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THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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A Sunny Start For The 2013 Toonie Run



It was a warm, sunny day that greeted the almost 600 participants of the 2013 Toonie Run, a fundraiser that helps out the GCWCC Campaign. For more, see page 3.

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Fall Fair Draws 17 Wing Community Together



The day got off to a great start at 1030 hrs with a Coffee Break hosted by 17 Wing/AFTC Commander Col Roy (centre in salmon shirt). Photo: Submitted

17 Wing 2013 Fall Fair By Martin Zeilig

Early on during the annual 17 Wing Fall Fair, held on Saturday, September 7, Shannon Peake, children's program coordinator of the Military Family Resource Centre, expressed her hope that everyone attending the event would have a good time.

Judging by the large and enthusiastic turnout, well over 1000 people, it's obvious that that most, if not all, especially the children, were enjoying themselves immensely on that bright and beautiful day.

"At the end of the day, we're exhausted but pleased," said Peake, who, along with Tina Bailey, 17 Wing Community Recreation Director, was a co-organizer of the fair.

Spread out on the parking lot of the Westwin Community Centre and the adjacent Fitness and Recreation Centre and MFRC lawns were children's games, including inflatables, pony rides (courtesy of Graham's Pony Rides from St. Andrews, MB), face painting, adult games such as an extra large size scrabble set and Giant Jenga Stacking Blocks, magic shows with clowns, airbrush tatoos, archery, the 17 Wing Fire Hall, and more. Free hotdogs and ice cream were also available. Meanwhile, members of the RCAF band provided musical entertainment from an outdoor stage.

Tables set up inside the Fitness and Recreation Centre gymnasium featured displays from a wide range of groups and organizations: everything from members of 17 Wing's 23 Health Services Centre doing triage on stuffed animals, to practitioners of martial arts performing their skills, to the Girl Guides, the 17 Wing Cycle Group, the ceramics club, emotional and spiritual well-being information, to a youth video game challenge at the Youth Centre, among many other exhibits. There was also a fascinating (at least for some, like this reporter) display of exotic reptiles, amphibians and



The sunny weather meant lots of families were able to gather outdoors and enjoy the free BBQ and games. Photo: Martin Zeilig

insects-- courtesy of Prairie Exotics-- in the Westwin Community Centre's multi-purpose room.

"This is an opportunity for everyone to meet the different services provided to them, as well as to have a generally fun day," said Tina Bailey, specifying that people could purchase their Community Recreation Association memberships for such things as the gym, swimming lessons, evening and weekend fitness classes or just learn about the Recreation Clubs 17 Wing has to offer. MFRC was available to provide information on the programs and activities they offer.

She added that the Fall Fair is funded through the 17 Wing Fund, while help in organizing the event is also provided by the Military Police, the Fire Hall, Cadets, MFRC, Health Promotion, and Community Recreation.

"We all work together to make this day a morale and welfare activity to welcome the families," Bailey emphasized.



The Med Techs from 23 Hlth Svcs hosted a Teddy Bear hospital to help sew up some stuffed friends. Photo: Martin Zeilig



Kathy Godfrey (left), Health Promotion Director, greets some guests at the 17 Wing Fall Fair. Photo: Mike Sherby



There was a lot of interest in the groups and clubs doing presentations inside the gym. Photo: Michael Sherby

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Toonie Run Raises \$800 For Charity

By Martin Zeilig
Voxair Reporter

As they strolled along behind most other walkers and runners-- over 500 in total -- in the early morning 17 Wing Toonie Challenge on August 28, base civilian employees Connie Van Den Zweep and Deborah Labrie joked to a reporter that they were stragglers.

"We do it every year," said Van Den Zweep.

"It's a good way to support the United Way. And, it's fun to be with people from different units."

Captain Phillip Snow, part of the 17 Wing Government of Canada Workplace Charitable Campaign, noted that the roughly \$800 raised at the event will be donated to the United Way of Winnipeg.

"All of that will go directly to supporting programs and activities of the United Way," he said, noting that the United Way receives a grant from the Province of Manitoba to cover all administration

costs.

"I think it's a great way to support the community we live in. I know that it has a direct impact for disadvantaged people, and these donations will help to improve their lives through training (for jobs) or to put food on the table."

Capt. Snow underscored the fact that 100 percent of donations will go to funding programs in the community, such as: emergency rations at McDonald Youth service, helping a person with vision loss increase their mobility and independence by providing a white cane, provide a child participating in a five-week summer learning camp with nutritious lunches, help one neighbourhood resource centre empower community members and improve local services by facilitating a volunteer recruitment fair, among other things.

Now that makes a difference in people's lives.



Everyone could go at their own pace at the Toonie Walk and Run, even if that meant catching a ride with dad. Photo: Martin Zeilig

National Search And Rescue Exercise To Challenge Canada's Bravest

16 - 20 SEPTEMBER
GIMLI, MANITOBA

The Royal Canadian Air Force (RCAF) will host the National Search and Rescue Exercise (SAREX) September 16 to 20 in Gimli, Manitoba, providing realistic training scenarios to enhance interoperability and decision-making among Canada's search and rescue (SAR) community.

"SAREX 2013 brings together Canada's close-knit SAR partners and immerses participants in rigorous environments to test multi-organization coordination and readiness," said Colonel Joël Roy, Commander, 17 Wing Winnipeg. "The RCAF is proud to be a part of the tradition of operational excellence in Canada's national SAR system as we strive to fulfill the SAR motto "that others may live."

SAREX is an annual exercise that includes about two hundred participants from the Canadian Armed Forces, the Civil Air Search and Rescue Association (CASARA), the Canadian Coast Guard, STARS, and members of Search and Rescue Manitoba (SARMAN).

During SAREX 2013, participants will be challenged with land, air, and water-based SAR scenarios, including a plane crash, a marine rescue, an air intercept, and a rope rescue on the face of a cliff. These scenarios will test a variety of SAR skills,

including search techniques, parachute accuracy, mountaineering, swimming, and emergency medical response.

RCAF participation will include SAR technicians, pilots, flight engineers, load masters, air combat systems officers, and maintenance and support personnel. In addition, SAR air assets will include the CH-146 Griffon, the CC-130 Hercules, the CC-138 Twin Otter, the CC-115 Buffalo, and the CH-149 Cormorant.

The RCAF responds to about 1,200 SAR calls annually. Canada's area of responsibility for SAR is the largest in the world, with some of the most remote and arduous terrain, challenging weather conditions, and longest coastline. The Department of National Defence and the Canadian Armed Forces continue to work with SAR partners at the federal, provincial, territorial, and municipal levels to deliver world-class SAR support and to promote education and training to prevent SAR incidents from occurring.

The national SAR readiness postures will be maintained from the rescue units across Canada. In the event of a major distress or nearby request for help, the exercise will be suspended to respond.



Sergeant Frank Thompson from 435 Squadron comes in for a landing into Gander Airfield during a previous SAREX. Photo: Corporal Darcy Lefebvre



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Moulage Artists Add Extra Realism To SAREX



Front to Back: Corporal Noemie Lavigne, Team Leader Master Corporal Carey Williams, 2nd in command Cpl Kate Marois, Private Chris McDonnell, Pte Justin Weiler, and Pte Patrick Boomer practice their moulage at 23 Health Service prior to departing for SAREX 2013. The team will be providing moulage services for the National Search and Rescue Exercise which takes place in Gimli from 16-20 September 2013. Photo by Sgt Bill McLeod

Sgt Bill McLeod

17 Wing Photojournalist

How do you train Search and Rescue Technicians (SAR Techs) to recognize and

deal with some of the worst traumatic injuries a human can experience?

As realistically as possible according to Master Corporal (MCpl) Carey Williams, a Medical Technician with 23 Health Services located at 17 Wing Winnipeg.

"A broken femur is extremely painful," says MCpl Williams. "I can make it look realistic but the patient has to act like it is. When you go to move them the patient is going to be screaming."

MCpl Williams and Corporal Kate Marois will do the moulage and leading a team of 4 other Med Techs who will be acting as patients for the National Search and Rescue Exercise (SAREX) in Gimli, Manitoba, from 16-20 September. The exercise is being hosted by 17 Wing Winnipeg in cooperation with 435 (Transport and Rescue) Squadron. Moulage is the art of creating and applying simulated injuries to assist in training.

"Moulage is a critical component of training emergency medical personnel, including SAR Techs," says MCpl Carl Portman, a SAR Tech with 435 Squadron. "It

bridges the gap between simulation and actual injuries and has been proven to quicken response times."

Recent Promotions



LCol Clouter (right), 1 CAD A8 presents Maj Finkle (left) with his new rank. Maj Finkle is now employed with RCSU Northwest. If you have a promotion photo you'd like in the Voxair, please email it to voxair@mymts.net. Photo: Submitted.

"Often moulaged injuries will be the first time a responder sees a sucking chest wound, for example, and that experience will help him or her identify and treat that injury during real world operations," he added.

When MCpl Williams realized that she was going to be involved in doing the moulage for several exercises this year she arranged to get Cpl Marois and herself some training at Canadian Forces

Base Petawawa where some med techs have been trained on specialty courses in moulage in the United States.

MCpl Williams agrees with MCpl Portman that moulage increases the training value.

"It's the muscle memory," she says. "It's being able to see where the injury is and when you treat it you are treating the actual item instead of someone just talking you through it."

CFB Winnipeg Golf Club Membership Special

Starting now, you can join the CFB Winnipeg Golf Club for the 2014 season, and pay the same green fees as the 2013 season. As well, you will be able to golf for the rest of 2013 for FREE!

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Regular Membership: \$305 (includes GST);

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Associate Membership: \$350 (includes GST)

You are also able to spread the cost of your 2014 membership fees over the months of September and October.

To take advantage of this offer, please see the Golf Club Manager at the Clubhouse or give her a call at local 6909.



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17 Wing To Commemorate The Battle of Britain

2Lt Kyle Roman
17 Wing Public Affairs

Seventy three years ago, the skies over Britain were filled with aircrew fighting to protect the shores of the British Isles from a larger force determined to invade. All that stood in their way were the brave men and women of the Royal Air Force (RAF).

The Battle of Britain anniversary parade is held on the third Sunday of September to honour and pay tribute to the men and women of the Air Force who fought during the Battle of Britain as well as serve today. This year the parade, takes place on September 15th at 10:00 a.m. at the Garden of Memories. Wreaths will be laid along with the reading of the Battle of Britain honour role, and the parade will consist of flights made up by the Old Guard, the Present Guard and the Future Guard.

The Battle of Britain began in July of 1940, when the German's (after forcing the evacuation of British sol-

diers at Dunkirk and the surrender of France) decided to turn their sights on Britain. This battle is considered to be the first major military campaign in history fought entirely in the air. At that time Germany was without an effective Navy and had to rely on the Luftwaffe to gain air superiority if they hoped to follow through with their plans of invading Britain.

The name, "Battle of Britain," is derived from a famous speech delivered by Prime Minister Winston Churchill in the House of Commons during a crucial period of the Second World War, "...the Battle of France is over. I expect that the Battle of Britain is about to begin."

Flight Officer (Ret) Ralph Wild remembers the heroism of the RAF pilots who fought over the skies of Britain. As an aircraft maintainer at 249 Squadron at Church Fenton, England, FO (Ret) Wild had the honour of serving with the only Victoria Cross recipient of the

Battle of Britain, Wing Commander Eric James Brindley Nicolson VC DFC.

More than one hundred Canadians flew in the Battle of Britain between July and October 1940. Twenty-three Canadians lost their lives. Historians have described the Battle, as the turning point of the Second World War and the victory was described by Sir Winston Churchill as Britain's "finest hour," giving hope to a demoralized Britain and northern Europe.

"It was the first time we had made a dent in the enemy...had we not been successful at the Battle of Britain we would have been in real trouble," said FO (Ret) Wild.

Members of 17 Wing and the public are welcome and encouraged to attend this ceremony to help mark this event.

402 Sqn Leads The Way In Virtual Training



MCpl Paul Harman, former Chief Avionics Instructor at 402 Squadron, provides a briefing on the new and interactive AC/DC Generation Power Distribution emulator July 9 at 17 Wing, Winnipeg. Photo: Private Darryl Hepner, 17 Wing Imaging

By: Captain Petra Smith, 1CAD PAO

Technicians can now visualize hundreds of circuit connections and signals in a virtual world with multi-dimensional, voice-enhanced, and interactive computer-based training.

The new Alternating Current/Direct Current (AC/DC) Generation Power Distribution emulator marks the first time the Electronic Performance Support System (EPSS) [a computer-based training system] was used for a complex, integrated electrical circuit, said Master Corporal Paul Harman, a former Chief Avionics Instructor at 402 Squadron.

Not only can the technicians see the complex web of miles of wires, signals, and connectors that make all of the electronic devices onboard the CT142 Dash 8 in a multi-dimensional image, but they can also work on the

aircraft with simulated wrenches and tools.

"This new AC/DC emulator has given technicians more confidence, allows them to diagnose problems faster, and fosters greater intuition with superior visualization," said Harman. "There is so much power in this tool; showing an animation saves time."

Building on the initiative of former Technical Training Section (TTS) members Warrant Officer Matt Marshall and Sergeant Rob Vipond, 402 Squadron has continued to expand its virtual training capability, notes Sergeant Rob Robichaud, TTS Course Director. In addition to the new AC/DC emulator, technicians can virtually remove and install the CT142 Dash-8 engine, blade and propeller, the auxiliary power unit, and the landing gear.

"With a small fleet and without a dedicated training aircraft, virtual training gives our technicians a closer to on-aircraft experience that we can't provide without interrupting operations," said Major Cindy Pettitt, Squadron Aircraft Maintenance Engineering Officer. "The EPSSs are not only sound training aids but are detailed references that continue to be used by technicians to assist them in repairing and maintaining aircraft."

While EPSS does not replace hands on training on the CT142 Dash 8 or traditional methods of instruction, technicians can hone their skills with a sophisticated bank of digital imagery, interactive programs, zoom options, and voice-enhanced explanations, expanding the learning experience.

"Since 2009, 402 Squadron has tackled one new capability every year," said Sergeant Robichaud. "It helps us retain corporate knowledge and build future instructors."

To make the most of the high-tech training, 402

Squadron has selected infrequent repairs or complex systems as they add to the futuristic bank of virtual training.

"The AC/DC Generator Distribution system was one of the most challenging skills for our technicians," said Robichaud. "We now expect to see higher test scores, an increase in knowledge retention, and more intuitive visualization."

These projects were funded by 2 Canadian Air Division (2 CAD) Air Force Training in conjunction with Directorate Air Programmes and managed by the 2 CAD Air Force Technician Performance Solutions (TPS) program. The goal of the TPS program is to develop a robust and sustainable technician generation and development capability through effective application of emerging technologies and modern instructional design methodologies. Its products include courseware, EPSSs, scenario and game based learning, electronic training aids and simulations. Game based learning applies game concepts, technologies and ideas to non-game events or processes to provide students with an increasingly engaging and self-reinforcing educational experience.

Evaluation results of these products have shown benefits such as reduced training times, improved learning quality on examinations and quicker task performance. In keeping with the RCAF priorities, projects like the AC/DC Generator Distribution system employ innovation, modelling and simulation to achieve excellence in operations.

402 Squadron is part of Air Force Training Centre Winnipeg under 2 Canadian Air Division, the formation of the Royal Canadian Air Force responsible for training and professional education for our airmen and airwomen.

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Wing Member Uses Accident To Make Lifestyle Changes



Capt Cormier after running in the Toonie Run. Photo: Martin Zeilig

By Martin Zeilig
Voxair Reporter

It was an accident that has changed his life-- in some ways for the better.

On the foggy morning of February 3, 2012, Captain Jarrett Cormier was on his way to work at the Canadian Forces School of Aerospace Studies 17 Wing from his home in Oakville -- 61 kilometres west of Winnipeg (13 km west of Portage la Prairie).

He was driving down a dirt road at 55 kms per hour looking for a sign indicating the turnoff onto Highway 1. Then, the accident happened.

"I collided with a concrete pad that an electrical gen-

erator was in because I didn't see it till it was too late," said Capt Cormier, 32, a native of Stephenville Crossing N-L, a helicopter pilot who's been in the Canadian Forces since June, 1998.

"The airbag deployed, the windshield shattered, the frame was bent and the car's horn was sounding continuously. So, I called 911 on my cell phone."

Although, his back felt stiff and sore, Capt Cormier's adrenaline was pumping furiously.

When the ambulance and the RCMP finally arrived, he was driven home, and not to the hospital, because, as Capt Cormier observed during an interview with Voxair, there were no outward signs of injury.

"So, I called work to let them know what happened," he said, admitting that he had been battling a weight problem for many years.

"Over the next couple of days, I became more and more stiff in my lower back. At that point in time, I was trying to lose weight by increasing my activity level, but not changing my diet. So, after the accident, I continued to keep jogging. But, now my left butt cheek got sore and my lower back was stiff.

"All of sudden my left hamstring muscle also became very sore, as well as my left calf muscle. I thought this was all due to my running technique."

Then, on May 2, 2012, he and his wife, Tara, were grocery shopping in a Sobeys store when, as Capt Cormier says, "I had a bout of incontinence."

"That's when my wife said 'You're going to see the doctor,'" he said.

Capt Cormier consulted with Dr. Terry McCormack, a civilian flight surgeon at 17 Wing, who sent him to St. Boniface Hospital for an MRI.

"That's when we found out that I had a hairline fracture of my L5 vertebrae and severe herniation of my L5-S1 and a moderate herniation of my L5-L4," Capt Cormier continued, adding that he was also diagnosed with spinal stenosis-- a condition that most likely caused the incontinence-- as well as an "infringement on the sciatic nerve."

He was then referred to a Winnipeg spinal neurosurgeon, Dr. Michael Johnson, who recommended surgery.

But, it would most likely be after an eight or 10 month wait, said Capt Cormier.

"He said that, in the meantime, I should try to lose a lot of weight prior to surgery because I was too fat, and weight loss would reduce stress on my spine," he observed.

"He also referred me to certified exercise physiologist Blake Wood at Pure Lifestyle in Winnipeg."

Thus began Capt Cormier's transformation through regular exercise and diet.

"I'm still not one hundred percent," he said, noting that he eventually didn't require surgery.

"But, I'm okay with that because by managing my weight, eating right and exercising, I can have a purified life and be a contributing member to the CF and DND team."

And for many more years.

HMCS Chippawa Participates In Graduation Ceremony

Under the observation of presiding officer Commodore David Craig, Commander Naval Reserve, a ceremony took place August 30th at Pier 21 at the Port of Québec, with St. Lawrence River in the background. More than a hundred new recruits graduated from the Basic Military Naval Qualification course.

"You are beginning your career at a very exciting time for our Navy," said Commodore David Craig, Commander Naval Reserve. "We are in the re-building phase for a new naval fleet for Canada. As a naval reservist, you will be given training and opportunity to augment the crew of Arctic offshore patrol, joint support and Ca-

nadian surface combatant ships as time allows in your civilian career."

The Royal Canadian Navy trained 207 recruits this summer at Canadian Forces Base Valcartier, all of whom had enrolled in the navy in the last year. The graduates marched past their families and friends with great pride and professionalism.

In each of the two divisions, the most deserving members were awarded prizes. Ordinary Seaman Mateo Castano-Ospina and Ordinary Seaman Dallas La Porta received the prize for best shot on the rifle and pistol ranges; Ordinary Seaman Kyle Reyes and Ordinary Sea-

man Zak Hunter were awarded the prize for the most improved students; finally, Ordinary Seaman Heather McMillan and Ordinary Seaman Kyle Uhlig got the trophy for best candidates.

The objective of the Basic Military Naval Qualification (BMNQ) course is to train non-commissioned members of the Royal Canadian Navy to the point where they can work effectively as team members in basic operations of the Canadian Armed Forces. BMNQ is a 67-day course of intense training, including 19 days of preparation done at one of 24 Naval Reserve Divisions located across the country.

Remise des diplômes pour une centaine de nouveaux réservistes navals

C'est au quai 21 du port de Québec, avec le fleuve Saint-Laurent en arrière-plan, que le Commodore David Craig, Commandant de la Réserve navale, a présidé la cérémonie où plus de 100 nouvelles recrues ont obtenu leur qualification militaire de base navale le 30 août au matin.

« Vous commencez votre carrière dans une période très intéressante pour notre Marine royale canadienne, a mentionné le commandant de la Réserve navale, le commodore David Craig. Nous sommes dans une phase de reconstruction de la nouvelle flotte navale canadienne. Comme réserviste naval, vous recevrez la formation et l'occasion d'être un membre d'équipage d'un navire de patrouille extracôtier et de l'Arctique, d'un navire de soutien interarmées et d'un navire de combat de surface, en fonction du temps alloué par votre carrière civile. »

La Marine royale canadienne a entraîné 207 recrues à la base militaire de Valcartier. Enrôlées cette année, c'est avec fierté et professionnalisme qu'elles ont défilé devant parents et amis.

Lors de la cérémonie, les membres les plus méritants se sont vus décerner des prix dans chacune des deux divisions. Le Matelot de 3ième classe Mateo Castano-Ospina et le Matelot de 3ième classe Dallas La Porta ont obtenu le prix du meilleur résultat au tir; le Matelot de 3ième

classe Kyle Reyes et le Matelot de 3ième classe Zak Hunter celui de l'étudiant s'étant le plus amélioré et enfin, Matelot de 3ième classe Heather McMillan et Matelot de 3ième classe Kyle Uhlig, celui du meilleur candidat.

La qualification militaire de base navale (QMBN) a pour objectif de former des membres du rang pour la Marine royale canadienne en mesure de fonctionner efficacement à titre de membres d'une équipe dans les opérations de base des Forces armées canadiennes. Le QMBN est un cours de 67 jours d'entraînement intensif qui inclut 19 jours de préparation dans les 24 divisions de la Réserve navale dispersées à travers le Canada.



Commodore David Craig, Commander of Naval Reserve (L), presents the trophy for best shot on the rifle and pistol ranges to Ordinary Seaman Mateo Castano-Ospina from HMCS CHIPPAWA (R), Winnipeg, Mb. Photo by Leading Seaman Marie-Hélène Dion, Canadian Forces Fleet School Québec

New Commander for 2 Canadian Air Division

**Capt Wright Eruebi
1CAD PAO**

Brigadier-General Bruce Ploughman took command of 2 Canadian Air Division on September 6th, at a ceremony presided over by Lieutenant-General Yvan Blondin, Commander of the Royal Canadian Air Force (RCAF).

BGen Ploughman succeeds BGen Martin Galvin at the helm of 2 Canadian Air Division, which is the RCAF formation responsible for all training, education and professional development for Canada's airmen and airwomen.

"Training is one of the most critical elements of RCAF operations, as it provides our dedicated men and women with the skills and knowledge to complete the complex and demanding missions that they carry out on a daily basis," said LGen Blondin. "New technologies continue to enhance how we train our people, and this evolving professional development

facilitates our efforts to modernize the RCAF. BGen Galvin has done a tremendous job these past two years, and I know that BGen Ploughman will continue that tradition of excellence."

2 Canadian Air Division, headquartered in Winnipeg, oversees schools, training units and programs spread across five RCAF Wings throughout the country. It is responsible for basic occupation training for all members of the RCAF, as well as education and professional development throughout their careers.

BGen Ploughman's most recent job was Deputy Commander of Force Generation at 1 Canadian Air Division/Canadian NORAD Region Headquarters in Winnipeg.

BGen Galvin will retire from the Canadian Armed Forces after 33 years of dedicated service to his country.



Brigadier General Martin Galvin, the outgoing Commander of 2 Canadian Air Division (2CAD), Lieutenant General Yvan Blondin, Commander of the Royal Canadian Air Force and Brigadier General Bruce Ploughman, the incoming Commander of 2CAD, sign the Change of Command Scrolls. Photo: Cpl Archambault

2nd Annual Dog Walk A Doggone Good Time

**By Martin Zeilig
Voxair Reporter**

After about a kilometre or so of walking under a blazing morning sun, Sidsby the Shih Tzu decided it was time to take a rest in the shade-- on the lawn across the road from the curving, ultramodern Billy Bishop Building, the home of 1 Canadian Air Division as well as the headquarters of Canadian North American Aerospace Defence Command Region.

"He loves it," said Sidsby's owner, Master Corporal Ambre Anderson, while her small, short muzzled pooch with his large dark eyes and soft long coat had a relaxing roll on the well trimmed grass.

Ah. That must have felt good!

Sidsby and Cpl Anderson were participants, along with 43 other canines of various breeds and their respective masters -- a total of 32 families (over 75 people)-- in the second annual five kilometre Family Dog Walk on Saturday, August 31.

After a great start last year, the Family Dog Walk really took off this year with over 44 dogs and 30 families participating. The event raised about \$500. The event, which started off in the parking lot of Westwin Community Centre, was held in support of the GCWCC (Government of Canada Workplace Charitable Campaign). The event's sponsors, who had display tables under nylon shelters at the parking lot, included Riffle's Ranch Holistic Pet Food, PetValu (which operates 10 stores in Winnipeg), and Virgin Radio 103.1 FM. The Winnipeg Humane Society Black Dog Club was also listed on posters as a "special guest."

People and pets traversed a loop through and out side of the base.

They entered into the base at the Wihuri Gate, followed along Intersite Road to the Air Force Way Gate past the Air Force Heritage Park and along Yellow Ribbon Greenway back to the starting point on Wihuri Road. Directional signs, each with a cartoon image of a dog, were posted at various points along the route.

There were also three very necessary doggie drinking stations (medium sized hard plastic Canada Post mail sorting boxes with plastic liners) and a couple of children's wading pools for dogs to splash about in.

"I'm very pleased with the turnout, and pleasantly surprised by the number of dogs," said the event's organizer, Sergeant Darren Burgess 17 Wing Postmaster, adding that there were twice as many dogs at this year's event as there were in 2012.

"I'm just looking to make it bigger and better for next year," said Sgt Burgess, who had brought his border collie mix to the walk.

"I'm looking at bringing in a celebrity for next year."

Sidsby can't wait to see who that will be.



Many new friends were made, of both the two and four legged variety at the second annual Family Dog Walk at 17 Wing. Photo: Marting Zeilig



Sgt Burgess, who organized the Family Dog Walk, and his dog. Photo: Martin Zeilig

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2013 Nijmegen March: 4 days, 160 kilometers, and a lot of love



A team photo of all 17 Wing / AFTC team with B Gen Cotton and CWO Jones after receiving their medals.

By Martin Zeilig
Voxair Reporter

When Captain Brandon Dix asked the 11 members of his 17 Wing/AFTC Nijmegen Team what was the best part of their final day in the 97th Four Day Marches/The Walk of the World (July 16-19), the answer was unanimous.

"They couldn't believe how much the Dutch people love Canadians," said Capt Dix of the response he received from his

teammates.

"They had heard about that, but they didn't believe it until they heard the crowd screaming, 'Canada.'"

Members of the 17 Wing/AFTC team said the entire process from training to the actual event was a life altering experience.

"In training, it was pushing myself harder to achieve physical requirements," said one team member. "When

we actually got to Nijmegen, the training paid off, and the reception by the Dutch was incredible. The last day was moving. I'd like to do it again."

The Dutch people's affection for Canadians dates back to the Second World War when Canada's armed forces played a major role in liberating the Netherlands from Nazi occupation. During the long, cold winter Canadian Forces helped make sure that relief supplies were quickly funnelled into the area. After the liberation, the Canadians were welcomed enthusiastically and the two countries forged a deep and long-lasting bond of friendship.

More than 42,000 participants walk for four days in Nijmegen and its surroundings, where they, depending on their age and sex, walk a total of 120, 160 or 200 kilometers.

A total of 46 people-- "a blend of trades, regulars and reservists"-- tried out for the team that would eventually represent 17 Wing/AFTC.

"It was cold throughout the majority of May as we trained," said Capt Dix, who was also a member of the 2011 17 Wing Nijmegen team.

The final team consisted of nine men and two women from all over 17 Wing/AFTC, ranging from 21-57 in age.

Before going to Nijmegen, the team stopped in France where they took part in a Remembrance Day Ceremony at the Canadian Vimy Ridge Memorial.

A number of other military teams -- from the Netherlands, Germany, the USA, Great Britain, Sweden, Norway, Finland, and a small contingent from the Czech Republic -- also participated in Nijmegen.

"We'd leave on the march each day as countries," Capt Dix explained.

"So, Canada would march out as a team, after breakfast. You'd get most of your marching done early because of the scorching weather. On the march, there was a stop every 15 kilometres at which

a hot meal, as well as granola bars and fruit, is served."

Day 3 of the march saw the Canadian contingent make an early 330hrs start so they could take part in a memorial service held at the Groesbeek Canadian War Cemetery and Memorial, the largest Canadian War Cemetery in The Netherlands.

"It really was a life changing experience," said another team member. "To be able to experience the history of the place, and the love that these people have for us, it was just amazing."

The Wing/AFTC team medal will be set into a plaque and then hung on a wall in the Netherlands Theatre.

"The reason we go to this event every year is to show the Dutch people that Canada will never forget them," said Capt Dix.

And vice versa.



Corporal Jennifer Drummond, from 1 CAD, assesses the condition of her feet after successfully completing the second day of the Nijmegen Marches. Photo: MCpl Angela Abbey, Canadian Forces Combat Camera.

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17 Wing Shotokan Karate Club Represented at Canadian National Championships



Christopher Webster, aged 10, represented 17 Wing on Team Manitoba at the National Karate Championships. Photo: Submitted.

By : Christopher Webster, age 10

On the weekend of May 17th, 2013, I went to Halifax to represent 17 Wing on Team Manitoba at the National Karate Championships. Before the competition began, we had a training seminar taught by 10th degree black belt Master Teruyuki Okazaki. For the opening ceremonies I was proud to be the Manitoba flag bearer. The categories I competed in were Kata (forms) and Kumite (sparring). I received 4th place in both out of all of Canada. It was a lot of fun competing at the tournament and I look forward to competing at next year's Nationals in Calgary.

One member of our club, Alicia Ingrilli, was the Tournament Grand Champion at the Manitoba Provincial Tournament 3 years in a row. Last year at Nationals she received silver in Kata and bronze in Team Kumite. This year she went to the World Championships in the Philippines and received silver in Team Kumite.

Other members of our club have also been successful at this year's Provincial Tournament in their respective age categories. Megan MacDonald and Tara Noel each received gold for Kata and Kumite, and bronze for Team Kumite. Liam Miller won gold for both Kata and Kumite.

I have been a member of the 17 Wing Shotokan Karate Club for over 3 years. Our style of karate is called Shotokan and it's a traditional, non-contact style of karate. In our club, adults and children train together. It is open for anyone aged 7 and up. We have lots of families at our club. Our club meets in the Building 90 gym on Mondays and Wednesdays from 7:00 – 8:30 pm and

Saturday mornings from 10:00 am – noon. It is really fun being part of our club and you can come and try a week of classes for free.

For more information you can pick up a brochure in the Building 90 front lobby or contact the President of our club, Chris Webster (my dad) by phone 204-833-2500 x4015 or email: Christopher.Webster@forces.gc.ca.



Christopher, far right in front, holds the Manitoban flag at the opening ceremonies. Photo: Submitted

Cycling Group Brings Pedal Power To 17 Wing

By Martin Zeilig
Voxair Reporter

Master Corporal Shawn Smith and his wife, Tami Smith, have a passion for cycling -- and they want to share it with others.

So, they have formed the informal 17 Wing Cycle Group.

The first ride took place in early July, noted MCpl Smith, Unit Hazardous Materials Coordinator, 435 Transport and Rescue Squadron, a self-professed long-time cyclist, who rides a cyclo-cross bicycle with 32 millimetre wide tires and no suspension-- one of his three bikes.

"It's a group, not a club," he stressed during a telephone interview.

"You can come and go as you see fit. For the most part, people just do what they want. But, helmets are mandatory. You can't ride without a helmet."

MCpl Smith added that he and his wife decided to start the group after they had participated in the 402

Squadron's Grizzly Ride last year.

The Grizzly Ride is a memorial ride of 158 kms to commemorate the 158 members of the CAF lost in the war in Afghanistan over the past few years.

"You can ride the 158 kilometres personally, or as a group (in which each cyclist drives a portion of the route)," said MCpl Smith, mentioning that the Grizzly ride and 17 Wing cycle group are on Facebook too.

"As well, we participated in some of the MEC (Mountain Equipment Co-Op) rides. They go on group rides throughout the city on Mondays. We've gone throughout different areas of Winnipeg. We really enjoyed the group rides."

Since there was no casual cycling group at 17 Wing, the couple decided it was time to form one.

"Our group is for people who enjoy cycling but not on a competitive basis," emphasized MCpl Smith.

"The rides generally run for two hours, weather per-



MCpl Smith, his wife Tami and their son Quintton on the Assiniboine forest trail. Photo: Submitted

mitting. We ride all over the city. We start at building 90 at 6:30 p.m. on Wednesdays."

For further information, contact MCpl Smith at tel. 4192 or email: shawn.smith@forces.gc.ca

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Kids And Counsellors Celebrate The Last Day of Camp



For the last day of their Camp program this year, 17 Wing Community Recreation brought the circus to the front lawn of Fitness and Recreation building. With inflatable castles, obstacle courses and games galore. The kids had a fantastic time, and more than a few adults looked jealous too. Photos: Mike Sherby

Navigating the grocery store

It is important to be aware of the pros and cons of healthy shopping and how to navigate your local super market to benefit your health. Have you ever noticed that the majority of the foods you need are around the outer edges of the super market? The vegetables, meats, dairy and grain products are normally on the edges of the store while all the canned and boxed goods are in those aisles it takes decades to navigate. Hopefully after reading the next few tips on shopping for healthy foods this will no longer be an issue!

Tips for shopping for healthy food:

Shop with a list

Do not shop while hungry

Meal plan for several days to a week at a time

Stock up on healthy staples i.e. lower fat dairy products, vegetables and fruit (fresh or frozen), whole grain cereals and breads, lean meats and alternatives

Shop the outer walls first, then if needed, the center aisles

Look at percentages of the cart filled with food groups, and compare it to requirements on Canadian Food Guide (mentally) i.e. largest number should be veggies, then grains, then dairy, then meats

Common difficulties that may lead to eating fast foods or eating out multiple times a week are: not having enough time to cook, having a busy family schedule and not being able to sit down to eat, having picky eaters in the family or summer temperatures being too warm to turn on the stove or oven. There are many ways to negate such issues

Busy family schedule

Pre-cut veggies, fruits or salads

Make double batches of favourite dishes and freeze for easy access and future use

Plan meals several days ahead of time

Prep food when time is available i.e. weekends

Find one pot recipes, or 20 minute dinners i.e. crock

pot

Have lots of nutritious snacks available

Plan dinner to be flexible, so dinner time can change on activity nights

Cook in crock pot so dinner is ready when you arrive home

Picky eaters

Offer healthy snacks

Cook one meal for entire the family with a variety of nutritious options, do not cater to a picky eater


Make food fun to eat

Be a good role model; they will not eat it if you do not.

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Les ateliers du programme Bouffe-santé pour un rendement assuré accroîtront vos connaissances et vous donneront des conseils pratiques pour améliorer vos choix alimentaires.

What you eat makes a difference!

Top Fuel for Top Performance workshops will provide you with knowledge and practical tips to tune-up your food choices.

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www.facebook.com/WinnipegMFRC www.facebook.com/WinnipegMFRCYouth

Fall Fair Kicks Off with Coffee Break at MFRC



Daniel Truong, a participant from Kidventures summer camps, won the bike that was drawn at the MFRC's September coffee break. It was presented to him by the Wing Commander, Col. Roy at the Fall Fair Coffee Break.

New MFRC Hours

Our hours have changed.

We will now be open late on Tuesday nights.

Our new hours are:

Monday 8:30 a.m. - 4:30 p.m.

Tuesday 8:30 a.m. - 8:00 p.m.

Wednesday 8:30 a.m. - 4:30 p.m.

Thursday 8:30 a.m. - 4:30 p.m.

Friday 8:30 a.m. - 4:30 p.m.

National Family Week is October 7-13

To celebrate we'll be hosting a family event or program on every night of the week, with activities, games, snacks and a whole bunch of fun.

More details to follow in October's newsletter

Upcoming MFRC Programs

French Coffee

Every Wednesday morning, 10 to 11 a.m.

Join us every Wednesday morning for a coffee and a chat with members of the francophone community. Everyone is welcome, however, an excellent understanding of French is needed. Free child care is provided.

Pause-Café francophone

Tous les mercredis de 10 h à 11 h

Joignez-vous à nous tous les mercredis matins pour prendre le café et jaser entre francophones

French Ladies Group

Friday, September 27 at 6:00 p.m.

Registration deadline: September 25

Take a little trip back in time and join us for a 'Back to Childhood' dinner! Bring a dish that reminds you of your childhood and wear accessories from that period of time! This evening will allow the French Ladies Group to resume contact and to welcome newcomers. For those who have not yet had the chance to participate in the group's activities, this will be the opportunity to join us. Fun and laughter guaranteed, women of all backgrounds, civilian and military are welcome.

Groupe de femmes francophones

Souper-soirée « Retour en enfance »

Vendredi le 27 sept, à 18 h

Date limite d'inscription : 25 septembre

Faites un petit voyage dans le temps en venant vous amuser à ce souper « Retour en enfance » où rires et plaisir seront de la partie! Apportez un plat vous rappelant votre enfance et portez des accessoires de votre jeunesse! Cette soirée permettra au groupe de femmes francophones de reprendre contact et d'accueillir les nouvelles arrivantes. Pour celles qui n'ont pas encore eu la chance de participer aux activités, ce sera l'occasion de vous joindre à nous. Les

Second Language Training

English and French

Classes begin the week of September 23

Registration deadline: September 18, 2013

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

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

French (level one, beginner): Monday & Wednesday from 6:00 - 9:00 pm

The Second Language Training Service is designed to facilitate the integration of family of CF members who

are posted to locations where the surrounding community's primary language is unfamiliar.

The primary participants eligible to access Second Language Training are civilian spouses/partners and children of CF members sixteen years of age and over. Special consideration may be given to children fourteen to fifteen years of age. A minimum of five primary participants must be registered for a course to be offered, with a maximum of 10 participants per course.

A deposit of \$50 is required upon registration for the course. This deposit is refundable if the participant attends 85% of classes.

Courses are also open to military members for a non-refundable cost of \$50 and to members of the community at a non-refundable cost of \$100 per session. However, priority will be given to spouses of military members.

The course duration is ten weeks and will consist of two three-hour classes per week. Classes are held at the MFRC.

Come in and complete the registration form at the MFRC reception or call Mélanie Lyrette at 204-833-2500 ext. 4515 for further information.

Cours de langue seconde

anglais et français

Débutent la semaine du 23 septembre

Date limite d'inscription : 18 septembre

Anglais niv. Interm. : lundi de 18 h à 20 h et vendredi de 9 h à 12 h

Anglais niv. avancé : mardi et jeudi de 18 h à 21 h

Français (niveau 1, débutant) : Lundi et mercredi de 18 h à 21 h

Le Service de formation en langue seconde vise à faciliter l'intégration des conjoints civils - de droit ou de fait - de militaires qui sont affectés à des endroits où la principale langue parlée n'est pas la leur.

Les participants principaux admissibles à une formation en langue seconde sont les conjoints civils de militaires - de droit ou de fait - et les enfants de militaires âgés de 16 ans et plus. Une autorisation spéciale peut être accordée aux enfants de 14 et 15 ans. Au moins 5 participants principaux doivent être inscrits pour que le cours se donne.

Un dépôt de 50 \$ est requis lors de l'inscription, qui sera remboursé si l'étudiant(e) se présente à 85% des cours.

Les cours sont aussi ouverts aux membres militaires au coût non remboursable de 50 \$ et aux membres de la

communauté à un coût non remboursable de 100 \$. Par contre, la priorité sera accordée aux conjoints de militaire (un minimum de 5 conjoints de militaire est requis et un maximum de 10 apprenants par cours est accepté).

Les cours sont d'une durée de 10 semaines, à raison de deux classes de trois heures par semaine, et ont lieu au CRFM (102, rue Comet). Les cours commenceront la semaine du 23 septembre.

Venez vous inscrire à la réception du CFRM ou communiquez avec Mélanie Lyrette au 204-833-2500 poste 4515 pour plus d'informations.

Got squeaky cheese?

During the week of September 23 the MFRC will order and pick up fresh cheese curds for you, direct from the Bothwell Cheese factory.

One pound: \$7.50, two pounds: \$15.00

Orders must be placed and paid by Friday, September 20. No orders will be accepted after this date.

Cheese curds will be available for pickup the week of September 23, at the MFRC front desk. An email will be sent to confirm the date and time.

Deployment night out

Tuesday, September 24 from 7:00 to 8:30 p.m.

Additional Stress Free Child Care funds available to deployed families.

Registration deadline: September 19

Join us for a relaxing evening in the company of other people who currently are or who have recently experienced a deployment. You can also take this opportunity to pack your next care package, pick up deployment resources and register for programs. This month we will be discussing the Road to Mental Readiness.

Alphabet Soup

Mondays, October 7 to December 9 from 1:30 to 3:00 p.m.

There will be no classes October 14 or November 11.

Registration deadline: September 25

Parent participation required.

Literacy and cooking make a recipe for fun. Parents and children will share songs and stories, then parents will cook and get some nutrition recipe ideas. We'll all join together again to sample some good food and another story. This program is funded by Raise a Reader. Registration is required. Call extension 2491 or 4509 for more information.

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Taroscopes

BY
NANCY

Aries (March 21 – April 19):

By being patient you've got something you've wanted for a long time. Allowing things to grow naturally and develop slowly isn't always easy, so reward yourself. The deeper you dig the more treasures you'll find so persevere. There are even more benefits to be discovered.

Taurus (April 20 – May 20):

You see now that life isn't only about responsibilities. Devote time to creating something uniquely your own. Allow your dreams to grow. Cease activities that are no longer meaningful. Let go of things you don't use. You'll discover or be offered all that you need.

Gemini (May 21 – June 21):

Though you may feel disconnected from those around you, you need to focus a bit more on their reality as it could affect your own life. Double check your assumptions. Something you've based your plans on may not be as solid as it seemed. Half-truths abound.

Cancer (June 22 – July 22):

Express how you feel and let your feelings be your guide. A cycle is ending and though you are comfortable you are also looking forward to stimulating new challenges. Still things may not develop as planned so be prepared for a number of possible outcomes. Ultimately it's all good.

Leo (July 23 – August 22):

Someone you care for is going through a difficult time due to someone's thoughtless words and actions. You might prefer to avoid dealing with it, but at least show you care. Issues, mistakes and realities aren't what you like to focus on but you can't avoid the facts of life.

Virgo (August 23 – September 22):

Your optimism is an asset. Even if you've occasionally been conned, don't let fears about other people's intentions hold you back. You're smart enough to know the score. Appreciate what you have and leave the old betrayals and mistakes in the past where they belong.

Libra (September 23 – October 23):

On the outside all is well but inside you may be avoiding thoughts and feelings that you think would cause conflict or a falling out with others. You sense that something is not quite right. Though it may seem insignificant, it's not. It's important to feel you can speak your mind.

Scorpio (October 24 – November 21):

Find a place where you can dabble in what interests you. You are established enough now that you can take a "time out" from day-to-day tasks. Visualize what you want and it will happen. Focus on the positive. Take care of others. Share your gifts. Socialize more.

Sagittarius (November 22 – December 21):

You want to see the whole world and experience things first-hand. However, your actions do influence others. Adjust your behavior if it has a negative impact on others so you won't have any regrets later. Their opinion may count some day in the future.

Capricorn (December 22 – January 19):

The answer to something that has been puzzling you seems to come from out of the blue. Give yourself time to work through your feelings about this before speaking to others. Contemplate your options so you don't overlook a few key factors that could affect your plans.

Aquarius (January 20 – February 18):

Be open to synchronistic meetings and events. Promote yourself, your creativity and experience. When you have the chance to address something that has limited you, stay grounded and deal with it. You have the answers to questions that have concerned you for some time.

Pisces (February 19 – March 20):

Look forward to a return on something you started working on a few months ago. A partnership with someone may be the ideal set up. You have the resources needed, the people to help you and the energy to get things done. Make sure you arrange a few play-dates as well.

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Chaplain's Corner

Chaplin Bridges Gap Between Mental Health And Faith



Lt(N) Frédéric Lamarre at his office at the Mental Health Clinic in 23 CF Health Services. Photo: Martin Zeilig

**By Martin Zeilig
Voxair Reporter**

Lt(N) Frédéric Lamarre confesses that his job can be challenging and even overwhelming at times.

But, he also calls it very rewarding.

“We help the client to find his (or her) own solutions and using his own internal resources to achieve better well being,” said Padre Lamarre, a pastoral associate, who works at the Mental Health Clinic in 23 Cf Health Services at 17 Wing.

“That is gratifying.”

He has been at 17 Wing since August, 2011.

“I am a chaplain, but I also do counselling. I am part of a team composed of social workers, a psychologist, a psychiatric nurse, a psychiatrist and an addiction counsellor.”

Captain Jamie MacIsaac, mental health manager, emphasizes that Lt(N) Lamarre brings an extra dimension to the work being done at the MH clinic.

For example, he observed that Lt(N) Lamarre has advanced training, in particular a Master in Counselling and Spirituality (from St. Paul University in Ottawa).

“We have the added bonus of having Frédéric as a spiritual advisor,” said Capt MacIsaac.

“He brings a specialization that our other mental health workers don’t have.

“His spirituality is a special component to our

team. Frédéric is our liaison between the mental health world and the padre world. We’re all there to help the soldier, and Frédéric brings that added dimension.”

He also refers to the important fact that many enlisted men and women face challenges that confront their religious beliefs.

“So, they look to our padres for guidance and reassurance,” said Capt MacIsaac.

“Our padres will have that understanding that a minister in the civilian community may not have.”

Lt(N) Lamarre, 41, a native of Lévis, Québec (just across the St. Lawrence River from Québec City), began his military career as a reserve gunner in the artillery as well as a supply technician for 10 years.

“While I was a reservist, I was still a student studying accounting science at university,” he said, noting that he also has a social work certificate from Laval University.

“I was not happy in the course. I realized that I had made a huge mistake. It wasn’t a good fit for me. While seeing a counsellor, he suggested I study theology because he’d seen the crucifix around my neck.”

Lt (N) Lamarre, who’s also worked in civilian parishes, added that “helping a human being grow and overcome their problems” is particularly fulfilling.

“Because you feel useful,” he said.

Together in Church

CATHOLIC

CHAPLAINS

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

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

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

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

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

Padre Frank Staples (UCC)
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 1900 hrs in the Chapel Annex. All women are welcome.

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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



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