the threats and related urgencies now being faced.

In July 2013, Brig.-Gen. Hyde took over from Brig.-Gen. Jack L. Briggs III as the Deputy Commander, Canadian North American Aerospace Defense Region, and Deputy Combined/Joint Forces Air Component Commander for, 1 Canadian Air Division.

Brig.-Gen. Hyde is the principal adviser to the Canadian Commander and assumes command of NORAD forces assigned to CANR in the commander's absence.

"I believe NORAD will be around for many more years because our mission is still important," said Brig.-Gen Hyde, a native of Marietta, Georgia, during an interview with The Voxair.

"The most important mission is defence of North America so that our children and grandchildren can live in the knowledge that our freedoms and liberties are protected. The defence of our homeland is really a defence of our shared values that makes our two countries what they are."

He observed that aerospace warning includes the detection, validation, and warning of attack against North America whether by aircraft, missiles, or space vehicles,

through mutual support arrangements with other commands.

"Aerospace control includes ensuring air sovereignty and air defence of the airspace of Canada and the United States," said Brig.-Gen Hyde, the highest ranking U.S. military officer in Canada, who is also responsible for ensuring that the region's battle staff, air operations centre, flying units, radar sensors, intelligence and command-and control-assets provide aerospace warning and control.

The renewal of the NORAD Agreement in May 2006 added a maritime warning component to the mission, which entails a shared awareness and understanding of the activities conducted in U.S. and Canadian maritime approaches, maritime areas and internal waterways, according to information on the NORAD website.

"The best part of this posting is working with the great people," said Brig. Gen Hyde who, along with his wife, Jodie, has two sons, Robert, 21, and George, 18, both of whom are attending the United States Military Academy at West Point in New York State.

"The RCAF is an outstanding organization. It's a full partner with the U.S. in NORAD and NATO (North Atlantic Treaty Organization). It's not the technology, although that's very important, and not just the size of the forces that are essential, it's the quality of the people. RCAF warriors exhibit operational excellence daily in defence of Canada and our shared values—freedom, democracy and equality. It's what sets us apart from many air forces."

Brig.-Gen. Hyde stressed that NORAD is a force for good because of its commitment to those mutual values.

"NORAD is an adaptive organization, committed to

defending Canada and the U.S., from aerospace threats to North America," he emphasized.

"And, those threats haven't gone away. In the Cold War, they were external threats, but 9/11 (the attack by terrorists on the World Trade Centre twin towers in New York City on September 11, 2001) has shown they can also be threats within our sovereign airspace. NORAD seeks to stay ahead of all threats—whether they're external or internal."

Brig.-Gen Hyde, who has served as a commander at the squadron, group and wing levels in the United States and overseas added, "One of the ways we stay adaptive is by leveraging technology and applying the skills of the world's best airmen and women in Canada and the U.S. to accomplish our mission."



Brig.-Gen. Hyde talks to the Voxair. Photo: Martin Zeilig

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CFS MET forecasts success for its Students

By Martin Zeilig
Voxair Photojournalist

As she examined the forecasting data displayed on her computer screen in a lab at the Canadian Forces School of Meteorology, Corporal Amanda Anderson made careful notes with a pen on a large sheet of paper spread out on her desk.

She was four and half months into her five month course Tactical Weather Specialist training course. There were 19 other students sitting at similar two person work stations in the junior lab, along with four instructors.

The information Cpl Anderson and her fellow CF members were attempting to decipher detailed the precipitation amounts for Sarnia, Ontario on a particular day.

"I love this course," commented Cpl Anderson, a member of CFB Gagetown.

"It's really good learning the different aspects of weather and how it affects aviation and operations," said Cpl Anderson, who spent 13 years in the Army before switching to the Air Force.

CFS MET is the central meteorological training facility for Canadian Forces Meteorological Technicians, said the school's Chief Warrant Officer, Ray Fonger, a 37 year veteran of the CF.

"The school's primary goal is to produce highly trained MET TECHs to support CF operations in all three environments, air, sea and land," he said

He pointed out that a team of instructors, comprised

of military MET TECHs and Environment Canada meteorologists, offers both basic and advanced courses in meteorology, and has a long history of training Met Techs for the CAF.

In 1950, the School of Meteorology was established as a unit located at Trenton, until a devastating fire destroyed the school in 1974. It was decided to move the school to CFB Winnipeg, and reassign it to Air Command and 14 Training Group in recognition of the primary employer of Met Tech graduates at that time.

Training was restarted in August 1974, and CFS Met remains in Maudsley Hall to this day. It will celebrate its 40th anniversary in August 2014.

The courses offered at CFS MET are Tactical Weather Specialist and MET TECH Forecaster, said CWO Fonger, who's been the school's CWO for almost four years now.

"The school just went through a transition," he added. "We now belong to the Chief of Military Personnel. So our school belongs to CFB Borden under the Canadian Forces Support Training Group. We answer to the Wing Commander in Borden. We all wear blue Air Force uniforms. But, soon, we'll be transitioning to three uniforms-- Army, Navy and Air Force."

"Now, we're used by all four branches of the military," CWO Fonger added during an interview in his memorabilia filled office. "We're on ships, in the army, Air force and with special forces. We're everywhere because everything is weather dependent."

He also observed that the advancement in computers

and other technology has led to more accurate forecasting.

"Met techs is an under appreciated career field," said Major John Cowen, Commandant CFS MET. "But, the information that they provide is key to operational execution and safety."



A CF member studies weather information at the School of Meteorology. Photo: Martin Zeilig

Padre Donnelly joins the 17 Wing Chaplain team

By Martin Zeilig
Voxair Photojournalist

It was while he was working as a United Church Minister in the northern Alberta community of Beaverlodge that Lt(N) Padre Christopher Donnelly, who's been



Padre Donnelly talks to the Voxair. Photo: Martin Zeilig

at 17 Wing since mid-September 2013, first became interested in joining the Canadian Forces.

"Padre Donnelly is an incredibly gifted Chaplain who is very insightful and has a wealth of experience in both the Navy and the Army," said LCdr Capt Jack Barrett, 17 Wing Chaplain.

"His addition to this team during APS 2013 is a blessing for 17 Wing and the Chaplain team. I worked with Padre Donnelly at CFB Halifax on a new multi-faith worship centre and it is a joy to work with him again."

Among Padre Donnelly's duties in Beaverlodge was serving as the Legion Chaplain.

"The members of the branch said to me, 'You'd make a great military chaplain,'" says Padre Donnelly.

"So, I talked to my wife about it, and she said 'Put up or shut up. If you're going to do it, then do it.' So, with the encouragement of my wife and parishioners I went to a military recruiter who happened to come to Beaverlodge to set up a booth at the local high school for a Work Day fair."

Thus began his journey to become a CF Chaplain.

Prior to being transferred to 17 Wing, Padre Donnelly, 46, was with the First Regiment Royal Canadian

Horse Artillery at CFB Shilo "off and on", as he said, for six years.

"Previous to that I was in Edmonton with the First Service Battalion and before that I sailed for five months with HMCS Iroquois in Halifax," he added, noting that he and his wife, Monika, a high school English teacher in Brandon, have two children-- Amber, 16, and Peter, 14.

Padre Donnelly, who has a Masters of Divinity degree from Emmanuel College Toronto School of Theology, University of Toronto, was ordained in Toronto in 1996.

"When I came through the discernment group (a year long process, involving a group of clergy and lay people, to determine whether one is suited to becoming a minister in the church), they recommended me for the ordained ministry," he said.

After going through basic training with the CF, he went through another process of discernment with the Interfaith Committee on Canadian Military Chaplaincy (ICCMC) because, as Padre Donnelly explained, the military is an interfaith ministry.

"Part of the discernment process of the ICCMC is to see how you would work in a multicultural, interfaith, multi-denominational setting," he observed.

"Chaplains in the military have to be non-judgemental. Anybody that walks in the door, whether they're Jewish, Catholic, Presbyterian, Muslim, atheist, or any other faith, you have to minister to them. That's different than a civilian minister who'd be focused on his church and faith community."

"Our role is to be an advisor to the Chain of Command when it comes to spiritual, moral and ethical things. Anybody can knock on the door and ask, 'Padre, do you have a minute to talk?' My only role is to listen and be a pastor. The CF is a family."

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17 Wing piper overcomes attack in Afghanistan

By Martin Zeilig
Voxair Photojournalist

Apart from two tiny hearing aids behind his ears and a slight trembling of his hands, there are no obvious physical scars from a blast over seven years ago that has seared through the psyche of Sergeant MacKenzie Landry.

But, pain and other after effects come in many forms.

A bagpiper with the 17 Wing/AFTC RCAF Band since July 2008, Sgt Landry, a native of St. Peter's, Cape Breton Island, was on patrol as an Infantryman just outside of Kandahar, Afghanistan on March 8, 2007. He was riding in a Nyala armoured vehicle when the unthinkable happened.

"It was a sunny day, and people were at the market," said Sgt Landry. "Suddenly, a minivan came out of nowhere. I didn't even see it. I was facing to the rear as the Air Sentry for the patrol, and half my torso was outside of the vehicle. I was thinking of how nice a day it was. Then suddenly, I felt like I'd been hit in the back of my head by a sledge hammer."

He had been rocked by the concussive force after the explosion of the terrorist's suicide van-- which had T-boned the vehicle immediately in front of Sgt Landry.

The suicide bomber was killed instantly, turning his vehicle into a mound of melted metal. There were four people per Nyala on that foreboding day in Afghanistan, but thankfully there were no Canadian casualties.

"Afterwards, I saw tear marks from the shrapnel on my helmet cover and my shemagh scarf," said Sgt Landry. "So, if I'd been six inches back, it would have gone through the back of my neck, and I'd have been dead. By a fluke, I was standing where I was. But, I was concussed. To my knowledge, I was the only one injured."

"So, we radioed in for the Quick Reaction Force from Camp Nathan Smith. When they hit the ground, we continued our movement back to KAF. I finished the patrol as I started it as the Air Sentry, with my rifle in hand."

Sgt Landry shook off the incident as best he could and resumed his normal routine. After returning to Can-

ada, Sgt Landry said his wife, Leigh, who works in child-care at the 17 Wing MFRC, noticed that he'd turn up the volume when women or children were talking on t.v.

"At times, I wouldn't even catch what she was saying," he remarked.

"When it was time for my physical checkup in 2009, I did my hearing test too. The physician's assistant said 'This is very bad.' So, they booked me into see the audiologist off base."

It was then that he was diagnosed with the hearing loss that now requires him to wear hearing aids in both ears. Even with the hearing aids, Sgt Landry still has trouble with his hearing, especially detecting high frequency sounds.

"It's the result of the blast back on March 8, 2007," he said, mentioning that the blast also "messed up" his pituitary gland-- which requires him to take artificial testosterone-- and his memory.

"I'd prefer to have my hearing back, but I was fortunate that my ability to perform my new job wasn't hampered."

Sgt Josh McFarlane, RCAF Band pipe major, couldn't agree more with that sentiment.

"Kenny (Sgt Landry's nickname) is one of the best guys in our unit," said Sgt McFarlane.

"He has had some of the most amazing experiences in the band. He brings some real insight into the military. He's an invaluable member of the band."

These days, Sgt Landry prefers to think of his accomplishments, instead of the accident that nearly took his hearing.

One of the most vivid memories for him is captured in a black framed photograph that hangs on the wall inside the practise studio. It shows then Cpl Landry playing the bagpipes during a Ramp Ceremony as the transfer cases of six Fallen Soldiers were being loaded onto a CC-130 Hercules for the long flight back home.

In total, Cpl Landry piped at the ramp ceremonies for 18 of the 22 Fallen Soldiers of TF 1-07.



Sgt Landry plays the bagpipes for the Voxair.
Photo: Martin Zeilig



Sgt Landry in Kandahar, Afghanistan in March, 2007.
Photo: Supplied

An eye, and roof, popping Christmas tree

By Martin Zeilig
Voxair Photojournalist

Although it gives that appearance, a Christmas tree on the Pentney Family's two story house on Ash Street in River Heights is not quite through the roof.

But, it is certainly on the roof.

Call it a good humoured holiday season optical illusion-- one of that has attracted attention from many media outlets and the public at large.

"Ever since we've lived here, Katie has wanted to do a multi-story tree," said Major Adam Pentney, a Hercules CC-130 pilot with 435 Squadron at 17 Wing/AFTC.

"I've always sort of avoided it. But, this year I was deployed to Kuwait from May to October. So, Katie made the decision on her own."

Captain Katie Pentney, a pilot with 1CFFTS explained that she called Ron Paul Garden Centre in September.

"They found us an 18 foot tree and dropped it off in late November," she said while in her living room, where the largest part of the tree, some seven and a half feet, is set up by the front window.

"We set to work putting it together. It took four days to set up the whole thing, including decorating it, because we're at work. So pretty much right away, we saw cars driving slowly by our house," Capt Pentney said.

Then, the following week a CBC reporter showed up, said Major Pentney, a native of Kingston, Ontario.

"Suddenly, it took on a life of its own," he added.

The tree extends from the living up to the second floor bedroom where a six and half foot portion of it sits by a window facing the front street.

Major Pentney observed that he installed the three foot portion on top of the roof very carefully so as not to damage the roof shingles.

"It got to the point where friends in Goose Bay, Labrador were getting told about it by people there who had seen our Facebook page," said Major Pentney.

"My family in Kingston thinks its priceless. If anybody was going to do this, then it would be us because

we love Christmas. We usually have a big family affair at home. This year, we're trying to inject some humour and make people even happier because this is a joyous occasion."

Santa will love it! Joyeux Noël! Merry Christmas!



The Pentney Family's optical illusion Christmas tree appears to start on the first floor and reach up through the second floor to poke through the roof. Take a drive past 280 Ash Street to see it for yourself. Photo: Martin Zeilig



Capt Katie Pentney and Maj Adam Pentney with their youngest child (of three). Photo: Martin Zeilig

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RCAF Band at home for the holidays

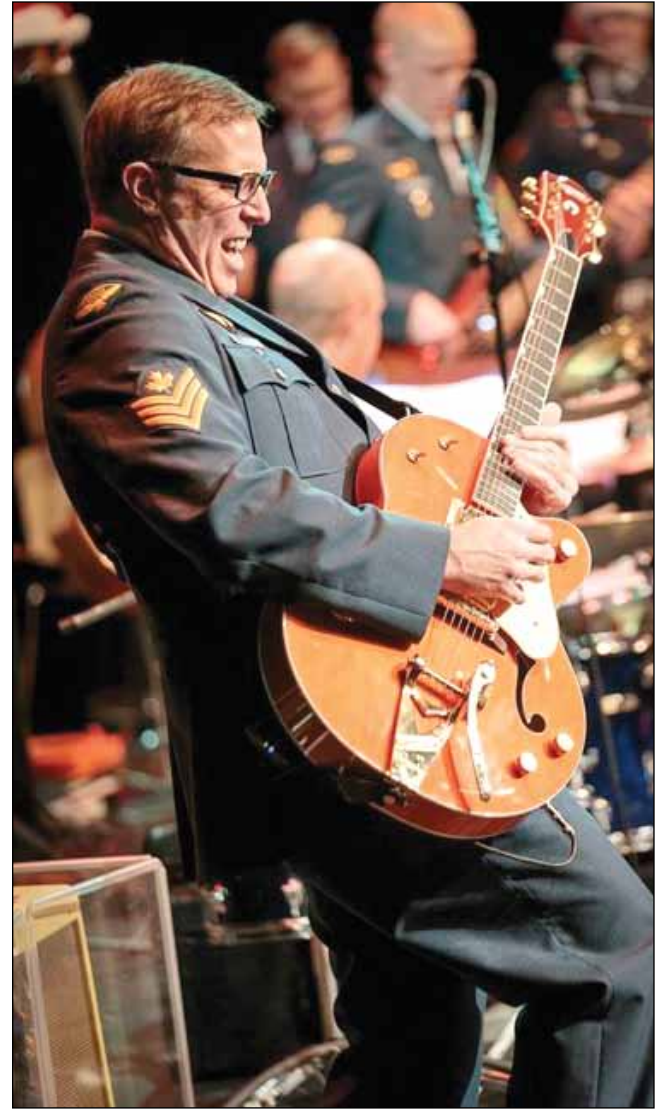
The Royal Canadian Air Force Band – Jet Stream brought their “Merry Prairie Christmas Tour” to Saskatoon, Moose Jaw and Regina, proudly representing 17 Wing, before finishing up with two fabulous shows at the Manitoba Theatre for Young People in Winnipeg.

On Sunday December 8th, a near capacity crowd took in the matinee performance in support of the 17 Wing “Care and Share” program. This show was specifically for 17 Wing members and their families and it featured three primary ensembles of the RCAF Band: Command Brass and the Pipes and Drums cadre performed in the first half of the concert before Jet Stream took the stage for its final performance of the year.

“The support of 17 Wing is vital to our success, says Captain John Fullerton, Commanding Officer of the RCAF Band, and it is always nice to play for our own members, especially at this time of year.”

The RCAF Band is currently putting the finishing touches on a brand new album featuring their four main ensembles. More to follow on that subject in the New Year!

For more information about the RCAF Band, visit their website at www.rcafband.ca or call the RCAF Band PA dept: 204 833-2500 (5182)



Photos: Martin Zeilig, except far right (supplied).

Merry Christmas

from Steven Fletcher, MP for Charleswood - St. James - Assiniboia

To those Canadian Forces members and their families who must spend Christmas apart from their loved ones, please accept a heartfelt thank you for your sacrifice in the service of Canada.

Merry Christmas and Happy New Year.

Steven Fletcher

Steven Fletcher, P.C., M.P.



204.984.6432

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Lunch for a Good Cause



17 Wing/AFTC Comd Col Joel Roy is served at the final theme lunch (Italian) on December 10th to raise funds for the GCWCC. Photo: Martin Zeilig

Promotion keeps it in the family



LCol P. Joudrey, Commanding Officer of 17 Fd Amb, was presented the rank of LCol by his brother LCol S.D. Joudrey, Base Commander CFB Shilo, on behalf of Capt(N) Patterson, Commander 1 HSG. Photo supplied by: Capt MJ Mclean

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17 Wing Happenings



SISIP wrapped up its Financial Literacy Month with a coffee break and drawing for an iPad on December 11, 2013. Kathy Godfrey, right, drew the winning number while Bernie Savoie, SISIP Insurance Rep, holds the entries. Photo: Mike Sherby



On December 11, WACCN held a Christmas Bake/Rummage Sale, and a chili and bun lunch, all to raise funds for the Adopt-A-Vet program. These are just some of the delicious offerings they presented. Photo: Martin Zeilig



17 Wing Health Promotion wrapped up its Addiction Awareness Week with a drawing for some lovely back packs. Winners were Maj Edison McLean (left), MCpl Ambre Anderson (right), and WO Denise Benson (not pictured). Photo: Mike Sherby



Construction is underway for the new multi-use facility at 17 Wing. The project is expected to be completed in early 2015. Photo: Martin Zeilig

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Season's Greetings

Once again we are nearing the end of another year and the Holiday Season. It is a great time for celebration, family get-togethers as well as a time to reflect and be thankful for the many good things in life.

Winnipeg is a wonderful city, located in the best country in the world. We are truly grateful to be a part of this city and that our real estate profession has enabled us to meet and serve so many nice people.

We sincerely wish to thank you for your loyalty, trust and support in making the past year such a success. Your friendship is the foundation of our progress.

Merry Christmas and may the New Year bless you and your family with good health, prosperity and much happiness.

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CFSAS and a UAS – Introducing the CU-171 Super Hauler

By Maj Cameron Lowden
CFSAS Space Director

The Canadian Forces School of Aerospace Studies (CFSAS) has recently procured the newest RCAF Unmanned Aerial System (UAS) as a key platform for two separate CFSAS courses.

Using off-the-shelf components, the CU-171 Super Hauler will provide a cost-effective, dedicated, and customizable test article for both the Aerospace Systems Course (ASC) and Operational Test & Evaluation Courses (OT&E) offered by the school. It took the varied experience and dedication of the team just to get this far.

“All team members brought something unique and instrumental to the development of this system and it ultimately paid off with these first successful flights,” noted Major Richard Kohli, the CFSAS Training Support Flight Commander.

Frank Decker, a former Sea King pilot and current ASC instructor, has overseen the research and procurement of this platform since the conceptual beginning in the fall of 2010. Aided by an industrious and dedicated group of seven school staff and various other 17 Wing personnel, and initially armed with only engineering diagrams and theoretical drawings, their efforts recently culminated with a successful “proof-of-concept” mission that validated their great efforts over the last few years.

“It was great to see all the hard work pay off when we got it in the air and safely back on the ground,” commented Captain Kevin Diduck, a CF-18 pilot now working as the CFSAS UAS Director.

To date, the CU-171 has logged over 4.3 hours of flight time over nine flights, of which 3.1 hours were flown autonomously (AUTO) without human interaction. All inaugural flights involved a radio-control pilot performing the take-offs and landings while the en-route mission profile is performed by the auto-pilot. Denis Ward, from 17 Wing Foods, with over 35 years of remote control experience, is the system’s pilot and is currently the only CU-171 qualified remote control pilot in Manitoba.

The next phase of operations (Spring 2014) will see the incorporation of an on-board Synthetic Aperture Radar, an Electro-Optical Infra-Red sensor as well as a First-Person View camera – all with an eye towards a complete AUTO take-off and landing.

CFSAS Commandant, Lieutenant-Colonel Daniel Desrochers, is enthusiastic about the future of the system. “With the tremendous support of 17 Wing, and 402 Squadron in particular, who are able to lend some specialized maintenance skill sets, I think 2014 will be a great year for the program,” said Lieutenant-Colonel Desrochers.

The Super Hauler was procured to be developed into a realistic training platform while avoiding the inherent cost, crew, and fleet/maintenance issues of manned aircraft. As UASs are becoming the future of the CAF and other ally nations, the CU-171 Super Hauler is a key enabler which will ensure that CFSAS is capable of delivering the skills and knowledge sets essential to the continued successes and future development of the RCAF.



The CU-171 Super Hauler is prepared for flight. Photo: Supplied



The CU-171 Super Hauler in the air. Photo: Supplied

Happy Holidays!



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SERONT REMPLACÉES.

Veteran's Week introduces new generation to Remembrance Day

By Sgt Bill McLeod
(with files from Jenna Woytowich)

On November 11 in past years a solitary figure has lowered the flag at the cenotaph in St Adolphe to honour fallen Canadian soldiers.

When Hubert Brodeur arrived to lower the flag he was expecting to be the only person there again this year but he was amazed to be met by over 30 students, staff, and parents of children of École St. Adolphe School.

"Having a veteran speak at our school assembly, as well as meet with individual classes changed our school perspective on veterans and Remembrance Day," said Jenna Woytowich, a Grade 6 teacher at École St Adolphe School.

Master Corporal Andrew Wychnenka, a Military Policeman working out of Minto Armouries in Winnipeg and a veteran and volunteer with the 2013 National Veteran's Week Speaker's Program, went to the school to speak about Remembrance Day and his own experiences as a veteran. Besides participating in the school assembly he was able to visit individual classrooms and answer questions from the students.

After Master Corporal Wychnenka's visit and their participation at the town cenotaph the students gave some feedback to their teacher, Jenna Woytowich.

"I thought it was just a day that people wear poppies and go off to war," said one student. "This year we had a whole conversation about it. The people that go off to war have their own families and husbands and wives. They leave their lives behind to make the world a better place."

"Master Corporal Wychnenka taught us the meaning of Remembrance Day," said another student. "He taught us that war is not a joke. He taught us how they lived in war and how many sacrifices were made."

"For me as a teacher Remembrance Day and the military contribution is one of the most important things I teach," said Jenna Woytowich.

"It was very humbling to see that students are connecting to Remembrance Day," said Jenna Woytowich. "They are taking action and responsibility and they are getting members of their families and community involved as well."

Each year the National Veteran's Week Speaker Program arranges for hundreds of Canadian soldiers, sailors and air force personnel to speak at schools, Legions, and service clubs across Canada and encourages Canadians to participate in Remembrance activities. In Winnipeg more than 100 Army, Navy and Air Force members met with Canadians to talk about Remembrance Day.



Remembrance Day Ceremony at the Convention Centre. File photo: Cpl Piotr Figiel

17 Wing prepares for ATF 1401



Syndicate one arrives at Point A-1 during a Navigation Exercise held at St. Charles Rifle Range 14 November 13. This was part of the MSE/OSE collective training in preparation for ATF 1401 which 17 Wing will hold the AEW capability for a full year starting 01 Jul 14. From left to right: CWO Bernard, Cpl Gowan, Cpl Burnett, AEW Commander and 17 Wing Ops O LCol Nelles, Lt Mi and Capt Anakeu. Photo supplied by: Capt Corey MacDonald



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2014 Publishing Schedule

Issue Number	Issue Date	Content Deadline
1	15 January	January 6
2	29 January	January 20
3	12 February	February 3
4	26 February	February 17
5	12 March	March 3
6	26 March	March 17
7	09 April	April 1
8	23 April	April 14
9	7 May	April 28
10	21 May	May 12
11	June 4	May 26
12	June 18	June 9
13	July 25	July 14
14	August 27	August 18
15	September 10	September 2
16	September 24	September 15
17	October 8	September 29
18	October 22	October 13
19	November 5	October 27
20	November 19	November 11
21	December 3	November 24
22	December 17	December 8

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Building 90 Holiday Hours 2013

- 24 December (Christmas Eve) - 0600-1600
- 25 December (Christmas Day) - Closed
- 26 December (Boxing Day) - Closed
- 27 December 0600-2200
- 28 December 0845-1800
- 29 December 0900-2200
- 30 December - 0600-2200
- 31 December (New Year's Eve) 0600-1600
- 01 January 2014 (New Year's Day) Closed
- 02 January 2014 - Return to regular hours



Le Bâtiment 90 Fêtes de fin d'année 2013 (heures)

- Le 24 décembre - Veille de Noël - De 0600 h à 16 h
- Le 25 décembre - Noël - Fermé
- Le 26 décembre - Lendemain de Noël - Fermé
- Le 27 décembre - De 6 h à 22h
- Le 28 décembre - De 8:45 h à 18h
- Le 29 décembre - De 9 h à 22h
- 30 décembre - De 6 h à 22 h
- Le 31 décembre - Veille du jour de l'an - De 6 h à 16 h
- Le 1^{er} janvier 2014 - Jour de l'an - Fermé
- Le 2 janvier 2014 - Retour à heures régulières



17 WING JUNIOR RANKS

MONDAY - THURSDAY

Lunch 1130 - 1300 hrs
Afternoon 1500 - 1900 hrs

(Hours may be extended to 2200 hrs depending on attendance)

FRIDAY

Lunch 1130 - 1330 hrs
Afternoon 1500 - 2400 hrs

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Maintaining a Healthy Weight During the Holidays

Maintaining a healthy lifestyle over the holiday season can be a difficult task. The cold weather may decrease your motivation to exercise and holiday parties may be filled with food options that are high in fat and calories. However, by following these four tips, you can enjoy the holiday season while maintaining a healthy weight and lifestyle!

1. Exercise

Canada's Physical Activity Guide recommends 30 minutes of moderate exercise most days of the week. To reach your weekly physical activity goal take advantage of the exercise opportunities of the winter season: enjoy the outdoors while cross-country skiing or snowshoeing (Fort Whyte has some beautiful trails); take the family to a local hill and go downhill skiing, snowboarding or tobogganing; go ice skating at a local rink or outdoors at the Forks; simply take a walk outside and enjoy the weather.

2. Avoid Skipping Meals

Regularly skipping meals can slow your metabolism, which causes your body to become more efficient at storing fat. Eating small balanced meals (including breakfast) throughout the day will help keep your body fuelled with its required nutrients. This will also keep you feeling satiated and decrease the likelihood that you will overeat later in the day.

3. Choose Foods Wisely

It can be difficult to choose healthy food options during the holiday season. Here are some tips to help you out:

- When comparing food items read the Nutrition Facts label on each product and choose the option that is dense in nutrients and lower in fat and calories.

- When eating out, choose foods that are steamed, baked, broiled, roasted or poached and limit foods that are deep fried or made with rich sauces or gravy.

- When eating at a holiday party choose smaller portions and fill half your plate with vegetables. It can be tempting to overeat at holiday events: be aware however, many holiday foods are high in calories and fat.

4. Drink Alcohol in Moderation

Alcohol is high in calories and can dehydrate the body. If you choose to enjoy alcoholic beverages over the holidays, make sure you are well hydrated and getting sufficient fluids (for adults: at least 2.2 litres/ 9 cups of fluid per day) by also consuming non-alcoholic beverages. For those who will be consuming alcoholic beverages, plan to stay within the Low-Risk Drinking Guidelines:

- Women - No more than 2 standard drinks on any one day

- Men - No more than 3 standard drinks on any one day

- For Adult Women: 10 or fewer standard drinks a week (these 9 drinks can't be saved up to use on one day)

- For Adult Men: 14 or fewer standard drinks a week (these 14 drinks can't be saved up to use on one day)

...Happy Holidays from 17 Wing Health Promotion Team!



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

Mental Fitness and Suicide Awareness: Supervisor Training
This course is course coded!
29 January 2014
0800 – 1600 hrs

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

Sensibilisation à la santé mentale et au suicide – Formation du superviseur
Il s'agit d'un cours auquel on a attribué un code!
29 janvier 2014
8 h à 16 h

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150



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

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STRESS: Take Charge!
A Canadian Forces Program
Le stress : ça se combat!
Programme des Forces canadiennes

For more information contact the Health Promotion Director or your Base/Unit of Formation
Pour plus d'information, communiquez avec le directeur de la promotion de la santé de votre base, unité ou formation.

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Stress: Take Charge!
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0800 - 1600 hrs
B135 Rm 113

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23 et 24 janvier 2014
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INTER-COMM
A Course to Improve Communications in Relationship

WHAT
INTER-COMM is a course designed for adults who want to improve communications in their personal relationships. This course has been specifically designed for Military personnel and their family members who want to increase their ability to communicate more successfully.

WHO
This is not a couple's counselling course but rather a course that focuses on improving communication in healthy relationships.

4 and 11 February, 0900 - 1500 hrs, at the MFRCC

Un cours visant à améliorer les communications dans les relations personnelles

QUOI
Le cours INTER-COMM a été conçu à l'intention des adultes qui veulent améliorer les communications dans leurs relations personnelles. Le cours a été spécifiquement élaboré pour les militaires et les membres de leur famille qui veulent apprendre à communiquer plus efficacement.

QUI
Loin de se vouloir un programme de counseling pour les couples, le cours cherche à améliorer les communications dans les relations constructives.

4 et 11 février, 9 h à 15 h, au CRFM

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B135 Rm113

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Winnipeg Military Family Resource Center (MFRC) receives grant from first annual Bell True Patriot Love Fund

Winnipeg MFRC is proud to announce that they have received a grant from The Bell True Patriot Love Fund in support of mental health initiatives for Canadian military families.

Bell Let's Talk and the True Patriot Love Foundation presented a \$31,700 grant to the local 17 Wing Winnipeg Military Family Resource Centre to support the Family Counselling Program. The Family Counselling Program specializes in working with families from the military community who want the expertise and services of professionals who understand the unique military lifestyle. The program offers a wide spectrum of services from counselling, support groups and educational sessions to resource materials. Services are provided to individuals, couples, children and families. All services are confidential and offered at no charge. This grant will specifically be utilized to develop a children's book with facilitation guide, to help children understand mental health. Funds will also be utilized to offer a caregivers retreat. This retreat will support those who care for a family member who is ill or injured.

"Bell Let's Talk is very pleased to present the Bell True Patriot Love Fund grant to the 17 Wing Winnipeg Military Family Resource Centre," said Mary Deacon, Chair of Bell Let's Talk. "These grants will help provide access to mental health care for military families when they need it, and we look forward to extending our sup-

port alongside True Patriot Love to military families across the country."

Bell and True Patriot Love are matching funds for the program. Starting this year and through 2016, the Bell True Patriot Love Fund will distribute \$250,000 annually in grants of \$5,000 to \$25,000. It will support programs delivered through Military Family Resource Centres (MFRCs) that focus on improving access to mental health care on Canadian Forces Bases across the country, often in remote locations.

"I have seen firsthand the incredible work and support that the Military Family Resource Centres provide for military members and their families from coast to coast," said True Patriot Love Vice Chair Michael Burns. "Bell and True Patriot Love are committed to providing funding to these Centres so that they are able to continue to provide high-quality mental health programming to as many families as possible."

The Executive Director of the 17 Wing Winnipeg Military Family Resource Centre, Don Brennan, expressed his sincere thanks to Bell and True Patriot Love for their commitment. "It is with the generous support of organizations such as True Patriot Love and Bell Canada that we can continue to offer new and innovative services that meet the needs of our community."

About True Patriot Love:

True Patriot Love honours the sacrifices of members

of the Canadian Forces, Veterans and their families by:

- Stepping in where government is unable to fund programs that support their physical, mental and social wellbeing no matter where they are posted in Canada or abroad
- Promoting their special skills and capabilities resulting from their unique conditions of service
- Being a channel for everyday Canadians, corporations and philanthropists to express their appreciation and patriotism

Over the past three years, True Patriot Love was honoured to have raised over \$15 million to fund a variety of military programs, charities and causes, when and where it is needed most. Our three key areas of support are Family Health and Support, Physical Health and Rehabilitation and Mental Health and Well-Being.

Please visit www.truepatriotlovefoundation.com for more information.

About Bell Let's Talk

The Bell Let's Talk mental health initiative is a national charitable and awareness program promoting mental health across Canada with the Bell Let's Talk Day anti-stigma campaign and significant Bell funding of community care and access, research, and workplace initiatives. To learn more, please visit Bell.ca/LetsTalk.

Upcoming MFRC Programs and Events

During the construction of the new Canex building traffic and parking at the MFRC will be affected. There is no longer thru traffic in front of the MFRC. Please use the entrance on the north side of the three way stop on Wihuri Rd. A drop off parking spot is available at the front of the building, near the wheel chair ramp. This is marked with a drop off/pick up only sign. Additional parking is available in front of the row houses to the north of the MFRC or in the parking lot in front of the Westwin Community Centre (building 33).

La circulation et le stationnement autour du CRFM seront affectés par la construction du nouveau Canex. La rue Comet est maintenant barricadée à la hauteur de Sabre Cr. ; veuillez utiliser l'entrée au nord de l'arrêt à trois sens sur le ch. Wihuri. Une zone réservée aux débarquements est disponible devant le CRFM, près de la rampe d'accès pour fauteuils roulants. Du stationnement additionnel est disponible en face des maisons en rangée situées au nord du CRFM, ou dans le stationnement du Centre communautaire Westwin (bâtiment 33).

Merry Christmas from the Staff and Board of Directors of the Winnipeg MFRC.

Best wishes to you and your families for a safe, happy and healthy new year.

The MFRC's holiday hours are as follows:

December 23	8:30 to 4:30 p.m.
December 24	Closed
December 25	Closed
December 26	Closed
December 27	8:30 to 4:30 p.m.
December 30	8:30 to 4:30 p.m.
December 31	Closed
January 1	Closed
January 2	8:30 to 4:30 p.m.
January 3	8:30 to 4:30 p.m.

MFRC CHRISTMAS PARTY!

Join us on Friday December 20 from 2-6pm to celebrate with an MFRC Christmas party!

Drop in and celebrate the season with the MFRC staff and board of directors.

We'll be having a Mocktail bar with some of your favourite non-alcoholic holiday beverages. Holiday snacks and appetizers will be on the menu as well!

There will be holiday crafts and activities for the kids to do, as well as a surprise visit from a special someone from 3-5!

Hope to see you out for an afternoon of holiday fun!

SECOND LANGUAGE TRAINING ENGLISH AND FRENCH

Classes begin the week of January 20 and run for ten weeks.

Registration deadline: January 16, 2014

English (int. level): Monday from 6:00 - 8:00 p.m. & Friday from 9:00 to 12:00 p.m.

English (advanced level): Tuesday & Thursday from 6:00 - 9:00 pm

French (level two): Monday & Wednesday from 6:00 - 9:00 pm

The Second Language Training Service is designed to facilitate the integration of family of CF members who are posted to locations where the surrounding community's primary language is unfamiliar. The primary participants eligible to access Second Language Training are civilian spouses/partners and children of CF members sixteen years of age and over. Special consideration may be given to children fourteen and fifteen years of age. A minimum of five primary participants must be registered for a course to be offered, with a maximum of 10 participants per course. A deposit of \$50 is required upon registration for the course. This deposit is refundable if the participant attends 85% of classes.

Courses are also open to military members for a non-refundable cost of \$50 and to members of the community at a non-refundable cost of \$100 per session. Come in and complete the registration form at the front desk or call Mélanie Lyrette at 204-833-2500 ext 4515 for further information.

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LGen (ret'd) Charles Bouchard,
 Commander Combined Joint Task Force Unified Protector
 NATO Mission to Libya

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Lgén (ret) Charles Bouchard,
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Cocktails 6:00pm - Dinner 7:00pm
 Cocktails à 18 h - Dîner à 19 h

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 2014

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For ticket information / Pour obtenir des renseignements sur les billets : **204.833.2500 ext./poste 4500**
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For more information or a showing call Christine at 204-803-9204. List price \$309,000.

House For Sale!

1680 sq ft 2 storey, 4 bedroom. Huge pie shaped lot in one of the best neighborhoods in Winnipeg, 10 minutes to 17 Wing, walking distance to all levels of school. Please call Chantalle at 1-204-720-4858 for a showing. See comfree ad 416927 for 302 Whitegates Cr.

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Taroscopes

BY
NANCY

Aries (March 21 – April 19):

You're confident you can figure out a logical explanation for what's happening. Quote the right facts and things will go in your favor. Don't be sidetracked. Go after what you really want. Show appreciation to those you rely on for you'll need their support soon.

Taurus (April 20 – May 20):

You have lots of energy and you're full of new ideas. It's time to work smarter not harder. As one door closes many open. Consider how you came to know what was best for you in the past so that you can use the process when making future decisions. Look past the obvious.

Gemini (May 21 – June 21):

Your happiness is hard to contain as you put plans in place for a new adventure. Your strengths are evident. You're making positive changes. You have enough experience to manage any challenges that arise. Open your heart and soul to all the beautiful moments you'll enjoy.

Cancer (June 22 – July 22):

Adhere to principles of fairness and equity when dealing with situations that require a decision. Fault finding is pointless. Group dynamics are the issue. Moving on is important but first you must resolve any conflicted feelings about the past and present. Ask for help if necessary.

Leo (July 23 – August 22):

You may not like how things are going right now and you may be frustrated with others, especially children or subordinates but one thing is certain – things will change. Consider the future carefully before setting plans in motion because you won't be able to hit the reset button this time.

Virgo (August 23 – September 22):

Your feelings are changing and deeply held emotions surface. You are seeing your loved ones through new eyes. Don't let your feelings override your logic. Stick to your plans and the changes you want to see will happen. Carefully consider before signing legal documents.

Libra (September 23 – October 23):

Temper your response to the insanity you see around you so it doesn't drag you down. Yes you can and should get upset and/or grieve. And you're intelligent enough not to sugar coat or avoid reality. Words hurt and heal. Talking or writing things out can help.

Scorpio (October 24 – November 21):

Set up a system to deal with the basics at home, at work, and in your finances, etc. Organize. Confidently make day to day decisions. When things are running smoothly you'll have more time to focus on a special project and enjoy more freedom to follow your passions.

Sagittarius (November 22 – December 21):

Reconsider your assumptions. They may not match reality. Philosophically validating your actions and keeping up appearances may not be working as well as you think. Invite and accept honest feedback from those who have shared experiences with you.

Capricorn (December 22 – January 19):

Whatever you put in motion the fruits or the fallout are obvious now. Acceptance of your situation goes deeper and as you see things in a different light you'll feel a sense of release. Exciting new options are on the way. Accept increased responsibility with confidence.

Aquarius (January 20 – February 18):

Lucky you – good fortune shines on you right now. Make a wish and see how effortlessly it comes true. Relax. Go with the flow. If you want to party – go ahead. If you want to retreat – do so. Alone or out and about – it's all good. Enjoy the journey.

Pisces (February 19 – March 20):

Others may not "get you" as you may seem a bit more "out of step" with them than is usually evident. Inside you probably always were. However this isn't a sign to change yourself or your beliefs to "fit in." Continue to live life on your own terms in ways that work for you.

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Canadiana Crossword

A Christmas Quiz

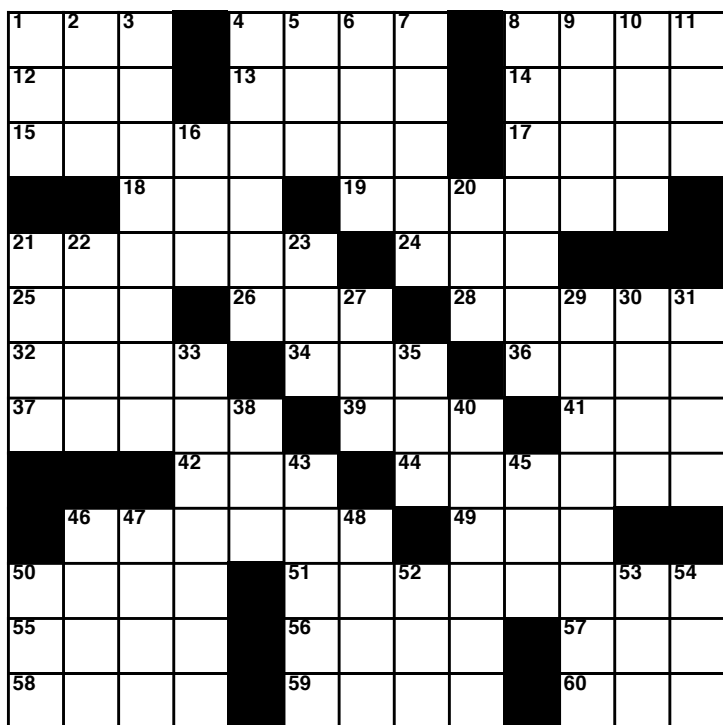
By Bernice Rosella and James Kilner

ACROSS

- 1 Ancient
- 4 European mountain range
- 8 Part-time employee
- 12 Neither
- 13 Despicable
- 14 Golf club
- 15 Scrooge's given name
- 17 World's longest river
- 18 Own, in Edinburgh
- 19 Uplifted
- 21 With 34 Across, Scrooge's famous expletive
- 24 Tangle
- 25 Peterborough to Pembroke dir.
- 26 Chow down
- 28 Filmed record
- 32 Fat
- 34 With 21 Across Scrooge's famous expletive
- 36 Walter Brooks' talking horse
- 37 Something to face?
- 39 Computer memory, abbr.
- 41 Part of the verb to be
- 42 Food rechewed
- 44 Turk's tunic
- 46 Sustenance
- 49 Room or hall preceder
- 50 Gaze lasciviously
- 51 Wrangler's disciplinary device
- 55 Rich dessert
- 56 Word before house and after hall
- 57 Go wrong
- 58 Containers
- 59 Do in
- 60 Refs decision

DOWN

- 1 God bless us ___ and all
- 2 Loft



- 3 Idealists
- 4 Dundas or Spadina
- 5 Elizabeth, to some
- 6 Commoner
- 7 Body fluid
- 8 The little grace sayer
- 9 Lake between Ontario and Huron
- 10 Shape
- 11 Vancouver Ex
- 16 Bill
- 20 Clod
- 21 Ship's wheel
- 22 Two-toed sloth
- 23 Prattle
- 27 Salt
- 29 Scrooge's bookkeeper
- 30 Queen of the gods
- 31 British Prime Minister or Manitoba hamlet
- 33 He authored A Christmas Carol
- 35 Ad ___
- 38 Prompt
- 40 Scrooge's protagonist
- 43 Things owed
- 45 Hardly any
- 46 Citrus hybrid
- 47 Blueprint
- 48 Knitter's stitch
- 50 Frequently, to Browning and others
- 52 Pasture
- 53 Gall
- 54 Weir or Hnatiuk

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CHAPLAINS

Padre Ray Laudensorio
Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre
Roman Catholic Office 833-2500 ext. 5956

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Tues, Weds, Thurs 1210 hrs
Sunday 1100 hrs



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

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

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

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

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

PROTESTANT

CHAPLAINS

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

Padre Christopher Donnelly
(United Church) Office 833-2500 ext 5349

Padre Darryl Levy
(Baptist) Office 833-2500 ext 5785

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, except on the last Sunday of each month. Childcare is provided on an as-required basis for children under 3 years of age.

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

Baptisms: The Sacrament of Holy Baptism is available by contacting a Chaplain. 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'.

Philatelist's Corner with Alf Brooks

Stamps for Christmas

When did Canada issue its first postage stamp to celebrate Christmas? Many collectors will insist on 1898, when a 2 cent stamp bearing the overprint "Xmas 1898" appeared. I do not agree. The stamp, a map of the world with British possessions in red, celebrated the inauguration of Imperial Penny Postage. In my opinion the overprint was an add-on.

In recent years Canada Post recognizes that Christmas, for many, is a secular holiday or a holiday not connected to their religion. Thus we have the issue of three non-religious stamps, plus a fourth that can be seen as celebrating Christmas for Christians.



Crossword Answers

O	K	T		V	A	L	S		S	N	I	L		
R	R	E		E	E	R	L		N	V	T	F		
P	I	H	W	L	T	L	B		E	L	G	O		
		C	E	R		P	E	E	K	P	U			
N	V	T	F	V	C		D	U	C					
E	R	V		W	O	R	C	I	S	U	M			
D	E	R	W	H	V	B		D	R	V	T			
E	H	C	I	F		T	V	E		E	N	E		
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E	L	I	N			R	E	Z	E	N	E	B	E	
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P	E	M	T			S	A	L	P		A	L	D	O

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