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THE VOXAIR
 Our Military Community Newspaper, 17 Wing Winnipeg

October 23, 2013

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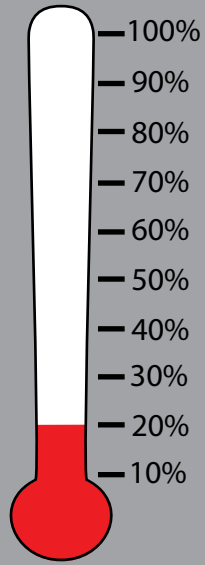
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17 Wing Gives The Boot To MD



GCWCC update:
 To date, the GCWCC has raised 20% of its \$140,000 goal. Keep up the good work 17 Wing!



Ed Stark NDQAR drops some change into the boot on a sunny Thursday morning as part of the yearly Firefighter's Boot Drive for Muscular Dystrophy Canada. For more on how much 17 Wing raised, please see page 2. Photo: Martin Zeilig

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Boot Drive raises money for MD



MCpl David Yourex stands ready with a boot to collect donations. Photo: Martin Zeilig



MCpl David Yourex and Cpl Andrew Gould collect donations at the Air Force Way gate. Photo: Martin Zeilig

By Martin Zeilig

With boot in hand, Major Dez Desjardins, RCAF Fire Marshall, approached the various vehicles as they turned into the driveway at the Air Force Way Gate.

Maj Desjardins, joined the 15 firefighters from the 17 Wing Fire Hall who were all wearing full turnout gear (helmets and fire resistant yellow jackets and pants), at 17 Wing's three gates, as well as the Tim Hortons on Ness.

They were raising money for Muscular Dystrophy Canada during the annual Fire Fighter's Boot Drive on a chilly and dark morning on October 17.

Most drivers had their windows open and smiled or said something positive as they deposited some coinage or even paper bills into the rubber firefighting boot.

Muscular dystrophy is the name for a group of neuromuscular disorders that are characterized by progressive weakness and wasting of the voluntary muscles that control body movement. Over time, persons with neuromuscular disorders may lose the ability to walk, speak, and ultimately breathe. For some individuals, the disorder is fatal, and there is currently no cure.

Cheryl Rondeau, the 17 Wing Fire Hall's Honourary Master Corporal, is unfortunately all too familiar with the disorder. Her daughter, Crystal, was born with a form of MD called Spinal Muscular Atrophy (Type 2).

"For our family, we find that the 17 Wing Fire Department is a bunch of exceptional people who go out every year and raise funds for Muscular Dystrophy and MD awareness," Cheryl said during a telephone inter-

view. "They've taken in my daughter like one of their own, and I would like to thank them for all their hard work and dedication."

Master Corporal J.J. Loboz of the 17 Wing Fire Department noted that just over \$3000 had been raised for the cause.

"We had a majority of our guys out this morning," he said, adding that Fire Fighters across Canada, both civilian and military, have played "an integral role" in raising funds for Muscular Dystrophy Canada since 1954, raising over \$2 million annually.

"We've always had good support for this campaign. It's a traditional thing. The firefighters have done this for over 50 years. For the number of people we have at 17 Wing, we've increased the amount of money every year."

He also praised the Tim Hortons restaurant on Ness Avenue for their support.

"For the past two years, they've let us put guys there too," continued MCpl Loboz, a reserve member of the military, mentioning that this event usually takes place a week earlier during Fire Prevention Week.

"I appreciate all the work that's been done. There were no complaints from anyone."

Maj Desjardins, who was posted here in July, 2013 from Yellowknife, NWT and works out of 1CAD, added that "this is an outstanding cause. People are very generous with their donations."

Good work again 17 Wing FD.

23 Military Police Flight

By Martin Zeilig

After arriving from NATO Air Base Geilenkirchen, Germany in July, Warrant Officer Joe Bradshaw assumed his new position as Second in Command of 23 Military Police Flight under OC Captain Walinga.

"We are undertaking a number of initiatives such as reconstituting our Community Relations Program because we want to put a face to the unit and establish a platform which affords us the opportunity to contribute even more to the 17 Wing Community," he said during an interview in his small office located in Building 95 – MP HQ -- at the Wihuri gate.

Master Corporal Tanner Kavanaugh, the newly appointed MP Community Relations Representative, is one of 28 MPs working in the unit which is comprised of these MP personnel and members of the Canadian Corps of Commissionaires, as well as being augmented by the Wing Auxiliary Security Force (WASF) when required.

"Anybody would like to have more personnel," admitted WO Bradshaw. "But, despite deployed operations

and national level tasking trends, our personnel remain motivated, dedicated and consistently rise to the occasion."

23 MPF provides a variety of operational, law enforcement, investigative, and security services to 17 Wing and its lodger units.

"Our role is multipurpose, with a primary focus on security for DND assets and personnel," said WO Bradshaw. "We achieve this through the provision of policing, security and force protection services to DND establishments, communities and operations."

When asked, what the most rewarding part of serving with the Military Police is, WO Bradshaw responded: "Regardless of what Branch a member is serving in I don't believe any of us joined the military simply for a pay cheque. It's about being of service to something greater than self."

"In a lot of instances the nature of what we do is intrusive", WO Bradshaw said, "but every once in a while someone whose life we have intervened in comes back afterwards to say 'Thank you'. For us, we can look back years later and say we helped make a difference."



WO Joe Bradshaw talks to the Voxair about 23 Military Police Flight. Photo: Martin Zeilig

Correction

In our September 25th edition of The Voxair, we incorrectly wrote that Col(ret'd) Chris Hadfield had been a student of the Aerospace Systems Course. This is incorrect. He was a student of the Basic Space Indoctrination Course at CFSAS in May of 1991. We would like to apologize to Capt Hough to whom we erroneously attributed this information. Thank you to Maj Redden for pointing out this error.

Sincerely,
Michael Sherby
Voxair Manager

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Annual TEME breakfast continues to raise funds for GCWCC

By Martin Zeilig

Smiling servers dished out eggs, sausages, bacon, light fluffy pancakes, baked beans, toast and hash browns to a long line of hungry but cheerful military and civilian personnel in the expansive Heavy Equipment Bay of Building 129 on October 18.

It was the annual 17 Wing TEME Squadron (Transport Electrical and Maintenance Engineering) fund raising breakfast in support of the GCWCC.

The charge was a paltry \$5.00 for their hearty early morning meal, with the money going towards charity. Even the entertainment was provided, as the RCAF jazz quartet were there, playing some funky numbers. Those guys were tight, even Parker, Gillespie, and Brubeck would have been impressed. As well, there was a 50/50 draw and a draw for a Tassimo coffee machine too!

"We had 400 people come through for the breakfast," said Corporal Jennifer Nesbitt, the OPI for the event, during a follow-up interview.

She added that the total amount raised was \$2900.

Cpl Nesbitt said that she began organizing the breakfast at the end of July by making initial contacts with potential suppliers.

"There's a company in Winnipeg that made arrangements with all of their suppliers to provide us with food," she said, mentioning that a number of the volunteers had been at a mess dinner the previous evening, but still

made it a priority to participate in the morning's activities.

"A lot of our support has come through Wing Food Services. The Officer's Mess was key in all of this as they did all of our cooking, and provided us with a facility to work out of."

In particular, Cpl Nesbitt lauded the work of Master Corporal Desmond Rowe, catering manager at the Officers Mess, who, with the assistance of civilian chef Fraser Ashmead, cooked the food at the Officer's Mess, while on site at the Heavy Equipment Bay all the cooking was done by Sargeant Trevor Hughes.

"Without the support of TEME this would not have happened," she stressed. "And there are so many other people who helped out, too many to name."

Major Chirag Hingwala called the breakfast a very good opportunity for the various units around the base to build morale and unity.

"The breakfast has been an annual tradition for the last 15 years," he said, praising the "fantastic" efforts of Cpl Nesbitt for organizing it all, as well as the work of the 40 or so volunteers who prepared, served and greeted visitors, which included 17 Wing's Wing Commander Colonel Joel Roy and special guest Canadian Forces Chief Warrant Officer Kevin West from Ottawa.

"It looks like everyone is having a great time," he said.



Organizers of the TEME breakfast, Maj Chirag Hingwala and Cpl Jennifer Nesbitt. Photo: Martin Zeilig



Volunteers serve breakfast in support of the GCWCC. Photo: Martin Zeilig

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1CAD Member runs his way to health

By Martin Zeilig

Master Warrant Officer Jim White, credits regular running and proper diet for transforming his life from being overweight and in poor physical shape to one of fitness and a sense of well being.

In fact, MWO White, 51, who hails from Port Aux Basques, N-L, has run numerous marathons over the years, including the famous Boston Marathon in 2003, finishing with a time of 3 hours and 41 minutes. As well he has ran the Ottawa Marathon five times.

When MWO White, who works at 1CAD and is the race director of the RCAF Run, joined the Canadian Forces as a fit 20 year old in 1982, he weighed about 175 pounds. But, something happened over the next few years.

"I blew up to over 200 pounds," acknowledges the 5'10" MWO White, whose wife and weekend running partner, Sergeant Suzan White, is Chief Clerk at 17 Wing Logistics and Engineering.

"I was like a bowling ball, out of proportion physically."

Then one day when he was based at CFB Toronto, he had to get a pair of pants for himself with a 42 inch waist band.

That marked MWO White's watershed moment.

"I knew then that I had to get into a fitness program and get back to reality," he says during a mid afternoon interview in the spacious 1CAD cafeteria.

"I was tired of being that heavy and out of shape from a poor diet and lack of exercise."

As an example of his unhealthy eating habits, MWO

White says that he used to drink around four pots of coffee a day.

"I worked in the base office, and the coffee pot was too close," admits MWO White. "I became addicted to it. I was probably eating up to 3000 calories a day and lots of junk food and no exercise. It was brutal."

So he made a 180 degree lifestyle change.

"While I was in Toronto, I ran numerous 10 kilometre races, but no marathons," says MWO White "I ran my first marathon in Ottawa in 1994 in a time of three hours, 21 minutes. I trained with some other runners at CFB Trenton," he says. He's now run four other Ottawa Marathons with a best time of 3:09 hours in May 2002.

MWO White says that he's now almost finished running enough mileage-- 36,000 km -- to qualify for his third CF Aerobic Award of Excellence and receive a gold seal.

Chris Merrithew, 17 Wing Sports Coordinator, who is also involved in the annual RCAF Run, remarks that he admires MWO White's dedication to training and living a healthy lifestyle.

"He's a great example to others," he adds. "Jim has worked very hard to get to this level of fitness and well being. I really enjoy working with him in organizing the RCAF run."

So far MWO White says he considers running in Boston, with 21,000 other competitors, the peak of his marathon experiences.

"I was elated, and on top of the world," he says with a smile. "To be able to finish it is an incredible experience. One of the most memorable moments in that race was



MWO Jim White holds up a photo and plaque highlighting his achievements running in the 2002 Ottawa Marathon & 2003 Boston Marathon. Photo: Michael Sherby

hearing my daughter's voice above the cheering crowd as she encouraged me to finish strong. I'll never forget that moment"

Popular Lunch & Learn sessions kick off on Oct. 31



Yutta Fricke will be the featured speaker on October 31 at the first of three Lunch and Learn sessions. Photo: Supplied

By Martin Zeilig

Yutta Fricke views the issues of people with disabilities within the framework of human rights.

Ms Fricke, Acting Executive Director, Disabilities Issues Office, a Division of Manitoba Family Services and Labour, will be the featured speaker on October 31 at the first of three free Lunch and Learn sessions, 1200 - 1300 hrs., at the Military Family Resource Centre.

Ms Fricke said that she has always had an interest in human rights issues.

"The kinds of barriers faced by people with disabilities limits their human rights," she stressed, adding that October is Disability Awareness Month.

Mary Jane Fisher, Learning Advisor in the Learning and Career Centre (LCC), notes that she has been organizing Lunch and Learn sessions for several years now because the LCC has a responsibility for responding to

the learning needs of people-- and Lunch and Learn sessions offer another way for learning to occur.

"People can bring their lunch and listen to a presentation over their lunch hour," she says. "Topics are varied. Often I choose the topic. However, at times, individuals contact me offering to deliver a Lunch and Learn session."

Ms Fricke emphasized that one of the crucial priorities of her office, which helps to identify priority issues of Manitobans with disabilities and ensures disability inclusion in Provincial policies and programs, is the introduction of The Accessibility for Manitobans Act.

"It's a bill that lays out the framework for the development and implementation of accessibility standards that will improve the independence and social inclusion of Manitobans where they live, work, and play," she said, noting that the bill is currently being discussed in the Legislature.

"Our office acts as a liaison with community groups representing people primarily with disabilities. We also work with employment sectors. Everyone has a responsibility and an interest to make Manitoba more accessible."

She also mentioned that 15 percent of Manitobans are affected by disabilities-- physical, mental, intellectual.

"Barriers to participation will influence how successful their lives can be," said Ms Fricke, adding that more than 50 percent of the homes in Winnipeg's new Waverley West housing development will be disability friendly with level entry ways, corridors wide enough for a wheelchair to turn around, and bathrooms on the main floor.

"For those not affected by a disability now, they may be at some point in their lifetime. Our office works with all departments in government to make sure that their programs and services are inclusive."

The other two sessions, which will also be held at the MFRC, take place on November 6 and November 27: Do You Know What You Know? Adult Learning featuring Barbara Read and Stephanie Rozzi from the University of Winnipeg; and, Brain Injury: A Modern Epidemic presented by Karen Thomas, MSW, Social Worker, Selkirk Mental Health Centre.

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The long and winding road: Padre Gordon Mintz on his path to God

By Martin Zeilig

Captain (Padre) Gordon Mintz, Assistant Division Chaplain 1 CAD, calls his office “a cave” because, as he points out, it doesn’t have a window to the outdoors, although there is one just steps away in the lounge.

If it’s a cave, then it’s a very welcoming one – one with a couple of Toronto Maple Leafs stickers plastered on a shelf and a file cabinet, framed photos of his family, a small coffee machine, a collection of mugs (including one with the Maple Leafs logo) for guests to choose from, some books stacked neatly in a shelf, plus sundry bric-a-brac.

The idea of a warm, cozy cave could indeed serve as a metaphor for the welcoming, affable minister.

LCol Christopher Ryan, CD, Division Chaplain at 1CAD, says Padre Mintz is the type of person who will always be carrying out his pastoral disposition, regardless of the office or position of the person he is helping.

“He gets everything done,” he says. “Care for people is his first concern. He’s very hospitable. He’s a fine priest.”

During an interview Padre Mintz, who was born and raised in Toronto, says that he knew at age 12 that he was destined for the priesthood. It just took him some time to realize it.

“My best friend, Gary, was the son of the local Anglican priest in Sutton, Ontario at St. Andrews Church,” he said over a cup of coffee.

One day, the Bishop came to town, and both friends ended up being altar boys for all of his services.

“On the last service, we were leaving the church and the Bishop looked right at me and said ‘I could really see you being a priest one day,’” said Padre Mintz, who, along with his wife, Margaret, an RN, has three sons—Joshua, 21, Joel, 19, and 17 year old Nathan.

“He knew that I wouldn’t be happy until I fulfilled the part of me who God created me to be.”

It was a few years later, when he was studying for his Masters of Business Administration at the University of Western Ontario in London, that Padre Mintz had a revelation.

“While I was praying in my room at the dorm, I decided that this wasn’t how I wanted to invest my life,” he said. “And the vision of the Bishop speaking to me came back in Technicolor. So, that led to a process of switching paths as a 21 year old. But first, I finished my business degree.”

He then went to work for many years as a teacher of computer science, philosophy, accounting, economics, and political science at the now defunct Grenville Christian College in Brockville, Ontario.

It wasn’t until the year 2000 that a more mature Mintz was accepted into divinity school. Following his graduation, he joined the CF, and was posted to 17 Wing in 2008 at the age 46.

“My wife knew that I wouldn’t be happy unless I fulfilled that part of me who God wanted me to be,” he said echoing earlier comments about his divine purpose in life.

As for his current position, Padre Mintz says that he is happy to be doing God’s work and helping people.

“I support LCol Ryan, who oversees the delivery of Chaplain Services to the operational units of the RCAF throughout Canada,” says Padre Mintz.

He says that even though he is a Padre, he hears about more issues than just related to military life. “I do have more time to focus on people in the CAF as opposed to a civilian minister. That’s what I find the most rewarding. It’s a beautiful privilege. People’s issues know

no rank.”

He’s helping people find meaning and purpose in their lives.



Padre Mintz, Assistant Division Chaplain 1 CAD. Photo: Martin Zeilig

Learning & Career Centre: Helping you advance

By Martin Zeilig

Mary Jane Fisher would like you to realize that the Learning and Career Centre, on the main floor of 17 Wing’s Training and Education Centre (building 135), offers a variety of products and services to meet your learning and development needs.

Just browsing through the books and publications on the shelves in the LCC’s modest resource centre reveals how much this place has to offer. There’s everything from career management training, communication (writing, listening, speaking), second language training to military matters, I.T. Training, magazines and brochures from various universities and colleges, plus more, including videos and CD-ROM tutorials

But the LCC offers far more than just books, they also teach a wide array of courses to help improve everything from your job skills to second language skills.

“The LCC offers formal courses and workshops in a range of subject matter, such as retirement planning, harassment prevention, leadership development, and career management,” said Fisher, a Learning Advisor at the LCC for the past 10 years, mentioning that the LCC also has four GPNET (general purpose internet) computers for use and several laptop computers for loan.

A calendar of learning events is posted on the intranet and is updated regularly, she noted. Looking for something a little special that the LCC just doesn’t seem

to have? Worry not, they’ll work with you to develop something for you.

“In addition, we can develop learning activities and strategies for your work unit, or direct you to learning activities outside the department,” said Fisher, whose colleagues at the LCC are Michelle Stephenson, a Learning Assistant, and Learning Advisor Alana Marszalak.

“We provide civilian and military personnel with the tools they need to help improve their job skills, advance their careers or promote personal development. We have extensive knowledge for you on your learning journey. We can provide access to valuable learning opportunities and resources.”

For example, she observed that if someone is considering a new career, she or Marszalak can use “self-exploration and career advisory tools,” such as the Myers-Briggs Type Indicator to help that person choose a field compatible with his/her skills, interests, and abilities.

“In addition, we can research labour market trends,

help you write effective resumes, and prepare you for the selection interview,” said Fisher, remarking that people can come to the LCC at lunch hour just to relax and read in one of the four comfortable armchairs by the window.

“We’re here to help people, not only the Public Servants at 17 Wing, but everyone. People even have meetings in here. Sometimes people use this space for break-out groups after a course, for example, on time management.

“We also go to other areas on the base to do briefings (personal development, time management and other topics) to help them meet their needs. So rather than send your staff individually to us, you could have a half day session in your unit.”

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Mary Jane Fisher talks to the Voxair about the Learning and Career Centre. Photo: Martin Zeilig

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CFSAS in the Space Game

By Major Cameron Lowdon
CFSAS Unit Public Affairs Representative

CFSAS instructor and University of Manitoba Graduate Student Greg Linton visited Montreal 26 Sep 13 to participate in the Canadian Satellite Design Challenge (CSDC).

This competition, open to university students across the country, challenges teams to design and build a small research satellite, with the winning entry potentially going to actual orbit on a future launch. Greg, an Aerospace Defence Analyst and Instructor for the Canadian Forces School of Aerospace Studies (CFSAS) made

the trip with another colleague from the University of Manitoba Space Applications Technology Society to represent their team's design submission for the competition as part of their Master's class requirement. Both came away suitably impressed with the event. "The presentation was difficult, with both academic and industry experts challenging us on the plans and details of our project" he said before adding "they liked our project but this forum was new to us so we aren't quite sure how we stack up to the others".

MacDonald Dettwiler Associates (the makers of RADARSAT 2) hosted the event and it was definitely eye-opening to all participants. "We learned a great deal about how the space industry operates, it was a rare opportunity to see how space systems are made from the opposite side of the table" said Greg, hopeful that they had impressed enough to warrant continuation to the next stage which will require environmental testing of the finished satellite design. "If we win and our satellite makes it to orbit, it will be a huge deal for everybody. We'll get to say we made something that is in space doing its job - that would be awesome".

CFSAS will gain with or without a successful verdict. Greg teaches a great deal



Greg Linton (left) and Kane Anderson, Communications Team Lead, examine the newly acquired Yaesu radio for the satellite. Photo: UMSats.ca



Greg Linton shows Orbit Planer and STK to students. Photo: UMSats.ca

on the various Space Operations courses offered by the school and within this competition he was able to see all aspects of satellite design from definition to requirements, construction and ultimately acceptance testing. And as the Space Programs offered at CFSAS increase in scope, his recent exposure to the requirements and complexities of satellite design benefits CFSAS immediately in providing space instruction programmes.

Santa reviews flight plan for NORAD

By Michael Kucharek, NORAD

NORAD Staff at North American Aerospace Defense Command and U.S. Northern Command headquarters, located at Peterson Air Force Base in Colorado, received a surprise visit from Santa Claus on Thursday, September 26, 2013.

Santa's visit was conducted in advance of his December 25, 2013, trek around the globe so he could review his flight plan with the operators who will be on duty during Christmas and learn more about how the commands track his flight using a variety of space, land and sea-based technologies.

Santa's visit today comes in advance of the commands' annual "NORAD Tracks Santa" outreach effort, which is expected to reach more than 20 million unique visitors on the www.noradsanta.org website.

Le Père Noël passe en revue son plan de vol

NORAD Le personnel du quartier général du Commandement de la défense aérospatiale de l'Amérique du Nord et de l'U.S. Northern Command, situé à la base aérienne Peterson au Colorado, a reçu une visite surprise du Père Noël jeudi dernier, le 26 septembre 2013.

Il s'agit d'une visite en prévision du voyage autour du monde que le Père Noël réalisera le 25 décembre 2013. Il a passé en revue son plan de vol avec les opérateurs qui seront en service le soir de Noël et il a approfondi ses connaissances du système que les commandements utilisent pour suivre sa trajectoire à l'aide de technologies spatiales, terrestres et maritimes.

Le Père Noël nous a rendu visite aujourd'hui en prévision de la campagne de relations publiques « NORAD sur les traces du Père Noël », qui devrait attirer plus de 20 millions de visiteurs diversifiés au site Web du NORAD : www.noradsanta.org.



Santa Claus reviews his flight plan for his Dec. 25 trek across the globe in the Current Operations Center at the NORAD and USNORTHCOM headquarters in Colorado on Sept. 26, 2013.

En prévision du voyage autour du monde qu'il réalisera le 25 décembre prochain, le Père Noël passe en revue, le 26 septembre dernier, son plan de vol au Centre des opérations du quartier général du NORAD et de l'USNORTHCOM.



**17 WING
JUNIOR RANKS**

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

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Showing some old birds some love

By Martin Zeilig

Their engines may be stilled and their usefulness long since expired, but the B-25 Mitchell and DC-3 that sit by the Stevenson Parade Grounds at 17 Wing serve as a permanent record of the training carried out by the Canadian Armed Forces over the years.

Now the two old dignified, twin-engined workhorses will sparkle again-- and make passersby take special notice, if they haven't done so before, thanks to a group of volunteers.

The group of six willing volunteers from 17 Wing spent a couple of days (October 8-9) cleaning-- using pressure hoses, long scrub brushes, special cleaning fluid, among other items, while wearing protective gear -- the years of dirt and grime from both planes.

"One of the most interesting parts of the base is passing these old planes everyday," said one of the volunteers, Private Michael Milic, a native of Ottawa, who was posted here recently after finishing his basic training earlier this year. "I do have an appreciation for them."

He added that he wanted the planes to "look nice" when it comes time for him to graduate from his course as an Airborne Electronic Sensor Operator.

"We're trying to get all the non-flying static planes on display, including those immediately outside the base at the 1CAD Air Park, at 17 Wing cleaned up," said Captain Wallace, 435 Squadron, who was in charge of the cleaning group.

"We're developing a plan to get them washed, re-painted and have a longer term sustainment plan for all aircraft to keep them in good shape."

He remarked that all of the volunteers and their supervisors, who let their charges participate in this task, understand the importance of maintaining these historic aircraft that served in the RCAF for decades.

"This is the first time in a number of years that they've been cleaned and touched up," said Capt Wallace, pointing to some plastic jugs filled with eco-friendly, biodegradable washing fluid that was being used with a minimum of amount of soap.

"It's a wing wide effort as we're all from different sections of the base. I want to thank in particular MWO Paul Nolan and 435 Squadron Maintenance Personnel, 402 Squadron, and CE for their outstanding support."

He also emphasized that 435 Squadron Commanding Officer Lieutenant-Colonel Lamarche is looking to get the entire Dakota repainted for the Squadron's upcoming 70th anniversary in May 2014.

He also observed that since the two planes are parked by the parade grounds, the wider public gets to see them too at times, such as during graduation day ceremonies.

"I walk or drive by these planes everyday," continued Capt Wallace, who noted that it would have "been interesting" to have flown in either of the planes.

"We're putting a new face on them by cleaning them. Until you get up close to them you don't realize how dirty and weathered they are. It feels good to be part of a crew putting a sparkling face on a seasoned bird."

Treating old acquaintances with the respect they deserve.



2Lt Brennan Roche and 2Lt Megan St-Aubin cleaning the B-25 Mitchell. Photo: Martin Zeilig



L to R: 2Lt Matthew Grandy, 2Lt Brennan Roche, 2Lt Megan St-Aubin, Capt Jeff Wallace, 2Lt Benjamin Beauvais, Pt Michael Milic & Pt Andrew Ginting. Photo: Martin Zeilig



For the first time in years the airplanes that sit by the parade grounds at 17 Wing have been washed. Photos: Martin Zeilig

2013 Influenza immunization clinics / Cliniques d'immunisation contre la grippe
23^e Centre de services de santé des FC, Winnipeg
Cliniques de vaccination contre la grippe 2013

- Le vaccin contre la grippe est disponible et fortement recommandé pour tous les membres des FC.
- La meilleure méthode pour prévenir l'influenza (la grippe) est de se faire vacciner.
- Les personnes qui ne devraient pas recevoir le vaccin contre la grippe sont ceux qui souffrent d'allergies sévères aux ingrédients du vaccin par exemple le thiomérosal (préservatif), le formaldéhyde.
- Se faire vacciner contre la grippe: Un bloc de temps a été consacré pour l'administration du vaccin contre la grippe en Octobre et Novembre 2013. Voir ci-dessous.

Cliniques «Sans Rendez-vous»
Les militaires* seront vaccinés en tant que «premier arrive-premier servi»

mois	jour	Endroits	Heures
octobre	mercredi 9 oct.	salle #214, Edifice # 62.23e Centre de santé	13:15-15:30
	mercredi 16 oct.	comme ci-dessus	13:15-15:30
	vendredi 25 oct.	comme ci-dessus	13:15-15:30
	jeudi 31 oct.	comme ci-dessus	13:15-15:30
novembre	mardi 5 nov.	salle #214, Edifice # 62.23e Centre de santé	09:00-11:45
	jeudi 7 nov.	comme ci-dessus	09:00-11:45
	mercredi 13 nov.	comme ci-dessus	13:15-15:30
	jeudi 14 nov.	comme ci-dessus	13:15-15:30

Cliniques par rendez-vous seulement. Les militaires* sont à réserver un rendez-vous de 10 minutes en appelant le poste: 5595 ou 5777

mois	jour	Endroits	Heures
octobre	jeudi 3 oct.	salle #214, Edifice # 62.23e Centre de santé	09:00-11:45
	jeudi 10 oct.	comme ci-dessus	09:00-11:45
	mardi 22 oct.	comme ci-dessus	09:00-11:45
	mardi 29 oct.	comme ci-dessus	09:00-11:45

Cliniques d'immunisation prévues pour les militaires* dans le milieu de travail

mois	jour	Endroits	Heures
octobre	jeudi 3 oct.	1 ^e Division aériennes du Canada, Salle Mynarski	13:15-15:30
	mardi 8 oct.	Hangar #16 (Escadrons 402 & 435)	10:00-11:45
	mardi 15 oct.	Hangar #16 (Escadrons 402 & 435)	13:15-15:45
	mercredi 16 oct.	Bldg #129 (Wing LE)	09:30-11:45
	lundi 21 oct.	1 ^e Division aériennes du Canada, Salle Mynarski	13:15-15:30
	mercredi 23 oct.	La Musique de L'Aviation Royale Canadienne	09:30-11:45
lundi 28 oct.	Edifice# 137 (38 ^e Brigade, Admin., quartier général)	13:15-15:30	

*Militaires éligibles: membres des FC régulière et réserve (classes B et C ≥ 180 jours)

- Civils:**
 - Les civils par. ex. les fonctionnaires, les parents ou les contacts familiaux (enfants inclus) des membres des FC et les réservistes (Classe A) sont encouragés à accéder au vaccin auprès de leurs fournisseurs de soins de santé habituels, par exemple médecin, bureau de santé publique.
 - Cliquez sur le lien suivant Santé Manitoba pour obtenir des renseignements sur les cliniques de vaccination antigrippale offertes par les autorités régionales de la santé (santé publique): <http://www.gov.mb.ca/health/flu/where.html> ou appelez Health Links-Info Santé au 204-788-8200 ou au 1-888-315-9257.

Sept. 18, 2013 |

23 CF Health Services
2013 Influenza (Flu Shot) Clinics

- Influenza vaccine is now available & is strongly recommended for all Military Members
- The best method to prevent influenza (the flu) is by getting vaccinated.
- Persons who should not receive the influenza vaccine include those with severe allergies to any ingredients to the vaccine e.g. thimerosal (preservative), formaldehyde.
- Getting vaccinated against influenza: A block of time has been dedicated for the administration of the influenza vaccine in October and November 2013. See below.

Scheduled "Drop-in" clinics for military members* Immunization to occur on a "first come-first served" basis

Month	Date	Location	Time
October	Wednesday Oct. 9	Room #214 Bldg. 62, 23 H Svcs C	13:15-15:30
	Wednesday Oct. 16	same as above	13:15-15:30
	Friday Oct. 25	same as above	13:15-15:30
	Thursday Oct. 31	same as above	13:15-15:30
November	Tuesday Nov. 5	Room #214 Bldg. 62, 23 H Svcs C	09:00-11:45
	Thursday Nov. 7	same as above	09:00-11:45
	Wednesday Nov. 13	same as above	13:15-15:30
	Thursday Nov. 14	same as above	13:15-15:30

Clinics by appointment only. Military members* are to book a 10 min. appointment by calling local: 5595 or 5777

Month	Date	Location	Time
October	Thursday Oct. 3	Room #214 Bldg. 62, 23 H Svcs C	09:00-11:45
	Thursday Oct. 10	same as above	09:00-11:45
	Tuesday Oct. 22	same as above	09:00-11:45
	Tuesday Oct. 29	same as above	09:00-11:45

Clinics planned for Military members* in their workplace

Month	Date	Location	Time
October	Thursday Oct. 3	# 1 Can. Air Division (Mynarski Hall)	13:15-15:30
	Tuesday Oct. 8	402 & 435 Sqns (Hangar #16)	10:00-11:45
	Tuesday Oct. 15	402 & 435 Sqns (Hangar #16)	13:15-15:45
	Wednesday Oct. 16	Wing LE (Bldg #129)	09:30-11:45
	Monday Oct. 21	# 1 Can. Air Division (Mynarski Hall)	13:15-15:30
	Wednesday Oct.23	RCAF Band	09:30-11:45
	Monday Oct.28	Bldg. 137 (38 Brigade, Wing Admin & Exec.)	13:15-15:30

*Military members: CF Regular & Reserve (Class C & B ≥ 180 days)

- Civilians**
 - Civilians i.e. public servants, relatives or household contacts (including children) of CF Members and Reservists (Class A) are to be encouraged to access vaccine from their usual health care provider e.g. physician, local public health department.
 - Click on the following Manitoba Health link to obtain information about influenza immunization clinics offered by regional health authorities (public health) this fall: <http://www.gov.mb.ca/health/flu/where.html> or call Health Links-Info Santé at 204-788-8200 or 1-888-315-9257

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440 Squadron hosts Honours and Awards Ceremony



Maj Colin Houghton (2nd from left) receives his Canadian Forces Decoration 2nd Clasp from WComd Col Roy (3rd from left). Also pictured are WCWO CWO Normandin (left), and LCol Wawryk, CO 440 (T) Sqn (right). Photo: Supplied



MCpl Rick MacPherson (2nd from left) receives his Sea Service Insignia for 1498 days at sea and Commanders Commendation from WComd Col Roy (3rd from left). Also pictured are WCWO CWO Normandin (left), and LCol Wawryk, CO 440 (T) Sqn (right). Photo: Supplied



Capt Russel Ackland (2nd from left) receives his Commanders Commendation from WComd Col Roy (3rd from left). Also pictured are WCWO CWO Normandin (left), and LCol Wawryk, CO 440 (T) Sqn (right). Photo: Supplied



Sgt Sandra Duchesne (2nd from left) receives her Aerobic Fitness Award from WComd Col Roy (3rd from left). Also pictured are WCWO CWO Normandin (left), and LCol Wawryk, CO 440 (T) Sqn (right). Photo: Supplied



Cpl Cory Gallant (2nd from left) receives his Canadian Forces Decoration from WComd Col Roy (3rd from left). Also pictured are WCWO CWO Normandin (left), and LCol Wawryk, CO 440 (T) Sqn (right). Photo: Supplied

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Black Stuff Floating in the Corn Beef Hash: The RCAF in Yemen

By Maj W.A. March

If you were recruiting for the Royal Canadian Air Force (RCAF) back in the early 1960's, and had a slightly twisted sense of humour, you could have designed a poster that read thusly: "Lawrence of Arabia was a wimp! Do you enjoy extreme heat? Does the thought of flying from primitive airstrips while dogging fighter aircraft and ground fire excite you? Do you consider bad water, long-drawn out bouts of diarrhoea and eating decades old field rations a trip to the spa? Are dangerous and aggressive insects a hobby? Then the RCAF is for you! Remember to tell the local recruiter that you want to volunteer for duty with the United Nations." And if you were "fortunate" enough to make it through the screening process, there was a good chance that you would have found yourself part of the United Nations Yemen Observer Mission (UNYOM).

In 1962, Yemen was the site of a nasty spat between the forces of President Nasser of Egypt, who supported the overthrow of the existing monarchy and establishing of a pro-Egyptian government, and Saudi Arabia whose ruling family, the House of Sa'ud, sided with royalist tribesmen. After a year of inconclusive fighting, all sides agreed to a ceasefire, withdraw non-Yemeni forces and to permit the UN to establish a presence to permit the peaceful resolution of the crisis. The headquarters for UNYOM would be located at the Yemeni capital of Sana (or Sana'a) which observation elements placed along a demilitarized zone on the northern Yemen-Saudi border. The bulk of the UN ground forces would be provided by Yugoslavia, while Canada would provide staff and air support in the form of 134 Air Transport Unit (ATU). In June 1963, Cabinet approved the Canadian contribution and the RCAF was off to Yemen.

The duties envisaged for 134 ATU were not significantly different from those being conducted in support of the UNEF – light transport, liaison and surveillance. However, the terrain ranged from desert plains along the coast, to rugged mountain ranges in the interior that rose to elevations greater than 12000 feet. And although the main UN headquarters was established at the capital of Sana, conditions at the "international" airport there were charitably described as primitive and forward locations along the demilitarized zone in the northern part of the country were often merely semi-level strips of sand. These conditions, combined with the heat and altitude (approximately 7200 feet at Sana), made it impossible to use the H19's and rather challenging to operate the Otters.

By UN standards, the air presence in Yemen was to

be robust. The original plan called for three H19 helicopters along with three Otter and two Caribou aircraft. All of these were to be operated and maintained by 134 ATU consisting of approximately 50 officers and men under the commander of Squadron Leader A.I. Umbach. While the bulk of the personnel would be forthcoming from Canada, an advance party consisting of a single Otter and Caribou, with flight and ground crew, from the RCAF contingent (115 ATU) with the United Nations Emergency Force (UNEF), departed for Yemen on 12 June 1963.

Preparatory training for this new mission would be considered rudimentary by today's standards. Leading Aircraftsman (LAC) Doug Poole, as part of the advance party, was required to draw a 9 millimetre (mm) pistol prior to departure. Poole remembered that, "As we were leaving, the pilot asked if any of us had ever fired a 9-mm pistol. Nobody had. 'No problem' the youthful small-arms instructor replied, 'you simply slip in the clip, pull back the breach, point the thing and pull the trigger.' This was to be the extent of our weapons training. I since have it on good authority, there is more to it; that is, if you actually expect to hit anything."

The Canadians gathered supplies from whence they could. Fortunately, the United States Air Force came to the rescue at the very beginning and provided some welcome supplies. Poole recalled that "The provisions included...battle rations dated 1945 and an enormous amount of Coca-Cola. The rations were not that bad. We could smoke the cigarettes and eat the chocolate bars. We even got used to the black stuff floating around in the corn beef hash. The Coke was especially welcome. An Austrian doctor sent a water sample away to be analysed [sic]. When the report came back, he warned us not to drink the stuff. He advised us not to even use the water to wash our face, as it couldn't be purified by boiling at this 7200-foot altitude."

Operating in Yemen called for the establishment of some unique standard procedures with respect to operating the aircraft. Flight Lieutenant (Retired) George E. Mayer recalled that "To determine the maximum payload for the Otter under these extreme conditions required an unorthodox solution. We simply filled the aeroplane up, closed the door, and attempted to take-off. If we were not airborne by the time we reached 90 [knots], or normal cruise speed, we aborted the take off, returned to base and threw out some cargo and tried again!" I am not sure if these procedures were ever included in Air Transport Command's (ATC) standing orders.

Every aircraft was hit

by small arms fire, but fortunately nothing critical was ever damaged. Still, 134 ATU would provide valuable service to the UN until withdrawn in September 1964. Although danger amongst the various factions, due to an upswing in fighting amongst the various factions, was the primary reason they were withdrawn from Yemen, there was a growing sense of frustration from within ATC concerning conditions on UN missions. A report submitted to RCAF Headquarters in December 1963 noted that "The worst example of this is Yemen where the living conditions of RCAF personnel are simply described as atrocious. The degradation of Canadian standards of hygiene, health, sleeping and eating is too much to expect of Canadian servicemen in peacetime operations.... We in the RCAF have reached the peak of our endurance in the filthy living environment of Yemen...." I often wonder how that report was received.

If you want to learn more about the mission, I recommend you take a look at Canadian Forces Headquarters' Historical Report No. 13, "Canada and Peace-Keeping Operations Yemen – U.N.Y.O.M." available at <http://www.cmp-cpm.forces.gc.ca/dhh-dhp/his/rep-rap/doc/cfhq/cfhq013.pdf>. If you wish to read more about the adventures of Doug Poole, George Mayer, or other members of that mission, click on "Yemen" at <http://www.115atu.ca/>.



Standard desert attire for the servicing crew. Photo: Supplied

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Congrats to the F&S Slo-Pitch team



It was a difficult and fast paced year for PSP Slo Pitch this year, with many teams coming together in some fantastic bouts over our sunny Summer, but eventually there could be only one team to tak the chapmionship.

Congratulations to the F&S slo-pitch team that defeated the Sons of Pitches team to be crowned the 17WG WPG Slo-pitch Champions. Thanks to everyone for coming out to participate in the 2013 Slo-pitch season. Photo: Supplied by Chris Merrithew

Congratulations to Bonnie Korzeniowski



On October 1, 2013 in the Atrium of 1 Canadian Air Division, MGen Pierre St-Amand, the Commander of 1 CAD, presented a 1 CAD Commander's Commendation to Bonnie Korzeniowski, retired Member of Legislative Assembly (MLA), and former Manitoba Special Envoy for Military Affairs, during a Honours and Awards ceremony. Photo: Cpl Jean Archambault



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PSP Community Recreation Weekly Program Schedule

Monday September 16th to Sunday December 15th

	Children & Family Programs	Casual Swim	Lap Swim	Drop-In Adult Recreation Programs	Fitness Pass Classes	Special Events
Mondays	Family Gym Time 1800-1930	1630-1800 (Kiddie Pool Only) 1800-1900 (Both Pools)	0630-0730 1100-1300 1900-2000		Spin Class 1700-1800	
Tuesdays	Swimming Lessons 1700-1900 Active Kids 1630-1930	1900-2000 (Both Pools)	0630-0730 1100-1300 1500-1800 2000-2100	Indoor Ball Hockey 2000-2100	Muscle Boot Camp 0630-0730 Fusion Fitness 1700-1800 Yoga 1815-1915	
Wednesdays	Family Gym Time 1800-1900	1630-1800 (Kiddie Pool Only) 1800-1900 (Both Pools)	0630-0730 1100-1300 1900-2000		Spin Class 1700-1800 Zumba (Basic) 1900-2000	Fall Fair Sat Sep 7 1100 - 1300 Inservice Days Fri Oct 25 Fri Nov 8
Thursdays	Swimming Lessons 1700-1900 Active Kids 1630-1930	1900-2000 (Both Pools)	0630-0730 1100-1300 1500-1800 2000-2100	Squash 1900-2100 Indoor Ball Hockey 2000-2100	Muscle Boot Camp 0630-0730 Fusion Fitness 1700-1800 Zumba (Toning) 1815-1915	Halloween Howl Sat Oct 26 1700 - 1930 Holiday Family Fun Sun Dec 8 1300-1600
Fridays	Aquatic Leadership courses 1900-2100	1630-1800 (Kiddie Pool Only) 1800-1900 (Both Pools)	0630-0730 1100-1300 1900-2000		Weight Room Circuit 1800-1900	Shop 'n Drop Sat Dec 14 & Sat Dec 21 0930-1600
Saturdays	Swimming Lessons 0930-1200 Family Zumba 1045-1115 Active Kids 0915-1130	1300-1500 (Both Pools)	1500-1600		Muscle Boot Camp 0930-1030 Family Zumba 1045-1115	Holiday Jitters Fri Dec 27 & Fri Jan 3 1300-1600
Sundays		1030-1200 1500-1600 (Kiddie Pool Only) 1300-1500 (Both Pools)	1030-1200 1500-1600		Yoga 0930-1030	Bookings available for Birthday Parties Bookings available for Special Events

Fall Pool Schedule

Wednesday September 4th to Friday December 20th, 2013
www.pspwinnipeg.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Casual Swim kiddie pool only	1630 - 1800	1900 - 2000	1630 - 1800	1900 - 2000	1630 - 1800	1300 - 1500	1030 - 1200
Casual Swim both pools	1800 - 1900	1900 - 2000	1800 - 1900	1900 - 2000	1800 - 1900	1300 - 1500	1300 - 1500
Lap Swim	0630 - 0730 1100 - 1300 1900 - 2000	0630 - 0730 1100 - 1300 1500 - 1600 2000 - 2100 NEW	0630 - 0730 1130 - 1300 1900 - 2000	0630 - 0730 1100 - 1300 1500 - 1600 2000 - 2100 NEW	0630 - 0730 1100 - 1300 1900 - 2000	1500 - 1600	1030 - 1200 1500 - 1600
Lessons		1700 - 1900 {Sep 17 - Nov 19}		1700 - 1900 {Sep 19 - Nov 21}	1900 - 2100 {Sep 20 - Nov 29}	0930 - 1200 {Sep 21 - Nov 30}	

Flying Tigers Swim Team (FTST)
Monday/Wednesday/Friday 1630 - 1800
Saturday 1600 - 1700
Sunday 0900 - 1000

Triathlon Club
Dwayne Olson 451-1349

Scuba Club
Monday & Wednesday 2000 - 2130
Sunday 1700 - 1900



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You CAN have a Healthy Halloween!

By **Kathy Godfrey**
Health Promotion Director

With the changing of the seasons comes Thanksgiving, followed closely thereafter by Halloween which means the Christmas season is just around the corner. With these festivities we will also find ourselves surrounded by food. No need to despair, supported by a plan, your waist can get through relatively unscathed!

Of course this holiday is not only about the kids, but that's where we're going to start. Halloween just wouldn't be Halloween without the treats! Of course this is where the "m" word of moderation comes in. Parents you, along with your children, can work out a plan on how to handle the Halloween loot. There is no one right approach and each family needs to decide how best it will work for them.

To avoid diving into the treasures upon returning home from "Trick-or-treating" here are some simple strategies to consider:

- Have a quick and healthy supper before kids go out. Well fed children will be less likely to over eat on treats.
- Cut down on the treats by limiting the amount of trick or treating. Stay on your street for example.
- When you are passing out treats give just a few rather than a big handful. Remember little eyes are on you; be a positive role model and limit the candy you eat.
- Replace trick or treating with a party for the children. Plan spooky games and healthy colourful Halloween food.

Think beyond the candy bars and provide treats that aren't quite as sweet:

- Sugarless gum
- Small bags of pretzels or popcorn
- Granola bars
- Real fruit gummies
- Individual hot drink packages

Who said treats had to be sugary candy? Try something different this year and hand out any of the following:

- Stickers or temporary tattoos
- Noisemakers
- Individually wrapped clay
- Rubber spiders or finger puppets
- Pencils, erasers or pencil toppers

Now adults, we like to think of Halloween as kids' holiday but we all know that we're not immune to those sugary treats! There are likely socials, costume parties and get-togethers planned over the next couple of weeks that will be full of sweet stuff, but you don't have to contribute! Here are some healthy snack ideas that you can bring to the festivities that are still in the spirit of Hal-

loween.

Puking Pumpkin Dip

Hollow out a small pumpkin and carve a jack-o-lantern face. Place the pumpkin on a platter, have a healthy dip (like hummus or guacamole) coming out of the mouth to get a puking effect. Have lots of fresh vegetables and pretzels around the pumpkin for dipping.

Pumpkin Seeds

No need to throw those "pumpkin" guts out! Separate the seeds from the "goop," rinse them and place on a paper towel to dry. Preheat the oven to 350 degrees. Spray a baking sheet with non-stick spray, spread seeds in an even layer and sprinkle with salt or other desired spices. Bake 10-20 minutes until crisp, turning once. Store in an airtight container.

Orange Jack-O-Lanterns

Hollow out oranges by cutting a hole in the top and scooping out the insides. To make a face, cut out shapes with fruit and secure with toothpicks. Fill the orange with vanilla yogurt and serve with slices of fruit.

Have fun with the Halloween colour scheme! Each and every day we are aiming to eat one orange and one green vegetable. Use this opportunity to fill up on orange bell peppers, carrot sticks, sweet potato chips or fries, orange tomatoes or butternut squash.

For those adult beverages, give one of these mocktails a try to avoid the extra calories provided by alcohol:

Bloody Yummy Mary Recipe

Ingredients (for about 4 servings)
2 cups tomato juice
1 celery rib, sliced into small pieces
1 lemon slice
Half red bell pepper, chopped into small pieces
2 sprigs fresh parsley
1/4 tsp. Worcestershire sauce

1/2 tsp. salt
1 tsp. oregano
1 cup ice cubes

Directions

Blend all the ingredients together in a blender, except ice.

When the mixture is smooth, add ice and blend until it is liquefied.

Strain and serve.

Red Halloween Punch Recipe

Ingredients (for about 20 servings)
48 oz. chilled cranberry juice cocktail
1 litre chilled ginger ale
1/2 cup chilled lime juice
2 cinnamon sticks (optional)

Directions

Combine cranberry juice cocktail, ginger ale and lime juice together in a large punch bowl. Stir well. Float cinnamon sticks in the punch.

For more information on healthy snacking please contact Health Promotion at 4160/4150/4995.

Happy Healthy Halloween!



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

Mental Fitness & Suicide Awareness: Supervisor Training
This course is course coded!
29 October 2013
0800 – 1600 hrs

For more information or to register, contact Health Promotion at local 4150

Force Mentale et Sensibilisation au Suicide – Formation du Superviseur
Il s'agit d'un cours auquel on a attribué un code!
29 octobre 2013
Pour s'inscrire, composez Promotion de la santé le 4150

C'est bien de prendre soin de votre corps, mais n'oubliez pas votre esprit.



Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
Promotion de la santé dans les Forces canadiennes



Alcohol, Other Drugs and Gambling: Supervisor's Training

21 November (0800 - 1600 hrs) & 22 November (0800 - 1200 hrs)

Recognize and respond to early warning signs and develop effective interview skills.

This training is course coded and is required for all military in a supervisory role. DAOD 5019-7

Sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif: formation des superviseurs

21 novembre (0800 h à 1600 h) & 22 novembre (0800 h à 1200 h)

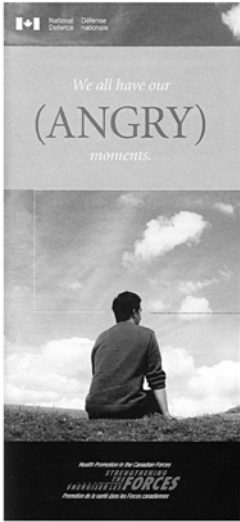
Reconnaitre les premiers symptômes et savoir y réagir. Apprendre à faire des entrevues efficaces.

Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code. DAOD 5019-7

To register, contact Health Promotion at local 4150

Health Promotion in the Canadian Forces
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Promotion de la santé dans les Forces canadiennes

Pour s'inscrire, composez Promotion de la santé le 4150



Managing Angry Moments (MAM)

13 & 27 Nov 2013
0800 - 1600 hrs


Through education, MAM aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

Gérer les moments de colère

13 et 27 novembre 2013
0800h à 1600h

Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptati qui vous conviennent.

Health Promotion in the Canadian Forces
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Promotion de la santé dans les Forces canadiennes



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Promotion de la santé dans les Forces canadiennes

For more information or to register contact Health Promotion at local 4150

Pour s'inscrire, composez Promotion de la santé le 4150



STRESS: Take Charge!
A Canadian Forces Program

Le stress : ça se combat!
Programme des Forces canadiennes

For more information contact the Health Promotion Director in your Base/Wing or Formation.

Pour plus de renseignements, contactez le directeur de la promotion de la santé de votre Base, aile ou Formation.

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
Promotion de la santé dans les Forces canadiennes

Want to increase your stress hardiness, enhance your performance, ramp up your resilience?

Stress: Take Charge!

5 & 6 Nov 2013
0800 - 1600 hrs
Bldg 62 Rm315

Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

Le stress: Ça se combat!

5 et 6 novembre 2013
0800 h à 1600 h

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
Promotion de la santé dans les Forces canadiennes

For more information or to register contact Health Promotion at local 4150

Pour s'inscrire, composez Promotion de la santé le 4150



Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

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

Did you know?

The Government of Canada Charitable Workplace Campaign (GCWCC) is a charitable giving option developed exclusively for federal public servants. The annual GCWCC takes place in federal government workplaces across the country during the Fall campaign period (Sept. to Dec.)

At 17 Wing and through the GCWCC, military personnel and public employees

can support their MFRC or any other registered Canadian charity of their choosing. You can donate directly to the Winnipeg MFRC by providing its Charity Registration Number on your donation form.

For more information contact your unit GCWCC representative.

MFRC Charity Registration Number: 133 105 536 RR 0001

Call For Submissions

The MFRC invites youth between the ages of 5 - 18 to submit an original piece of art to our 2014 Yellow Ribbon Gala Art Gallery. We are looking for representations of what being part of a military family means to you.

Art submissions are requested in a variety of mediums. Examples include but are not limited to poetry, drawings, colouring, photos and paintings.

All submissions will be entered into

a draw for the chance to win a \$100 gift card to a place of their choosing. We ask that submissions be brought to the MFRC no later than December 20, 2013.

Submissions will be displayed at the upcoming Yellow Ribbon Gala. The Yellow Ribbon Gala is the MFRC's largest annual fundraiser. It is being held on February 15, 2014 at the Delta Winnipeg. For ticket information please contact the MFRC at 204-833-2500 ext 4500.

Youth Centres Now Open!

North Side Youth Centre - MFRC 102 Comet St

The North Side Youth Centre is now open Monday/Wednesday/Friday from 5:00-9:00 PM and Thursday from 7:00 - 9:00 PM for drop in programs for youth ages 6-12 years old. For more information please contact Brynne Dalebozik, Youth Program Assistant, at 204-833-2500 ext 5391.

South Side Youth Centre - 347 Doncaster St

The South Side Youth Centre is now open Monday to Friday from 4:00- 8:00 PM for drop in programs for youth ages 6-12 years old. For more information please contact Brynne Dalebozik, Youth Program Assistant, at 204-833-2500 ext 5391.

Both Youth Centres will be heading to Great Big Adventure on Friday, November 22nd 2013 from 6-8pm. The cost is \$13.00 per participant and includes transportation, 2 hours of play, pizza and pop. Sign up today at your local Youth Centre. Be sure to have your permission form and monies in by Friday, November 15, 2013 to secure one of the limited 20 spots! We will not be accepting any late or day of registrations.

Upcoming MFRC Programs and Events

SHOPPING SHOWCASE

Tuesday, November 5 from 7:00 to 9:00 p.m.
Building 33, Westwin Community Centre

Are you looking for unique gift ideas? Start your holiday shopping by browsing products from your favourite home based companies. For more information call 204-833-2500 ext 4509.

HALLOWEEN HOOT

Thursday, October 31 from 9:30 to 11:00 a.m.

Westwin Children's Centre
\$2.00 per family
Registration deadline: October 28
Parent participation required
Parents and preschoolers—join us for Halloween crafts, games, stories and snacks. Come in costume or try on a few of ours. Please call 204-833-2500 ext 2491 to register.

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. Free child care is provided for children ages 18 months to 5 years old.

'DATE' NIGHT CHILD CARE

Wednesday, November 13
5:00 to 8:00 p.m.
Kids Care, 630 Wihuri Rd.
\$12.00—children under 2
\$10.00—children over 2.
Siblings \$8.00 or \$6.50
For children 6 months to five years
Registration deadline: November 7
This is a chance for you to enjoy some "adult" time—perhaps you'd like to go for dinner, take a walk or have an uninterrupted conversation! Care will be provided for children 6 months to 5 years

old. School age children may wish to attend the MFRC Youth Centre. Space is limited so register early. Call 204 833-1500 ext 2491.

COMMISSIONAIRES

Wednesday, November 27
7:00 to 8:00 p.m.
Registration deadline: November 25
Childcare is available for this program at the MFRC.

Representatives of Commissionaires Manitoba will be attending the November meeting of the MFRC on 27 November at 1900 in the MFRC MPR. They will provide a brief presentation on their role, involvement in the community and employment opportunities available to military members and dependents.

The mission of Commissionaires Manitoba is, "To promote the cause of Commissionaires by the creation of meaningful employment opportunities for former members of the Canadian Forces, the Royal Canadian Mounted Police and others who wish to contribute to the security and well-being of Canadians." You are encouraged to come out and join us to hear what this privately operated security company, focused on providing employment for members of our community, has to say.

STORY SENSATIONS

Tuesday, November 19
6:30 to 8:00 p.m.
Registration deadline: November 12
This is a parenting program.
This workshop will show you ways to make reading come alive for young children. You will receive a high quality children's picture book, ideas and supplies to create a game to go along with the story. This is a mini version of the popular story sacks program.

ROAD TO MENTAL READINESS

Monday, November 25
6:00 to 9:00 p.m.
Registration deadline: November 15
Additional Stress Free Childcare funds are available to deployed families. Preparation, education and skills are not only important for your military loved one's success during the deployment, they are also important for you, whether you are a spouse, life partner, parent or alternative. The Road to Mental Readiness (Phase 3) is designed specifically for loved ones of military members. One of the best ways you can prepare yourself to manage the upcoming deployment is take this training package. Many of the same concepts that are in your training are included in the military members' training package.

LADIES NIGHT OUT

BAKE EXCHANGE
Thursday, November 28
6:30 to 9:30 p.m.
Registration deadline: November 21
Additional stress free child care funds are available to deployed families. This month, we will be having a cookie/goodie exchange. Bring in enough cookies to exchange with others, and you will go home with a variety of goodies in return!
After the registration deadline, we will contact you with the amount of cookies you need to bring. Please bring a copy of the recipe that you've made.

CRAFT TIME DROP IN

Tuesday, November 12
6:30 to 8:30 p.m.
Additional Stress Free Child Care funds available to deployed families. Are you a knitter, card maker, stamper, scrap booker or other crafty sort? We're offering you the space to come and craft

without interruption. Enjoy the company and inspiration of others while you complete your masterpiece

CREATIVITY CAFE

Thursday, November 21
10:00 to 11:30 a.m.
Cost \$5.00
Registration deadline: November 15
Child care is available.
Come out and make your own unique Holiday Door Hanger. You can use it on your outside or inside door. We will have various designs to choose from. Use your imagination to create this one of a kind door hanger.

FRANCOPHONE LADIES GROUP CHRISTMAS COOKING SESSION

Sunday, November 17
9:00 a.m. to 2:00 p.m.
Cost: \$20.00
Registration deadline: November 13
What could be better than cooking with a group of people and learning new cooking techniques, while having fun? We will be making pot pit for Christmas holidays. Fun guaranteed!

MOUSTACHE NIGHT! FRANCOPHONE MEN'S NIGHT OUT

Friday, November 8
6:00 pm
Original Joe's Restaurant, 102-530 Kenaston Blvd.
Participant's are responsible for paying for their own food and beverages.
Registration deadline: November 6
Hey guys, a men's night out just for you! Is anyone interested? Mark your calendars for Friday, November 8. You are invited to meet us at Original Joe's restaurant for dinner, drinks and the Winnipeg Jets game on the TV. Don't miss it!

PERSONAL CLASSIFIEDS

Deer Lodge Centre Auxiliary
is hosting a

Christmas Craft Sale

Saturday, November 2nd
10:00 – 3:00

at the Centre, 2109 Portage Avenue
Handicrafts and baked goods for sale.
Free Admission and door prizes
Proceeds to make lives better.

TOWNHOUSE FOR RENT

Immaculate Private 2 Storey 2 Bedrooms Townhouse
for rent in Crestview. 10 Minutes' drive from 17 Wing
at any time of the day.

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finished room with lots of storage available. Fridge,
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Fenced backward with stone patio opening on park,
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Inquiries (204) 294-8375

HOUSE FOR SALE!

Perfect family 3 bedroom bungalow just minutes from
17 Wing with double unattached garage in quiet St
James/Crestview on a 124 X 60 foot lot.

This 1152 sq ft, smoke free and pet free home features,
3 bedrooms on the upper floor and 1 in the basement,
2 full baths with walk in shower and jacuzzi tub,
master bedroom with 2 pc ensuite, finished basement
with fireplace and workshop.

For more information or a showing call Christine at
204-803-9204. List price \$309,000.

House For Sale!

1680 sq ft 2 storey, 4 bedroom. Huge pie shaped lot in
one of the best neighborhoods in Winnipeg, 10 minutes
to 17 Wing, walking distance to all levels of school.
Please call Chantalle at 1-204-720-4858 for a showing.
See comfree ad 416927 for 302 Whitegates Cr.

For Sale!

2012 Coachmen Freedom Express
Maple Leaf Edition RV!
Excellent Condition as it was only used for two
months! Fully transferable 6 year extended
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Classified ad at: voxair@mymts.net

Taroscopes

BY
NANCY

Aries (March 21 – April 19):

Incorporate changes slowly instead of rushing into
things. Consider nature walks and meditation to facili-
tate peace of mind. Respect yourself. Do what sustains
balance. Take comfort in the companionship of others.
Give and receive freely – insist on a “no strings attached”
rule.

Taurus (April 20 – May 20):

The actions of others leave you feeling tired, confused
and unsure what to do next. Though you might want to
solve the problem quickly, it's best to be patient until the
best course of action is evident. Relax with a long walk.
Things will get sorted out in the end.

Gemini (May 21 – June 21):

Your desire to test someone and find out what they
are really thinking and feeling may come across as being
quarrelsome or overly mischievous. It might be wiser to
simply trust your intuition as it is especially accurate.
Instead of forcing a confrontation, listen and look for
clues.

Cancer (June 22 – July 22):

Read up on things you need to know. Take a life-long
learning course. Look into unconventional methods of
self-care. Actively participate in the process of main-
taining your health by establishing habits that promote
wellness. You'll reap the rewards sooner than you think.

Leo (July 23 – August 22):

You may believe that you can go anywhere and do
anything if you put your mind and heart into it; but
don't negate reality. There are things that should be left
alone - places you shouldn't go. Don't push and plot past
what is realistic or acceptable. You won't like the conse-
quences.

Virgo (August 23 – September 22):

It's time to stop pondering all the possibilities. Map
out the route to get to what you want. Set clear goals.
Determine what you will need and what you have to of-
fer. Plan according to what suits you own personally in-
stead of following in the footsteps of others.

Libra (September 23 – October 23):

Adapt your routine and living space if you are fac-
ing physical challenges. Clear clutter if you are stressed.
Watch your diet. Live in the present but also prepare for
the future. Do strength building exercises. Be positive
and pro-active as you consider future possibilities.

Scorpio (October 24 – November 21):

It's great that you have determination and a strong
sense of purpose, for getting what you want may take
longer and be harder to achieve than expected. Don't
give in to self-doubts and don't be tempted to take the
easy way out. Assistance is available if you need it.

Sagittarius (November 22 – December 21):

You sense that it's time to make significant changes
in an area of your life. To facilitate this you'll be add-
ing to or selling off something. When investing, check
the authenticity of an item. If you're buying for practical
purposes make sure the item does what it claims to.

Capricorn (December 22 – January 19):

A complicated situation or friendships is testing your
patience. Connecting with those who have a positive out-
look on life motivates you. Try new things that force you
to step out of your comfort zone. Learn how to identify
dead-ends and dead-beats that hold you back.

Aquarius (January 20 – February 18):

Sign up for events where you can highlight your spe-
cialties and talents. Hang out with those who provide
emotional challenges and excitement as it stimulates
your creativity. Speak your mind even if it's counter to
the group norm. Stay grounded and true to yourself.

Pisces (February 19 – March 20):

You'll be spending time with someone who totally ac-
cepts you. There are no power games. Inner awareness
expands and you'll re-discover a sense of purpose. Mak-
ing lifestyle changes will show positive results in all as-
pects of your life not just the ones you'd expected. Enjoy!

FOR APPOINTMENTS CALL 775-8368

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WWW.THEVOXAIR.CA



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Canadiana Crossword

Matching Mottos

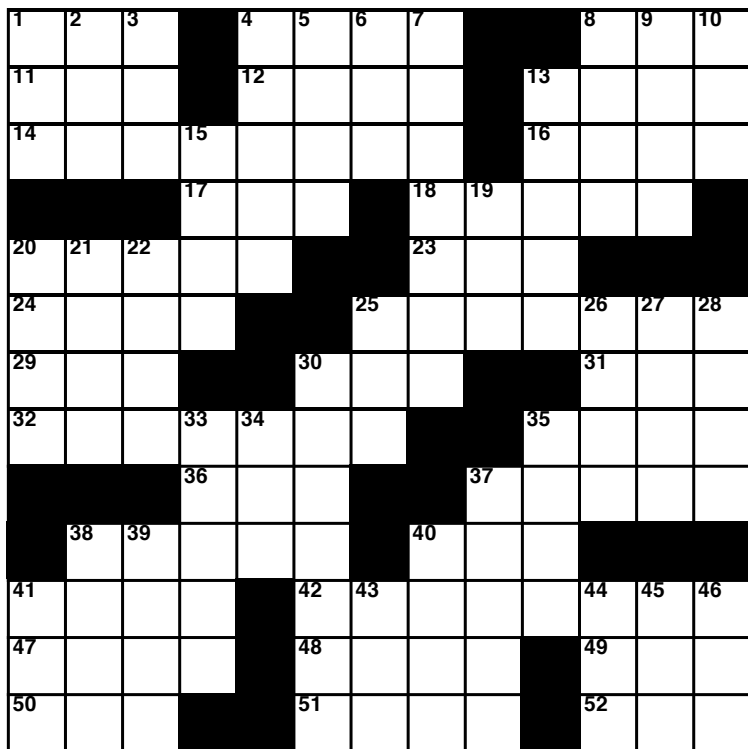
By Bernice Rosella and James Kilner

ACROSS

- 1 Meadow
- 4 Aid a crook
- 8 A. Nobel invention
- 11 Shoot a marble
- 12 Plant part
- 13 Zone
- 14 Start of Canada's motto en francais
- 16 Zilch
- 17 Bon _____
- 18 Some suburban communities
- 20 Begrudge
- 23 Scrimp and save
- 24 Candid
- 25 Drug tester's control substance
- 29 Tarry
- 30 To's mate
- 31 Undergarment
- 32 Conclusion of Canada's motto en francais
- 35 Race track character
- 36 British commode
- 37 Common fraction
- 38 Haida symbol
- 40 Pestilence
- 41 Sullen
- 42 Nazi emblem
- 47 Killer whale
- 48 Irish republic
- 49 Wife
- 50 Greatest
- 51 Taj Mahal locale
- 52 Drivel

DOWN

- 1 Company ID
- 2 _____ de Vichy
- 3 Plant part
- 4 Tie



- 5 Root vegetable
- 6 Greek letter
- 7 Citrus hybrid
- 8 Corner, in a way
- 9 Wonk
- 10 Religion
- 13 Mexican aboriginal
- 15 Portent
- 19 Letters denoting alias
- 20 Soft drink
- 21 October birthstone
- 22 Binary star
- 25 Face or tend lead in
- 26 Blackest black
- 27 Dry, as wine
- 28 Promise
- 30 Part one of Canada's motto in English
- 33 Extreme
- 34 Body part
- 35 Writings
- 37 Conclusion of Canada's motto, in english
- 38 Civil wrong
- 39 Yipe
- 40 Juvenile salmon
- 41 Matthews or Cherry
- 43 Toupee
- 44 Mischief maker
- 45 Malaysian isthmus
- 46 Viper

Philatelist's Corner with Alf Brooks

It is every stamp collector's dream.

In 1918 the US Post issued a 24¢ airmail stamp picturing the Curtiss JN-4. A collector bought a pane of 100 stamps (\$24.00) and found that the centre design was inverted. After negotiations he sold the pane to a stamp dealer for \$US 15,000. In 2006 a pane of four stamps sold for about \$3,000,000.

This year US Post has issued a \$2 Jenny with the aircraft "inverted" to its upright position. US Post recently announced that they will also issue panes of this new stamp with the Jenny inverted. Any of these 600 stamps will be a find for philatelists, with the odds of having one invert in the total issue of 13,200,600 at about 22,000 to one.

Good luck.



Together in Church

CATHOLIC

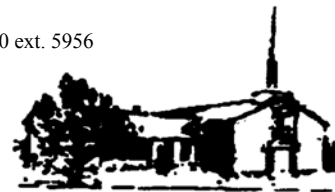
CHAPLAINS

Padre Ray Laudensorio
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 Christopher Donnelly
(United Church) Office 833-2500 ext 5349

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

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn. Office 306-492-2153 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. Baptism Preparation is a requirement. Please contact the Chaplain before setting the date for the baptism or arranging family travel.

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.

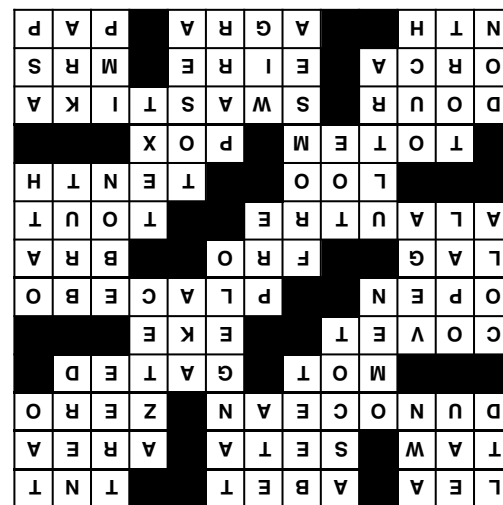
EMERGENCY CHAPLAIN

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'.

Crossword Answers



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