



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

NOVEMBER 15, 2006

VOLUME 54, ISSUE 20

FREE

“Your Work Echoes The Courage And Tenacity Of Your Predecessors...”

By General Rick Hillier, Chief of the Defence Staff

For generations, Canadian men and women in uniform have demonstrated their commitment and their willingness to fight when necessary for our interests and values.

On this day of remembrance and commemoration, the heroic deeds of those who once wore the Canadian uniform can only inspire us as we face today’s challenges.

This has been a notable year for the Canadian Forces, just as 1917 was for a previous generation of Canadians.

At Vimy Ridge, four divisions of the Canadian Corps — operating together for the first time — fought with resolve and valour against a determined enemy.

Vimy is widely regarded as a part of Canada’s coming of age — a place where our soldiers’ heroism and bravery was hailed both at home and by our allies.

In Afghanistan, in other parts of the world, across this continent and through this country, your work echoes the courage and tenacity of your predecessors of some 90 years ago.

You are working to preserve our way of life.

You are fighting for the principles we all believe in.

You are serving as Canadians.

There is no doubt that this has been a challenging year for each and every one of you. As Chief of the Defence Staff, I can only be proud of the work that you have done for Canada.

Your efforts are resonating across this great country. From coast to coast to coast, Canadians are wearing red in support of your work.

But this simple tribute – coming at this time of year – also gives the people of Canada cause to reflect on the legacy of your predecessors in uniform.

On November 11th -- whether you stand at a local cenotaph in the crisp autumn air or at the Canadian monument at Kandahar Airfield — I know you will be thinking of your comrades and friends who have sacrificed so much to give Canadians the freedom we enjoy today.

I also know that your hearts will be reaching out to the families of Canadian personnel who have recently lost their loved ones. Throughout, they have shown a level of dignity, commitment and grace that is an inspiration to us all.

Like them, we cannot and will not forget that our freedom has come at a steep price.

It is a sacrifice that will be remembered for generations and that will forever make us proud.



Members from 26 Field Artillery Regiment fire the guns during the Remembrance Day ceremony at the Manitoba Legislative Building. Services were held throughout the city in memory of the fallen.

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May Their Memory Serve As An Inspiration To Us All

By Gordon O'Connor, Minister of National Defence

November 11th is Canada's 88th day of remembrance—marking the end of the First World War and commemorating the sacrifices of our fallen soldiers, sailors, airmen and women, and war veterans. We also pay our respects and offer our thanks to our current-serving members deployed around the world, and we appreciate the support of their families, friends and loved ones.

I have had the privilege of meeting many of our Canadian Forces personnel from across our country—their families and friends included. And everyday I am reminded of the tremendous sacrifices made by the brave men and women who proudly wear the uniform of the Canadian Forces.

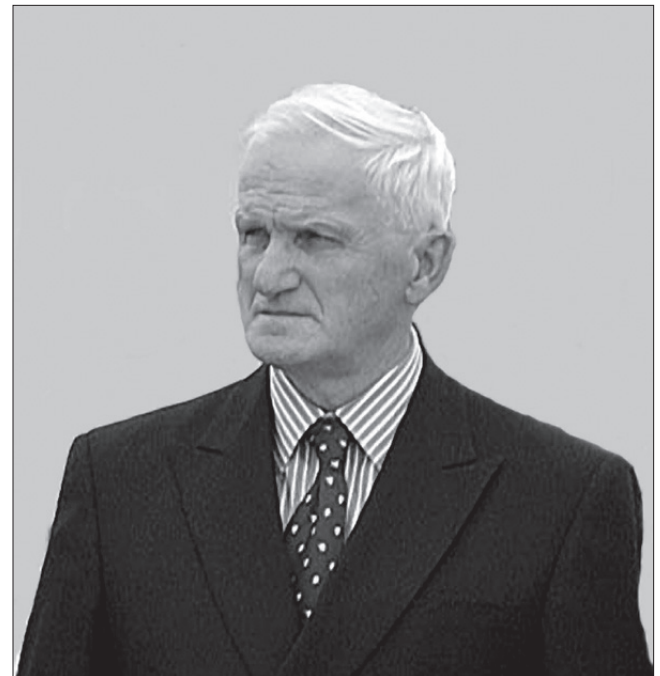
I would like to pay tribute to the Canadian Forces members who have made the ultimate sacrifice over the course of the past year while serving their country on operations in Canada and around the world. I have supported and stood with their families and close friends. Despite the grief and hardship they have endured and must live with, they recognize the importance of the work of the Canadian Forces.

As Defence Minister, I've met twice with our troops in Afghanistan. They are justifiably proud of what they are doing, and they believe in their mission. It's in our na-

tional interest to ensure Afghanistan never again becomes a haven for international terrorists to threaten global security. That's why, at this moment, courageous men and women in desert camouflage are rooting out terrorism at its source and protecting Canada.

In profound ways, there are common threads that tie their work to that of their predecessors. Like the Canadians who served and fell in the mud and fields of Flanders and France, the soldiers who are fighting amidst the sand and dust of Panjwayi District are dedicated to building a stable, free country where people have the hope of a better future. Like the airmen who flew in the darkened skies of Europe during the Second World War, those who fly into Kandahar Airfield know that their mission is an important one, and one that requires a certain skill and professionalism even under the most demanding of circumstances. Like the sailors who hunted an unseen enemy in the cruel seas, the sailors and aviators now patrolling distant waters are demonstrating the valour and determination that Canadians are known for around the world. And like the soldiers who fought in the bone-chilling mountains and ravines of Korea, the men and women who are rooting out the Taliban from the vineyards of southern Afghanistan, understand that safeguarding our freedom at home sometimes means helping stamp out tyranny abroad.

We must always remember the debt we owe to our vet-



"On Remembrance Day, pay tribute to those who have given their lives in the service of Canada." — MND Gordon O'Connor

erans. They embody our common values and highest ideals. They have given so much to a grateful nation.

On Remembrance Day, pay tribute to those who have given their lives in the service of Canada. Reflect on the difference Canadian soldiers have made in the past and are making today in places like Afghanistan. Our veterans have left us a proud legacy. May their memory serve as an inspiration to us all.

Lest we forget.

Hubbell Awards

On 14 October 06, three young individuals were recognized at the Hubbell Awards dinner. Cadet Chief Petty Officer 1 Ryan Palmquist, Cadet Chief Warrant Officer Jennifer McCall, and Cadet Warrant Officer 1 Harkiran Dhillion received awards for outstanding work in their element. The awards were presented by Gen R.J Hillier, Chief of Defence Staff, who was the guest speaker at the dinner.

Recipients of the award must be full-time students and members in good standing of a cadet unit in Manitoba. The winners are those cadets who best demonstrate the attributes of good citizenship, leadership, physical fitness and support the community outside of the cadet movement.

The Hubbell Awards have been presented since 1967. It was incorporated as a charity in 2005 to help with fund raising.



Cadet Chief Petty Officer 1 Ryan Palmquist receives the Hubbell Award Incorporated from Gen Rick Hillier, CDS, and LCol (ret'd) Ivan Poitras (right). Cadet Chief Petty Officer 1 Ryan Palmquist is a student at the University of Winnipeg. He leads by example and is active in several school plays and musicals. He is a competitive curler and has a bronze medallion in swimming. Ryan was presented with the Surgeon Captain Gordon P. Fahrni Award.



Cadet Warrant Officer 1 Harkiran Dhillion receives the Hubbell Award Incorporated from Gen Rick Hillier, CDS, and the Honourable Barry Rempel, Chief Executive Officer at the Winnipeg Airports Authority. Cadet Warrant Officer 1 Harkiran Dhillion has won the Air Force Medal and the Royal Canadian Legion Medal of Excellence for her leadership skills and community activities. She has competed at the World Public Speaking and Debating Championships and was the Minister of Public Relations for the Youth Parliament of Manitoba. She is a first year student at the University of Manitoba.



Cadet Chief Warrant Officer Jennifer McCall receives the Hubbell Award Incorporated from Gen Rick Hillier, CDS, and the Honourable Bud Sheman (right). Cadet Chief Warrant Officer Jennifer McCall is the Regimental Sergeant Major of her unit and sets the example for other cadets to follow. She has participated in overseas exchange programs and instructs at summer camps. She is currently studying nursing at Lakehead University. She was presented with the Lieutenant Laurence Gillmor Sherman Award.

Are you dissatisfied with the current version of the Public Service Second Language Evaluation test that determines your official language profile? Do you feel that the scenarios presented are unrealistic? Do you feel that you are not being evaluated fairly based on your linguistic capabilities? Are the directions easy to follow or are they vague? Here is your opportunity to affect the process!

The Public Service Personal Psychology Centre is developing a new test to gauge your skills in writing in your second language and will be holding a trial test at 17 Wing, Bldg 135 on 17 Nov 06. They are seeking feedback from military and civilian personnel (at all linguistic levels) in order to produce a better test. This trial test will not give you an official language profile in your second language, nor will it be used for training purposes but you will be given the opportunity to make comments regarding this trial test. Your suggestions are needed in order to improve the testing process.

Two testing sessions will be held on 17 Nov, the first at 0800 hrs and the second at 1300 hrs. The morning session will test pers whose SECOND language is French and afternoon session will test pers whose SECOND language is English. Each session is expected to last approximately three hours, which includes time for the pre-test instructions, testing, and post-test comments.

To participate in this trial test please e-mail Joyce Aquin or Capt MAH Rozak to reserve your seat.

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Canada Post Offers Free Parcel Service To Families Of Deployed Troops

OTTAWA (October 24, 2006)—Canada Post today announced it will provide free parcel service for family and friends of deployed Canadian troops for the holiday season. Effective October 26 through January 15, 2007 Canada Post will deliver parcels free of charge to designated Canadian Forces Bases, where they will be forwarded through the Canadian Forces postal system to our troops overseas.

"We are pleased the Department of National Defense accepted our offer to send regular parcels, free of charge, from anywhere in Canada to members of the Canadian Forces deployed overseas during the holiday season", said Moya Greene, president and Chief Executive Officer of Canada Post. "It is our way of recognizing and supporting our troops and their families during this special time of year when separation is often most keenly felt."

With capacity limitations on military aircraft carrying supplies to deployed forces, this offer is restricted to family and friends of the service men and women serving in Afghanistan, Bosnia-Herzegovina, Sinai and Jerusalem. Troops serving on any of the deployed Her Majesty's Canadian Ships are also included in the offer.

"We sincerely appreciate Canada Post's generosity in offering this free parcel service," said the Chief of the Defence Staff, General Rick Hillier. "The importance of helping our troops overseas remain connected with their loved ones in Canada cannot be understated, especially during this time of year."

To ensure the proper customs declaration form and addressing information, the parcels will need to be deposited at a Canada Post or dealer retail outlet (not a street letter box) where they will be forwarded to Canadian Forces Bases in Halifax, NS, Victoria, BC and Belleville, ON. Once delivered to the military bases, the Department of National Defence will take charge of the parcels and ensure their delivery overseas. Parcels must be addressed to a specific soldier, including rank and mission information.



WComd Col Ken O'Brien and WCWO Glenn Wallace salute after laying wreathes at the Remembrance Day Ceremony at the Winnipeg Convention Centre.

Photo by Gpi Tom Trainor

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Sgt Pat McNorgan and Maj Anthony Faaborg addressing the students of Angus McKay Elementary School during Veterans Week.

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Lest We Forget

By Avery Wolaniuk

Men and women in uniform headed out to speak in and around the city during Veterans Week. Sixty members from 17 Wing headed out to schools, legions and retirement homes. With the news focussed on the events in Afghanistan throughout the year, it was an opportunity to tell youth some war stories from the past and the present and to remember with those who lived through the war.

At Angus McKay Elementary School, the focus was moved forward from previous years to the current situation in Afghanistan. "Because we have servicemen overseas, we wanted to emphasize that there are people today fighting for freedom. We wanted to look at the fact that they are trying to help those countries with peace and protect those people who can't protect themselves," said Principal Brendene Barkley. She reminded the kindergarten to grade six children how they are affected by the actions of the CF. "Remembrance Day is a time to remember soldiers who have fought to give us freedom to come to school. We think that this is something everybody gets to do. It's not, and we need to

remember that."

Sgt Pat McNorgan, from Air Force Heritage and History at 1 Cdn Air Div, and Maj Anthony Faaborg, an American exchange officer, participated in the ceremony at Angus McKay. Maj Faaborg spoke about the relationship between the United States and Canada and why the two countries work together. "What we're talking about is honouring and remembering those who have loved their country and protected their allies and sometimes even given their lives," he said. Sgt. McNorgan told the captivating story of Andrew Mynarski, a WWII RCAF airman who posthumously received the Victoria Cross for attempting to save the life of his best friend and fellow airgunner, Pat Brophy, when the aircraft they were in was hit by enemy fire. Mynarski was unable to free Brophy from the burning aircraft, but Brophy made it through the crash landing unscathed. Mynarski, whose parachute lines were on fire when he jumped, died hours after partially free-falling from the plane. Had he left his friend behind without attempting to save him, he likely would have survived with the rest of the crew.

"Andy's representative of many, many people who gave their lives," Sgt McNorgan said. "These are people we need to think about — those who are over in Afghanistan, and those from the past."



Cpl Chris Lamothe throws a message down to one of the rescued fishermen.

Photo by MCpl Brian Decaire

Search Locates Missing Fishermen

By Capt Jesse Wilts

On the evening of the 26th of September, a CC-130 Hercules was tasked to search for a 22 ft aluminum boat with 3 people on board. The boat was last seen at 1430 local time that day in the Berens River area. The fishermen on board were supposed to return for supper, however they did not return by sundown. A Search and Rescue (SAR) aircrew from 435 Squadron was then tasked to look for the missing boat and its crew, and departed at 0030 hours that same evening. They searched for many hours without success, hindered by both darkness and low-lying clouds. In the middle of the night there was also a plane crash in the Medicine Hat area, and the Hercules aircraft and its aircrew were diverted away from its original mission in Berens River. While enroute to the plane crash in Alberta, local RCMP found the wreckage and the CC-130's services were no longer required. The aircrew then returned to Winnipeg for much needed fuel and rest.

The Hercules landed at around 0730 the morning of the 27th and a second aircrew was tasked to resume the search. It consisted of myself, Capt Kashe Bryngelson (aircraft commander), and SAR Tech team leader Sgt Dave Cooper, as well as six other aircrew members. In addition, three civilian CASARA members rushed in early that morning to act as spotters onboard the Hercules, and provided extra assistance. We took off at 0845 with a full load of fuel and proceeded to the Berens River area. About 30 minutes into the search, a boat was spotted on the eastern shore of

Lake Winnipeg, about 12 miles south of Berens River. We proceeded directly to the boat and found a man waving at us as we flew overhead. We dropped a radio to him, and confirmed it was one of the crewmembers that we were looking for. Fortunately he was in good medical condition, however their food ran out the day before and he was quite hungry. He had built himself a camp on shore where he spent the night. He then notified us over the radio that the other two people from his crew had left camp in the night to walk along shore, in an attempt to make it back to Berens River and get help. Other local fishing vessels in the area heard us on the radio and saw us overhead his camp, so they came to his aid. We directed the Coast Guard to his position as well. Once other fishermen arrived at the scene and gave him assistance, we started a shore crawl towards Berens River.

About five minutes into the second search, one of our aircrew members noticed two people waving frantically on the rocky shore. We marked their position by dropping smoke flares into the water just offshore from them, and a Coast Guard vessel from Gimli was guided to their position. Their medical condition was also good, and all three were given food and water and taken back to Berens River via boat. Once their safety and return home was assured, we returned to Winnipeg. I think the success of this mission is a great example of 435 Squadron's SAR capability, the teamwork and professionalism required to conduct this type of operation, and verifies the effectiveness of our search techniques.



The MSS may be far from Winnipeg, but their hearts are still here at home. They opened up their wallets to participate in the GCWCC campaign with their own special fundraising activity. Former OC 17 MSS and current Camp Mirage Log O Maj Stephane Parent raised over \$2,637.00 Cdn by submitting to a moustache and head shave on 27 Oct 06. Reports from Camp say the Major has yet to respond as to whether his untanned dome glows in the dark, keeping him awake at night.

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Soldiering On: Paralympic Program For CF Members

By Avery Wolaniuk

Tattooed on his leg are the five Ds he lives by: dedication, desire, discipline, durability, determination. They are words he'll have plenty of time to dwell on during his 460 mile run through the Yukon next February. They're also words that describe Paralympians.

Sgt Andrew McLean, a SARTECH stationed at 17 Wing Winnipeg, is using the arctic run to raise awareness for a new initiative by the Canadian Paralympic Committee (CPC) called 'Soldier On.' The program is designed to aid the recovery and rehabilitation of CF members who have been injured. "If you're deployed overseas, if you're working here, if you're driving to work and you get disabled, you'll qualify for this," says Sgt McLean.

The history of using sports as a rehabilitative outlet for soldiers heralds back to World War II. When soldiers returned home from the war and learned to live with their disabilities, doctors found that traditional methods weren't working. The Stoke Mandeville hospital in Great Britain started using sports in 1944 to help the recovery and rehabilitation process. Through 'Soldier On,' the CPC aims to continue that tradition in Canada.

Sgt McLean became interested in the program after searching the Internet for a cause to dedicate his 13-day run from Whitehorse to Dawson City. The ultra-runner found a program on the American Paralympic site, but nothing similar on the Canadian website, so he called the organization and learned they had a program waiting to get off the ground. After reading their proposed initiative, he found what he was looking for. "It encompasses everything—the whole spectrum of recovery and getting back into the athletic field," he said. "I'd promote that anyway I can."

The idea is that a Canadian paralympic athlete would visit a soldier in their hospital room within days of an injury and share the possibilities available to them through sports programs. "Our goal is to contribute in any way that we can to the recovery of the soldiers that have been injured, to help expand and ennoble their lives through sport," said Barry Winfield, CEO and president of the Canadian Paralympic Foundation. He said that participation in this kind of program has been shown to speed up the emotional and physical recovery and help improve the psychological outlook of people who have been disabled. "It has an enormous rehabilitative potential for the people who have been injured."

The initiative lists the start-up costs at \$100,000. For Sgt McLean, who has raised smaller amounts of money for other organizations through his previous runs, that's an overwhelming number. "I'm scared of saying \$100,000 — that's so huge," he said. So he's broken it down Terry Fox-style, asking for one dollar from every Canadian Forces member. Then there are friends, families, businesses and corporations to ask. The Yukon Arctic Ultra is one way to get the word out. "Sometimes you've got to do a little something a little extreme, a little bit out of the ordinary, for people to pay attention," he said.

There are always challenges for a program like this. Letting potential athletes know they are available is just the beginning. Are facilities willing and able to accommodate paralympic sports? Is the volleyball net low enough for



Paralympic athletes compete at all levels of ability, from local club teams to the world stage at the Paralympic Games.

sitting volleyball? Will the gym allow wheelchair basketball? Sure there are ramps into the building, but how does the swimmer with a disability get into and out of the pool? Are there individuals who know the rules that are willing to coach? Are there programs to train the trainers? The goal of the CPC is to work with local grassroots organizations to develop these programs locally, said Mr. Winfield of the Canadian Paralympic Foundation.

Sports are a door to a new community, a way to gain confidence and independence, and a way for young soldiers who have become disabled to continue living an active lifestyle. "There is no level of disability that would preclude a person from participating," Mr. Winfield said. If you can move your head, you can sail, or play bocce. There are 22 sports currently available to paralympic athletes.

The point of the CPC isn't to make everyone a competitive athlete, but the potential is there for some. Canadians brought home 13 medals from the 2004 Paralympics in Torino. With the winter Olympics and the Paralympic Games coming up in Vancouver in 2010, Sgt McLean said that the soldiers coming home from overseas with disabling injuries now could very well be competing in those games.

But the program is planning for the future. "It's not just the people in Afghanistan that this program is for; it's for past members, present members, and future members. We're always going to do UN peace keeping, we're always going to go on NATO tours, we're always going to be going around the world," said Sgt McLean. "The reality is that some day, I could benefit from this program."

To donate to 'Soldier On' visit www.paralympic.ca. Follow the links to the Paralympic Foundation, to the "How to Give" page. Donations, either online (in the instructions box) or through the mail, must be directed specifically to the 'Soldier On' program.



Victoria Chafe painted faces for princesses, pumpkins and pint-size goblins at the Junior Ranks Halloween party.

Thank You!

By Jr Ranks Exec

The Junior Ranks Mess Committee and the Wing Recreation Centre want to extend a thank you to all that attended our First Annual Children's Halloween Party!

Approximately 125 eager trick-or-treaters showed up sporting their Halloween best. It was quite the sight to see all the ghosts, goblins, princesses, frogs, superheroes and many more wonderful costumes. The excitement on the children's faces as they discovered the many activities throughout the room was priceless. Prizes and plinko, spooky crafts, creative colouring and a discovery mad scientist lab—just to name a few.

It was a pleasure organizing this event and I know I speak for everyone involved when I say we had so much fun. In particular, I would like to thank Cpl Wendy Nickerson and OS Kim Smith for the overall planning, MCpl Joanne White and Paul Aubut for decorating, MCpl Bruce Sawler for operating our Plinko game, and MCpl Al McCauley for announcements and colouring station. In addition, I would like to extend an enormous thank you to our volunteers during this event: Lindsay from Community Rec, Reg Smith, Donna, Victoria and Sara. Without their dedication, this event would not have been possible.

A special thank you to the Wing Rec Community Council for their gracious donation, which allowed the event to be open to all ranks and civilians.

Thanks once again to all involved for making this event a huge success...looking forward to next year!



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Grade Nines Get Some On The Job Training

By Avery Wolaniuk

What do you want to be when you grow up? It's a question usually asked to get young children dreaming. But on 1 Nov 06, grade nine students across Canada spent a day contemplating that question. Fifty-eight of them came to 17 Wing to get some answers.

It was national Take Our Kids to Work Day, a program designed by The Learning Partnership that has sent teens to work for a day in the fall for the past 12 years. Grade nine students go to the workplace of a parent, relative or a volunteer to experience first-hand what the working environment of different career options are like.

After an early morning welcome from the Wing Administration Officer LCol Paul Conway, the group of 58 went on tours of a Hercules, a Dash 8, the dive tank and hypobaric chamber at CFSSAT, and got to see a CF-18 up close in the 402 Sqn hangar. They talked to personnel from 435 Sqn about the work the SARTEchs do, and some of them even tried on the gear to get a better feel for the job. They toured the Manitoba Military Aviation Museum and talked with a recruiter who pointed out that while career choices may seem like a long way down the road, the decisions they make about high school courses will impact their eligibility for some post-secondary education.

For example, students determine their own stream in math, where both consumer and pre-calculus courses are offered. Consumer may seem easier in the long run, but it doesn't meet the pre-requisites for some university programs. "When high school's over, you're going to thank me for it," Cpl Anderson said to the gathered group.

In the afternoon, the students tagged along with their parents to see the nitty-gritty details of working on the base. For some, that was the highlight. "My dad's job is sort of confusing, so I wanted to come here to kind of understand what goes on and to get a better understanding of what exactly his job is," said James Dunn, a student from St. Paul's High School who's dad works in 402 Sqn, "so when people ask me what my dad does, I'm not just completely stumped."

For St Paul's student Ryan Lindsay, it was the aircraft. "It's an interesting place to be here with the planes, to see the jets come in," he said. "I liked when they showed off the F18, and when we went and saw the search and rescue guys." He also got a better idea of what his dad does at 402 Sqn.

With their life-long exposure to the CF, both students were



St. Paul's High School student Ryan Lindsay tries on some of the gear SARTEchs wear during the Take Our Kids to Work group tour through 435 Sqn.

already thinking of the military as an option. "I liked pretty much everything people talked about for the Hercules—in the cockpit, and what people do, where they go, and the kind of things they store in the back," said James, who says he's thinking pilot as a viable career choice.

For both students, the day was informative, and something to think on in the future. "Because if I didn't know certain information, I might have made a choice that I regret later on," James said.

"It's a good environment," said Ryan. "I like how everybody's friends with each other, and free university..."

Disabilities Awareness Fair

FRIDAY – 1 DECEMBER 2006
1030 – 1230 - Mynarski Hall - BLDG 25
11:30 – 13:30 – 17 Wing HQ – Bldg 137

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In 1992 the United Nations
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The aim is to promote "increased awareness and understanding of disability issues...and to mobilize support for practical action at all levels by, with and for persons with disabilities".

Invited organizations will provide information on the services they provide, information about the disability they represent and its challenges. Refreshments will be served.

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ADDICTIONS AWARENESS WEEK NOVEMBER 20TH - 24TH
ONLINE GAMBLING BRIEFING
NOVEMBER 20TH, 1200 - 1330 HRS
OFFICER'S MESS - LAVERENDRY ROOM
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It was not until their wedding night that Jason was able to grasp the full scope of Amanda's online addiction.

ADDICTIONS AWARENESS WEEK
NOVEMBER 20TH - 24TH
CRYSTAL METH BRIEFING

WHEN: 21 NOVEMBER
WHERE: BLDG. #90
MULTI-PURPOSE ROOM
TIME: 0900 - 1030 HRS

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Air Command Band's Northern Manitoba Tour A "Blow Out" Event

By Air Command Band Public Relations Department

During 10-20 October, the Air Command Band completed a musical tour of the Northern Manitoba area. The Air Command Band covers a wide territory in what is known as its "area of geographic responsibility," which stretches from Thunder Bay westward to include all of Manitoba and Saskatchewan. Air Command Band has been working closely with the Canadian Forces Recruiting Centre (CFRC) in recent months as "Op Connection" has gone forward. This was a chance for CFRC personnel to actually come along with the band on the tour, and to meet and greet the public as part of these concert events. This kind of public band concert, which is also very much a "public awareness" event about the CF itself, always generates much interest with the audience. Indeed, with the widespread news of our newly released CD, "Dance The Skies," attendance was definitely up at all of the public concerts during this tour.

The Air Command Band receives a great many requests for musical services over the course of a year. Frequently the band is able to perform both a daytime school concert (designed to connect with as many students in the area as possible) and an evening "fundraiser" or benefit concert for the general public, in the same venue and for the same community. For the daytime event, often schools will coordinate among themselves to bring in music students from other area or "feeder" schools and the Air Command Band is then able to reach a very wide range of students in a given community as part of their young audience.

We initially travelled to Dauphin, MB, where the band performed a daytime concert for students at Dauphin Regional Comprehensive School. This was followed by a successful evening benefit concert in the same location for the general public. The next stop on the tour was Swan River, where the band performed a public evening concert at Swan River Regional Secondary School.



The next morning the band departed from the concert tour itinerary to travel to CFB Shilo to perform at a memorial service for Private Byers, Corporal Keating and Corporal Morley of the 2nd Battalion Princess Patricia's Canadian Light Infantry, who fell while in the line of duty in Afghanistan.

Following that event of remembrance, the band resumed its tour, travelling north again, this time to Flin Flon. We were very well received in this community, performing both a daytime school concert there for students as well as another benefit concert in the evening at Flin Flon's R.H. Channing Auditorium. The band then departed for The Pas, and in that community once again provided both a daytime school concert and an evening benefit concert for receptive crowds at Margaret Barbour Collegiate Institute, after which we departed for Thompson, MB, for the final leg of this 10-day tour. This final concert went very well and we played to a large crowd in Lutke Hall at R.D. Parker Collegiate. The very high profile and fine acoustics of this auditorium regularly lend themselves to a large number of community events in Thompson, and members of the Air Command Band very much enjoyed

performing for this community and in this great hall.

The Air Command Band's current concert program is truly diverse, and includes some of the elements of our new CD. For the more formal evening concerts, Captain Archibald started each time with the very famous "March of the Belgium Paratroopers." Pop music from these concerts included Madonna's "Hung Up," Christina Aguilera's "Ain't No Other Man," Faith Hill's "I'm Already There," and the classic, "When I Fall In Love." Music from the motion pictures included movie music of the recent films "The Incredibles," "Pirates of The Caribbean," and "Band Of Brothers." There was also a salute to veterans, a brief presentation where certain audience members — past members of Canada's Armed Forces — were invited to stand while their regimental song was being played. On almost every occasion during these concerts Canada's veterans were represented in the audience by past serving members of the Navy, Army, and Air Force, and it was always a stirring, austere moment when the rest of the audience spontaneously applauded the contributions of these CF veterans in their midst.

During this tour there was a noticeable change in people who approached the information kiosk and asked questions about the CF. Clearly, there is now a much stronger public awareness of the CF throughout the general public. As recruiter Petty Officer "Gil" Gilchrist says, "Travelling or displaying alongside the Air Command Band differed from the usual recruiting venue. Most times we have to cold talk to people, but in this case people would come to us before, during, and after the show. Listening to the band, the people were captivated, which made it a very good ice-breaker. It was a very positive experience."

Following the concerts, people young and old often approached the stage asking for autographs to their concert programs. At times like these, the band members felt they had accomplished some of the larger goals of these concert events — connecting with the public on an individual basis and serving as a portal, a musical "window" on many ceremonial aspects of the CF.

For your free copy of our new CD "Dance The Skies," please call Air Command Band Public relations at (204) 833-2500, ext. 5182 — or visit us online at www.airforce.forces.ca/acband.

An Iron Will

By Avery Wolaniuk

Over seven hours of swimming, close to 90 kms running, and almost 400 kms of cycling.

A week.

That's the training schedule Maj Luc Guillette endured to get himself ready for a triathlon against world-class athletes this fall. "It adds up to another day in the week, another 24 hours."

The Ironman Triathlon World Championship is a grueling competition in Hawaii's hot, humid weather, challenging an elite group of athletes to finish the 3.8 km swim, 180 km bike, and 42.2 km marathon at the end.

Maj Luc Guillette rose to the challenge on 21 October this year, finishing 404th out of the 1750 competitors, and 85th in his age range of 35-39 year-olds. "The sun got out just in time for the 42 km run, and it was really hot and humid for the marathon at the end," said Maj Guillette, who was the 12th Canadian across the finish line with a time of 10 hours, four minutes and 37 seconds. "The last 10 to 15 kms were really tough. Your legs are pretty tired at that point, and your body is getting pretty hot. You have to watch your nutrition, what you're eating and drinking, just to make sure that you finish the race."

He's been competing in events in the U.S. and Canada for six years, his first being the Ironman Canada in Penticton, BC, in 2001. "I was a competitive swimmer as a kid, and when I joined the military I started running like everybody else — don't have much choice there," he said. "A friend of mine told me 'you're a good runner, a good swimmer, you should start cycling and you can do triathlons'." And so he did. He's competed every year since, and in 2003 he qualified for the world championship in Kona, Hawaii for the first time at Ironman Canada. He repeated



◀ Maj Luc Guillette trained long and hard for the Ironman Triathlon World Championship in Kona, Hawaii last month.

▶ A triumphant Maj Guillette crosses the finish line 10 hours, four minutes and 37 seconds after starting the gruelling race.



that performance in Lake Placid this July, once again earning a place at the championship in Hawaii. "I improved my time by 16 minutes since 2003, and I was very happy with that," he said.

After a week off for recovery from the Ironman Lake Placid this summer, Maj Guillette was back on the bike, on the run and in the pool, getting ready for the October competition. "All of my training buddies were done with their triathlon season, but I had to train until October, so I was on my own for most of it," he said. He put in 24 hours a week training, most of it on the weekend, until the end of September, when he started to taper the training so he'd be recovered for the race. His military training helped him throughout that period. "The mental toughness and the

discipline really helped. You need that mental and self-discipline to just keep pushing forward and to put the training in. That's what I got from the military."

This hasn't been a solitary effort, and Maj Guillette wants to acknowledge the people that helped along the road: his wife and two children for their support, his coworkers in Contingency Planning, the 1 Cdn Air Div HQ, the 17 Wing PSP staff, and Mr. Roy Hillier, International Sports manager, PSP Ottawa, for the encouragement and support.

And he has no plans to slow down anytime soon. "A triathlete is never fully satisfied with a race— there's always something we want to improve," he said. "I've got that in mind for two or three years down the road, and hopefully my times will get faster with age."

Making A



RCMP Staff Sgt Alan McCambridge of the Kandahar Provincial Reconstruction Team hands out candy to children during a delivery of aid provided by the Assistance to Afghanistan Fund to the Shaheed Abdul Ahad Kham Orphanage, Kandahar City, Afghanistan, 4 Nov 06.



Children show off some of their gifts of pencils and candy.



Warrant Officer Sean Chase of the Kandahar Provincial Reconstruction Team shows off a delivery of aid provided by the Assistance to Afghanistan Fund to the Shaheed Abdul Ahad Kham Orphanage, Kandahar City, Afghanistan, 4 Nov 06.



RCMP Staff Sgt Alan McCambridge of the Kandahar Provincial Reconstruction Team separates candy to hand out to children.



Members of the Kandahar Provincial Reconstruction Team enjoy a cup of Afghan chai, or tea, provided by the orphanage workers.

Canadians Assist Orphans In Need At The Shaheed Abdul Ahad Kham Orphanage

By Capt D.A. Muralt

CAMP NATHAN SMITH, Kandahar, Afghanistan – Ordinary Canadians from coast to coast to coast assisted the children of the Shaheed Abdul Ahad Kham Orphanage in Kandahar today through their generous donations to the Assistance to Afghanistan Fund.

The first delivery of more than \$12,000 worth of aid was unloaded by members of the Kandahar Provincial Reconstruction Team and orphanage workers, including mattresses, blankets, pillows and gaslights for the dining hall, so the children won't have to eat in the dark.

As well, the children received pencils and candy as individual gifts from the PRT's Military Police Platoon.

"All of the effort to organize this delivery and get everything here is more than worth it," said Warrant Officer Sean Chase. "Being able to help people who need it is why I'm in the Army."

Military Police Leading Seaman Tanya Gazzellone joked that "We have to leave soon, otherwise we'll be taking some of the kids home with us."

Still to come is a washing machine, desks for the orphanage staff, teapots, water jugs, drinking glasses and winter jackets.

"The PRT's mission is not only to help reconstruct the infrastructure and institutions of Afghanistan," said PRT commander LCol. Simon Hetherington. "Facilitating donations from the ATA Fund is one simple way we here can show the people of Kandahar that Canadians as a whole are concerned for them."

The PRT provided school supplies, candy and stuffed toys to the children at the orphanage during an earlier visit on Oct. 26.

The Assistance to Afghanistan Fund is a military non-public fund that was started following a large private donation through the CDS' office by Mr. John Race. The ATA

Fund allows Canadians to make cash contributions to assist the people of Afghanistan. The money is used to make local purchases of culturally appropriate items to aid those in need and to stimulate the Afghan economy. Canadians are asked not to attempt to mail or ship aid items to Canadian Forces units or personnel in Afghanistan, but rather to make a cash donation to one of many charities that are assisting the people of Afghanistan.

PRT consists of Canadian Forces members, a civilian police contingent led by the RCMP, representatives of the Department of Foreign Affairs and International Trade and the Canadian International Development Agency. The PRT conducts coordinated interdepartmental operations to promote good governance and assist the Government of Afghanistan to extend its authority in the province of Kandahar, to facilitate the development of a stable, secure and self-sustaining environment for the Afghan people.

Difference



Kandahar Provincial Reconstruction Team commander LCol Simon Hetherington and young soccer players at the Kandahar Boys' Soccer Tournament, Kandahar soccer stadium, Kandahar City, Afghanistan, 4 Nov 06.

Photo by Capt Dave Muralt



A member of the Kandahar Provincial Reconstruction Team directs some of the eager young players towards the opening ceremonies at the Kandahar Boys' Soccer Tournament, Kandahar soccer stadium, Kandahar City, Afghanistan, 4 Nov 06.

Photo by Capt Dave Muralt

PRT Assists Second Annual Kandahar Boys' Soccer Tournament

By Capt D.A. Muralt

CAMP NATHAN SMITH, Kandahar, Afghanistan – The Kandahar Provincial Reconstruction Team, based here, provided the Kandahar Director of Education with \$20,000 worth of assistance for the second annual Kandahar Boys' Soccer Tournament that started at the Kandahar soccer stadium today.

More than 1100 schoolboys of all ages on 82 teams will participate in the 14-day tournament.

The PRT is providing food and water, medical supplies to treat minor injuries and purchased uniforms, running shoes, goalie's gloves, soccer balls, medals and prizes. Coaches also received uniforms. As well, the PRT provided the materials for a girls' arts and crafts competition that will run concurrently with the soccer tournament.

"We provided the kids with regular running shoes instead of soccer cleats," explained Lt Jordan Spoelstra who led the

assistance effort. "That way they'll be able to use the shoes after the tournament is over."

The Director of Education built on the success of last year's tournament and organized a greatly expanded schedule that grew from 5 days to 14.

"Some horrific events took place at the Kandahar soccer stadium during the time the Taliban were in power," said PRT commander LCol Simon Hetherington. "Hopefully these boys will have nothing but good memories of this place."

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Canadian soldiers and Afghan elders load 1,300 backpacks full of school supplies during the reopening of Shams-E-Dinkar High School, Panjwayi District Centre, Bazaar-I-Panjwayi, Afghanistan, 1 Nov 06.

Photo by Capt Dave Muralt

PRT Refurbishes School In Panjwayi Bazaar

By Capt D.A. Muralt

CAMP NATHAN SMITH, Kandahar, Afghanistan – The Kandahar Provincial Reconstruction Team, based here, completed a \$30,000 project yesterday to repair and improve the Shams-E-Dinkar High School in Panjwayi Bazaar that will reopen for its 900 students Saturday after being closed due to fighting in the Panjwayi District.

The work was completely conducted by a local contractor using workers from the Panjwayi Bazaar area.

External repairs and improvements to the school included replacing all broken windows and doors and installing window screens, as well as repairing several broken concrete walkways. Significant repairs and improvements were made to the school's plumbing including repairs to the cistern, the installation of a new water pump, the installation of taps close to the classrooms to allow children ready access to water, repairs to stopped-up toilets and the replacement of broken toilets and sinks.

The PRT also provided 1300 backpacks for students, each containing school supplies such as notebooks, pens and pencils.

"Many of the repairs and improvements are subtle, but important," said Warrant Officer Dean Henley, a member of the Reserve Force who is a schoolteacher by profession. "They will make things better and easier for the kids who go to school here."

Speaking to the assembled elders of the community at the school, PRT Deputy Commander Maj Steve Murray said "The people of Panjwayi can be proud of this, because this is their achievement. The elders of Panjwayi recognize that education is important and placed a priority on the school. People in Panjwayi were employed to make the repairs and improvements, and, as a result, on Saturday the children will return to school."

The PRT consists of Canadian Forces members, a civilian police contingent led by the RCMP, representatives of the Department of Foreign Affairs and International Trade and the Canadian International Development Agency. The PRT conducts coordinated interdepartmental operations to promote good governance and assist the Government of Afghanistan to extend its authority in the province of Kandahar, to facilitate the development of a stable, secure and self-sustaining environment for the Afghan people.



Cpl Ryan Elrick speaks at the Remembrance Service at the ANAVETS Branch 283. Cpl Elrick was a wounded while serving with 2 PPCLI in Afghanistan.

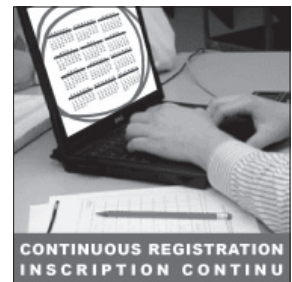
Photo by Cpl Steve Bogue

RMC Advances In Distance Education

Distance learning is fast becoming the preferred option for busy people who want to upgrade their education. The Royal Military College of Canada is paying attention to the needs of its unique clientele, offering serving CF members and DND personnel – and their respective families – education opportunities that are challenging, flexible, and portable. Beginning in November 2006, RMC will implement continuous registration to make its university programmes keep pace with DND operational tempo; students will be able to register for courses on a monthly basis rather than waiting for the traditional September, January, and May dates to start their studies.

In this initial phase of continuous registration, students will be able to choose from six History courses – three in English and three in French: HIE104 – A Survey of Post-Confederation Canada; HIE205 – Canadian Military History: Origins to 1870; and HIE301 – Aboriginal Peoples in Canada: A History. With registration opening 1 November 2006 and classes starting as early as 8 January 2007, interested students should register without delay.

If you want to know more about this exciting opportunity, or about the wide variety of academic undergraduate and graduate courses and degrees RMC offers, as well as the Officer Professional Military Education (OPME) programme, visit the RMC Distance Education website at http://www.rmc.ca/academic/continuing/index_e.html or phone (613) 541-6000 x 6798/6734/6797 to speak to a counsellor.



Du nouveau dans l'enseignement à distance au CMR

L'enseignement à distance est en voie de devenir rapidement l'instrument préféré des gens occupés qui désirent parfaire leurs connaissances. Le Collège militaire royal du Canada répond aux besoins de sa clientèle unique en offrant aux militaires et au personnel du MDN – et à leurs familles – des programmes d'études intéressants, flexibles et transportables. À partir de novembre 2006, le CMR offrira le mode d'inscription continue afin de s'adapter au rythme opérationnel du MDN; les étudiants pourront s'inscrire tous les mois plutôt qu'au cours des mois traditionnels de septembre, de janvier et de mai.

Au cours de la phase initiale de l'inscription continue, les étudiants pourront s'inscrire à six cours d'histoire – trois en anglais et trois en français : HIF104 – Étude du Canada après la Confédération; HIF205 – Histoire militaire du Canada des origines à 1870; et HIF342 – Histoire militaire de la Deuxième Guerre mondiale. Comme la période d'inscription débutera le 1er novembre 2006 et les cours aussi tôt que le 8 janvier 2007, les intéressés devraient s'inscrire sans tarder.

Pour de plus amples renseignements sur l'inscription continue, le vaste éventail de cours de premier cycle et des cycles supérieurs offerts au CMR et le Programme d'études militaires professionnelles pour les officiers (PEMPO), veuillez consulter le site de l'enseignement à distance du CMR : http://www.rmc.ca/academic/continuing/index_f.html, ou appeler au 613 541-6000, postes 6798/6734/6797 pour parler avec un conseiller.

Human Performance In Military Aviation



HPMA Flight Staff Members: Maj Rob Weldrick, HPMA Flight Commander; MWO Vince Bazinet; Capt Greg Whyte and MWO Al Wotton.

By Maj Rob Weldrick and Capt Rob Chapman

Aviation training programs have historically focused on the technical aspects of our jobs, with particular emphasis placed on individual performance and problem solving capabilities. In the past, it was considered a sign of weakness for someone to seek the input, or assistance, of other team members. Over time, attitudes have evolved and people have started to realize that performance depends on much more than just one individual's ability to get the job done. True effectiveness relies on both individual and team performance.

Previous or current programs have originated out of a desire to reduce "human error" in aviation. Human Performance in Military Aviation (HPMA) is not a radical departure from these programs and utilizes many of the same concepts. HPMA goes even further than these traditional programs by developing observable behaviours that can be learned, practiced, and evaluated. Unlike many of these earlier programs, HPMA finally establishes a common standard of human factors training for all aircrew, maintenance, and aerospace control personnel involved in Air Force operations. The principles and concepts of HPMA are universal, yet allow considerable room for customization to fit operational needs.

The HPMA program focuses on the entire aviation system, not just the individual. HPMA involves continuously

evaluating our changing environment and realizing that performance can only ever be optimized, not perfected. The HPMA program teaches people to rely on feedback from the environment to adapt to the situation at hand. Instead of simply focusing on one particular issue, HPMA looks at relationships within the aviation system to see how they affect one another.

The intent of HPMA is to improve operational effectiveness through individual and team performance training. Therefore, as performance increases, we should expect to see increased safety as well. The "core concepts" of the HPMA program include: Threat & Error Management; Decision Making; Individual Human Factors; Rules, Regulations, and Standard Operating Procedures (SOPs); Communications; Situational Awareness (SA); Task & Workload Management; and, Team Performance.

Risk is inherent in everything we do. This is particularly true in the field of military aviation. History is full of examples of the most experienced personnel making fatal mistakes that could have been avoided. Over the years, we have learned from the past to become safer and better at our jobs. Today, we have a remarkably low accident rate. Despite the low accident rate, one factor continues to remain fairly significant. Human performance, for better or worse, is still the factor with the greatest impact on the safe conduct of operations in our Air Force.

Locals Help Out With Reserve Exercise



Master Corporal Billie Franck forcibly holds back a local who is not listening to commands to stop.



Sergeant Jon Barth watches for suspicious movement beyond what is happening directly in front of him. Sharon Pope prays to a stone statue to cleanse the street of evil spirits during a Vehicle Check Point.

Photo by Corporal Bill Gomm

Photo by Corporal Bill Gomm

By Cpl Bill Gomm

WYNYARD, Sk – In the early morning, an armoured reconnaissance troop in G-Wagons set up a Vehicle Check Point (VCP) where three streets connect. For over an hour there is little traffic. It seems that most of the town is still sleeping.

A lone van travels up the street that Sgt Barth and his section are guarding. The van stops. An armed individual jumps out and runs down a side street.

At approximately the same time, civilians begin arriving and wandering around the two other VCP entry points.

“Exercise is excellent, the scenarios have been fantastic so far,” said Sgt Barth.

“Right now, we’re in the middle of a VCP and we have multiple suspicious or persons of interest probing our location from all directions,” said Sgt Barth. “It’s starting to get interesting.”

Hoping to cleanse the streets of evil spirits, two ladies

walk down the street clutching statues, which they place in the middle of the street and begin praying to them. For the dismounted soldiers, the ladies prove difficult to move out of the way.

“A good exercise. Really good training for all the guys that are preparing to go overseas,” said Sergeant Cam Bois. “With the civilians helping out as actors, it’s really valuable; making it more realistic for us.”

Moments later – an unassuming local walks over to Sgt Bois. Opening her jacket, she reveals a bomb strapped to her chest and yells: “You’re dead!”

A member of the exercise staff walks over and rules that the local has actually taken out one G-Wagon and its crew, while seriously injuring Sgt Bois and one other soldier.

“This is a good experience. It’s kind of neat to see what the military has to go through,” said Daniel Kipp, a local contractor who volunteered to act as OPFOR. “It’s a way of serving our country; sending our boys over there and we get to be a helping hand.”



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The Communications And Electronics Branch Celebrates Its 38th Birthday

By Cpl S.J.D. Daigle

ABrief History: 01 Oct 06 marked the 38th Birthday of the Communications and Electronics Branch, which was formed in October of 1968 following CF Integration. The Branch celebrates annually during the Communications and Electronics week. Festivities occur on many bases and particularly at CFB Kingston, home of the Branch. On Friday, 27 October local members of 735 Communications Sqn, 17 Wing TIS Sqn and 1 Cdn Air Div HQ A6 attended a gathering at the Army Navy Air Force Veterans Club to share some cake and swap war stories.

The Communications and Electronics Branch is currently responsible for nearly all communications and electronics matters within the Canadian Armed Forces. The branch has over 100 years of history starting with the original Signal Corps, which shared these communications responsibilities with the Royal Canadian Engineers until 1919. In June 1921 it became the Royal Canadian Corps of Signals.

In 1927, the Royal Canadian Corps of Signals was given responsibility of a nationwide system of radio beacons required to help guide the mail planes. 1937 marked the move of the Corps School to its permanent home: Vimy Barracks at CFB Kingston, Ontario.

During WWII, the Royal Canadian Corps of Signals saw a tremendous increase in operations when mobilization came in 1939. During the Korean War, the Corps was represented by a brigade signal squadron and by men serving in infantry and artillery regiments. After the war, the Corps went back to Germany to provide a brigade signal squadron to Canada’s Army NATO Force until its withdrawal in 1994. In Canada, the Corps continued to grow and prosper. It was operating the Army component of the National Defence Communication System, a countrywide teletype system. With the advent of UN Peacekeeping operations, the Corps saw and met the need for more complex and farther-reaching communications equipment.

The Canadian Forces Reorganization Act in 1968 brought the communicators of the three Services together to form the Communications and Electronics Branch. Personnel of the Branch continue to carry out their duties all across Canada and around the world in support of the United Nations, NATO and humanitarian missions by operating and maintaining some of the most sophisticated and complex communication equipment found in the world today.

Members of the C & E Branch pride themselves in being ever “Swift, Skilled, and Alert.” We proudly continue to meet the demanding and ever-changing communication needs of the modern Canadian Armed Forces.



W ON THE Wing THIS WEEK

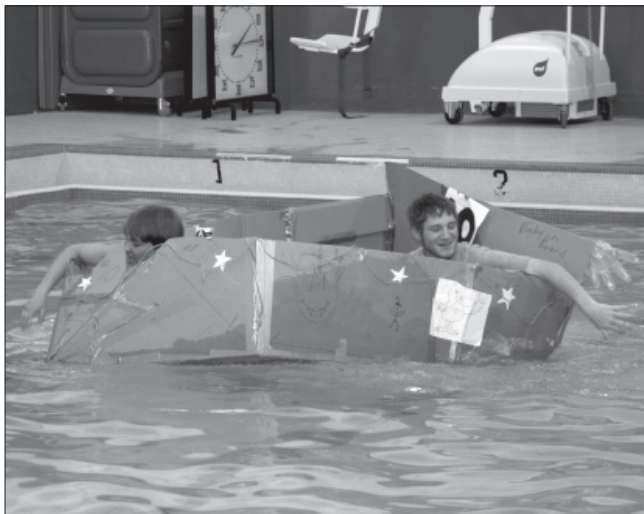
Halloween fun at 1 Cdn Air Div.

Zombies, pirates and a Pink Panther! On October 27, staff at 1 Canadian Air Division really got into the spirit with the Halloween-themed Casual Friday. As part of the Government of Canada Charitable Workplace Campaign (GCWCC) members can pay two dollars to wear civilian clothing to work.

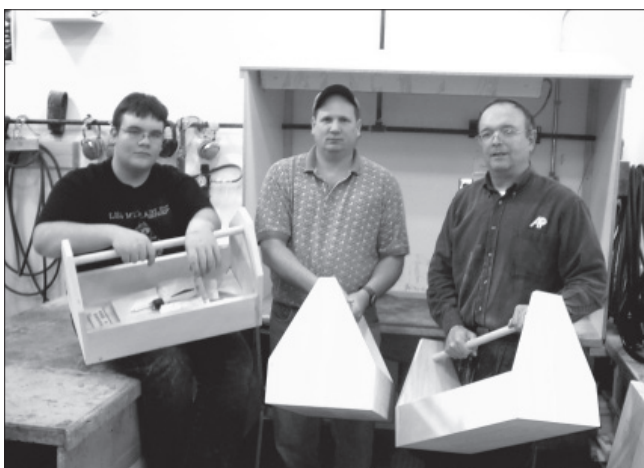
Casual Friday is just one of the many events that will be raising money for the GCWCC for more information visit the website: <http://17wing.winnipeg.mil.ca/WAdmin/GWCC/gwcc2006.htm>



Students from 11 Manitoba high schools visited Building 90 on 27 Oct for the first annual cardboard Boat Races, sponsored by Skills Canada Manitoba. Forty-five students came out in honour of Skilled Trades Day and spent the morning building boats mainly out of cardboard and duct tape. In the afternoon, they took their designs to the pool and put them to the test. Students rowed their water-logged water craft across the pool and back and then added team members (and weight) to test the strength of the boat until it sank or four people could sit in it. Only one made it through to the very end of the challenge. The event was a way to show students who will soon be making decisions about post-secondary education that there are alternatives to university available to them.



WO Dennis Hendrickson, assistant WCWO, received the Aboriginal Veterans Medal and Honorary Membership to the Manitoba Chapter of the National Aboriginal Veterans Association. He was the first non-Native to receive the medal. WO Hendrickson has worked with the organization in his role as assistant WCWO since 1998, helping to co-ordinate the association's Aboriginal Veterans Day services on 8 November. (above right) Mr. Michael Kannon, past president of the Manitoba Chapter, presented the medal to WO Hendrickson on 4 October.



The 17 Wg Wood Hobby Club is pleased to welcome three new members to the club - (L-R) Jay Edwards (dep), Sgt Al Estenson (Wg CE) and Mr. Scott Edwards (1 Cdn Air Div). The members successfully completed a five-evening indoctrination at the club. The main focus was on shop safety and operation of the large power equipment that the club has to offer. They exercised the hands-on approach and built themselves a carpenter's toolbox which will prove to be very useful in their new hobby. Jay, Al and Scott, welcome to the exciting world of woodworking!

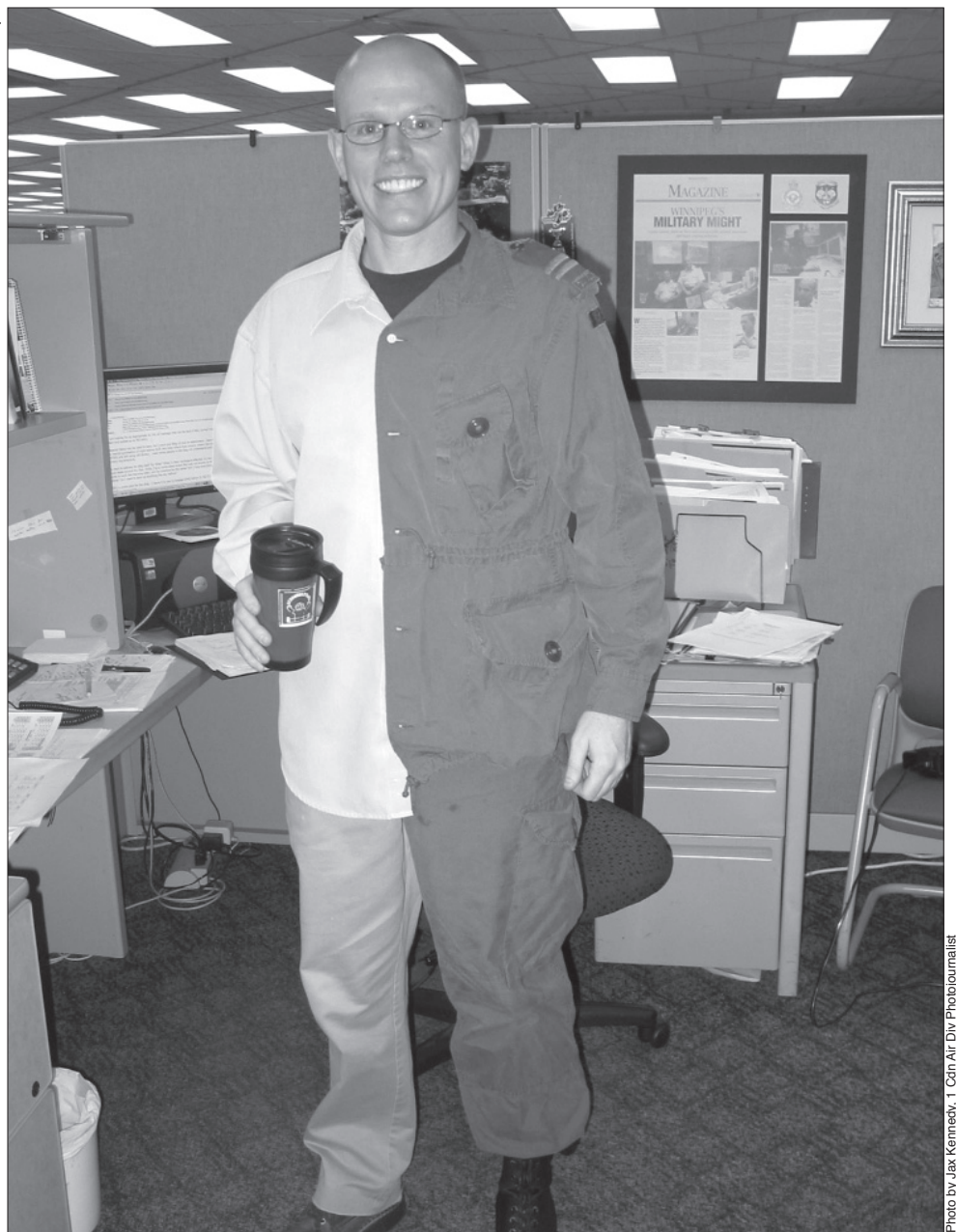


Photo by Jax Kennedy, 1 Cdn Air Div Photjournalist

Photo by Jax Kennedy, 1 Cdn Air Div Photjournalist



Military Family Resource Centre

Holiday Hampers



As in past years, the MFRC is partnering with the 17 Wing Care and Share Program to provide Holiday Hampers. The MFRC and the Care and Share Program realize that the holiday season can be a difficult time.

If your family could use some assistance this year, please contact Haley Schroeder at: 833-2500 ext. 4512
All calls are confidential.

Groupe des femmes francophones



Rien de tel que de se retrouver entre femmes qui parlent FRANÇAIS et qui aiment se divertir.

Joignez-vous à notre groupe dynamique pour des rencontres remplies de plaisirs et de rires, tout cela en bonne compagnie

bien sûre.

Chaque mois le groupe se rencontre, en français, autour d'un excellent repas ou lors d'une activité sociale quelconque. Les femmes de tous les milieux, civils et militaires, sont les bienvenues à se joindre au groupe.

Voilà une belle occasion pour rencontrer de nouvelles personnes quand on vient tout juste d'arriver à Winnipeg.

Si vous êtes intéressées à vous joindre à ce groupe, ou pour de plus amples informations, vous pouvez contacter Louise Cameron au CRFM au 833-2500 poste 4515.

Date des rencontres

Le 14 décembre (nouvelle date) - soirée réveillon au CRFM

Le 21 janvier - Brunch Tavern in the Park

Le 20 février - Potluck Mexicain au CRFM

New Toys Needed



The MFRC is collecting new toys for children of all ages in our DND community who may otherwise go without. This well needed program only works with your help.

Please drop off your unwrapped children's gift at any MFRC site. If you have any questions please contact Haley Schroeder at: 833-2500 Ext. 4512

Visit us at the Grey Cup!!!

Drop by the MFRC "Yellow Ribbon Store" booth at the Forks Parka Day Nov.18th and the Grey Cup pre-game party Nov.19th. Staff will be on hand to answer questions and assist you with your Christmas shopping!! Grandpa will look great in that Yellow Ribbon Ball cap!

New & Expectant Moms

The second Friday of every month we get together along with the community public health nurse who provides information to new and expectant moms. If you have questions about feeding, nutrition, immunization or if you would like to have your baby weighed please come out and join us. Childcare for children 18 months and over is provided.

MFRC, 102 Comet St,
10 am to noon
2nd Friday of the month

BETTER BUSINESS BUREAU



Better Business Bureau CF Family Line

The Better Business Bureau system and the Winnipeg Military Family Resource Centre have forged an alliance, which encourages Canadian Forces personnel and their family members to use BBB programs, services and materials as part of a formal program to assist Forces members and their families with a variety of consumer-related issues.

The services will be increasingly tailored to support the needs of regular and reserve forces personnel, their families and ultimately former veteran retirees.

For more information, visit: www.mfrc.mb.ca/english/BBB.htm your link to:

- BBB Information & Resources
- Consumer tips
- Reliability reports
- Local business member directory
- Valuable coupons
- Super links
- Dispute resolution services

Winnipeg Military Family Resource Centre & the BBB Partners in supporting Military Families

This program offered with the support of 17 Wing Winnipeg.

Childcare Providers Wanted

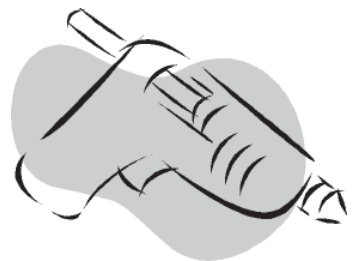


The Winnipeg MFRC is looking for community members who operate a family home daycare or casual child care services. We would like to add you to our "Community Child Care Providers" listings. All we need is an 8½ x 11 advertisement describing your service: be sure to include hours of operation, location, snacks etc. and to highlight any special services. Military Families are looking for flexible care with extended/hours to accommodate early timings and operational commitments. "Overnight" and "emergency" childcare offers a great resource to parents who manage the challenge of deployment in their job. Many families are looking for care and our childcare resource listings are in high demand.

Please drop-off or fax your ad to the MFRC at 102, Comet St., or fax: 489-8587. If you have questions about child care resources, call Wendy at 833-2500 ext. 2491.

CRAFTERNOON Drop-in

Every second Wednesday
1 - 3 pm, at the MFRC
29 November
13 December



Registration required one week in advance.
Each week we will create a variety of easy craft projects. No Experience required! Bring your ideas for future crafts! There will be snacks to feed your body, unique projects to feed your creativity and the company of great folks ..just for fun Most activities will be free!
(Minimal cost for supplies/childcare if required)
Call Catherine at ext. 4506.

WWW.MFRC.MB.CA



102 COMET ST.
P.O. BOX 17000, Stn. Forces
Winnipeg, MB
R3J 3Y5

Phone: (204) 833-2500 Ext. 4500
Fax: (204) 489-8587

Website: www.mfrc.mb.ca
Email: wpgmfrc@autobahn.mb.ca

Our Programs

- ✓ Volunteer Services
- ✓ Personal Development & Community Integration
 - Information and Referral Services
 - The Newcomer Program
 - Employment & Education Assistance
 - Services Francophones/Second Language Services
- ✓ Prevention & Intervention Services
- ✓ Family Separation & Reunion
- ✓ Child & Youth Development
- ✓ Parenting Support

MFRC Monthly Community Coffee Break



The 1st Thursday
of EVERY month
10-11 a.m.
102 Comet St.

Resources

The MFRC has Internet-ready community computers, a fax machine, tape recorders, digital camera, and video camera available for use on site during normal working hours.

Other Numbers

MFRC: 833-2500 ext.4500
Emergency Childcare: 935-7733
MFRC Childcare Centre: 837-3653
Youth Centre South: 488-8563
Youth Centre North: 833-2500 Ext 4502



CF Family Consumer
Info Line: 989-9019

Together in Church



CATHOLIC

Chaplains

Padre Gary Killen
Roman Catholic
Office 833-2500 ext 5272

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

Masses

(English only)
Sunday 1100 hrs

Religious Education

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

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.

Weddings -Marriages

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

Catholic Women's League

Meets in the Chapel Annex the third Monday of each month at 1830hrs.

Protestant

Chaplains

Padre Bruce MacKenzie
(United Church)
Office 833-2500 ext 5417

Padre Bob Brinn
(United Church)
Office 833-2500 ext 5349

Padre Paul Southen
(United Church)
Office 833-2500 ext 4277

Administrative Assistant
Carol Cochrane
Office 833-2500 ext. 5087

Sunday Services

(English Only) 0900 hrs

Sunday School

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

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

Baptisms

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

Protestant Chapel Guild

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

Food Bank

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

Emergency Chaplain

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

Other Phone Numbers:

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

Interfaith Prayer Room

Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.

Food Recalls / Alerts

Preventive Medicine Dept, 23 CF Health Services Centre.

Any questions about the following must be addressed to the telephone numbers enclosed in each alert, not to the Preventive Medicine Department.

Direct Quote from CFIA: "UPDATED HEALTH HAZARD ALERT - WARNING TO CONSUMERS NOT TO DRINK CERTAIN BRANDS OF CARROT JUICE MADE BY BOLTHOUSE FARMS, CALIFORNIA DUE TO BOTULISM CONCERNS

OTTAWA, October 7, 2006: The public warning issued on September 30, 2006 has been updated to include additional information.

The Canadian Food Inspection Agency (CFIA) is warning consumers not to drink certain brands of carrot juice described below due to botulism concerns.

The CFIA is also reminding all retailers and food service establishments who sell carrot juice to ensure that the affected products are not for sale.

All distributed codes of the following products are affected by this alert:

1. "Bolthouse Farms 100% Carrot Juice", sold in both 1 liter and 450 milliliter sizes
2. "Earthbound Farm Organic Carrot Juice", sold in both 1 liter and 450 milliliter sizes
3. "President's Choice Organics 100% Pure Carrot Juice" sold in both 1 liter and 450 milliliter sizes.

Consumers should discard these products in closed bottles.

Two botulism cases in Toronto are now confirmed to be associated with consumption of the affected carrot juice. In USA four cases of botulism poisoning have also been reported. The presence of botulinum toxin has been identified in carrot juice remaining in the bottles associated with botulism cases in Canada and USA.

Food contaminated with Clostridium botulinum toxin may not look or smell spoiled. Consumption of food contaminated with the toxin may cause nausea, vomiting, fatigue, dizziness, headache, double vision, dry throat, respiratory failure and paralysis. In severe cases of illness, people may die.


The manufacturer, Wm. Bolthouse Farms Inc., Bakersfield, California has voluntarily recalled the affected brands. The Canadian importers have also voluntarily recalled these brands of carrot juice.

The CFIA is monitoring the effectiveness of the recalls. These products have been distributed across Canada.

For more information, consumers and industry can call the CFIA at 1-800-442-2342 / TTY 1-800-465-7735 (8:00 a.m. to 8:00 p.m. Eastern time, Monday to Friday). For information on Clostridium botulinum, visit the Food Facts web page at <http://www.inspection.gc.ca/english/fssa/concen/causee.shtml>. For information on receiving recalls by e-mail, or for other food safety facts, visit our web site at www.inspection.gc.ca.

<p>PROUD OF OUR PAST</p>  <p>PROTECTING OUR FUTURE Welcome... ST. JAMES LEGION Branch No. 4 Royal Canadian Legion 1755 Portage Avenue Winnipeg, Manitoba</p>	<p>Bingo Sat 6:30 pm</p> <p>Line Dancing Every Tues & Wed 8:00 - 10:00 pm</p> <p>Dancing To Live Bands Fri & Sat 9:00 pm - 1:00 am</p> <p>Meat Draws Every Fri 5 pm - 7 pm Every Sat 2 - 4 pm</p>
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Lunch and Learn



Presented by the Learning and Career Centre,
the Wing Personal Selection Office,
the Military Family Resource Centre,
and the Employee Assistance Program

QUESTION AND ANSWER : MICROSOFT OFFICE SUITE

Presented by **Mike Bradford**
Software Integration at Wing TISS

Mike is ready to answer all your questions about Microsoft Office Suite. Stop yelling at your computer monitor and come in with your examples of Microsoft dilemmas.

Unlock the mysteries of Word, Excel, Access, PowerPoint and more.

Date: Wednesday, 22 November 2006
Time: 1200 - 1300 hrs
Location: Training Education Centre
Bldg 135, Rm 132

*Bring your lunch and learn something new.
Free registration: Limited to 20 participants.*

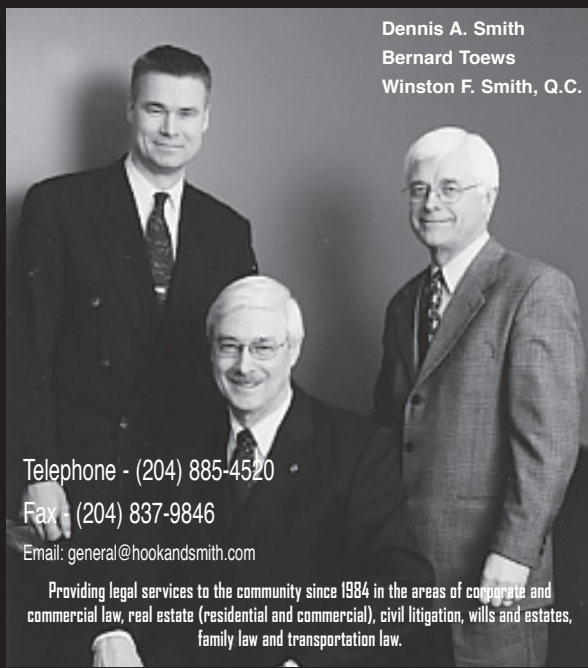
To register, please contact Primrose Knazan at local 4636, or via e-mail at Knazan.P@forces.gc.ca by Monday, 20 November 2006.

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- Pleasure items? • Auto Insurance?

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Fax: 885-1964

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Early Bird starts at 7:00 pm
SENIOR'S BINGO: Thursdays at 1:30 pm
CRIBBAGE: Thursdays at 7:30 pm
DANCING: Friday & Saturday evening 8:00-12:00 pm
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

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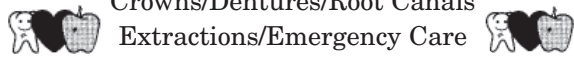
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Sunday 11 am - 10 pm

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Phone: 888-3133 for reservations
Catering Service Available

For Sale

6' x 10' Chainlink Kennel Panels
3 panels plus one gate panel. 688-6714.

Wanted: Carpool
Looking for someone to carpool with only for a week or two, towards the end of November. I am in a late pregnancy and would like to share transport from St-Vital (Portland avenue, between Fermor and Bishop, and Ste-Anne and Ste-Mary) to 1 CAD HQ. Guylaine M. My extension is: 5253

Moving Sale
Dining room Suite w/4 chairs & a leaf. Exc Cond - \$899 OBO. Sofa & Arm chair, VG cond - \$599 OBO. 2 Lamps, Exc Cond - \$30 OBO. Computer Desk, good cond - best offer. Microwave Stand, fair cond - best offer. Tanning Points with Golden Tan, 400 points for \$65. Call 284-0198.

Adorable AKC Registered
Female yorkie Susie, Vet Checked and the Baby health is 100% OK, Current on vaccinations and wormings with A Year Health Gurantee. For more information contact me at pastor_donald@UnionPlus.net

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TAROSCOPES BY NANCY

Aries (March 21 - April 19): Instead of feeling like you've been stuck with the responsibility of fixing something, look at it as a chance to ensure positive changes are made. You like to be in charge, but don't challenge others, encourage them. Deal with issues in a straight forward way no matter the circumstances.

Taurus (April 20 - May 20): You may feel caught in a situation of your own making and wish there was someone to blame. It's time to act according to how you feel and speak from the heart with sincerity, not make gestures aimed at appeasing. Hesitating won't help either; time won't take care of this one.

Gemini (May 21 - June 21): Look at yourself honestly to assess your strengths and energy for the extent you commit to a new initiative should be based on how much you really believe you can put into it. Explore the pros and cons, but remain positive. Ultimately you will get back what you put into this.

Cancer (June 22 - July 22): Some of what is lost cannot be regained because too much time has passed. Your choices created a distance between yourself and others. You now see where you overlooked the obvious. From now on strive to speak up for what you believe in. This is a lesson not a punishment.

Leo (July 23 - August 22): You've masked deeper aspects of your personality from yourself and others and now you feel misunderstood. There is no time like the present to become aware of your unconscious needs. Ask honestly for what you want instead of trying an indirect method of influencing people.

Virgo (August 23 - September 22): You're realizing how much you've accommodated, compromised and avoided dealing with something. Mainly you wanted to be sure you were making the right choices. When you see your life as a work in progress, it's easier to tackle challenges with courage and creativity.

Libra (September 23 - October 23): You want all the answers in advance; a map of the future before making your move. Any new developments should be reviewed in the context of what you are trying to establish. Consider your image as well as how you see yourself. Be practical about work commitments.

Scorpio (October 24 - November 21): To leave a losing situation or a defeatist mind set behind, create a list of your assets, remain optimistic even if you have to fake it some days, and keep taking a step at a time. Unexpected solutions present themselves, showing you how to proceed, and assistance is offered.

Sagittarius (November 22 - December 21): You are conscious of time passing and so are pushing for answers or promises. Expecting a positive outcome, you delve into a situation looking for closure. Prepare to accept what you learn for it may not sit well with you. At least you know now and knowledge is power.

Capricorn (December 22 - January 19): You had thought you had a handle on what you're in charge of but events occur that may not bring out the best in you. Use caution when dealing with people you don't know well. Determine what motivates them. Get things in writing. Deliveries will be delayed.

Aquarius (January 20 - February 18): The cost of something you're experiencing may seem too high yet you know not all things in life are fair. Even if others validate what has happened by agreeing with your assessment, take the higher ground. Dust yourself off and get going; your life lies ahead, not behind you.

Pisces (February 19 - March 20): Get out and experience life, reach out to others, invite friendship but don't be too quick to get into deep discussions until you're comfortable with self-disclosure. Use alone time to write out your deepest concerns and options for improvement and you'll feel more empowered.

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