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Our Military Community Newspaper, 17 Wing Winnipeg

October 26, 2011

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Photo: Alison Dickey

GCWCC Update



As the Dash 8 in front of 1 Canadian Air Division shows, the GCWCC campaign is well on its way to reaching its goal of \$130,000, having already raised approximately \$45,000.

People were lined up around the corner to get a bit of breakfast at the annual TEME Breakfast fund raiser, which raises money for the GCWCC.

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Flying High

Winnipeg Jets Flag Flies at the Top Of The World



2Lt Andrew Smith and Cpl Daniel Jones display the Jets flag in front of the Alert Sign Posts. Photo submitted by MCpl Mike Purll, 402 Squadron

Sgt Quinn Bailey 17 Wing Public Affairs

There were more than supplies aboard a CC-130J Hercules aircraft when it landed in CFS Alert last month. During a biannual resupply mission - dubbed Op BOXTOP - proud Winnipeggers brought a piece of home with them: a Winnipeg Jets flag emblazoned with the new team logo.

A member of 17 Wing felt this would be a good morale booster and sent the flag with one of the 20-member contingent from the Winnipeg air base. The flag was briefly flown in front of the post office at the Thule Air Base in Greenland. It was then transported to CFS Alert with 2Lt Andrew Smith of 17 Wing Operations, where it was displayed in front of the

famous Alert signpost in a balmy -9.9°C photo op. Needless to say, it was a welcome site! Personnel from across Canada, and even an airman with the US Air Force, got in on the action posing with the flag.

This latest segment of Op BOXTOP occurred September 12 to 23, 2011, and was a great success. Over 189,000 kgs of cargo and over 358,000 litres of fuel were transported and offloaded.

Of course with every success, there were a few minimal glitches; however they did not stop the completion of the mission. Operations were placed on hold for a 24-hour period due to wind speeds of nearly 100 mph / 160 kph in Thule. Also while in Thule, one of the Northern legends stopped by for a visit. Everyone was



MCpl Mike Purll, a member of the US Air Force, and 2Lt Andrew Smith display the Jets flag at CFS Alert HQ. Photo: 2LT Jessica Roberts, 1 CFFTS

confined to the buildings while a large polar bear surveyed the exterior of the installation. Once satisfied with his inspection, he disappeared and life in this northern outpost continued on.

2Lt Charles Gallant, a first timer to the North, stated it was an experience he won't forget, "The teamwork, cohesion, and communications were excellent. The food, and the facilities were also very

good. Near the end, (they) were losing about 25 minutes of light per day."

Canada Command is responsible for conducting Operation Boxtop twice a year, which resupplies both CFS Alert and the weather station at Eureka with fuel and dry goods. The replenishment flights transit through the United States' Thule Air Base in Greenland.

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LGen Parent visits 17 Wing



Major General (MGen) Alain Parent, Commander of 1 Canadian Air Division (1 Cdn Air Div) reviews the honour guard in Building 21 on 20 Oct 2011. Photo: Cpl Jean Archambault

Tag, you're it!



Kids played a fun game of hot dog tag outside of building 90 on Friday October 21, 2012 as part of the activities for the in service day. Photo: Alison Dickey

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CDA Visits CFS Met



Sgt Montemont explains the tipping bucket rain gauge type b to MGen Forgues when he visited CFS Met on October 14, 2012. Photo: Alison Dickey

Alison Dickey

Voxair Photojournalist

The Commander of the Canadian Defence Academy (CDA), MGen P.J. Forgues visited CFS Met on October 14, 2011.

The Commandant of CFS Met, Maj Martel greeted MGen Forgues and briefed him on the school and its reorganization in 2008. Maj. Martel also noted that they are working on adding a third course along with translating the courses into French over the next three years. Martel hopes to begin the third course by October 2012, which means the school is looking to expand its classroom space.

The tour continued outside with Sgt Montemont showing the MGen the tools of the meteorology trade that the school uses on a daily basis.

As MGen Forgues was being given a tour of one of the classrooms and saw some of the work the students produced, he remarked, "Boy, certainly is complex. If it was just about collecting data from various sources, it would all be automated, but it's not that easy, it's about intuition and interpretation."

Then it was on to an historical tour of CFS Met given by Sgt Vivian that included photos of the fire that destroyed the original school at CFB Trenton on February 15, 1974 when the wires in the communications room running under the wooden floors caught fire. In August of 1974, the school was supposed to be only temporarily relocated to 17 Wing...but it remains to this day.

Environment Canada plays an integral role at CFS Met and Derrick Kania, the acting chief of military meteorology training services for Environment Canada gave MGen Forgues a view of its partnership with CFS Met and the courses that are offered.

17 Wing Honours and Awards

On September 27 the Wing Commanders' Honours and Awards Ceremony was held for all the deserving recipients of the following medals and awards. WComd Col Frawley presented the medals. All photos: Cpl Beverley Dunbar

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The Officers' Mess Mrs. D McLune receives the Wing Commander's Coin.



17 Wing Chief Warrant Officer M Scarcella (left) presents to Wing HQ Sgt P Loewen the Multinational Force Sergeant-Major Coin.



W Admin's Ms. M. Journe-Klass receives the 25 Years of Service Certificate.



CFSAS's Ms. LM Capar receives the 25 Years of Service Certificate.

17 Wing Honours and Awards



Sgt SD Seaton, CFSSAT, receives the South-West Asia Service Medal (SWASM) - Bar 2.



Maj AJ Ament CFSAS receives the General Campaign Star second rotation bar.



Capt PS Shirley, CFSAS, receives the General Campaign Star second rotation bar.



MCpl SW Ostash, WLE (TISS), receives the General Campaign Star second rotation bar.



Sgt JE Lucier, WLE (TISS), receives the General Campaign Star rotation bar.



Sgt SD Seaton, CFSSAT, receives the General Campaign Star rotation bar.



MCpl DL Gillingham, WLE, receives the General Campaign Star rotation bar.



MS JR Dalebozik, CFSSAT, receives the General Campaign Star rotation bar.



MCpl CL Marsh, WLE (TISS), receives the General Campaign Star rotation bar.



MCpl JD Cox, 435 Squadron, receives the General Campaign Star.



Cpl PM Kuras, WLE (EME), receives the General Service Medal (GSM - SWA) - Bar 2.



MCpl JD Cox, 435 Squadron, receives the General Service Medal (GSM - SWA) - Bar 1.



Cpl FS Charest, WLE (EME), receives the General Service Medal (GSM - SWA) - Bar 1.



MCpl SDA Longworth, 435 Squadron, receives the General Service Medal (GSM - SWA) - Bar 1.



MCpl JC Moss, 435 Squadron, receives the General Service Medal (GSM - SWA).



Pte GL Rushton, WLE (AIR MOV), receives the General Service Medal (GSM - SWA).



Sgt JSA Leblanc, W Foods, receives the Operational Service Medal (OSM).



Sgt DC Payne, 435 Squadron, receives the Operational Service Medal (OSM).



MCpl JB Martin, 435 Squadron, receives the Canadian Forces Decoration 2nd clasp.



Maj AJ Meikle, 435 Squadron, receives the Canadian Forces Decoration 1st clasp.

17 Wing Honours and Awards (cont)



Maj DR McKeown, CFSAS, receives the Canadian Forces Decoration 1st clasp.



Maj DL Sadowy, CFSAS, receives the Canadian Forces Decoration 1st clasp.



MCpl JB Martin, 435 Squadron, receives the Canadian Forces Decoration 2nd clasp.



Capt DA Weichel, CFSAS, receives the Canadian Forces Decoration 1st clasp.



Capt PS Shirley, CFSAS, receives the Canadian Forces Decoration 1st clasp.



Sgt WW Bonkowski, WAdmin Branch, receives the Canadian Forces Decoration 1st clasp.



MCpl JSY Carignan, WLE (TN), receives the Canadian Forces Decoration 1st clasp.



Capt HRN Shirazi, W Ops, receives the Canadian Forces Decoration.



Capt D Della Rocca, CFSAS, receives the Canadian Forces Decoration.



Lt CP Anakeu, W Compt, receives the Canadian Forces Decoration.



Ocdt JMP Smeets, W Admin Branch, receives the Canadian Forces Decoration.



Cpl E Tatchell, W LE (EME), receives the Canadian Forces Decoration.



Maj RB Allan, W LE, receives the Meritorious Service Medal (MSM)(USA).



Maj JW Paul, CFSAS, receives the Air Command Commendation.



Sgt DA Wallace, 402 Squadron, receives the 2 Canadian Air Division Commander's Commendation.



Cpl EL Penner, 402 Squadron, receives the 2 Canadian Air Division Commander's Commendation.



Sgt W Bonkowski, W Admin, receives the Canadian Operational Support Command Certificate of Recognition (CANOSCOM).



Maj ST Nagy, CFSAS, receives the Joint Task Force North (JTFN) Commander's Pennant.



Maj Kerber, WTISS, receives the Joint Task Force West (JTFW) Command Team Commendation.



Capt McMunn, W Ops, receives the Joint Task Force West (JTFW) Command Team Commendation.

17 Wing Honours and Awards (cont)



Sgt Peeren, WTISS, receives the Joint Task Force West (JTFW) Command Team Commendation.



Mr. D Ward, WFOods, receives the Joint Task Force West (JTFW) Command Team Commendation.



LCol Penney, representing the WLE Branch, receives the Joint Task Force West (JTFW) Command Team Commendation.



Maj Kerber, representing the WTISS Branch, receives the Joint Task Force West (JTFW) Command Team Commendation.



Maj Bisson, representing WSup, receives the Joint Task Force West (JTFW) Command Team Commendation.



MWO Garrett, representing WFOods, receives the Joint Task Force West (JTFW) Command Team Commendation.



Mike MacNeil, representing WAdmin Cleaning Services, receives the Joint Task Force West (JTFW) Command Team Commendation.



Janice Godfrey, representing WAdmin - WAccom, receives the Joint Task Force West (JTFW) Command Team Commendation.



WO D Carlyle, 402 Squadron, receives the Wing Commander's Commendation.



402 Squadron's Mr. S Caron receives the Wing Commander's Commendation.



1 Dental Unit Detachment's Ms. Hancharyk receives the General Safety - Well Done Award.



Cpl S McCammon, 435 Squadron, receives the Flight Safety for Professionalism Award.



CWO DJ McDonald, 1 CFFTS, receives the Sea Service Insignia - Silver.



Capt DG Devlieger, 1 CFFTS, receives the Sea Service Insignia - Bronze.



Sgt WT Preston, 1 CFFTS, receives the Sea Service Insignia - Bronze.



LCol JRL Guillette, CFSAS, receives the Sea Service Insignia - Gun Metal.



Maj AE Sawatzky, CFSAS, receives the Sea Service Insignia - Gun Metal.



Maj JLM Dallaire, 1 CFFTS, receives the Sea Service Insignia - Gun Metal.



Cpl JR Horaski, 1 CFFTS, receives the Sea Service Insignia - Gun Metal.



Ms. J. Fillion, WFSO, receives the 25 Years of Service Certificate.

Flight Safety Courses Add Realism to Training



AFSC candidates inspect the wreckage of the simulated crash of a Bell 206 civilian helicopter on September 29, 2011, at 17 Wing Winnipeg. Photo: Sgt Quinn Bailey

Sgt Quinn Bailey
17 Wing Public Affairs

Thursday, September 29, 2011, was a day that will not soon fade from the memories of 21 people who exited the doors of the AFSC 1102 Canadian Forces School of Survival and Aeromedical Training at 17 Wing Winnipeg. On this cool and windy day, a team of reporters were already at the scene of a helicopter crash, which left debris scattered throughout the area.

Thankfully, this was all a mock up for the Advanced Flight Safety Course (AFSC) serial 1102, held from September 28 to 30. The candidates donned safety equipment, including white coveralls, goggles, and rubber gloves, which – as one onlooker pointed out – made them look like marshmallows. The helicopter, a civilian Bell 206, was salvaged after it crashed years ago, and contin-

ues to be used for various training activities including flight safety courses.

The simulated media are meant to provide a more realistic experience to RCAF personnel who will be employed in flight safety roles at their home bases.

“This training provides the students with a realistic media interview experience, de-brief and education with respect to media requirements at a notable event. They have a chance to respond to questions relating to a realistic accident on camera, while also dealing with the logistics and leadership challenges associated with early post-crash activities,” said Maj. Brent Day, the 1 Canadian Air Division Multi-Engine Flight Safety Officer.

Maj Day explained, “The course is designed to teach flight safety personnel how to run a wing-level flight safety program, conduct initial crash response activities to preserve perishable evidence and to investigate flight

safety occurrences with the aim of prevention and learning from the lessons and experiences of others.”

Flight safety courses are conducted by 1 Canadian Air Division on behalf of the Directorate of Flight Safety. The RCAF’s flight safety program is a program of education, promotion, and analysis that is directed at military and civilian personnel involved in aviation and its support. Since understanding why safety occurrences happen is the key to an effective Accident Prevention Program, every accident and incident is investigated to determine the cause and to allow for the implementation of preventive measures.

For more information on the RCAF’s flight safety program, visit:

<http://www.airforce.forces.gc.ca/dfs-dsv/index-eng.asp>



Playing the role of a reporter, Capt Steve Neta interviews Capt Colin Harrison from 14 AMSv, as Cpl Piotr Figiel records the interview. Photo: Sgt Quinn Bailey

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Soldiers compete in EX Relentless Pursuit

MCpl Amy Franck
38 CBG Public Affairs

Over eighty reservists met at CFB Dundurn on the weekend of October 1 to participate in the first annual soldier skills competition held in almost ten years.

EXERCISE RELENTLESS PURSUIT featured the members from 38 Canadian Brigade Group (38 CBG) units based in f Saskatoon, Regina, Prince Albert, and Winnipeg. Chief Warrant Officer Allan Boucher said the exercise serves as a way for reservists to hone their basic soldier skills.

"Knowing first aid, navigational skills and how to take care of your kit are essential skills for survival," he said.

"We plan to make this type of exercise an annual event in the future," said commanding officer Lieutenant Colonel Dan Whittaker. "It improves the morale of the soldiers, and helps build unity and team spirit."

Aside from polishing their skills, soldiers also competed for "bragging rights" during the exercise; they fought to complete tasks from nine different stands in under 24 hours while covering an impressive 24 kilometers of terrain. The winning team consisted of six members from the Royal Regina Rifles: Cpl Kyle Sigfusson, Cpl Lucas Saunders, Cpl Evan Pratt, Pte

Aaron Pacik, Pte John Zrymiak, Pte Hank Kitchemonia. The team scored an impressive 652.6 points overall.

Stand exercises included field-stripping a C7A2 rifle, investigating simulated minefields while handling casualties, stalking targets, judging distance and identifying targets. Other stand exercises were masking and unmasking of chemical, biological, radiological and nuclear weapons, communication skills, equipment recognition and basic first aid.

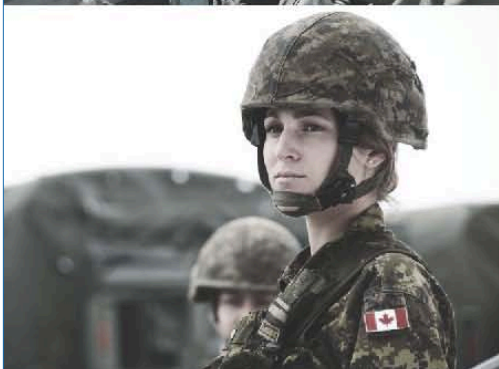
Private Katelyn Taypotat from 16 Field Ambulance made the trip from Regina to Dundurn, and said the exercise was worth the effort. Pte. Taypotat, who has been in the reserves for the past two years, said that first aid exercises like the one in RELENTLESS PURSUIT help her practice her skills, not only as a medic, but also as a nursing student at the University of Regina.

"It's a lot to handle, being both a soldier and an aspiring nurse, but so far, I've had a great time," she said.

"The bottom line in this exercise is to help our soldiers develop their skills," CWO Boucher said. "The Canadian Forces want to develop a quality soldier that can work on any terrain—that's what makes armies win."



Pte Katelyn Taypotat takes a short rest during EX Relentless Pursuit. Photo: MCpl Amy Franck



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Royal Canadian Air Force Member Recognized for Heroic Action

Sgt Quinn Bailey
17 Wing Public Affairs

On October 7, 2011, Master Warrant Officer (MWO) Didier Pignatel, 2 Canadian Air Division Air Force Training, received two commendations for his actions when he reacted to a fire in a new development off Bridgeland Drive North, Winnipeg, Manitoba.

MWO Pignatel was sitting with family members in his backyard on the afternoon of July 28, 2011, when a family member mentioned it appeared there was a lot of smoke for a bonfire in a nearby yard. He observed a Winnebago-type recreational vehicle (RV) on fire and immediately ran to the area to notify the residents of the fire and directing a neighbour to call 911.

"I ran through backyards, it was like an obstacle course", said MWO Pignatel. "I could see past two adults and three children [in the house], and that a house window had already turned black." The RV was located next to the house and garage and was threatening the buildings.

He managed to have the female adult and three children leave the house; however the male adult was on the phone and appeared dazed or in shock. After having the male exit the house, the man tripped on the deck and had to be helped to safety. Concerned that the RV's propane tank could explode, MWO Pignatel rushed the occupants out of harms way as the garage had now started to burn and smoke was escaping from the shingles of the house.

Once the Emergency Services Personnel extinguished the fire, they saw that, aside from the RV, the house and garage had severe heat damage and siding on a neighbouring house had begun to melt.

The presentations to MWO Pignatel were part of the "Kick-Off" for Fire Prevention Week October 9-15, 2011.



Dave Schafer, acting Fire Commissioner, Office of the Fire Commissioner, presents MWO Pignatel with a Citation in recognition of his heroic action." Photo: Cpl Piotr Figiel

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Fall Clean-up – 17 Wing Residential Housing Sites

With the change of seasons it is time for all residents of the 17 Wing residential housing units to pay additional attention to their responsibilities for the exterior grounds maintenance of their homes.

Lawns: Residents of the 17 Wing residential housing units are responsible to mow their lawn from the outside wall of their home to the street pavement in the front and to the lane pavement in the rear, as well as any areas beside their homes. This includes the trimming of edges around garages, structures, walkways and fences. In the Air Force Way, Moorgate Street and Conway Street ward this also includes clearing debris and growth from the drainage ditches around the housing unit. In some cases there is excessive overgrowth in these ditches that will complicate the removal of leaves and the flow of water to the storm drains which requires immediate attention.

Leaves: Residents are responsible to rake and bag

the fallen leaves on their property. In the Air Force Way, Moorgate Street and Conway Street ward this also includes clearing leaves from the drainage ditches around the housing unit. Bagged leaves, grass, yard waste and small branches can be disposed of by dropping them at any of the City's Yard Waste Recycling Depots. The closest depots for 17 Wing residents are located at the St. James Civic Centre, 2055 Ness Avenue for North side residents and at Ambulance Station #2, 2325 Grant Avenue just west of Shaftesbury Boulevard for South side residents. These depots accept small branches less than 10 centimetres (4 inches) in diameter, cut and tied into bundles no longer than one metre (39 inches) and weighing no more than 34 kilograms (75 pounds). They do not accept sand, street sweepings or animal waste. Fire pits and the burning of leaves are strictly prohibited on 17 Wing property.

General Yard Clean-up: Residents are responsible to

maintain their yards (front, side and rear), parking pads and garages in a neat and tidy manner that is free of clutter and garbage. Fences that have been approved and constructed by residents are to be in good order and yard spaces are to be maintained to present a positive community image.

Following these simple requirements will ensure better drainage around housing units, will deter the presence of rodents and will make for easier snow removal as we move into the winter months. Ward Councillors, CFHA Inspectors and Wing staff will be monitoring compliance of these Fall Clean-up requirements. The 17 Wing Housing Liaison Officer, Major Heather Collins, can be reached at Heather.Collins@forces.gc.ca or at 833-2500 extension 4839 if residents have questions or concerns regarding these requirements.



Nettoyage d'automne - Sites de logements résidentiels de la 17^e Escadre

Au changement de saisons, l'entretien des terrains nécessite une attention supplémentaire de la part des occupants des unités de logement résidentiel de la 17^e Escadre.

Pelouses. Les occupants des unités de logement résidentiel de la 17^e Escadre doivent tondre le gazon entre la maison et la rue, en avant, ainsi qu'entre la maison et la ruelle, à l'arrière, de même que dans les aires situées de chaque côté de la maison lorsqu'il y a lieu. Il faut aussi tailler le gazon en bordure de toute structure (garage, trottoir, clôture, etc.). Dans le secteur d'Air Force Way, de la rue Moorgate et de la rue Conway, il faut également couper les mauvaises herbes qui se trouvent dans les fossés de drainage autour des unités de logement, et enlever les débris. Dans certains cas, ces fossés de drainage sont envahis par la végétation, ce qui complique le ratissage des feuilles et nuit à l'écoulement des eaux vers les collecteurs d'eaux pluviales. Il en résulte alors la nécessité d'intervenir d'urgence.

Feuilles. Les résidents doivent ratisser les feuilles mortes qui se trouvent sur leur terrain et les mettre dans des sacs. Dans le secteur d'Air Force Way, de la rue Moorgate et de la rue Conway, il faut également recueillir les feuilles qui se trouvent dans les fossés de drainage autour des unités de logement. Pour éliminer les feuilles, l'herbe, les résidus de jardin et les petites branches ayant été mis en sac, il suffit de laisser les sacs à un centre de collecte des résidus de jardin de la ville. Dans le cas des résidents des sites de logement de la 17^e Escadre, les centres de collecte les plus près

se trouvent au Centre municipal St James (2055, avenue Ness) pour les résidents du secteur Nord, ou au poste d'ambulances n° 2 (2325, avenue Grant, à l'ouest du boulevard Shaftesbury) pour les résidents du secteur Sud. Ces centres de collecte acceptent des petites branches qui mesurent moins de 10 centimètres (4 pouces) de diamètre et pas plus d'un mètre (39 pouces) de longueur, à condition qu'elles soient reliées en ballots ne pesant pas plus de 34 kilogrammes (75 livres). On n'y accepte pas le sable, ni les gadoues fraîches ou les déchets animaux. Il est formellement interdit d'avoir un foyer extérieur ou de brûler des feuilles sur les terrains de la 17^e Escadre.

Nettoyage général des cours. Les résidents doivent garder les cours (devant, derrière et à côté de l'unité de logement), les places de stationnement et les poubelles

propres et bien rangées. Les clôtures ayant été approuvées et que les résidents ont fait ériger doivent être en bon état et les cours doivent être entretenues de telle façon qu'elles présentent une image collective positive.

Le respect de ces consignes simples permettra d'améliorer le drainage autour des unités de logement, d'éloigner les rongeurs et de faciliter le déneigement pendant l'hiver. Les conseillers de quartier, les inspecteurs de l'ALFC et le personnel de l'escadre surveilleront la conformité aux présentes consignes de nettoyage d'automne. Les résidents qui ont des questions ou des commentaires concernant les présentes consignes peuvent communiquer avec le Major Heather Collins, officier de liaison de la 17^e Escadre en ce qui concerne le logement, par courriel, à Heather.Collins@forces.gc.ca, ou par téléphone, au 833-2500, poste 4839.

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Adventure training in Northern Saskatchewan

Cpl D.D. Chadwick

The Royal Regina Rifles and the North Saskatchewan Regiment, who are part of the Saskatchewan Infantry Tactical Group (SITG), set out on the 17th of August 2011 to Missinippi, Saskatchewan to conduct adventure training in the northern part of the province. Exercise NORTHERN VENTURE was a three day canoeing exercise that was set up to challenge soldiers in their canoeing ability in the water infested region of the province, where rivers and lakes are dominant.

The trip started in Devil Lake where the water was calm and warm. The eight soldiers from the SITG set out in four canoes with two tour guides with all our gear to live comfortably for the duration of the trip. The trip started smoothly where all of us felt comfortable in our paddling ability, however, later that afternoon when we started in on small rapids our confidence greatly diminished. Paddling in open water was a breeze, but once we hit a current our paddling experience and confidence was minimal, as I experienced when I was capsized and washed down stream with my boat partner Cpl Thomson.



Ex Northern Venture participants: (back row, left to right) "Jim" head instructor, Capt Knibbs, WO Wagman, Capt Haroldson, "Dan" assistant instructor, and Cpl Saunders. (front row, left to right) Cpl Chadwick, Rfn Reed, Cpl Panchuk and Cpl Thomson. Photo: Churchill River Canoe Outfitters Ltd.

As we continued to practise and progress into higher and longer rapids we paddled to a place called Surf City, where the rapids proved very challenging. Rapids that were approximately 4 feet tall would soon claim many other canoe teams as victims of the Devil Lake region. After consolidating on the evening of day two the Devil

Lake region had claimed a waffle wear, a t-shirt, a left sandal, and 8 x personal dignities.

On the last day, our final confirmation would see us tackling the Odder Rapids. Waves that seemed to be as high as the Great Seas of Poseidon, that stretched over 1200 meters long, would try to claim the great paddlers of the SITG. Before we proceeded down the Odder Rapids we ditched all our gear that was not required and prayed to the mists of Avalon that we would make it. My canoe was the last in the order of march for the journey down Odder Rapids. As we watched the river ahead Cpl Thomson and I tried to stay focused and apply what we learned from the past two days, but to our surprise as we ventured through the Great Sea of Poseidon bodies riddled the shoreline and bellied up canoes were bobbing in the distance from personnel who capsized in the rapids. To our surprise three of us made it. Cpl Thomson, myself and Capt Rob Haroldson, though the good Captain was minus his canoe and his fire team partner. Exercise NORTHERN VENTURE was a great way to experience the terrain offered in northern Saskatchewan. A large progression of paddling skills was developed by the SITG members who were able to experience adventure training in their home province.



The 1st Annual 17 Wing GCWCC Holiday Social

Date: Sat, 19 Nov 11

Location: Bldg 21

Time: Doors open at 1900 hrs, until 0100 hrs

Tickets: \$10

Please contact your unit/section GCWCC rep for tickets!



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CANFORGEN 043/09

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17 October/octobre 2011

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23 November/novembre 2011

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MONDAY – THURSDAY

Lunch 1130 – 1300 hrs
Afternoon 1500 – 1900 hrs

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

FRIDAY

Lunch 1130 – 1330 hrs
Afternoon 1500 – 2400 hrs

SATURDAY – SUNDAY

CLOSED

Hours will fluctuate on nights with scheduled events

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PART TIME JOB OPPORTUNITY:

Westwin Nursery school is looking for a part time child care assistant to work in its English Nursery Program. The position is to assist a 4 year old with special needs integrate into the program. Hours are Wednesdays and Fridays 9:00-11:30 a.m. \$10.80/hr If interested please contact Shannon at 833-2500 ext 2491 or email shannon.peake@forces.gc.ca.

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Pour plus amples information, contactez 833-2500 poste 4500 (Winnipeg) ou 428-4908 (Southport)



Upcoming programs

STORYBOOK ADVENTURES

WESTWIN CHILDREN'S CENTRE

Tuesdays, Nov 1,8,15,22,29, 1-2:30 p.m.
\$30 for all five sessions or \$8 per drop-in
Register by October 28

Favourite stories are the jumping off point for science, music, movement and art activities for children 2-5 years old. Parents may relax with coffee and conversation at the MFRC while the program runs if they wish. To register, call 833-2500 ext 2491.

ALPHABET SOUP

MFRC- 102 COMET ST

Wednesdays, November 2, 16, 30 December 7
9:15-11:15 @ 102 Comet St.
Register by October 26

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.

FRIENDS FOR LIFE

Thursdays, November 3, 10, 17, 24
6:30- 8 p.m.

Call to see if spaces are available.

Feeling a little worried about things? Learn to become resilient when you are faced with changes or things that make you anxious. Children (ages 7-12 years) will learn coping skills through fun activities that will last a life time. Parents will join the group for the last half hour to learn how to reinforce techniques to help children face the challenges of being in a military family.

COOKIES, CAKES AND CUPCAKES

Thursday, November 3, 6-9 p.m.

Register by October 28

\$20 per person

In this session students will learn how to use fondant and gum paste to make an assortment of flowers, as well as plaques and figures, without using a lot of hard to find or fancy equipment. Also taught will be a variety of colouring/tinting techniques to get the most out of your creations. Join us for this next step in making your cakes, cookies and cupcakes look fabulous!
Students need to bring along a small container of shortening (no more than a couple tablespoons), a small pair of sharp scissors (such as cuticle or embroidery type), a small rolling pin (something similar to the small nylon rolling pin by Wilton is strongly recommended), and an apron. Students will be working with both concentrated gel and dry food colours. If students are opposed to leaving the class with stained hands, please bring along a pair of close fitting non-latex gloves.

FRENCH COFFEE

Wednesdays starting November 9 10 to 11 a.m.

Join us every Wednesday morning for a coffee and chat with Francophones! Free childcare is available.

CREATE AND CHAT

Wednesday, November 9

6:30-9:30 p.m.

Register by November 3

We're going to be making a cute holiday gift box and some goodies to go inside. We'll have some munchies, coffee and enjoy a relaxing evening.

KNITTING CLASS

Tuesday, November 15

6-8 p.m.

Register by November 10

Join us for our knitting class. Beginners and expert knitters are welcome. We will be using both knit and purl stitch and we will be working on completing a small project that will be a great gift for the holidays. Participants bring their choice of yarn and needles.

HOLIDAY WREATH MAKING

Tuesday, November 15

10- 11:30 a.m.

\$5 per person, Register and pay by November 10

We'll be making a winter holiday wreath to help bring the festive season into your home. No crafting experience is necessary. Sample is available at the MFRC. 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.

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Chaplain's Corner

Breaking News: Ark found in 17 Wing

One day, a padre decided to skip out on the Easter Sunday service and go golfing instead. Up in heaven, a junior angel was watching how God is going to handle this situation. "Are you going to smite him? Can you prevent his car from starting?" God answered, "Just watch, little one."

The padre got to the first tee and promptly hit a long straight 300 yard drive. He birdied that hole. Two holes later, he chipped his ball onto the green and right into the cup. Another birdie. The angel was having a hard time understanding what God was up to. Three holes later, the padre's drive was hooking to the right and heading to the woods. The junior angel said, "Finally! It's about time." He had no sooner finished that thought when the padre's golf ball hit a tree and bounced right onto the green, ten feet from the cup. The angel was losing his patience.

On the twelfth hole, the padre sank a 40 foot putt. On the fifteenth, he hit his ball out of the sand trap to within a foot of the cup. On the final tee, the padre hit the ball, and it began to slice just at the right time. It bounced right onto the green and rolled into the cup. A hole in one!

The angel couldn't contain himself any longer. "What are you doing, God?? This guy – a padre no less – skips the Easter Sunday service ... the most important service of the year ... and goes golfing! What happens? He goes out and has the best game of his life! He even gets a hole in one!"

God answered, "Ah, but tell me, little one ... who can he share his story with?"

Yesterday (or two weeks ago, as you are reading this), I went over to the 17 Wing Golf Club to meet two gentlemen, Preston and David. These two people have been living in Winnipeg for a number of years and wanted to give back to our community, so last summer, they organized a charity golf tournament (held on 25 July). Yesterday, they presented the proceeds to 17 Wing's Care & Share fund.

Out of the kindness of their hearts, the hearts of those who participated, the hearts of the Golf Club staff, and the hearts of those who donated the prizes, the 17 Wing Care & Share fund has received over \$700 to help out many military families who have found themselves in hard times. This will be especially helpful as we enter the Christmas season ... a time that many military families find quite difficult for a number of reasons.

There was a movie I watched a few years ago. I forget the title, but it had Morgan Freeman portraying God who had asked some random guy to build an ark. Towards the end of the movie, it turns out that the work 'ark' was actually an acronym standing for an Act of Random Kindness. I am not sure if the movie producers intended it, but I really like the message in this. We often look for signs of God's presence around us. Not too many people will experience miracles or similar earth-shattering events, so we are left with our faith to be able to see God's presence in our lives. What helps us to notice God's presence are these ARKs or acts of random kindness. The interesting thing about this is each of us is capable of doing these ARKs. It could be something simple like listening to the person you work with, holding the door open for someone, letting that car merge in front of you, or playing a board game with your kids. It could be something a bit more complex, like organizing a charity golf tournament. What makes these ARKs more appealing is that they tend to multiply ... someone who receives an ARK is likely to do an ARK.

To make things interesting, try to do an ARK anonymously, without the other person knowing the source of the ARK. Neither Preston nor David struck me to be people who wanted publicity. They just wanted to do something good and meaningful. You may not be able to tell someone else your story, but I'll bet your story will find a home in your heart.

Take care & God bless.

- Padre Mark Mawson



Together in Church

CATHOLIC

CHAPLAINS

Padre Mark Mawson (Wing Chaplain)

Roman Catholic Office 833-2500 ext 5417

Padre Ray Laudenorio

Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre

Roman Catholic Office 833-2500 ext. 5956

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 5785

Padre Frank Staples (Baptist)

Det. Dundurn. Office 833-2500 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'.

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- MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

Taroscopes

BY NANCY

Aries (March 21 - April 19):

You're determined to get it right this time. You've been modifying, evaluating and refining. You now have the ideal product or life situation in mind. You're ready to proceed. Do so in a joyful way, celebrating little victories as you go.

Taurus (April 20 - May 20):

Find ways to keep yourself amused. Seek challenges that stimulate your mind. This will help when you deal with the mundane tasks that seem to be piling up and getting you down. Don't avoid the work, instead change the way you do things. Make it a game.

Gemini (May 21 - June 21):

You may feel overwhelmed by disappointments or feelings of loss. The key is not to shut down and dwell on it. Instead, open up and focus on all the wonderful things about yourself and the good things still in your life. In time you'll realize this was the starting point for something new.

Cancer (June 22 - July 22):

You can run but you cannot avoid the fact that what has been left unsaid is affecting your life. If something is bothering you but you are afraid of the consequences of addressing it, you are opting out of taking responsibility. You won't like the consequences of further avoidance.

Leo (July 23 - August 22):

You're determined to work through something until it is concluded to your satisfaction. But sometimes it is wiser to stop trying to fix things and just walk away. You'll need to be honest and have the courage to do what is best. Right a wrong or leave well enough alone.

Virgo (August 23 - September 22):

Because you are feeling differently these days you are seeing those around you differently. A sense of completion prevails. Though you can read others through their body language, it's best to engage in direct communication. Deal with issues. Accept and give love equally.

Libra (September 23 - October 23):

If your heart is in it then it will be a success but that doesn't mean you should forget the essentials or to read the fine print. Deal in reality. It takes courage to ask the tough questions of yourself and others. Do so with kind words. You'll get the answers you need.

Scorpio (October 24 - November 21):

Deep down you know what you have to do. Though it's for the best, it's still hard to give up something you enjoy in order to tackle a challenge you've avoided. You're about to move into a very fast paced, intense time. Work at maintaining boundaries. Set limits.

Sagittarius (November 22 - December 21):

You've gotten far by following good habits. The fear of failure should not be the reason you stick to these habits though. Try new things too. Also, events are about to occur over which you have no control. You need to be flexible and accept change.

Capricorn (December 22 - January 19):

Trust that things will work out for the best even when you don't know what that will be. Live and learn. Look past the obvious. Re-evaluate how you feel about what is important. Determine if it's time to take another leap of faith or sit tight. Are you safe or are you stuck?

Aquarius (January 20 - February 18):

You feel open and eager to embrace more of life. Your passion is re-awakening. Others support your creative efforts. Address concerns and accept assistance from others. No need to do it all alone. You're not the only one who cares about how things turn out.

Pisces (February 19 - March 20):

You can easily see what frustrates you. Address this. Take the initiative to change difficult situations. Incorporate new practices to facilitate stress reduction. Let go of anything that reminds you of unhealthy times in your life. Celebrate the fact that you're free to be your true self.

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