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Our Military Community Newspaper, 17 Wing Winnipeg

September 28, 2011

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FREE

# 17 Wing pulls together for charity



Photo: Alison Dickey

The 435 Sqn team pulls hard at the annual 17 Wing Herc pull, which also serves as the kick-off for the annual GCWCC charity drive. See page 2 for more

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# Herc pull kicks off GCWCC Charity Drive

**Sgt Bill McLeod**

Wing Public Affairs Photojournalist

What's big, grey, and weighs 82,000 pounds empty? On 14 September 2011, nine teams from 17 Wing found out when they attempted to move a CC-130 Hercules (Herc) aircraft 50 feet across the tarmac in the fastest time.

"There is an extra bonus that goes to charity if the aircraft gets airborne," said Master of Ceremonies and 402 "City of Winnipeg" Squadron Honorary Colonel John Sauder after watching the Canadian Forces School of Aerospace Studies do the first pull.

This year's winner of the Herc Pull was the team from 435 Transport and Rescue Squadron. The team managed to move the Herc with a low time of 14.19 seconds and won the honour of representing 17 Wing at the Winnipeg-wide plane pull. That event is held at the Stevenson Campus of Red River College, located just north of the base. The team representing 17 Wing won the city-wide event in 2009, but was beaten by Standard Aero last year.

The annual 17 Wing Herc Pull marks the official kickoff of the Government of Canada Workplace Charitable Campaign (GCWCC) at the Wing. Music by the Royal Canadian Air Force Band and a barbecue for participants and spectators added to the festival-like atmosphere of the event.

In Yellowknife, 17 Wing's 440 Squadron also participated in a "Haul the Herc" event last week. Pulling against 16 other local teams, the "Arctic Bats" hauled a civilian First Air C-130 Hercules in front of the "Bat Cave" (440 Squadron's hangar) and helped raise \$16,000 for the local community campaign.

This year's GCWCC co-chairs for 17 Wing are Heather Harding from Wing Construction Engineers and Captain Melissa Dawe from 435 Squadron.

Last year, 17 Wing raised \$145,194, \$20,000 above the goal of \$125,000, making the Wing the number one fundraising group in the Winnipeg GCWCC area. This year's goal is \$130,000 but as Harding noted, "I was blown away last year and I hope to be blown away again this year."

17 Wing Commander Colonel Blaise Frawley said, "It's great to win, it's great to be number one in the city, but really it's all about raising money for the charities. It's about giving back to the local community and to those less fortunate than we are."

The Government of Canada, in conjunction with the United Way and Health Partners, established the GCWCC as a way of coordinating all locally represented Federal Departments in their fund-raising initiatives. The GCWCC is the largest community-wide fundraising effort in the city and is the only external charitable campaign authorized by the Department of National Defence/Canadian Forces at 17 Wing.



Tired members of a pull team celebrate their Herc Pull. Photo: Alison Dickey

## Herc Pull Results

It was a cold day on Wednesday September 14th but that didn't stop a crowd of people from showing up to the Annual Herc Pull to kick off the GCWCC fundraising season. Ten teams competed in the competition that saw teams of no more than 25 participants pull a 82,000 pound Hercules airplane. 435 Squadron had to pull twice as the first time they had 28 participants which disqualified them; however their second time of 14.19 seconds sealed the win. 1 Canadian Air Division was second with a time of 15.38, followed by 1 CFFTS at 15.41 seconds.

The winning team from 435 Squadron goes on to represent 17 Wing at the city wide Plane Pull 8 event on Friday September 16th for the United Way.

435 Sqn 14.19 secs.  
1 Cdn Air Div 15.38 secs.  
1CFFTS 15.41 secs.  
402 Sqn 15.85 secs.  
WLE 16.31 secs.  
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# Taking Care of Business

## New WComd shares his vision for the future of 17 Wing



Col Blaise Frawley, seen here in his office, is hard at work as 17 Wing and AFTC's newest Commander. Photo: Alison Dickey

**Alison Dickey**  
Voxair Journalist

On June 28th, 2011, Col Blaise Frawley became 17 Wing and AFTC's newest Commander.

Col Frawley says one of his priorities when it comes to 17 Wing and AFTC is mission success, which means effective, efficient and safe operations and training programs. Secondly, he wants to ensure the people are looked after starting with Regular and Reserve forces personnel but just as important are the civilian workers on the base and providing support for families. Last but not least the new commander wants to ensure 17 Wing and AFTC are ready for the future and what's to come.

"I've actually been incredibly impressed so far with the people on the Wing and at AFTC with their hard work, dedication and willingness to step up and volunteer for a myriad of things beyond their daily jobs," says Col Frawley, who adds he's noticed very high morale amongst those at 17 Wing and AFTC so far.

As for the recent change back to the RCAF, he says he sees very few challenges in making the switch, "In

reality, we will not see a huge amount of difference here on the Wing." Eventually, airplanes will be painted with the RCAF logo when they go in for regular maintenance, the squadron names will remain the same, as will the ranks that the Army and Air Force acquired under unification.

One change to insignia that the Wing Commander points out is that of the Air Command Band, which will be renamed The Royal Canadian Air Force Band.

This is not Col Frawley's first posting in Winnipeg. From 2006 to 2008 he was posted to 1 Canadian Air Division as A3 Fighter. Joining him here are his wife, Johanne and 17 year-old son, Michael. He also has a daughter, son-in-law and two grandchildren in Cold Lake. Col Frawley says his family loves Winnipeg and is very happy to be back.

Previously, Col Frawley was posted to Montgomery, Alabama at Maxwell Air Force Base where he attended the United States Air Force Air War College.

Col Frawley joined the military in 1985 and got his wings in 1988. He then moved on to fighter training in Cold Lake, Alberta on the CF-5 for 6 months and then went to the CF-18, which between staff tours and flying

tours he has been on for his entire career.

Currently, he says his favourite posting was when he was the CO of 410 Squadron in Cold Lake, but he has a feeling that could change, "The jury's still out...this posting at 17 Wing and AFTC is still very new."

For now, "It's great to come to work everyday," he says.



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# The last Terry Fox Run in Kandahar?

**Capt Thanh Loan Nguyen and  
Jeffrey Lauzier**

The Terry Fox Run at Kandahar Airfield, a 5-km participation race conducted on Sunday, 4 September 2011, attracted 467 dedicated runners from Australia, Canada, the Netherlands, the United Kingdom and the United States. The KAF edition of the run was held well in advance of the National Terry Fox Run in Canada, which is scheduled for 18 September.

Although preparations began very early, by the time the last runner finished the temperature had climbed to 36 degrees Celsius. Thanks to the hard work of the volunteer organizers, the event proceeded without a hitch.

"The fact that troops in Kandahar organize and participate in the Terry Fox Run in circumstances that are less than ideal is reason enough to celebrate this unique and memorable fund-raising effort," said Breeda McClew, the Interim International Director of the Terry Fox Foundation. "It is the spirit in which our Canadian troops come together, with other nations, in order to contribute to Terry's dream that reminds us all of the lasting influence of his Marathon of Hope."

The volunteer force included 21 members of the Mission Transition Task Force (MTTF), led by Major Doris Berscheid-King, Captains Kimberly van Muyen, Stephan Rainville and Jeffrey Lauzier.

Preparations for the Terry Fox run took months, beginning in earnest last July. Volunteers registered runners, collected funds, organized delivery of tee-shirts from Canada, obtained prizes, set up the race route with safety stations, and provided water and Tim Hortons refreshments for participants.

"Because I've been involved in the past, I know the challenges that are associated with organizing a run of this size, and definitely in a deployed operation," said Capt van Muyen. "It's for a really good cause and everyone was keen and positive, so it's good to be involved."

When the run was completed, Brigadier-General Chuck Lamarre, the MTTF Commander, addressed the crowd. "We have raised US\$4,850 for the Terry Fox Foundation, thanks to all of you," he said. Late donations brought the final amount donated to more than US\$5,000.

Lineman Corporal Jean-Philippe Dion of the MTTF Headquarters and Signals Squadron set a personal best for the 5-km distance with a rocket-fast time of 16:37 minutes.

The run attracted 371 Canadians, and everyone expected to see them. The surprise was the admiration the Terry Fox Run generated among our allies at KAF, many of whom were inspired by the story of the original 1980 Marathon of Hope.

Running across Canada to raise funds for cancer research, Terry Fox completed 143 marathons in 143 days, for a total of 5,373 km on a prosthetic leg. He suspended the run on 1 September 1980 in Thunder Bay, Ontario, because the cancer that took his leg had reappeared. He



Participants set off on the 5-km route of the 2011 Terry Fox Run. Photo: Cpl Patrick Drouin

died on 28 June 1981, at the age of 22. To date, more than Cdn\$550 million has been raised for cancer research through Terry Fox Runs held each year in September across Canada and around the world.

Paul Lacoursiere is a Canadian civilian working at KAF as the manager of the Joint Contracts Cell. He both volunteered at and completed the run. "I'm inspired by those who bravely fought, and motivated by those who are still fighting," he said. He ran the race with the names of relatives affected by cancer written on the back of his Terry Fox t-shirt.

Mark Varo, a gym attendant employed at KAF by the Canadian Forces Personnel Support Agency, agreed to shave off the beard that took him 28 years to grow if troops could raise US\$3,000 through the Terry Fox Run. After BGen Lamarre presented the cheque for US\$4,850, he proceeded to clip off Mr. Varo's long white beard. This is Mr. Varo's second deployment in Afghanistan, and his two daughters are in for a surprise when he gets home as they have never seen their father without facial hair.

## WComd Golf Tournament a hole in one



WComd Col Blaise Frawley tees off at the recent Wing Commander's Golf Tournament. Photo: Submitted

On Thu 15 Sep 11, 85 golfers from 17 Wing Winnipeg converged on the Carman Golf Course to participate in the last Wing Commander's Golf tournament of the summer. The great weather combined with the exceptional condition of the course resulted in a pleasant day of golf for everyone. MWO George Dierickse won the award for closest to the hole, Maj Doug Chess won the longest drive contest, MWO Willy Oliver had the low gross (men) with a score of 77 and Kathy Godrey had the low gross (women) with a score of 110. Thanks to everyone who came out and participated and look forward to seeing everyone at next year's WCOMD/ PSP Golf tournaments.

-Chris Merrithew, Wing Sports Coordinator

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# Battle of Britain Remembered

**Capt Yvonne Cecaire**  
17 Wing Public Affairs

“When I think back over my life I count my blessings, not my birthdays as they have been far greater,” said Flying Officer Frank Rowan, 89. Rowan served as a navigator in the Royal Canadian Air Force (RCAF) with a Royal Air Force squadron based in Lincoln, England during WWII.

Rowan related that although he joined the war after the Battle of Britain, he served with many who had fought in the air battles of that campaign and is all too aware that life as we know it would be far different had the allies not succeeded.

*“When I think back over my life I count my blessings, not my birthdays, as they have been far greater”*

**-Flying Officer Frank Rowan**

The Luftwaffe’s goal was to gain air superiority to make the planned invasion of Britain more likely to succeed.

Rowan attended the parade commemorating the 71st Anniversary of the Battle of Britain held at 10:00 a.m. Sunday, September 18, at the Garden of Memories on Air Force Way.

The Guest of Honour at the parade was The Honourable Philip S. Lee, C.M., O.M., Lieutenant-Governor of Manitoba, who laid a wreath on behalf of the province. As well as the laying of wreaths the parade featured 3 guards, an Old Guard made up of veterans, the Present Guard of 17 Wing members, and a Future Guard consisting of students from Air Force Training Centre establishments.

Music for the parade and a piper for the lament were provided by the RCAF Band.

The ‘Battle of Britain’ is the name given to the World War II (WWII) air campaign waged by the German Air Force (Luftwaffe) against the Allied Air Forces over the United Kingdom during the summer and autumn of 1940.

The name of this campaign derives from a famous speech delivered by Prime Minister Winston Churchill, “...the Battle of France is over. I expect that the Battle of Britain is about to begin.”

The Battle of Britain was the first major campaign to be fought entirely by air forces, and was also the largest air bombing campaign

to that point in history.

Over 100 Canadian pilots participated in the Battle of Britain, destroying over 130 enemy aircraft and damaged another 73. Twenty-three Canadian pilots lost their lives in the battle.

For more information about the Battle of Britain please visit:

<http://www.veterans.gc.ca/eng/sub.cfm?source=history/secondwar/canada2/batbri>

For more information about 17 Wing please visit:  
<http://www.airforce.forces.gc.ca/17w-17e/index-eng.asp>



**Veteran Frank Rowan stands at his post during the Battle of Britain parade, held in the Garden of Memories on 17 Wing. Photo: Cpl Beverley Dunbar**

# Winnipeg Soldier Recognized for Exceptional Service During Manitoba Floods

**MCpl Gregory Rutledge**  
38CBG Photojournalist

Many Canadian Forces (CF) members take great pride in donning their uniforms, particularly when having the opportunity to serve their fellow Canadians at home during times of distress.

When Southern Manitobans were threatened with losing their homes and businesses along the Assiniboine River this past spring, Captain Kevin Houlgate of the Fort Garry Horse (FGH) answered the call and led Domestic Response Company Alpha (DRC-A) in flood mitigation operations for Operation LUSTRE.

For Houlgate’s extraordinary leadership and professionalism while fighting to protect Manitoban communities, he was awarded the Area Commander’s Commendation at McGregor Armoury on Tuesday, September 6 2011.

“It was very difficult and involved long hours,” said Capt. Houlgate. “At the same time, it was very rewarding because the troops were interacting with the locals whom were very appreciative. They showed their appreciation by bringing out food and drinks for the soldiers.”

While Capt. Houlgate’s exceptional

leadership during this arduous operation was recognized by higher command, he was quick to give the credit to the soldiers under his command.

“It feels good to be recognized, however I feel I owe the success of DRC-A to be attributable to the troops. And also to the families and (civilian) employers of the troops, who were understanding and flexible enough to allow the soldiers’ time away to help Manitoba citizens.”

A regular force engineering officer and Afghanistan veteran, Capt. Houlgate is no stranger to leading soldiers under difficult conditions. With the flood waters closing in, he was called upon to organize DRC-A out of a composite group of soldiers from reserve units in Manitoba and Western Ontario, and deploy them to join the CF effort.

The CF deployed more than 1800 personnel, 300 of them reservists, to assist with preserving vital infrastructure and saving homes at the request of the Manitoba’s provincial government. The military operation, OP Lustre, saw the first soldiers on the ground within 14 hours of being called upon, and was pivotal in saving hundreds of homes, businesses, and preserving infrastructure vital to many communities in the province.



**Lieutenant-Colonel Cameron Buchanan, Deputy Commander of 38 Canadian Brigade Group, presents a Land Force Western Area Commanders Commendation to Captain Kevin Houlgate on behalf of Brigadier-General Paul Wynnyk, Comd of LFWA. Capt Houlgate is with 38 Engineer Squadron. Photo: Cpl Bill Gomm**



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# Kilts and Cabers: A day at the Highland Games

**Cpl Bill Gomm**

38 CBG Public Affairs Photo Journalist

Traditions are crucial when it comes to matters of Regimental pride and culture and for any unit keeping those traditions alive can at times be difficult with the influx of new soldiers and the passing of the Old Guard.

The junior ranks of The Queen's Own Cameron Highlanders of Canada (QOCH of C) organized and ran the Highland Games at Warrant Officer Bruce Breustedt's property outside the city of Winnipeg 25 June 2011.

The games included the traditional events like the caber toss, ball and chain toss, brave heart rock throw, tug of war, hammer throw and the milk jug carry which was represented by buckets filled with concrete.

"We did the first Highland games out in Matlock, Manitoba up near the lakes at what is now WO Matt Lumsden's family cottage," said Chief Warrant Officer Hugh O'Donnell, a former Regimental Sergeant Major for the QOCH of C and the Secretary of the Highland association of Canada. "But this is the second year in a row we have been at WO Breustedt and his family's home."

Participants didn't just include the QOCH of C; members from other units as well as the St. Andrews Society and their families were invited to take part in the event.

"The Association is absolutely thrilled to see this sort of thing going on," said CWO O'Donnell. "A lot of guys in the association are Second World War veterans and Korea-era guys and they're in their 60s, 70s, 80s and 90s and are just as happy as can be when they can see this sort of thing going on."

"As you can see from the fellas over there, the junior ranks and the warrant officers and sergeants are having an absolute blast they think this is just excellent and it's where things need to be to keep the Regiment alive."



Corporal Grant Walkin, Queen's Own Cameron Highlanders of Canada, spins around twice before releasing the hammer in the hammer throw competition during the Highland Games. Photo: Cpl Bill Gomm



Private Zacharie Loisselle, Queen's Own Cameron Highlanders of Canada, tosses a heavy stone during the Highland Games. Photo: Cpl Bill Gomm

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# A Cheerful Reunion

*Families and friends greet returning personnel on 17 Wing flight line*

**Sgt Bill McLeod**  
Public Affairs Photo Journalist

Tears, big smiles, and – for one airman, a full-body dunking – greeted 24 17 Wing Winnipeg, Man. personnel returning from duty with Task Force Libeccio on September 9, 2011. The members, mostly from 435 Transport and Rescue Squadron, arrived at their home base aboard a CC-130T Hercules tanker that had been refuelling allied fighter jets involved in Operation Unified Protector, the NATO-led effort to impose the arms embargo and no-fly zone authorized by the U.N. Security Council.

Thirteen of the 24 members had been gone since the start of Operation Mobile when they deployed to Trapani, Sicily on May 20, 2011, to replace a CC-150 Polaris air-to-air refueller, which returned to Canada for scheduled maintenance. The remaining 11 personnel were deployed for approximately two months.

Master Corporal Ryan Maher was one of the personnel who had been away since the start of the mission. He was met by his wife Shauna, and his children Kayden and Mackenzie who held signs and flags. “You have no idea how much I missed them,” he told reporters taping his reunion.

Sergeant Vince Thorne, a loadmaster, just happened to be taking his last flight with the squadron on his return to Canada. Master Warrant Officer George Lake ensured that the Royal Canadian Air Force tradition of a good soaking was upheld immediately after Sgt Thorne

had a chance to greet his wife.

Since May 20, 2011, CC-130T aircraft have flown 139 aerial refuelling sorties, delivered more than 3.75 million pounds of fuel, and flown more than 660 hours.

Nonetheless, 17 Wing’s work is never complete. One CC-130T Hercules tanker remains at Trapani along with a CC-150 Polaris tanker to ensure the in-flight refuelling capability is maintained in support of the NATO-led operation.

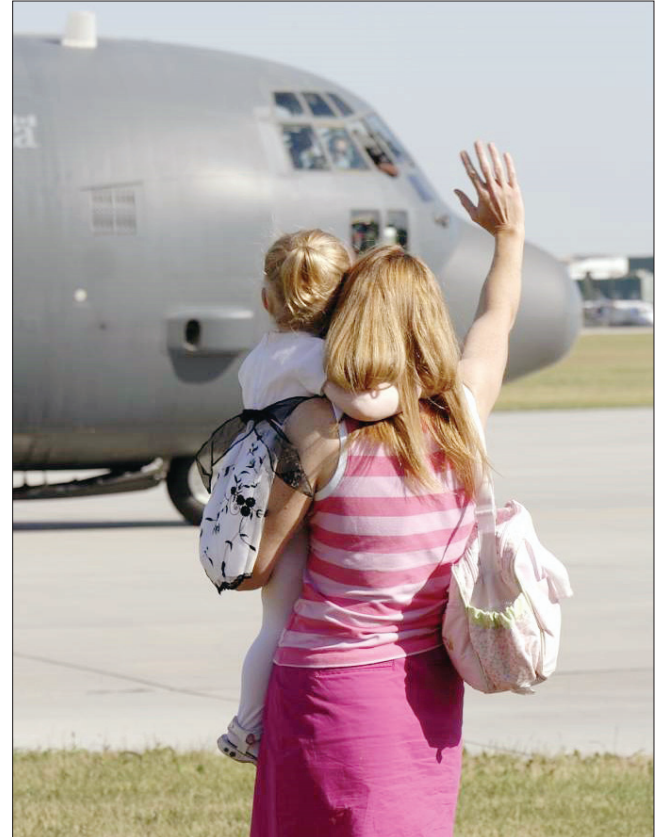
Also, on the same day that these squadron members returned home, another 24 members of a Mission Support Flight from 4 Wing departed Canada. These engineers, supply technicians, and communications personnel will provide essential support services to Task Force Libeccio.

For more information about Canada’s participation in Op Mobile please visit:

<http://www.comfec-cefcom.forces.gc.ca/pa-ap/ops/mobile/index-eng.asp>

For more information about 17 Wing please visit:

<http://www.airforce.forces.gc.ca/17w-17e/index-eng.asp>



Janeen and Anissa Kratochvil wave to Captain Andre Kratochvil of 435 Sqn on his return home. Photo: Sgt Bill McLeod.



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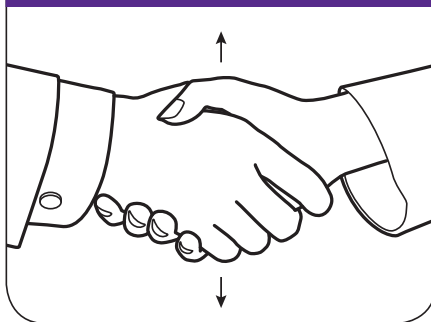
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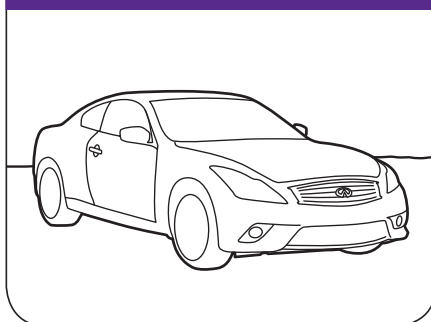
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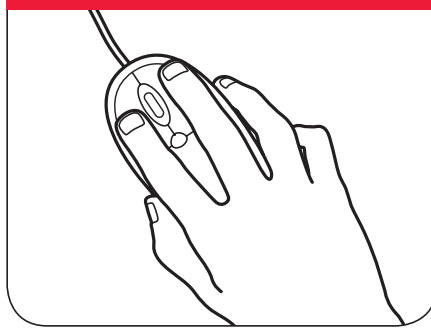


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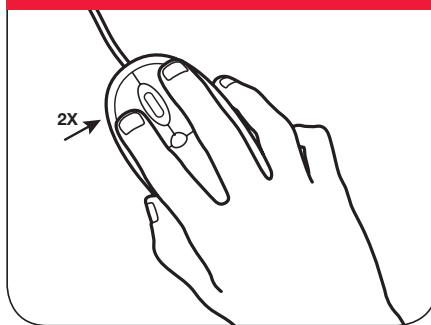
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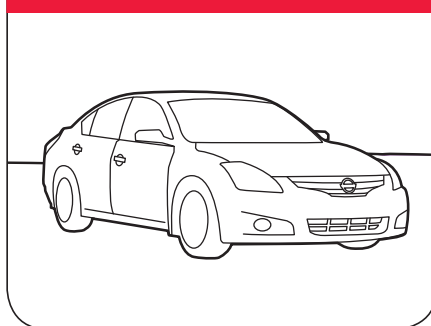
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# 17 Wing team conquers the Nijmegen March

**Maj Heather Collins**  
Nijmegen Team Leader

17 Wing's 15-person 2011 JTF Nijmegen Team departed Winnipeg for The Netherlands on Friday July 15<sup>th</sup> on an overnight flight to Amsterdam to commence the next phase of our Nijmegen adventure. This year marked the 95<sup>th</sup> time that The Marches have been held since they began in 1909. Originally instituted by the Dutch King as a way to improve the stamina of his military troops and later to encourage physical activity in all people, the Four Days Marches or "Vierdaagse" became an international event for both civilian and military participants. The Four Days Marches require that military entrants complete the four-day, 160-kilometre march in combat uniform while carrying a minimum rucksack load of 10 kilograms. This year there were 45,000 military and civilians registered for the event and 38,422 participants completed the Four Days Marches. This rigorous and challenging event draws participants from more than 50 different nations and is witnessed by over 1 million spectators along the routes. This year the Canadian Contingent partnered with the Soldier On and Military Families Funds to raise money and awareness for these two very worthwhile causes. In total the Contingent raised over \$17,000 for these funds, of which the 17 Wing team raised almost \$3000.

After arriving in Camp Heumensoord



**The 2011 Canadian Nijmegen Team with their medals.**

**Front Rank (L-R) Cpl L. Curtis, Capt J. Deutscher, Maj H. Collins, MCpl K. Jacques, Pte M. Joyce-Podolas, Pte A. Desruisseaux. Rear Rank (L-R) Sgt J. Eves, Sgt M. Deutscher, Capt E. Zdorova, AB C. Puccio, Cpl F. Cameron, Pte T. Cooney, Pte M. Araneta, Lt C. Thompson, Capt B. Dix. Photo: Cpl D. Lefebvre**

on Saturday we prepared for the Canadian Contingent's trip to Vimy Ridge the following day. On Sunday after a 4-hour bus ride the 208-person Canadian Contingent arrived at Vimy Ridge where we held a remembrance ceremony at the main monument. This trip was graciously sponsored by the Royal Canadian Legion and members of the Legion were present to join us in this ceremony. Following a group photo at the monument we were able to tour the trenches, tunnels, battlefields and cemeteries at the site accompanied by Parks Canada Interpreters, many of whom were Canadian university students. For most this was their first visit to a historic battle site and for all of us it was a very moving and memorable experience.

On Monday July 18<sup>th</sup> while Team Leaders attended route briefings, everyone prepared for the official opening ceremonies to be held later that evening. The teams from 17 Wing and the Royal Military College were chosen to march in the opening ceremonies to represent

Canada while the other Canadian teams watched from the stadium. Canada is the only country other than the host country at The Marches that is privileged to carry the Dutch flag throughout the event. Sgt Jeff Eves from our 23 Military Police Flight was chosen to carry the Dutch flag for our Contingent at the opening ceremonies. In addition to the march on of the military teams, this ceremony featured music, dance and aerial artists and was televised on Dutch national television.

Each day of the Marches has a different route and is named after the largest community that the route travels through. The first day is called the day of Elst, the second day is the day of Wijchen, the third day is the day of Groesbeek and the final day is the day of Cuijk. The military routes are different than the routes walked by civilians although at times the two groups merge together. The Four Days Marches began on Tuesday July 19<sup>th</sup> with reveille at 0330 as the Canadian teams had to form up in the marshalling area for 0500 for our departure order. We were led off the camp each morning to the sounds of the bagpipes played by Contingent member Lieutenant Commander Michael Long.

On Day 1, the day of Elst, we started off through the giant boots and helmet at the main gate of the Camp into the streets of Nijmegen and marched our way to the famous Nijmegen bridge and out to the community of Lent. From there we worked our way through the communities of Bommel, Elst, Valburg, Oosterhout and

back again over the bridge into Nijmegen and through the city back to Camp Heumensoord. We were very happy to see the giant boots and helmet that welcomed us back into camp each day. Our fantastic Canadian support staff had wading pools set up by our barrack tent ready to soak our tired feet.

The second day of the march is often remembered as the most difficult – marchers are stiff and sore from Day 1 and wondering how they will get through three more days of the gruelling march. On Day 2, the day of Wijchen, reveille was at 0300 and after the team left Nijmegen and we marched through the communities of Weurt, Beuningen, and Wijchen before winding our way back through Nijmegen to camp. Our minds were taken off the distance by the beautiful countryside, winding paths across the dykes and the traditional and modern windmills that we saw along the way. Each day of the march had some special moment and on this day while walking through the community of Wijchen we heard a "clip,



**Sgt Jeff Eaves, 23 Military Police Flight, carries the Dutch flag for the Canadian contingent at the opening ceremonies for the Nijmegen Marches. Photo: MCpl S. Crowe**

clap" coming up behind us and for a moment we thought there must be a horse coming along. We were very surprised to see a group of Dutch civilians who were completing their walk in their traditional wooden shoes!

On Day 3, the day of Groesbeek, our reveille came at 0230 because we had to march through Malden, Mook, Middelaar and Milsbeek on our way to Groesbeek with a deadline for our arrival in Groesbeek of 1130. This day is known as the day of the "Seven Sisters" due to the many hills on the route. We had to push our tempo this day in order to arrive in Groesbeek at the Canadian War cemetery in time for the annual remembrance ceremony. Although it was difficult to stand at attention after 30+ kilometres of marching the beauty of the gravesite, tremendous local support and the memory of the fallen got us through. The ceremony was filmed by the Dutch national television station and this event clearly is still of great importance to the Dutch people today. After completing the last leg of this day's route we all were very glad to cross back over the Nijmegen bridge and to see the boots and helmet back at the camp.

On Day 4 we got to sleep in until 0330 before beginning the day of Cuijk. It was hard to believe that this was to be our last March day! Our route took us through Nederasselt, Grave and Beers en route to Cuijk. We came back through Mook, Molenhoek and Malden before travelling over the bailey bridge on our way back to Nijmegen. Two members of the Dutch contingent had arranged to have their wedding ceremony in the midst of the March on the bailey bridge on this final day of the Marches. Our route through Nijmegen took us to the Charlemagne field for a quick stop before receiving our medals from the Contingent Commander, Brigadier General John Madower, Assistant Chief of Military Personnel. In order to "complete" the March we changed into clean combat shirts, dumped our sand bags and donned our berets for the final five kilometre leg of the March known as the Via Gladiola or Victory March through the streets of Nijmegen where the Dutch people literally climbed on rooftops, filled balconies and crowded sidewalks to cheer on the military groups and civilians as

they proudly completed their march.

Despite sore feet, blisters, sleep deprivation and at times heated tempers, the Nijmegen Marches are the event of a lifetime. This gruelling and physically demanding challenge confirms our physical readiness and draws us together as a team. My team members and I were proud to represent this Wing and our province at this prestigious international event. To visit first hand Vimy Ridge and the Groesbeek War Cemetery were opportunities that we will carry with us for life. We met amazing people from foreign militaries and will always remember how late and loud the Germans can party. We met young cadets from the UK who because they were under 18 did not carry the weighted packs but ploughed through the same mileage with songs and determination. And perhaps most memorable was the warmth of the welcome and reception we received from the Dutch people.

In closing I would like to personally thank my 2IC, Sgt Jeff Eves, for his tremendous support and our Team Medic, Pte Todd Cooney, for all his ministrations. I would also like to thank my entire team for their extraordinary efforts and dedication throughout the training and Marches. We hope to put together a photo presentation of our trip that we can share with everyone in the early Fall so watch for further information. We will also be updating the 17 Wing Nijmegen website as the rest of the team return from leave and we can compile our photos and memories. If you are interested in training for a future team watch the 17 Wing Nijmegen website for information or contact Major Heather Collins at Heather.Collins@forces.gc.ca. 17 Wing will likely have a team entered in this event again in 2013 but pre-training for the event needs to begin independently well before the event.

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# 17 Wing's Mission Support Flight depart for Op Mobile

**Sgt Bill McLeod**  
Wing Public Affairs Photojournalist

CC-150 Polaris departed Winnipeg on the evening of September 21 with members of 17 Wing's Mission Support Flight (MSF). The 28-person contingent will augment the Operation MOBILE Theatre Support Element in Trapani, on the island of Sicily.

According to Captain Alex Bronson, the MSF Deputy Commanding Officer, the 17 MSF will be supporting Task Force Libeccio. This group is the land-based element of Operation MOBILE, comprising the deployed headquarters and the air component of Canada's participation in Operation UNIFIED PROTECTOR.

"We're taking supply techs, construction engineers, mechanics, cooks, TIS (telecom and information systems), admin staff and everyone else; everything that a base needs to run. Aside from the flying, we can pretty much do everything else," he said.

Captain Bronson is looking forward to the deployment. "I just came back from Afghanistan last year and I got a taste of how operations go. That's where I really get to perform my job as it was meant to be," he says.

"The dynamic of deployed operations really keeps you on your toes and it's really motivating to see people performing at their best as a team," he adds.

The departing members were joined by their family and friends at a farewell ceremony put on by their units. In his address to the deploying personnel, 17 Wing Commander Colonel Blaise Frawley re-

minded the MSF of the important job ahead of them.

"Make no mistake; your role in the Mission Support Flight is critical to the success of this mission. Your work enables the front-line work to happen and we could not do it without the essential services of the MSF. You have a lot to be proud of and we are all proud of you."

After an emotional good-bye from their families, 17 MSF boarded the Polaris to set off on their journey.

Operation MOBILE is the Canadian Forces' participation in Operation UNIFIED PROTECTOR, the NATO-led effort to impose on Libya the arms embargo and no-fly zone authorized in U.N. Security Council Resolution 1973 of March 17, 2011, which called on the international community to protect civilians and civilian-populated areas in Libya.

On June 15, 2011, the House of Commons adopted a motion to extend Canada's participation in Op UNIFIED PROTECTOR to the end of September 2011, but Prime Minister Stephen Harper told the United Nations on September 20 that he plans on asking the House of Commons to extend the mission three more months.

Captain Bronson says the MSF is ready if that happens. "Right now we are prepared to be there six months. If the mission is not extended, we will be the last to leave anyway. There will be a lot of packing to do."

For more information about OP MOBILE please visit:

<http://www.comfec-cefcom.forces.gc.ca/pa-ap/ops/mobile/index-eng.asp>



Colonel Blaise Frawley, Commander of 17 Wing, addresses the deploying members of the Mission Support Flight prior to their departure. Photo: Cpl Jean Archambault, 17 Wing Imaging

## Good Food Box Dates

The Good Food Box is a community based program designed to encourage healthier eating through the promotion of fresh fruits and vegetables. It is a bulk-buying program that aims to lower your grocery bill by buying bulk, fresh fruits and vegetables from local farms and distributors.

Each box may contain any variety of high quality, fresh, nutritious fruits and vegetables. Stock depends on which are in season or available at the best value.

The boxes are prepared monthly. Orders can be placed at the Rec Centre (building 90) monitor desk. Bring a completed order form (found below) with payment by cash, cheque, interact or debit.

**\*Call for Volunteers\*** In order to keep the cost of the Good Food Box down we are always looking for volunteers to help us divide and distribute the produce. Shifts run from 0930 to 1300 and 1600-1800. Call Tina Bailey at 833-2500 x 2059 if you are interested in helping!

September	Order by 15 Sep	Pick up boxes on 28 Sep
October	Order by 20 Oct	Pick up boxes on 26 Oct
November	Order by 17 Nov	Pick up boxes on 23 Nov
December	n/a	
January	Order by 08 Jan	Pick up boxes on 25 Jan

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## HEALTH AND PHYSICAL FITNESS FOR LIFE / SANTÉ ET CONDITION PHYSIQUE POUR LA VIE

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Really – how important is nutrition when it comes to performance? Does nutrition matter as much as physical training? Will nutrition really affect my ability to run faster, lift more, be more agile and stay more alert? The answer is absolutely YES! Nutrition is a huge part of the elite performance equation and is what makes a good athlete a top notch athlete.

Strengthening the Forces (STF) Health Promotion Program recognizes Canadian Forces personnel as tactical athletes competing in the riskiest “games” of all. They have to be stronger, quicker and more powerful than the enemy and poor performance is an option that comes with great consequence. When training home units, in the field or deployed, selecting appropriate fluid and fuel for your activity levels and body composition goals affects performance, attitude, alertness and recovery. Where do you go with all the competing nutrition information available? As your go-to accurate source, STF Health Promotion recently revised the Top Fuel for Top Performance (TFTP) Program with the most recent evidence-based Sports Nutrition information.

STF's latest edition of the TFTP program will help maximize CF personnel's performance. The new TFTP will be offered at all bases and wings across the country and in Europe. Some of the topics include: every day eating, fine tuning your eating, what to eat for training and recovery, body composition and sport supplements. It also includes specific military content such as ration packs and what to choose in the dining halls. This course has something for everyone, whether you are starting a new training plan or are a conditioned soldier athlete.

### Tips to stay hydrated during exercise

#### Before

- 2-4 hours before drink 300-600 mL of fluid.
- 1-2 hours prior drink 150-300 mL of fluid.

#### During

- Less than 1 hour drink water to thirst.
- Greater than 1 hour drink about 150 to 350 mL every 15 or 20 minutes, and add a source of carbohydrates (and sodium if greater than 3 hours, or if sweating a great deal).

#### After

- Rehydrate as soon as possible after exercise.
- Drink 1.5 L of fluid for every 1 kg weight loss during exercise.

#### Make a plan for fluid intake!

- During the day, drink water, milk, juice, and eat foods like vegetables and fruit.
- Carry a personal water bottle for a drink at any time.
- Monitor your fluid status: urine volume and colour are simple indicators of hydration status.
- Ample quantities of lemon juice coloured urine = well hydrated.
- Dark coloured, small volume, in frequent urination = dehydration. *Drink more fluids!*

### Test Your Nutrition Knowledge

Complete the nutrition quiz below and submit to your local Health Promotion office for a chance to win prizes! Draws will take place on: 11 October 2011  
The ballots will be destroyed after the draw.

Name: \_\_\_\_\_ Work Telephone: \_\_\_\_\_ Work e-mail: \_\_\_\_\_

- Which of the following nutrients give you calories?
  - Carbohydrates, vitamins and water
  - Carbohydrates, protein, and fat
  - Minerals, fat and protein
- Which is the best type of nutrient to have if you only have an hour or less before a workout?
  - Carbohydrates
  - Protein
  - Fat
- The % of Daily Value that you find on a Nutrition Facts table is based on how many calories?
  - 2500
  - 2000
  - 3000
- Sports drinks (Powerade™ and Gatorade™) are good to use
  - for every activity no matter what the intensity and duration
  - for more intense activity lasting over 60 min
  - for moderate activity lasting less than 60 min
- Soldiers/athletes need large amounts of protein foods and protein / amino acid supplements to maximize muscle growth.
  - True
  - False

## Alcohol, Other Drugs & Gambling: SUPERVISOR TRAINING

### Formation du superviseur - Alcool, aux autres drogues et au jeu excessif

Recognizing & Responding to Early Warning Signs Reconnaître les premiers symptômes et savoir y réagir.

Developing Effective Interview Skills Apprendre à faire des entrevues efficaces

*This new training is course coded and is required for all military or civilians in a supervisor role.*

**CANFORGEN 043/09**

*Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code*

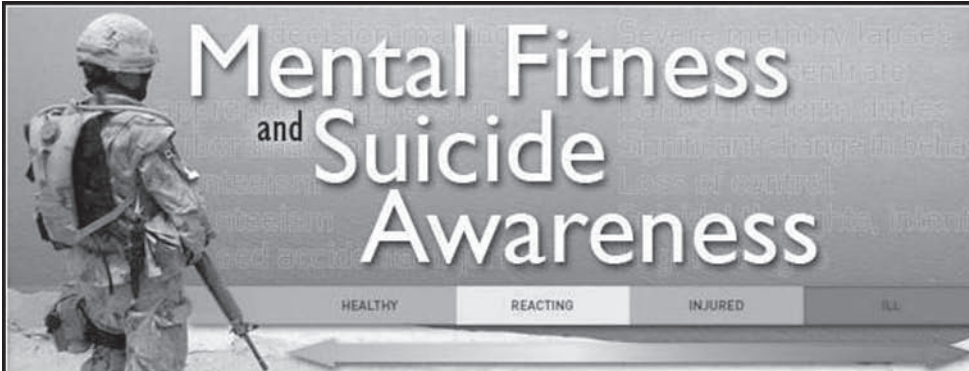
For more information, contact your local Strengthening the Forces Health Promotion Office or visit our website  
www.forces.gc.ca/health/Services/Ensemble/health\_promotion\_home\_e.asp

**0800 – 1600 HRS**

17 October/octobre 2011

23 November/novembre 2011

To Register or for more information contact  
Health Promotion. Inscriptions et renseignements  
Promotion de la santé local/poste 4150.



**It's one thing to look after your body.  
Just don't forget about your mind.**

### Mental Fitness & Suicide Awareness: Supervisor Training

This course is course coded and its purpose is to prepare personnel in leadership positions to promote mental fitness and to lessen the incidence of mental health injuries including deliberate self-harm and suicide within the military community.

**12 October, 2011**

**0800 – 1600 hrs**

**Bldg. #135, Room #132**

For additional information and to register contact:  
Health Promotion at local 4150

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## Winnipeg MFRC presents *Jake's Gift*

On Saturday, October 1, at 7 p.m. the MFRC is hosting a performance of the critically acclaimed play *Jake's Gift*.

*Jake's Gift* is a surprisingly funny drama that tells the story of a Canadian World War II veteran who reluctantly returns to Normandy, France, for the 60th anniversary of D-Day.

While revisiting the beach he landed on sixty years earlier, Jake encounters Isabelle, a precocious 10-year-old from the local village whose inquisitive nature and charm challenge the old soldier to confront some long-ignored ghosts – most notably, the war-time death of his eldest brother Chester, a once promising young musician.

In June 2004, Julia Mackey traveled to Normandy, France, for the 60th anniversary of D-Day. During that eight-day journey, she interviewed dozens of Canadian, British and American veterans who had returned for the ceremonies. The stories they shared with Julia and her own life-long interest in World War II inspired the development of the play. In August 2006, the first draft of *Jake's Gift* received a workshop performance at the Sunset Theatre's Exploration Series in Wells, BC.

Juno Productions began touring *Jake's Gift* in early 2007. Since that time the play has received critical acclaim at festivals and theatres across Canada. The production received its first awards at The Victoria Fringe Festival in 2007 & 2008 for Best New Play, Best Drama, Best Solo Show and Best Female Performer. The Edmonton International Fringe Theatre Festival awarded the production Best of Fest in 2008, and in 2009 *Jake's Gift* was voted Best of Fest and sold out its entire run at The Winnipeg Fringe Festival.

Tickets are available for purchase starting on September 1 from the MFRC, the front desk of Bldg 90, Joe Black Coffee Bar at 2037 Portage Ave and at the door on the night of the performance.

Tickets for the show are \$12 and include a reception following the performance. There will be a canteen with items to purchase prior to the show. All proceeds from the show support programs and services at the Winnipeg Military Family Resource Centre.

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### Upcoming programs

#### THANKSGIVING LUNCH BUFFET

Saturday, October 8

11:30 a.m. Lunch at 12.

Assiniboine Downs, Terrace Dining Room

\$5 per person for deployed families

\$15 per person non-deployed families

Register and pay by October 3

Being away from family during holidays can be difficult. If you are experiencing a deployment, are newly posted to Winnipeg, or would just like to connect with other military families, we invite you to join us for a Thanksgiving turkey lunch buffet. The menu includes turkey, stuffing, mashed potatoes, green beans coleslaw, homemade cranberry sauce, turkey gravy, and pumpkin pie.

#### SUNSET GOOSE FLIGHT

Thursday, October 6 @ 5:30 p.m.

Fort Whyte Alive, 1961 McCreary Rd

\$5 per person, under 3 free

Register and pay by October 3

Newcomers, Francophone families and deployed families are invited to join us at Fort Whyte Alive to watch the arrival of the geese. During fall migration, thousands of geese will be landing on the lakes. Bring your cameras and prepare to be amazed. We'll have a private presentation at 5:30 before watching the geese landing for the night. A hot dog, drink and popcorn or dessert are included in the cost of admission.

#### MURDER, MYSTERY AND MAYHEM TOUR

Sunday, October 16, 1 p.m.

Register by October 7

13 and older \$5, 5 to 12 \$3, 4 and under free.

Meet at the VIA Rail station, 123 Main Street

Come and experience part of the city's past. On this tour, we'll hear stories of true crime and punishment, ghost stories and other nasty tales. The tour is suitable for children. The tour is mostly outdoors, so please dress for the weather. This event, by Muddy Water Tours, has been popular in the past.

For more information about the tour, visit [www.muddywatertours.ca](http://www.muddywatertours.ca).

#### U.S. Shopping Getaway

Grand Forks and Fargo, ND

November 18-20

\$100 per person

Register by November 3

Come join us for a fun-filled weekend across the border. Stops include: West Acres Mall, Hobby Lobby, Lowes, Target and more. Cost includes transportation and accommodations. Space is limited. Register early.

#### LADIES' NIGHT

Friday, October 14 @ 6:30 p.m.

Register and pay by October 11

\$5 per person

Ladies, join for a showing of the hysterical movie *Bridesmaids*. Before the movie, we'll have bridal shower style munchies, perhaps a game or two then we'll sit back and watch the movie. All ladies welcome.

#### CREATE A WREATH

Thursday, October 12 10 am-12 pm

Register by October 7 \$5 for supplies

Welcome fall into your home by creating an autumn wreath. Coffee will be on and we'll have snacks. Come socialize with other military families while exploring your creative side. Free childcare is available for children over 12 months. When registering, please advise if care is required.

#### ALPHABET SOUP MFRC- 102 COMET ST

Tuesdays, October 4-November 22

1-2:30 p.m. @ 102 Comet St.

Register by September 30

Songs, stories and food! Parents and children will share some rhyme time then parents will prepare food and gain recipe ideas while children play. We'll come together to eat and have another story or two. The program will promote literacy, nutrition and fun! To register, call 833-2500 ext 2491.

# Eat your fruits and veggies, win Jets tickets



Health Promotion Manager Diane Brine (l) and W Admin O LCol Zuurro (r) draw the name of the lucky winner of a pair of tickets to see a Winnipeg Jets game. Photo: Michael Sherby

Your mother always told you to eat your fruits and veggies, and one lucky Wing Member has found out just how good they can be for you. Sgt Francis Pariseau, from the RCAF Band, was the lucky winner of a pair of Jets tickets given away for participating in the National Vegetable and Fruit 4 & 3 or More Challenge. The tickets were provided as an extra incentive to participating in the program.

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## Chaplain's Corner

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### Catholic

#### CHAPLAINS

Padre Mark Mawson (Wing Chaplain)  
(Roman Catholic) Office 833-2500 ext 5417

Padre Frederic Lamarre  
(Roman Catholic)

Padre Roy Laudensorio  
(Roman Catholic) Office 833-2500 ext 5272/6914

Ms Catherine Landry  
W Chap Admin Assistant  
Office 833-2500 ext 5087

Masses (English only)  
Tues, Weds, Thurs 1210 hrs  
Sunday 1100 hrs

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

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

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

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

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

### Protestant

#### CHAPLAINS

Padre Will Hubbard  
(Anglican) Office 833-2500 ext 5349

Padre Gord Mintz  
(Anglican) Office 833-2500 ext 5417

Padre Frank Staples (Baptist)  
Det Dundurn Office (306) 492-2135 ext 4299

Sunday Services (English Only) 0900 hrs

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

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

Baptisms The Sacrament of Holy Baptism is available by contacting a chaplain. 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.



# PERSONAL CLASSIFIEDS

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# Taroscopes

BY NANCY

## Aries (March 21 - April 19):

Self doubts may arise from choices you've made and actions you've taken. See this as a chance to examine the past so you don't fall victim to confusion in the future. A joyful future is unfolding. Maintain loving connections for they are what sustain you.

## Taurus (April 20 - May 20):

Surprising information surfaces that sheds light on past events and how they have impacted on your current way of life. Learn a new skill so that in future you are prepared to deal with similar situations especially when you are asked to prove yourself. You don't know it all - yet.

## Gemini (May 21 - June 21):

You are confident and willing to take risks but what seems to be missing is the sense that you truly believe you can do what you want to do at this time. But collecting further information is overkill. Just do what you feel is best. It gets easier once you've got momentum going.

## Cancer (June 22 - July 22):

You need to be analytical as you work through a serious problem. Consider an old issue from a new perspective to fully understand what you must do next. You're creating something special but it's the experience of doing it that is most important not the end result.

## Leo (July 23 - August 22):

All is not lost - the kindness and caring of others in your time of need is evident. Take action; take responsibility; and do what needs to be done. If others depend on you don't let them down. Realizing that though people hurt others (you included) they are also resilient and so are you.

## Virgo (August 23 - September 22):

Everything changes. Hoping it won't is wishing for the impossible. Even some dreams change or become impossible. Grieve. Express your feelings. But all is not lost, so move on. Don't focus on hurtful words and actions of others, instead head out with optimism.

## Libra (September 23 - October 23):

Others see a side of you that wasn't obvious before. Situations, relationships and your sense of "knowing" the score are thrown into confusion. Take a new look at your beliefs, hopes and assumptions. This is the beginning of an expanded, totally liberating awareness.

## Scorpio (October 24 - November 21):

You appreciate all that you have received to date and seek to figure out how to proceed so that things run smoothly in the future. Don't look for the easy route. Prepare for some obstacles. Denial is dangerous. Patiently stay the course. Some things will be easier than expected.

## Sagittarius (November 22 - December 21):

You may want to escape from a situation you got yourself into but just because it's new and different doesn't mean it's bad. If it drains your energy and resources, then step back and start over. You're physically strong. Keeping life interesting revitalizes your spirit.

## Capricorn (December 22 - January 19):

You're feeling adventurous and eager to try something new. Some introspection is required regarding your options. But when you're challenged, you become aware of aspects of yourself and realize how much more you can do. Set your sights higher.

## Aquarius (January 20 - February 18):

The spotlight shines on you when you act on a deep conviction. Accept help from others. Celebrate when you reach a goal. With each success you become more comfortable with risk taking. This ultimately helps you grow, develop and prosper.

## Pisces (February 19 - March 20):

Relief from your worries is on the way. Focus more on the positive, beautiful things in life. This resurrects a feeling that there is hope. You may forge a bond with someone special who, like you, values a sense of fairness and has a strong spiritual core. Justice prevails.

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