



*“...To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.”*

IN THIS ISSUE:

CADETS
DONATE
MONEY TO
DEER LODGE
CENTRE

PAGE 3

MILITARY
TATTOO IN
PICTURES

PAGE 4 & 5

REFLECTING
ON
REMEMBRANCE
DAY

PAGE 7

POPPY BOX
CAMPAIGN
BEGINS

PAGE 10

ADDICTIONS
AWARENESS
MONTH

PAGE 11

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FIND IT ALL AT THE LCC LIBRARY

Primrose Knazan,
Learning Assistant

The Training and Education Centre, is the jewel of the Learning and Career Centre – the LCC Resource Library. Ranging from books to videos to DVDs and hardware and with a large selection of resources available, the LCC Resource Library has something for everyone.

Many of the LCC library resources go hand-in-hand with LCC courses, perfect for anyone attending a course and looking for more information, or for those who are unable to attend our courses, but want an introduction to a particular topic.

With various Career Pathways courses coming up, our section on Career Management covers subjects such as interviews, resumes, cover letters and how to find the right job. We carry *The Easy Resume Book*, by Winnipeg Free Press columnist Barbara Bowes, which is the basis for the LCC Skill-Based Resume course. While the LCC provides basic computer courses in Excel, Word, and PowerPoint, our

library carries information on Windows, HTML and other software.

To go along with the Diversity and Employment Equity course, the library features a section on diversity with books, videos and DVD's about First Nations and other cultures. We also carry the emotionally-charged video *Essential Blue-Eyed* about a powerful, eye-opening social experiment confronting race relations.

The LCC has various communication courses such as Communication For Leadership and Assertive Communication. To complement these courses, the library has resources on topics such as confidence and influence. We also carry titles such as *The Complete Idiot's Guide to Public Speaking* and *Fierce Conversations: Achieving Success at Work and Life*.

In terms of written communication, we carry books on grammar and verbs, and different types of thesauruses – for those who can't find the right words.

Supervisors, managers and any employee looking for more information on management and lead-

ership may want to check out our Leadership Series of courses: Understanding My Leadership Style, Communication for Leadership and Building Excellence in Teams.

One of most popular sections in the library has resources on personal development, with popular titles such as *Chicken Soup for the Soul*, the popular *7 Habits of Highly Effective People* and the book and DVD that has swept the world, .

The LCC also offers a course and workshops on Customer Service that feature these videos.

We also have a language section in the library with books and CDs to aid with French second-language training. As a recent addition, we have also begun carrying books on Arabic, which may be of interest to anyone going on deployment to Afghanistan.

The LCC resource library also features information and resources from various educational institutions across the country.

For more information about library resource or LCC courses, e-mail LCCshare@forces.gc.ca

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CADETS GIVE BACK TO VETERANS

Cadet Flight Sergeant Warren Boyko and Cadet Corporal Devon Harrigan-Friesen present Linda Truss-Baron with a cheque for \$2,000 and a plaque on behalf of 50 LCol Barker, VC Royal Canadian Air Cadet Squadron.

Photo: John Towns



John Towns
Voxair
 As Remembrance Day approaches and Canadians across the country are preparing to remember the sac-

rifices of Canadian service members, the cadets at 50 LCol Barker, VC Air Cadet Squadron in Dauphin decided to do something more than simply remembering those sacrifices – they

decided to give back.

On October 30, 12 cadets from the unit made the trip in to Winnipeg to meet with Veterans at the Deer Lodge Centre Rehabilitation Centre and Personal Care Home and donate \$2,000 to the Veterans Wing there.

“I’ve been here for ten years, and this is the first time that this has happened for us, which is why I’m just so

thrilled to pieces that they’ve done this,” said Linda Truss-Baron, Executive Director of the Deer Lodge Centre Foundation, which handles all incoming donations to the centre. “There’s so many wonderful programs that go on on every floor of this building, but especially the Veterans’ floors, and this money will go toward supporting those and making

the donation the unit made to the centre is just one of several large donations by the cadets that have been earmarked for organizations not just around the province, but around the world, according to 2Lt Wayne Williamson, an officer with 50 LCol Barker, VC Squadron.

“We’ve donated ten thousand dollars to four separate organizations,” he said.

those things possible.”

Of the 500 residents in the Deer Lodge Centre, 155 are veterans of the Canadian Forces, most of them having been in service during the Second World War and Korea.

The Shilo Padre’s Fund and Military Family Resource centre both benefited from the cadets’ generosity, as did an organization called Fisher House, which is a hospice in Germany where injured soldiers and the families can stay until they have recovered enough to return home. The Squadron chose each of the organizations it donated to in an effort to give back to the military community.

“Cadets is just a youth program, but we do have a military connotation to it, and a strong military connection,” said 2Lt Williamson. “So we felt that these were really appropriate places to do donate to, to give something back to our veterans and currently serving soldiers.”

The Squadron is just not limiting its charitable efforts to the military community, though – after making the donation to Deer Lodge Centre, the cadets headed to downtown Winnipeg to make a donation of around 40 sleeping bags and several bags of warm clothing to the Siloam Mission, an organization dedicated to helping homeless people in Winnipeg.

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Devenez membre du Conseil national pour les familles des militaires et contribuez à faire connaître le point de vue des familles dans un dialogue avec les hauts dirigeants militaires.

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The Ena Sutton dancers perform some Irish dances.

TUNES TALENT & GOOD TIMES AT THE TATTOO



Members of the Air Command Band perform during the Tattoo.



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MILITARY TATTOO HONOURS CF CONTRIBUTIONS

John Towns
Voxair

On October 25, the MTS Centre in downtown Winnipeg played host to over 435 performers as part of the 2009 Manitoba Military Tattoo.

Spectators, including Manitoba's Lieutenant Governor Philip Lee and crew members of the HMCS Winnipeg, watched as over 20 musical and dance groups took to the floor of the arena to pay tribute to the Canadian Forces, and

in particular Manitoban's contributions to D-Day, Sgt Tommy Prince, and the 100th Anniversary of Powered Flight in Canada, which occurred this year.

The Tattoo is in its second year in its current incarnation, though it was previously run every year until 2002 by a different organization committee. After they disbanded, the new group stepped in to resurrect the Tattoo, and have worked to make it as inclusive as possible, incorporating not

only military bands, but also civilian groups.

"Almost half of the performers in the show are civilians, so we have to work in two different avenues in that respect – the military side and the non-military side," said Brian Garagan, the media spokesperson for the Tattoo Production Committee and a 32-year veteran of the Canadian Forces. "It's quite the task to coordinate as many people as we have involved, so we begin to plan almost immediately after one show to start organizing the next one."

The production and organizing committee numbers around a dozen people, including representatives from a number of the performing groups, including the Air Command Band, the HMCS Chippawa Band and the Winnipeg Police Pipes and Drums.

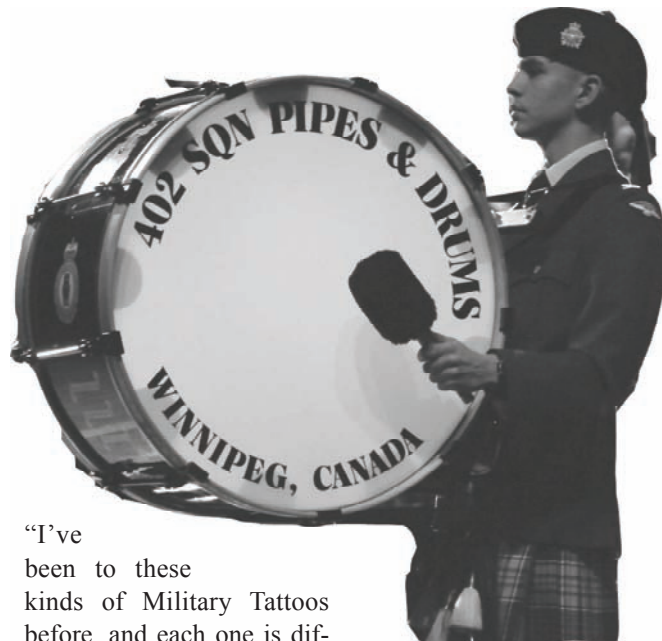
"We're a nonprofit orga-

nization," said Garagan. "So the goal is really just to honour the Canadian Forces with this. A few of us are ex-military, be it army, air force or navy, but the rest are just interested people who just have a respect for the military."

The goal of the Tattoo, according to Garagan, is to share that respect for the military community with the general public.

"Along with just trying to keep the tradition of the show going, we really want to bring to the forefront what the military does," he said. "With our soldiers being in Afghanistan right now, we're trying to create interest in the CF among the civilian population."

One of those civilians was Bev Morton, who, although she has no personal connection to the Canadian Forces, has been to several Military Tattoos over the years.



"I've been to these kinds of Military Tattoos before, and each one is different and always interesting," she said. "They've always been very infor-

mative and pleasant experiences, so that's what brings me down today."



Members of the Summer Bear Dance Troupe entertained the audience.

Photos: Cpl Lavarre McDonald




The Honourable Stephen Fletcher, Member of Parliament, centre, takes in the festivities at the MTS Centre.



A hoop dancer shows his talent.

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HIGH SCHOOL STUDENTS TAKE LIKE DUCKS TO WATER

John Towns

VoxAir

The gym at Building 90 doubled as a dry-dock on Wednesday, 21 October, as 80 high school students from across Manitoba spent the morning trying their hands at constructing boats from nothing more than cardboard and duct tape.

The students were there as part of a program run by Skills Manitoba, a nonprofit organization that promotes skilled trades as a career choice to students.

“Our sole objective is to get out there and put the word out for the need for skilled trades workers, and the flexibility and the great lifestyles that kids could have with those careers,” said Maria Pacella, Executive Director of Skills Manitoba. “So what we’re finding that one of the things that helps us promote skilled trades is activities like the cardboard boat races, because the kids get the sort of whole feel of design, working as a team, working with their hands – all the aspects that go into working in a skilled trade workplace.”

“The Cardboard Boat Races” is just one of several activities run by Skills Manitoba throughout the year, and is open for 20 teams of four students from

schools around the province. The students had to first design and build a boat using nothing more than some sheets of cardboard and rolls of duct tape, then they took their boats over to the Building 90 pool to climb aboard see if they were seaworthy too.

“After their teams build the boats, they get to race them,” said Pacella. “So that will put the boats to the test – how ‘sailable’ the boats are, how much weight they can hold, and that kind of thing. At the end of that, the best boats will win some awards. And, of course, bragging rights.”

Celine Peloquin, Bromlei Daley, Mallory Trudel and Cassidy Yonza made up a Grade 11 team from Collège Béliveau in Winnipeg. Though their boat tragically sank during their first time in the water, they said the experience was a lot of fun.

“Just the things that you come up with when you’re building are really neat. It’s been a challenge to try and come up with a plan and actually get it working, but at the same time it’s a lot of fun,” said Yonza, drying off after dragging the wreckage of their boat from out of the pool. “It’s been so much fun,” added Trudel. “I haven’t stopped laughing all day.”



A more successful team from Fort Richmond Collegiate paddles their cardboard boat along in the pool at Building 90. Photo: John Towns

DONATE TO KEEP A CHILD WARM

Cpl Loboz, J.J.

17 Wing Fire Department

After yet another successful campaign in 2008, the 17 Wing Fire Department is once again proud to be involved with a great Winnipeg tradition during the winter season, which is collecting new or lightly used winter clothing for children who are less fortunate in our community. As all of you know that live here, and for those of you who will find out very soon, Winnipeg becomes a very cold place over the next few months. Some of the hardest hit by this cold are children.

So, all you have to do is clean out your closet. If you come across some of that winter wear including gloves (mittens), scarves, ski-pants, toques (knit hat for our American friends), balaclavas, and of course jackets which you know your kids don’t fit in anymore, please don’t throw them away, but rather swing by our fire hall and simply drop them off here. We

also gladly accept winter clothes that you may think might be too big for kids. These can obviously be given to the older children who need it. The 17 Wing Fire Department will start accepting donations on 27 October 2009. We look forward to having you come by and say hello. Donations are accepted throughout the winter season as the cold lasts well past Christmas, so if you purchase new winter wear for your kids or even yourself, we’ll take the old stuff off your hands! All we ask is that the clothing is fairly clean and in good condition so it can be distributed as soon as possible to those who need it most. Thank you in advance from your 17 Wing Fire Department.

À la suite d’une autre campagne fructueuse ayant eu lieu en 2008, le personnel du service d’incendie de la 17e Escadre est fier de prendre part encore cet hiver à la grande tradition winnipegoise qui consiste

à recueillir des vêtements d’hiver neufs ou peu usés pour les enfants de familles moins fortunées de la collectivité.

Comme le savent déjà ceux et celles qui connaissent Winnipeg, et comme l’apprendront bientôt les autres, le mercure se maintiendra à des températures très basses au cours des prochains mois. Parmi les plus durement touchés par ces grands froids seront les enfants. Vous n’avez donc qu’à faire le ménage dans les garde-robes. Si vous trouvez par hasard des vêtements d’hiver qui ne font plus à vos enfants, on vous demande de ne pas les jeter et de faire plutôt un petit détour chez nous afin de les laisser à la caserne des pompiers. Parmi les articles recherchés figurent les gants, les mitaines, les foulards, les pantalons de ski, les tuques, les passe-montagnes et, bien sûr, les manteaux. Nous accepterons aussi volontiers les vêtements d’hiver qui

sont trop grands pour vos enfants, lesquels vêtements seront offerts à des enfants plus âgés qui en ont besoin.

Au service d’incendie de la 17e Escadre, nous commençons à recevoir les dons à compter du 27 octobre 2009. C’est avec très grand plaisir que nous recevons des dons tout au long de l’hiver, car le froid persiste bien au-delà de la période des fêtes de fin d’année. Ainsi, si vous achetez des vêtements d’hiver neufs pour vos enfants ou pour vous-même, nous serons très heureux de vous décharger des vêtements ayant été remplacés. Tout ce que nous demandons, c’est que les vêtements soient propres et en bon état afin que l’on puisse les distribuer le plus rapidement possible aux personnes qui en ont le plus besoin. En vous remerciant à l’avance de votre générosité, le personnel du service d’incendie de la 17e Escadre vous prie d’agréer ses salutations distinguées.

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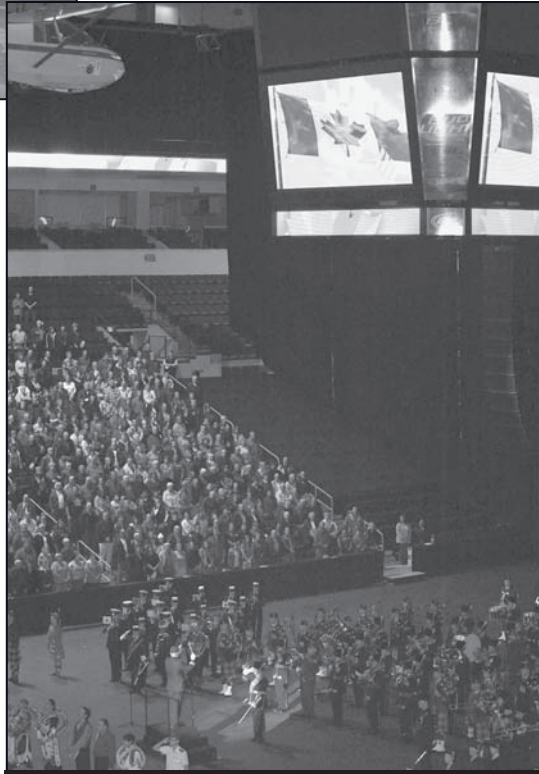


Members of all pipe and drum band participants at the Tattoo perform together.

MILITARY TATTOO IN PICTURES



Wing Commander Col Yvan Boilard and Chief Warrant Officer Sheila Blair share a laugh at the Tattoo VIP function. Photos: Cpl Lavarre McDonald



Spectators at the MTS Centre stand for the playing of *Oh Canada*

In Memoriam

Sapper Stephen Marshall

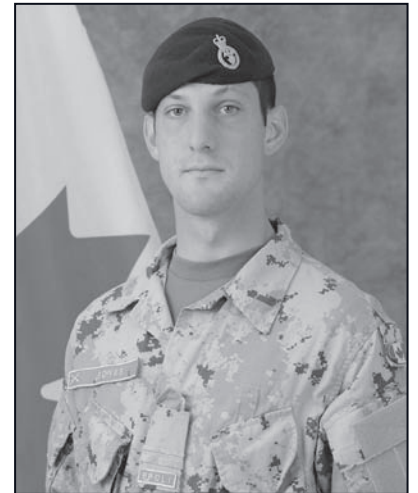


CEFCOM -OTTAWA (October 30, 2009) --

One Canadian soldier was killed by an improvised explosive device that detonated near his dismounted patrol approximately 10 km south-west of Kandahar City at approximately 4:30 p.m. Kandahar Time on 30 Oct 2009.

Killed in action was Sapper Stephen Marshall, from the 1 Combat Engineer Regiment based in Edmonton, Alberta, serving as a member of the Task Force 3-09 Battle Group. Sapper Marshall was conducting a foot patrol in the Panjwayi District when the incident happened. No other soldiers were injured in this incident.

Lieutenant Justin Boyes



CEFCOM - OTTAWA (October 28, 2009)

One Canadian soldier was killed and two injured by an improvised explosive device that detonated near their dismounted patrol. The incident occurred approximately 20 kilometres south-west of Kandahar City at around 9 a.m., Kandahar time, on 28 October 2009. Killed in action was Lieutenant Justin

Boyes of the 3rd Battalion Princess Patricia's Canadian Light Infantry, serving with the Kandahar Provincial Reconstruction Team. The injured soldiers were evacuated by helicopter to the Multi-National Medical Facility at the Kandahar Airfield and are in good condition. The next of kin for the injured soldiers have also been notified. The identities of the injured soldiers will not be released.

REMEMBER SUMMER? GOLF DAY & BBQ



Capt Kim Newman and Andy Oxley, winners of the longest drive awards

Carla Barth
PSP HR

On one of the last nice days of summer, NPF/PSP employees took over the 17 Wing Winnipeg Golf Course for its 4th Annual CFPSS Golf Day and

BBQ. Seven four-member teams participated in this fun event that not only gave people the opportunity to get out of the office for an afternoon, but also allowed them to try their hand at driving a marshmallow. Thank you to everyone who made this event possible.

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November 6

Remembrance Day: A time to reflect on

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Bonnie Korzeniowski
MLA for St. James



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OUR
FALLEN COMRADES

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Lest We Forget In Memory Of Our Fallen Comrades



GENERAL SIR SAM STEELE
Memorial Branch #117
Royal Canadian Legion

our heroes past and present



Corporal Jacques Beaulieu plays with children from District 9 in Kandahar City.

The Police Operational Mentoring and Liaison Team (POMLT) is working out of the Number 9 Police sub-station of the Afghan National Police (ANP) to offer mentoring to the patrols of District 9 in Kandahar City.

Photo credit: Corporal Jonathan Barrette, JTF-Afg

John Towns
VoxAir

With Remembrance Day approaching, Canadians across the country will all take some time to remember the sacrifices that Canadian Forces Members have made in their honour.

Canadians will take time to remember the battles of

Vimy Ridge and Juno Beach, but it is just as important to remember the veterans of The Battle of Panjwai and Operation Harpoon – soldiers who are not yet the older men in legion blazers, but are in many cases currently serving members of the CF, who answered their country's call to help drive insurgents out of

Afghanistan.

"I think, especially being in the military, that it's very important, to remember the sacrifices that our vets have made, and not only the vets that fought in say, World War 1 or Korea, but the veterans that are coming back from Afghanistan right now," said Maj Tammy Hiscock, who returned from deploy-

ment as the COMKAF A1 Personnel Officer in August. "We should never forget what our veterans have done for us, but I think it's important to remember what our current service members are doing as well."

Maj Hiscock says that while it's easier to keep in contact with loved ones back home than it has been for soldiers in most of the other conflicts Canada has been involved in, that serving still requires a great deal of sacrifice.

"It is a different era, of course, with the communications systems we have now. You can phone home, or at least email home every day, usually, and find out what you've been missing," she said. "But the key is that you're still missing those things. Regardless of their age, our younger vets are sacrificing too, with the time they have to spend away from their families. There are babies born while they're over there. People have to leave their families and spouses for months at a time, and that's never an easy thing to do."

Maj Hiscock points to watching the better lives being built for a lot of Afghans as one of the things that really made her feel like her deployment was the right thing to do. While I worked at COMKAF Headquarters I had the opportunity to see what they call a Bazaar School over there. What that is, is the children of the Bazaar shop owners come in every Saturday, and they get them learning English. It was a really awesome experience to see those kids progressing."



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We join the millions of Canadians who pause to remember the men and women who have sacrificed their lives fighting for freedom and democracy

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in two World Wars
1914-1918 and 1939-1945 & Korea**

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POPPY BOX CAMPAIGN UNDER WAY

Public Affairs

17 Wing

The 2009 Royal Canadian Legion Poppy Campaign was officially launched across the Wing this morning.

Lieutenant Colonel (Lt.-Col.) Dave Kennedy (Acting Wing Commander) and Chief Warrant Officer (CWO) Reg Barnes (Acting Wing Chief Warrant Officer) began this year's campaign when they accepted the ceremonial 'first' Poppy Fund donation box from Mr. Bernard Roy, Vice President of the St. James branch of the Royal Canadian Legion, during a special ceremony held at Wing Headquarters.

"I am honoured to accept the first donation box on behalf of all Wing personnel," said Lt.-Col Kennedy. "The Legion Poppy campaign is a most worthy cause as it does so much to support our

veterans and their families, as well as assist young people continue their education."

Since 1921, the Poppy has stood as a symbol of Remembrance, our visual pledge to never forget all those Canadians who have fallen in war and military operations. The Poppy also stands internationally as a "symbol of collective reminiscence", as other countries have also adopted its image to honour those who have paid the ultimate sacrifice.

Poppy boxes will be distributed throughout the Wing and all members of Team Winnipeg are encouraged to participate in this worthy cause.

For information on the Royal Canadian Legion Poppy Campaign, please visit <http://www.legion.ca>



Lieutenant Colonel Dave Kennedy and Chief Warrant Officer Reg Barnes pose with Mr. Bernard Roy Vice President of the Royal Canadian Legion, St. James Branch as he presents them with a poppy box in anticipation of Remembrance Day. Photo by Cpl. Levarre McDonald.

NATIONAL & REGIONAL MASTER STANDING OFFER REFERENCE CHART

Regional Master Standing Offers	Western (AB, SK, MB, NWT, Nunavut)
Office supplies Call up limitations: Max \$25,000 per order \$10,000 per line	EV394-05CA06/005/REG
OEM toner Call up limitations: Min call up value \$100, Max \$40,000 per order, \$10,000 per line	E60PS-040069/006/PS
Remanufactured toner Call up limitations: Min call up value \$100. Max \$40,000 per order, \$10,000 per line	E60PS-040067/002/PD
Paper	E60PD-070004/001/PD
National Master Standing Offers	All Regions
Office seating Installation	E60PQ-030004/034/PQ Regular hours \$12 per chair After hours (Mon-Fri) (17:01-8:59) \$15 per chair Saturdays \$15 per chair 1-100 Holidays & Sundays \$20 per chair. \$50 minimum installation charge per callup Chargeable
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Filing cabinets Installation	E60PQ-030005-025/PQ 1-100 Regular hours \$20 per cabinet After hours, Mon-Fri: \$30 per cabinet 1-100 Saturdays \$45 per cabinet 1-100 Holidays & Sundays \$50 per cabinet \$60 minimum installation charge per call up Chargeable
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LOSING WEIGHT WITHOUT EXERCISING?

Ron Nicolas BKin, CSCS, CPT

Now that I have your attention, it is true you can reduce body fat without exercising! You can do this without any vigorous workouts, magic pills or ridiculous diets. It sounds too good to be true but really the secret is within you.

The secret is within every cell in your body, it is the human metabolism. The human metabolism is the energy system of every cells' energy producing and utilizing reactions. Your energy system is a balance of three processes: caloric intake, caloric storing, and caloric expenditure.

Still with me? Ok almost done! We are going to focus on the caloric expenditure in this article. A component of your daily energy expenditure is the thermic effect of physical activity (TEPA), it accounts for 15-50% of daily calorie burn. TEPA includes structure types of activity like exercising or playing sports and non-structure types of activity

like walking to work, shovelling snow, and fidgeting. (Kinucan and Kravitz).

These days almost 60% of Canadians are not meeting the minimal requirements for physical activity and are considered overweight. Obesity has been on the rapid rise in epidemic proportions since the 1950's. (Katzmarzyk 2002). The question is why? There are dozens of reasons, but one reason that is evident is that we are not living active enough. It's excellent to do workouts but at home or work, where we are spending most of time matters.

In our busy lives, it sometimes gets a little crazy where we can't fit some quality time of physical training (PT) in our day. Don't worry! It happens to everyone, even PSP instructors where physical training is our job!

Remember I mentioned the non-structure type of activity? Well that is your secret weapon. Non-exercise activity thermogenesis, NEAT for short, is shocking

the fitness and health industry all over the world. You use NEAT to expend energy without structured exercise but applying NEAT to your life with regular physical training will be extremely effective and rewarding, leaving you healthier and happier.

NEAT is the calorie burn of any non-exercise types of physical activity. Simply saying being more physically active in your daily life. Low levels of physical activity like walking at 1mph can double your energy expenditure (~100%) and walking at 3mph can triple your energy expenditure from resting levels.

When we are stationary in the lying or seated position, our metabolism drops to the minimal, switching from energy expenditure mode to energy storing mode (storing fat).

There is overwhelming evidence that proves individuals with low NEAT behaviours leads to obesity. Being a couch potato will make you like a potato. New

Here are some simple ideas to apply NEAT to your workplace and home:

- Instead of emailing or calling a co-worker in the same building, simply just walk to their office or work station and talk.
- Try walking or standing while reading a document or talking on the phone.
- Avoid elevators, take the stairs! Park your vehicle at the end of the parking lot. Bike or walk to work.
- While working on the computer, take a walk every 15 minutes or whenever you complete a section of a report. Take a 5 minute brisk walk in your coffee break.
- Avoid the closest washroom, walk about and go to the furthest washroom.
- Walk and talk with co-workers.
- At home when watching TV, stand up take a walk or do something whenever a commercial comes up.
- When bringing the groceries into the house, take one bag at a time, so you make more trips.
- Do some lawn work, shovel snow, and avoid labour saving devices.

research on NEAT, researchers had lean and obese sedentary individuals overfed 1000kcal per day, followed them for several weeks. Observations showed that the obese sedentary individuals gained weight and the lean sedentary individuals did not, even though both groups had the same diet and did not perform any structured physical training.

The researchers discovered the only difference between the lean and obese sedentary people was that they were standing and moving for 152 minutes longer per day than the obese sedentary people.

The obese test subjects were seated for 164 minutes per day longer than the lean test subjects. This means

that if the obese sedentary people adopted this posture allocation (standing, moving, and fidgeting) as the lean subjects, they potentially could expend 350kcal per day, which translates to 16kg of fat per year. (Levine 2006).

This means that if you increase your standing and ambulatory time by 2.5 hours every day you can lose about 35 lbs of fat a year. That is just living more physically active, think of the weight loss if you implemented a physical training program too!

So get off your butt and move about!

Try to avoid sitting down for long periods of time, be spontaneous! It is so easy

to do at work or at home! Applying the NEAT principal into your daily life is empowering because you have no PSP instructor yelling at you to do anything you don't want to do, so you have the choice to modify, manipulate anything in your environment.

There are thousands of small ideas that can lead to big results. For more ideas visit: www.smallsteps.gov

NEAT is about living your life more physically active, please contact Ron Nicolas PSP Instructor Local 2455 for more information about NEAT. Be sure to look out for the next article, "Metabolic Profiling" the ultimate tool for NEAT and weight management.

Casual Theme Fridays

Come one, come all, and participate in the Casual Theme Fridays. Have fun and support the GCWCC.

- September 18 - Support our Forces red t-shirt day
- September 25 - Hawaiian Wacky Shirt day
- October 2 - Superhero day
- October 9 - Western Wear day
- October 16 - Sports Jersey day
- October 23 - Geek Chic day
- October 30 - Halloween day
- November 6 - Ugly Sweater day



Be a star in someone's life. Support the GCWCC.
Soyez l'étoile dans une vie. Appuyez la CCMTGC.
www.gcwcc.org | www.ccmtgc.org

ADDICTION FREE LIFESTYLES

November brings the National Addictions Awareness Week campaign (5-21 November). This year's focus will be "Promoting an Addiction-Free Lifestyle" in keeping with the CF Health & Physical Fitness Strategy. An addiction free lifestyle is one "that does not compromise health and performance with behaviours such as alcohol abuse, illicit drug use, problem gambling and tobacco use." Join us for the following Wellness Fairs where you can evaluate your lifestyle choices:

16 November 1130 - 1330 - 1 Canadian Air Div

18 November 1130 - 1330 - All Ranks' Mess

20 November 1130 - 1330 - Building 90

For more information or to arrange for a briefing on Addictions Awareness please contact Health Promotion at 4150/4160/4995.



MAJOR GENERAL YVAN BLONDIN RECENTLY PRESENTED THE FOLLOWING HONOURS AND AWARDS



Chief Warrant Officer Allan Wotton receives his Chief Warrant Officer Scroll in the Atrium of 1 Canadian Air Division on 14 October.

Photos: Cpl Colin Aitken



Chief Warrant Officer Terrence Doody receives his Chief Warrant Officer Scroll in the Atrium of 1 Canadian Air Division on 14 October.



Lieutenant Commander Julie Bedard receives her Commander CANOSCOM Commendation in the Atrium of 1 Canadian Air Division on 14 October.



Major Lysane Martel receives her Commander's Commendation Coin in the Atrium of 1 Canadian Air Division on 14 October.



Major Chris Hope receives his Commander's Commendation Coin in the Atrium of 1 Canadian Air Division on 14 October.



Mr. Richard Smith receives the Commander's Commendation Coin in the Atrium of 1 Canadian Air Division on 14 October.



LCol Gallego receives his certificate for completing 1000 hours on the CC 138 Twin Otter.



CWO Peterson commissions from the ranks and accepts his new rank of Captain from Col Edgar, Director Air Force Training.



Maj Maxwell receives his certificate for completing 5000 hours flying in support of the Canadian Forces Air Operations.



Lt Brown recently received his promotion at the W Admin Awards presentations. He is pictured with his mother Lorna Brown and his father Bill Brown.



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Yellow Ribbon Gala

Tickets for the 2010 Yellow Ribbon Gala go on sale on Thursday, November 5. Get yours early to avoid disappointment. The guest speaker for this year's event is Canadian Olympic gold medalist Lori-Ann Muenzer. She was the first person to capture gold in cycling for Canada. Quebec performer Marie-Ève Tremblay will be our Mistress of Ceremonies, and the Air Command Band is also scheduled to entertain.

The Gala is the MFRC's premier fundraising event for the year, and promises to be a memorable evening. This year's event will take place on Saturday, February 20, 2010 at the Delta Winnipeg. Cocktails will be at 6 p.m. with dinner following at 7 p.m.

Attendees at this year's event will be able to choose between cedar smoked Alberta AAA prime rib of beef with a shiraz red wine demi-glace and pan-fried breaded pickerel fillets with a lime chili glaze.

Tickets are \$100 each, a portion of which is eligible for a charitable receipt. Tables of 10 are also available for \$900.

For more information about the Yellow Ribbon Gala, visit www.yellow-ribbon-gala.ca, or call the Winnipeg MFRC at 833-2500 ext 4500 or drop into our office at 102 Comet. All funds raised at the Gala will be put back into programs and services the MFRC provides for our families.

Red Fridays at Smitty's Restaurant and Lounge

On Friday October 9, the first of many Red Fridays to come was celebrated at Smitty's Restaurant and Lounge on Portage and Westwood. The owner Kevin Kelly and his manager Toby Laviolette met previously with the Winnipeg MFRC and decided that they wanted us to be their charity of choice. Hilda Towerzey and Barbie Sands from Piping

For All Occasions kicked off the celebration by piping throughout the Lounge area, followed by Toby welcoming everyone in attendance and explaining exactly what Red Fridays symbolizes.

Great News From MTS

Now members of the Canadian Forces being deployed on international operations can easily have their MTS Mobility Account put on hold. Once you return from duty, MTS will reactivate your account. This means you don't have to worry about your cell phone while you're away. Visit www.mts.ca/cfwirelessrequest for details.

Munch around Manitoba

Come join us the last Thursday of each month to sample some local cuisine. We'll be visiting a different restaurant each month to showcase all Winnipeg and surrounding areas have to offer. Everyone is welcome. Participants pay for their own meal.

November 26
Alycia's- 559 Cathedral Ave. - 6 p.m.

Come out to experience what can be described as Winnipeg's most popular Ukrainian restaurant. Feast on perogies, borscht, holubtsi, and other authentic Ukrainian cuisine. Prices range between \$6 and \$12. Deadline to register is Friday, November 20.

Bullies - What can parents do?

Do you know what to do if your child is being bullied? What should you do to help your child deal with bullies? In this interactive session we will discuss why bullies bully and what we can do to help our children deal with bullies. Don't be a bystander, let's all tackle this issue. Please register at ext. 4500.

MFRC, 102 Comet St.
November 18 7 p.m.

A Volunteer...

Is a person who is a light to others, giving witness in a mixed-up age, doing well and willingly the tasks at hand - namely, being aware of another's needs and doing something about it.

Volunteers have passion. Passion is more than motivation. Passion is why you get out of bed in the morning. Passion is the synergistic connection of your gifts, your temperament, and your motivation focused on a cause.

Volunteers are smart. We do not live in the industrial age anymore. We live in a highly empowered and diverse work force. Volunteers have much knowledge and many skills.

People volunteer for many reasons:

- * To feel needed
- * To share skills
- * Far a change of pace
- * To help someone
- * To get to know a new community or neighbourhood
- * To gain leadership skills
- * To earn academic credit
- * To keep busy
- * To make new friends

There are many benefits to volunteering. Volunteering

is the perfect vehicle to discover something you are really good at, or to develop a new skill. It is also a perfect way to explore new fields, especially if you are considering a change of career. You can strengthen your personal/professional mission and vision by exploring opportunities, expanding your horizons, and getting life experience. Volunteering brings together a diverse range of people from all backgrounds and walks of life, and allows you to develop your interpersonal skills. Fundamentally, volunteering is about giving your time, energy and skills freely to help others and have an impact on people's wellbeing. What better way is there to connect with your community and give a little back?

Volunteer Opportunities

Coffee and Conversation: This is a drop in program especially for volunteers and potential volunteers. It meets Tuesdays at 2 at the MFRC and is designed to enable volunteers to get to know one another better, as well as to inspire discussions about volunteer topics and to deliver short training sessions.

Yellow Ribbon Gala: Taking place on Feb 20, 2010, this major fundraising event will need the help of many volunteers in many roles to help make it the success we all look forward to.

Community Coffee Break:

On the first Thursday of every month, the MFRC is filled with food, fun and interesting people. It's our Coffee Break day, and we look to our volunteers to make it happen. From planning, to buying or cooking, to setting up and serving, the volunteer role in this monthly event is vital. It is also a lot of fun!

Administrative Support:

Our coordinators often

require some extra help with data entry and clerical duties, and our front reception desk is a busy place to be. We also regularly take our Yellow Ribbon Merchandise to outside locations for sales and outreach.

Children's Programs and Parenting Services:

These are two of our very busy areas, and there are often opportunities for volunteers to assist in the various programs we offer.

If you are interested in any of the above opportunities, or if you have a special skill, hobby or interest that you would like to share with others, please call the MFRC Coordinator of Volunteers (Barbara) at 833-2500 local 4519 for more information.

CHRISTMAS ORNAMENTS AT THE MFRC



International Volunteer Managers Day

Universally, people recognise the contribution of volunteers - in sport, health, emergency services, faith communities and the environmental lobby ...in fact volunteers are involved in just about every aspect of service delivery in all walks of life.

However, volunteering does not succeed in a vacuum. Behind this army of volunteers lies an equally dedicated group of individuals and agencies who are responsible for the coordination, support, training, administration and recruitment of the world's volunteers - skilled professionals who are adept at taking singular passion and turning it into effective action.

That is why we celebrate International Volunteer Managers Day every year on November 5. It is important to let those professionals know that the spirit of volunteerism is enhanced and enabled by them, and to thank them.

We urge you to mark your calendar and, whether you are an administrator, a volunteer, a community leader or someone who receives the benefit of volunteer help, to make sure the people who act as leaders and catalysts get the recognition they deserve!

DO YOU REMEMBER?

Padre Mark Mawson

23 Health Services Chaplain

I was at a mess dinner a few weeks ago. During the moments when the band or the piper weren't playing (and you could actually hear what the person next to you was saying), I was able to listen to what people were discussing around me.

Surprisingly, nearly everyone was talking about Afghanistan. On one side of me, there was someone talking about how different some people can be when they are around their friends and when they are under the stress of live fire. Nearby was a spouse relaying her experience in seeing her DH (dear hubbie) return from his tour. Across from me were two medical people discussing various cases they were confronted with while serving in the Role 3 medical centre (which I didn't find overly helpful in trying to eat). Initially it surprised me how dominant the topic of Afghanistan was throughout the evening meal and even in the lounge afterwards. It didn't surprise me that those who were describing their experiences overseas were doing so with passion and an authentic desire to share their insights with the other person.

One thing that I noticed was how those who were listening were doing so with genuine interest ... not the fake interest that people sometimes do just to appease the speaker. They really wanted to know "what it was like". With all of the possible things you could talk about, why was

Afghanistan so popular? Interesting question.

One of the responsibilities of working in the mental health world is that some of us get the privilege of going to Cyprus to help with the decompression of our folks returning from Afghanistan. One of the things that many of us noticed during these decompression duties was that many soldiers seemed to be struggling with a com-

...What will you think about during this week's Remembrance Day ceremony? What will you think about during your two minutes of silence? ...I know that I will recall the sacrifices made by many of our ancestors in arms, but I will also recall others... those who continue to struggle with their experiences ... those who are still trying to find some meaning to their overseas experiences...

mon issue ... trying to find some meaning to their experiences in Afghanistan.

What did their time there mean? What was it all about? How did it change them? What did the sacrifices of others accomplish? How do you explain any of this to their loved ones at home (let alone to themselves)?

Hard questions with even harder answers. It is commonly thought that people leaving Afghanistan can relax when they get home ... all of the hard work has been done. In a sense, that is true, but in a sense, it is not.

There is so much going on in the theatre of war that a

person just does not have the time (or energy) to reflect on some of these deeper questions. You only have time to think about them after you leave. So in a way, some of the hard work only begins after you leave.

What does this have to do with Remembrance Day or wearing poppies?

Well, I recall talking with some kids a few years ago just before a Remembrance

Day ceremony.

They seemed bored ... everything in their body language screamed that their time was being wasted.

When I asked why, they told me that they hadn't lost anyone in their family due to war. No one they knew came home on crutches or in a casket. They knew that they were supposed to remember the sacrifices made by so many during the various wars, but there wasn't any personal connection for these kids.

I then asked them if they knew anyone who had a parent or relative who had gone to Bosnia or Afghanistan. Sure enough they did.

"Were they the same

after they returned" I asked. Nope.

One kid described how their aunt and uncle seemed to fight a lot after he got home. Another kid described how his brother seemed to want to be alone more than usual. Yet another heard of someone on their block who seemed different after returning home from overseas.

"Well," I told them, "That's something you can think about during the two minutes of silence ... think about them."

What will you think about during this week's Remembrance Day ceremony? What will you think about during your two minutes of silence?

I know that I will recall the sacrifices made by many of our ancestors in arms, but I will also recall others ... those who came and come back hurt (physically and mentally) ... those who continue to struggle with their experiences ... those who are still trying to find some meaning to their overseas experiences, and those loved ones around them who watch helplessly, wondering what they can do to help. We enjoy countless blessings that have been paid for through the lives offered by countless people.

They have also been paid for by smaller sacrifices still being made today. Maybe these sacrifices are not as ultimate as losing one's life, but they are still priceless and are still worthy of our remembrance.

Take care & God bless.

Pre-Marriage Course:

from a unique military perspective

Anyone planning to be married in the near future is invited to attend a non-denominational Marriage Preparation Course.

November 6 - 1900-2100 hours

November 7 - 0900-1600 hours

At the 17 Wing Community Chapel

2235 Silver Avenue (off Whytefold/Wihuri)

For more information contact:

Padre Magdziak 5272 or Carol Cochrane 5087

Together in Church

CATHOLIC

CHAPLAINS

Padre Lance Magdziak

Roman Catholic Office 833-2500 ext 5272

Administrative Assistant

Carol Cochrane Office 833-2500 ext. 5087

Masses (English only)

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

Chaplain Bonnie Mason

(Presbyterian) Office 833-2500 ext 5417

Padre Bob Granholm

(Mennonite Brethren) Office 833-2500 ext 4885

Padre Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Ken MacRae

(Presbyterian) Office 833-2500 ext 4277

Padre Gord Mintz

(Anglican) Office 833-2500 ext 5785

Padre Curtis Duclos (Baptist)

Det Dundurn Office (306) 492-2135 ext 4299

Administrative Assistant

Carol Cochrane Office 833-2500 ext. 5087

Sunday Services (English Only) 0900 hrs

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

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

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

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

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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

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.



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17 Wing Ceramics Club: Annual Old World Santa Workshop

17 Wing Ceramics Club is offering a workshop on Tuesday, 17 November 2009, from 6:30 to 9:00 pm, and is open to non-members. Registration cost is \$25, and includes a bisque-ware Santa of your choice, as well as use of club paints and brushes. No experience needed! For more information, or to register and pick your Santa, please contact Joanne Joyce at 487-3850, or leave a message on the Club voicemail at local 2496.

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TAROSCOPES

BY NANCY

Aries

(March 21 - April 19):

Rash words or absolutes you dictate to yourself or others will not bring constructive results if there isn't a specific purpose attached to them. Also, observe how a few kind words make you feel. When someone feels better about themselves, they can tackle almost anything.

Taurus

(April 20 - May 20):

There is a great deal to be done. You may not know where to start or what decisions are best but don't hesitate. If adjustments need to be made later, so be it. Trust that if your intention is good the outcome will be too in the long run. Short term returns may not be obvious though.

Gemini

(May 21 - June 21):

You easily manage additional work. Hopefully others will appreciate your efforts however, don't make this the measuring stick you use to determine your sense of success. Take time to do what makes you happy. Connect with others. Shift your boundaries and see what's out there.

Cancer

(June 22 - July 22):

If you want to regain some of your energy you'll have to make a commitment to lead a more balanced life. Doubts can drag you down, so tackle inner angst. What others think about your actions right now is irrelevant. This is about you and what is right for you. Be honest with yourself.

Leo

(July 23 - August 22):

If others are more attentive and appear to appreciate you, it boosts your confidence. When you exude a sense of authority you get good breaks. But this is just the beginning. You'll have to show others that you are reliable and dependable. Prove your worth.

Virgo

(August 23 - September 22):

Expect lots of activity and possibly travel in the next little while. Prepare by having a sensible system in place to ensure things run smoothly at all times. Focus on getting your finances in order with an eye to having a secure future. Get organized.

Libra

(September 23 - October 23):

When you are not sure what to do, err on the side of caution. You are your own expert on what is right for you. Any decision will lead to further choices. That's life. So if you change your mind, accept that this is natural. No one is perfect. Be kind to yourself and others.

Scorpio

(October 24 - November 21):

It may not be easy to stay in your current situation but don't just take the quickest route out. Have a clear idea of what you want to aim for. Avoiding tough questions and decisions now means you'll have to revisit them later. Long-term satisfaction is better than a quick-fix.

Sagittarius

(November 22 - December 21):

Revisiting the past or reviewing old issues is only useful if you are prepared to see things from a different perspective. If you want to escape a difficult situation, consider leaving a forwarding address so you don't lose contact completely. You may regret it later.

Capricorn

(December 22 - January 19):

You're immersed in living joyfully; which shows you accept that just because there are no guarantees and no one knows what tomorrow may bring, there is still reason to celebrate. Good for you. Accept new challenges and expect even greater positive results.

Aquarius

(January 20 - February 18):

Helping others is a worthwhile investment at this time. You establish new connections. This gives you a sense of freedom. The sum total of your experiences and knowledge have brought you to a secure place where you're full of confidence. This lifestyle suits you.

Pisces

(February 19 - March 20):

When you have too much on your mind it's hard to make decisions or remember those you've made so write things down. Revisit your lists often. Brainstorm with others who can share good advice. Push yourself a bit until you complete a few tasks. You'll be glad you did.



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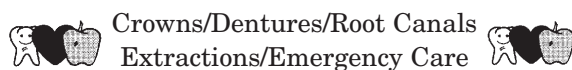
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