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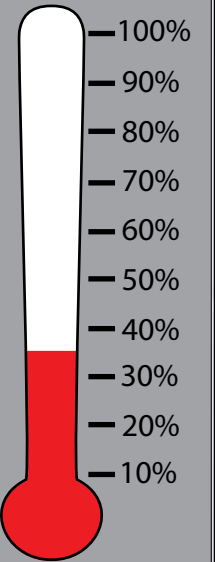
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Over \$3000 Raised For GCWCC By Jail and Bail Event



GCWCC update:
To date, the GCWCC has raised 35% of its \$140,000 goal. Keep up the good work 17 Wing!



Cpl Maxim Carrier takes on the role of prison guard during the Jail & Bail event on November 1 to raise funds for the GCWCC. For more, see page 7. Photo: Martin Zeilig

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DAILY SPECIALS

The VOXAIR goes flying with 435 Squadron Search and Rescue



In the cockpit of the CC-130 Hercules, 435 Sqn prepares for a mission.
Photo: Michael Sherby

By Martin Zeilig

Descending in a gradual gradient 20,000 feet above Lake Winnipeg, our CC-130 Hercules banked west through a thick cloud cover into an ocean of clear blue sky to its new destination, an area around Birch River in the western portion of central Manitoba.

The crew from Search and Rescue 435 Squadron at 17 Wing had been going on a regular training mission to somewhere just outside of Thompson, some 760 kilometres northwest of Winnipeg. But an urgent call from the Joint Rescue Coordination Centre in Trenton, Ontario about one hour into the flight necessitated an immediate change of plans.

They now had to search for a man who had been missing for several days in a densely wooded area around the Birch River Ecological Reserve.

The Herc's eight person aircrew for this day was comprised of Air Commander Maj Tony Meikle, Pilot Capt Joel Bouchard, Navigator Capt Melissa Couturier, Flight Engineer Sgt Al Bugden, Flight Engineer Cpl Bryan Tremblett, Loadmaster MCpl Jason Rowles, Search and Rescue Technicians Sgt Joel Managire and Sgt Dwayne Guay.

I was joined onboard by two colleagues, Michael Sherby, manager of The Voxair, and Voxair production designer

Brittany Nordman.

Our day began early in the morning of October 15 with an initial briefing along with the crew by Maj Meikle in the third floor Flight Planning Room of Hangar 17.

Maj Meikle went over the day's weather conditions, a review of each crew member's overall preparedness and, while pointing to a large grid-marked wall map of Canada, the extent of 435 Squadron's geographic responsibility.

435 Squadron provides primary Search and Rescue response for the Trenton Search and Rescue Region. It is the largest in Canada, extending from Quebec City to the British Columbia/Alberta border, and from the Canada/United States border to the North Pole.

"Search and rescue at 435 Squadron is a 24 hour-a-day, seven day-a-week responsibility," said Maj Meikle, who has been in the CF for 27 years and has flown for 24 of those years.

He said that one of 17 Wing's 3 CC-130 Hercules aircrafts is permanently equipped and dedicated for search and rescue missions.

"During working hours on weekdays, the search and rescue standby aircraft and crew are ready to respond within 30 minutes of being notified," said Maj Meikle. "At all other times, the response time is extended to two hours."

Every year, 435 Squadron crews fly thousands of hours.

One of the most impressive aspects of our flight was watching the seamless performance of the crew. For example the SAR TECHS, Sgt Managire and Sgt Guay, were planning to do a "confined area jump" which meant donning the Search and Rescue Parachute Equipment Lowering equipment (SARPEL).

"We put all of our medical equipment, personal equipment and other operational equipment inside the SARPEL," said Sgt Managire.

At one point, prior to being tasked on the search mission, Brittany and I were lucky enough to accept an invitation from Maj Meikle to sit in the pilot's seat, and, under his tutelage, pilot the plane for a short period of time. It was an exciting, eye-opening experience, and one which neither of us will soon forget.

But, the tasking changed everything. Within minutes the crew had plotted a new route and everyone swung into action.

Sgt Managire and Sgt Guay sat strapped into two high backed seats that faced the concave plexiglass spotter doors on either side of the plane's barrel shaped interior.

As the plane flew in a dizzying grid pattern, all plotted out with cool precision by Navigator Capt Couturier, a mere 500 feet above the tree tops the trained eyes of the two SAR TECHS scanned the thick forest below for signs of the missing man.

The search went on for a few hours, with everyone performing their tasks with precision and skill. But unfortunately, with fuel supplies running low, the aircraft had to

break off the search.

"It's unfortunate that we didn't find him," said Sgt Managire later. "It's never a happy day if the person is not found. We did what we could but we couldn't help."

Crew members were able to keep their emotions in check throughout the flight. They even engaged in good natured banter through their headsets.

Even after all these years, Maj Meikle is still in awe of this well oiled machine.

"I get to see those professionals operate everyday, and I'm constantly amazed by them," Maj Meikle noted afterwards. "A crew is a close knit bunch of people. It's a tremendous honour to serve with them. I've seen them perform that way in weather conditions much more daunting. Our job is to search for people in distress."

It was very evident to this reporter that 435 Squadron strives to live up to its motto: Certi Provehendi - Determined to Deliver.



SAR Techs Sgt Joel Managire and Sgt Dwayne Guay prepare to do a "confined area jump". Photo: Michael Sherby

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Our kudos to 435 Squadron

Going up with the SAR team was an incredible experience, and I have a newfound deep respect for the men and women who do this job everyday. Not only are you spending hours in the sky, you also either need to start off with, or develop both an iron stomach and strong sense of balance. Neither of which the three of us Voxair staff members possessed in any great capacity. One aspect that I never thought about previously was the sheer tedium of a SAR mission. I think when we picture a Search and Rescue team, we see them flying directly to the person in need of rescue and picking them up. But they need to be found first – the process of actually spotting a person in nature (a needle in a haystack) is an unbelievable skill. I also really enjoyed seeing how the team worked together despite the combination of individual team members being different every time, and how they are united in a common goal.

- **Brittany Nordman, Voxair Production Designer**

Like the rest of us, I was blown away by the professionalism and work ethic of the 435 Sqn SAR Team. For me, the highlight of the trip was the excitement of getting called on an actual mission and watching everyone spring into action. Being able to watch as the team went about their jobs was definitely a burst of adrenaline. Unfortunately, due to too much coffee and a series of tight, low turns, I spent most of the mission huddled over my air sickness bag; my thanks goes out to everyone who made sure I was ok during the flight. And a big thanks to everyone for letting us tag along and see what you do on a day-to-day basis.

- **Michael Sherby, Voxair Manager**



SAR Tech Sgt Joel Manaire scans the ground below for a missing person after 435 Sqn is tasked. Photo: Brittany Nordman



Air Commander Maj Tony Meikle in the pilot's seat. Photo: Martin Zeilig



Voxair reporter Martin Zeilig in the co-pilot's seat receives instruction from Maj Tony Meikle. Photo: Michael Sherby

C & E Branch celebrates 110th birthday

By **Martin Zeilig**

Despite his continuous tuning on the frequency dial, the only sound that Corporal Bill Tripp could get from his compact blocky Harris transceiver was a crackling buzz-- similar to the hissing background noise one hears when your radio isn't tuned to a particular station.

In another corner of the same communications tent, Corporal Thomas Gault was tapping on the keyboard of a laptop computer communicating via satellite link to Network Control at the Canadian Forces School of Communications and Electronics at CFB Kingston.

Both technicians as well as their colleagues, who were setting up flexible Long Wire and Whip high frequency antennas on the nearby sports hill, were participating in Operation Noble Skywave, an High Frequency exercise, that ran on the 24 and 25 October behind Building 90 next to the ice rink.

Later in the afternoon of October 24, WTIS Technicians re-configured the Long Wire Antenna and were successful in contacting other competitors in BC, Saskatchewan and Quebec using an Automatic Link setting.

They were all engaged in a friendly inter-unit competition to mark the 110th anniversary of the C&E branch, noted Sergeant Todd Sheppard, who was supervising the proceedings.

"The whole idea is to have various competitors from across North America, New Zealand, United Kingdom, and Australia establish communications with as many of the 91 communicators (both military and civilian) as possible by using different types of antennas in the HF spectrum," he says. "You get a point based on contact and antenna configuration. If we have three different types of antennas, we get a point per contact per antenna."

He emphasized that although they were having some fun, the exercise was all about training and perfecting the unit skills at using HF technology in a team environment.

"We belong to the oldest Signals community in the Commonwealth," said Captain Ramzi Bey-Oueslati, Operations Officer, 17 Wing Telecommunications & Information Services Squadron during an earlier interview.

WTISS was the host of the Celebration, which also included speakers, a barbecue, a 110th anniversary birthday cake, and related events, this year for the C&E community of Winnipeg, which includes members from WTISS, 1 Canadian Air Division A6 and 38 Brigade.

"As the Canadian Forces' primary communicators, we

are among the best-trained and most respected military communicators in the world," said Capt Bey-Oueslati, who has a Masters of Computer Engineering from École Polytechnique de Montréal.

"The Anniversary of the formation of the Canadian Signalling Corps, and this field exercise using HF technology provided us with a unique opportunity to celebrate 110 years of military communications."

Sidebar (From the Communications and Electronics Branch Newsletter Summer, 2013: CELEBRATION 2013: 110 YEARS OF MILITARY COMMUNICATIONS): On 24 October 1903, General Order 167 was authorized, marking the formation of the Canadian Signalling Corps. Based on his observations during the Boer War, then Capt Bruce Carruthers identified a need to unify the use of communications to increase the efficiency of the fighting forces. The current organization, the Communications and Electronics Branch, was established in 1971 following the unification of the Canadian Forces. From early telephone and telegraph communications to cutting edge computer and satellite technology, the Branch has seen and championed their use to provide the Canadian Forces with effective communications.

The main Celebration 2013 activities took place in Kingston, Ontario from October 24-27. During those activities, Her Royal Highness, The Princess Royal, The Princess Anne Colonel-in-Chief of the C&E Branch honoured the Branch with a presentation of her Royal Banner-- which is of great significance within the militaries of the Commonwealth Nations, noted advance information.



WTISS Technicians re-configure the Long Wire Antenna. Photo: Martin Zeilig



Sgt Todd Sheppard and Capt Ramzi Bey-Oueslati stand outside the communications tent. Photo: Martin Zeilig

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Veterans speak of their experiences during Veterans Week

By Martin Zeilig

Rifleman John Stoyka spent the last 40 days of the Second World War as POW in Emmerich, Germany.

"I was rescued by the Fourth Division Canadian Army," said the former member of the Royal Winnipeg Rifles (RWF) to a group of 60 grade 3-12 students and their teachers from the Manitoba School for the Deaf.

Mr. Stoyka, 88, a lifelong resident of North End Winnipeg, was speaking about his experiences during the war on the morning of November 4 during the first day of the annual Remembrance Week ceremonies in the Great Room at the Neil Bardal Funeral Centre, 3030 Notre Dame Avenue-- right across from The City of Winnipeg's Brookside Cemetery.

Master Corporal Ian Scobie, 29, who spent almost nine months in Afghanistan as a member of the Provincial Reconstruction Team in Kandahar with the CAF, also shared his experiences with the assembly.

Captain Claudia Marrao, a Bioscience Officer at 1CAD, introduced the two speakers and made some concluding remarks.

Students also had a chance to see a display of memorabilia from the Royal Winnipeg Rifles, Western Canada's oldest Infantry Regiment, and then to visit some of the military grave sites in the Field of Honour at Brookside.

Remembrance Day is a memorial day observed in Commonwealth countries since the end of the First World War to remember the members of their armed forces who have died in the line of duty.

"We've been holding this event for the past four years," said Richard Rosin, funeral director at NBFC, adding that the event is done in conjunction with Jane Saxby, Administrator for the City of Winnipeg Cemeteries.

"The students will hear veterans speak and will have an opportunity to ask ques-

tions. It's important for the students to understand the history of the Second World War and Korea and Afghanistan. Some of the soldiers were their age, especially during the Second World War."

Afterwards, some of the students, via their spirited sign interpreters, put a number of questions to Mr. Stoyka and MCpl Scobie.

"How long were you involved in the war, and how old were you when you enlisted?"

Mr. Stoyka, who was 18 years old when he enlisted at the former Fort Osborne Barracks, replied that he was in the army for approximately 10 months and "that was on the front line."

"When you were at war did you miss your family?"

"Absolutely," emphasized Mr. Stoyka, who worked in the door and window business and then for 30 years with the City of Winnipeg after the war.

As a member of the RWR, MCpl Scobie, who is based out of Minto Armoury, reminded the gathering that the army is changing all the time.

"My way of representing Canada in Afghanistan was by helping important people, like UNICEF and CIDA (among others he mentioned) stay safe when they were building wells, bridges, houses, schools, and hospitals for the Afghan people," he said, noting that he was part of the security team.

"On Remembrance Day, I like to wear a poppy to remember the fallen (military members) in the past."

Added Capt Marrao: "For me, it was really nice to have a different type of audience. They were all really appreciative and focussed on what the presenters had to say. And, they asked some well thought out questions."


Lest we forget. Remembering those who served Canada means honouring all veterans.



A group of grade 3-12 students from Manitoba School for the Deaf ready to watch a Remembrance Week ceremony at the Neil Bardal Funeral Centre. Photo: Martin Zeilig



MCpl Ian Scobie (center) speaks about his experiences, while two sign language interpreters relay what he is saying to students from Manitoba School for the Deaf. Photo: Martin Zeilig



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Capt Claudia Marrao, WWII Veteran Rifleman John Stoyka, and MCpl Ian Scobie were part of the Remembrance Week ceremony at Neil Bardal Funeral Centre. Photo: Martin Zeilig

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GCWCC Big Winner at Annual Ball Hockey Tournament

By Martin Zeilig

With the ball on the blade of his stick, Rick Phillips, an instructor with 17 Wing Fitness and Sports, gives a quick head feint and then does a sudden spin-o-rama move just to the left of his net to get away from a close checking opponent.

A quick glance up the gym floor reveals that a couple of his teammates are open.

It was the opening early morning game of the eighth annual Government of Canada Workplace Charitable Campaign (GCWCC) Ball Hockey Tournament on Friday, October 25 at the 17 Wing Community Fitness and Recreation Centre.

Phillips makes a whippet swift move up the floor, passing the ball off to fellow team member 17 Wing Commander Colonel Joel Roy, whose hard, accurate shot eludes the opposition's goalie.

Sticks are raised in the air and high fives are given as short shouts of joy echo through the large gym. Referee Leeona Bond signals a goal.

Phillips and Col Roy were playing for Odds and Sods against the MP Watchdogs.

The score was immaterial. What mattered was that the games were being played for a worthwhile cause.

"It's held to raise money for the GCWCC main fundraising campaign," said tournament organizer and fitness instructor Ron Nicolas, Personnel Support Programs OPI, who added that six teams were playing in the recreational division in Building 90, while over in Building 21 five more teams played in the competitive division.

"We're playing to have fun and help people. Depending on the division you're playing in, you're guaranteed four games per team with the top two teams playing in the championship division."

Each game consisted of four players per side with two 10 minute periods. Full refreshments-- veggie and fruit trays provided by 17 Wing Fund and coffee



Players in action on the gym floor. Photo: Martin Zeilig



Capt Chantel Bellemare-Whiting (center) drops the ball for the face-off between WComd Col Joel Roy (left) and 17 Wing CWO Andre Normandin (right). Photo: Martin Zeilig

donated by McDonald's Restaurants -- were available down in the lobby.

"Last year, we had 14 teams participate," noted Nicolas.

"But, it all depends on tasking and deployments of the sections and units. That's always the key (to how many teams take part in the tourney)."

The tournament began with opening remarks by 17 Wing/AFTC Commander Col Roy and a ceremonial face-off between Col Roy and 17 Wing Chief Warrant Officer Andre Normandin.

CWO Normandin played forward in that first game for the MP Watchdogs.

Afterwards, Warrant Officer Joe Bradshaw, Second in Command of 23 Military Police Flight, who played defence for MP Watchdogs, observed that it was a good opportunity to have fun while donating to a charity.

"It's about playing as a team, not how many goals you get," WC Col Roy remarked.

"It's also a good chance for the Chief (Normandin) and I to meet guys you don't normally meet."

They shoot. They score -- in support of a good goal.

IDPWD: What are Your DiversABILITIES?

Coming soon! International Day for Persons with Disabilities -- 3 December 2013

The Defence Team is celebrating this year's International Day for Persons with Disabilities (IDPWD) under the theme "What are Your DiversABILITIES?". Events and awareness activities will be held across our organization.

To obtain copies of IDPWD posters, please send your request to +EE Com Events@ADM(HR-Civ) DDWB@Ottawa-Hull.

For more information on IDPWD, visit the EE Commemorative Events Intranet site at <http://hr.forces.mil.ca/eec-ece/>. The site includes a handbook on How to organize an EE commemorative event; regions are also invited to send in their agendas, success stories and photos via this website.

An online collaborative tool is also available to event OPIs, designed for organizers of EE Commemorative Events across the department to stay connected and to

share ideas and knowledge. Regional/local event OPIs are invited to join by requesting access at <http://collaboration-hr-civ.forces.mil.ca/sites/eecommevents/default.aspx>.

Participate, celebrate, learn, share!

JIPH: Quelles sont vos diversHABILITÉS?

C'est bientôt! La Journée internationale des personnes handicapées - 3 décembre 2013

Cette année l'Équipe de la Défense célèbre la Journée internationale des personnes handicapées (JIPH) sous le thème « Quelles sont vos diversHABILITÉS? ». Divers événements et activités de sensibilisation auront lieu à la grandeur de notre organisation.

Pour obtenir des affiches de la JIPH, faites parvenir votre demande à l'adresse +EE Com Events@ADM(HR-Civ) DDWB@Ottawa-Hull.

Pour en connaître davantage sur la JIPH visitez le site Intranet des Événements commémoratifs d'EE à l'adresse <http://hr.forces.mil.ca/eec-ece/>. Le site comprend un manuel sur Comment organiser un événement commémoratif d'EE; de plus, les régions sont invitées à faire part de leurs programmes, histoires de réussites et photos via ce site.

Un outil collaboratif en ligne est disponible. Il est particulièrement conçu pour que les organisateurs d'événements commémoratifs d'EE dans l'ensemble du ministère restent en contact et échangent leurs idées et leurs connaissances. On invite les BPR d'événements régionaux/locaux à s'y joindre en demandant accès au <http://collaboration-hr-civ.forces.mil.ca/sites/eecommevents/default.aspx>.

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Speaking in Tongues: The 17 Wing Language Training Centre

By Martin Zeilig

One who speaks only one language is one person, but one who speaks two languages is two people. (Turkish Proverb)

During an interview in her second floor office Captain Frances Busby, Coordinator of the Language Training Centre, comments that being fluent in both French and English has many benefits, including one or two that might not be so obvious at first.

The LTC, which is located in Building 135 and has five classrooms and a language lab, is the principal provider of Second Language Training at 17 Wing. They run 10 month full day programs from August to June, as well as shorter courses of 150hrs, delivered in a full or part time schedule.

"As a supervisor in the military I've always felt that it's important to be able to communicate with my staff in their first language," said Capt Busby, a native of Ottawa, who assumed her position in August, 2013. "They enjoy having that familiar feeling. It could lessen any feeling of isolation."

Bien dit.

"Our mandate is to provide second language training to all DND employees, first those in the military itself, and then to civilians," said Michele Gilbraith, the LTC's Administrative Clerk, who said that there has to be a majority of military members in a class before civilian employees can enrol.

"We run a CF curriculum, so it's military driven. We have five instructors including one head teacher. We're the only LTC in the CF with fulltime civilian teachers. At the other bases, they're contract teachers."

She observed that Decentralised Military Second Language Training Plan programs (in both Official Languages) also are scheduled throughout the year, depending on the needs of the Wing.

Long time LTC Instructor Jean-Pierre Grolet, who's originally from France and has a Bachelor of Education Degree from Université de Saint-Boniface, commented that the centre teaches "communication French."

"It's not like a French course at the University of Manitoba, which is more literature oriented," he said. "Here, it's more geared towards using French as a communication tool. Now you can access our curriculum over the internet on the Allies program. All our students at the end of the 10 month course have to go through the Public Service Commission exams. The most rewarding thing at the end of the year is being able to see the students communicate and have a conversation in French or English."

But, there's still another reason to learn a second language.

"Being bilingual, it turns out, makes you smarter," wrote Yudhijit Bhattacharjee, a staff writer at Science magazine, in the article Why Bilinguals Are Smarter (The New York Times March 17, 2012).

"It can have a profound effect on your brain, improving cognitive skills not related to language and even shielding against dementia in old age. The bilingual experience appears to influence the brain from infancy to old age (and there is reason to believe that it may also apply to those who learn a second language later in life)."

Capt Busby says that the primary reason for students to attend the LTC is to enhance their career.

"I had a call this morning from a co-worker in another unit who said I need to get a language

profile," she said, adding the LTC's curriculum is written by the Canadian Defence Academy.

"Having a second language capability has a very large impact on your career in the military. Various points are awarded at the merit boards depending on the quality of your language profile. Additionally, some young junior members get posted to Winnipeg and their second language capability is weak. This makes their day to day working a challenge. The LTC is here to assist them also. This school is very successful because we have permanent teachers who know the curriculum. They have a wealth of experience with this specific curriculum and this environment."

Comme cela est vrai!



Jean-Pierre Grolet, Michelle Gilbraith and Capt Frances Busby talk to the Voxair about the second language training available at the 17 Wing Language Training Centre. Photo: Martin Zeilig

A 'hair raising' event for the GCWCC

By Martin Zeilig

There was no chance that any of the 50 participants in the 17 Wing Government GCWCC beard growing contest would be mistaken for members of U.S. blues-rock band ZZ Top.

But, the men here had only been growing their beards for the past month-- not for years.

The beard judging was held on November 1 in the Junior Ranks Mess at 1100hrs.

"Over 200 17 Wing personnel grew beards as part of the GCWCC beard growing contest," said Sargeant Paul Loewen, one of the organizers of the beard growing contest.

The beard growing competition along with the female nail polish event combined to raise over \$5000, said Captain Phil Snow, the Deputy Military Chair of GCWCC, mentioning that this was over \$1000 more than the amount raised in 2012.

Beard contest competitors were divided into five categories: Scruffiest, Best Attempt, Most Colourful, Fullest, and Greyest. Winners in each category were to be presented with a certificate and commemorative photograph of themselves taken by Wing Imaging.

"We're looking for quality of hair growth, or lack of it, on the face each contestant," said Warrant Officer

Krista Semenchuk, as she, and three other female judges-- Warrant Officer Kelly Hancock, Lieutenant Erika Black, civilian employee Lisa Pelzor -- gradually made their way, clip boards in hand, down the row of men in the Best Attempt category.

"I've been told that I'm not allowed to touch the beards, just inspect and write some comments on the clip board," said WO Semenchuk

Contestant Captain Philip Lachapelle noted that he had huge spousal support for growing a beard.

"So, it's not only members who will miss the beards, but my wife too," he joked. "They see our scruffiness and manliness, and they dig it."

While all participants were required to shave off their beards after the competition, Capt Lachapelle emphasized that he was planning to keep his moustache into November in support of Movember -- an official global charity that raises funds and awareness to combat prostate and testicular cancer and mental health challenges.

Added Sgt Loewen: "The success of this year's contest is one more example of the generosity of spirit that exists at 17 Wing."

The winners of the beard growing contest were: most colourful: MCpl Tom Goss, fullest: Cpl Jonathan Basque, greyest: Cpl Watson, scruffiest: Cpl Thomas Gault.



Beards are judged on November 1 for the beard growing competition. Photo: Martin Zeilig



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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Jail and Bail locks up money for the GCWCC

By Martin Zeilig

With smiles on their faces and paper coffee cups in their hands, Acting Wing Commander Lieutenant-Colonel Russ Defer, Sargeant Virgilio Maduro and Chief Petty Officer 2nd class Michael Jarrett did not look or act like criminals as they sat and chatted behind bars.

They, along with numerous others throughout the day, were willing jailbirds in the 17 Wing/AFTC Jail and Bail charity event for the GCWCC on November 1 at the 17 Wing Fitness and Recreation Centre.

Justice hungry members of 17 Wing ended up raising \$3091.75. What some people will do for charity...

This novel event hadn't been done at the base for several years, said Corporal Jonathan Nebel, who was the main organizer of Jail & Bail, noting that he had conducted a similar fund raiser at CFB Petawawa six years ago.

"I thought it would be beneficial to GCWCC when I came here," he said. "So, we got the ball rolling with Captain Chantal Bellemare-Whiting, who's the Military co-chair of the GCWCC."

The small jail cell, which was constructed out of surplus wood and PVC, was built by Wing Construction and Engineering, Cpl Nebel noted.

The arrested persons, who were brought to Building 90 in a Chevy Impala by "Deputy" Corporal Charles Boutin and "Escort" Lieutenant Katelynn Hodges, were asked if they were okay with being handcuffed. If so, then that individual's hands were handcuffed in front of them by the "arresting officers."

Then, "Judge" Captain Ramzi Bey-Oueslati, pronounced sentence and banged his gavel on the impro-

vised judge's stand.

Cpl Nebel explained that to have someone "arrested" you had to send in a "warrant" on which a space was provided to write the amount of money you wanted to donate to the campaign. Recommended minimums ranged from \$30 for 15 minutes of incarceration all the way up to \$240 for 120 minutes in the informal hoosegow.

A Reason for incarceration line of the Arrest Warrant revealed such serious crimes as "Not bribing the Wing Command AA with Tim Horton's coffee" (allegation against LCol Defer) to "Being too darn happy" the charge against Health Promotions Director Kathy Godfrey, who said being in the makeshift jail was a "well deserved" break for everyone.

After being "processed," the arrested individual could pay their bail or be imprisoned as per the arrest warrant.

"The average time now is about 30 minutes (60 dollars) of jail time," said Cpl Nebel. "The money is raised within the sections or units. Then, it's up to the individual being incarcerated to raise bail money-- to match the amount that was raised. Donations are collected at the time of the arrest."

Capt Bellemare-Whiting commented that just over \$1600 had been raised in pre-registration alone for the Jail and Bail. "It brings a section, a squadron or a unit together because they're raising funds in a fun way for GCWCC," she added.

"They come and visit their colleagues in jail. We have all ranks here from private to colonel to civilian."

In this case, getting thrown in the slammer can have a beneficial purpose.



Participants are jailed to raise money for the GCWCC. Photo: Supplied by Capt Chantal Bellemare-Whiting




The Jail & Bail team poses in front of the jail cell. Front row: OS Stevenson, Capt Bey-Oueslati, Lt Hodges. Middle row: Chrissie Parsons, Pte Veysey, Capt Bellemare-Whiting. Back row: Cpl Nebel, Cpl Murphy, Cpl Boutin, Cpl Johnen, Cpl Carrier. Photo: Supplied by Capt Chantal Bellemare-Whiting



Capt Chantal Bellemare-Whiting presents MWO Brad Dennis with a certificate for longest time spent in jail. Photo: Supplied by Capt Chantal Bellemare-Whiting




Lieutenant Katelynn Hodges arrests the Acting 17 Wing Commander Lieutenant Colonel Russell Defer. Photo: Sgt Bill McLeod




A heartfelt thank you


and appreciation for all the patriotic men and women who serve our nation selflessly.



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On Remembrance Day, we take the time to remember those who have fallen in the service of our country, and those who continue to serve Canada with courage and compassion.





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"WE WILL REMEMBER THEM"

Lest We Forget

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies
grow
In Flanders fields.

by John McCrae, May 1915



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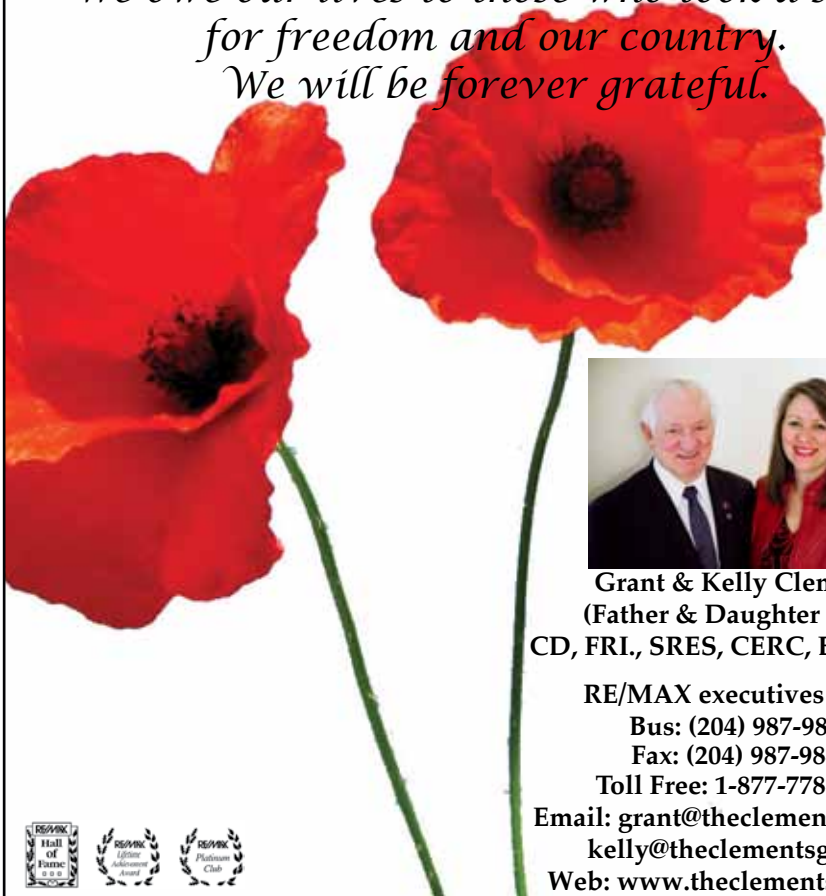
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17 Wing's outstanding support for Veteran's Week

Over 70 military members to speak and participate in events at local and rural schools

By Sgt Bill McLeod
17 Wing Photojournalist

17 Wing members have once again shown their willingness to explain what Remembrance Day means to them as over 70 members fan out across the province to schools and organizations this week.

Veteran's Week will see every unit on the Wing and every rank, from Private to Lieutenant-Colonel, participating in activities at schools, retirement homes, service organizations, and Legions

Each year, Canadians come together in November to celebrate our veterans. During Veterans' Week, hundreds of commemorative ceremonies and events take place across the country and around the world to recognize their achievements and honour those who made the ultimate sacrifice.

The peace we enjoy today has been safeguarded through the efforts and sacrifices of generations of Canadians. Remembering what our men and women in uniform have done during peace and war helps Canadians understand the country we live in today and how we can build a better future together.

Today, many Canadian Armed Forces members are returning home from missions around the world. And as Canadians take time this week to recognize the commitment made by our service men and women and their families, along with past generations of veterans who have sacrificed much in the name of peace and freedom, we salute them for their service.

The objectives of the Veterans' Week (VW) Program this year are to honour the achievements and sacrifices of all who have served Canada and to encourage the Canadian public to participate in remembrance activities. This year's campaign also aims to bring awareness to Canadians of modern-day Veterans and their families.

This week almost one quarter of the 17 Wing volunteers will be heading out to rural schools. For some of these schools it will be the first opportunity to see a Canadian Armed Forces member and to learn from a veteran what Remembrance Day means to them.

In 2012, CAF members made more than 1,600 presentations during VW. Collectively, they reached half a million Canadians in person.



Serving members and veterans, like the ones pictured above during a Remembrance Day ceremony at the convention centre, will be traveling around the province during Veterans week to share their stories.
Photo: MCpl Colin Aitken



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Remembrance Day Services 2013



Winnipeg Convention Centre	375 York Avenue	Service at 1045 hrs, to be seated by 1030 hrs
Memorial Street Ceremony	1885 Memorial Street	Service at 1045 hrs, service by Royal Winnipeg Rifles
Minto Armouries	969 St Matthews Street	Service at 1045 hrs in the drill hall
Army, Navy, Air Forces Assiniboia - Unit 283	3584 Portage Avenue	Service at 1040 hrs in the main hall
Sir Sam Steel Legion Branch 117	376 Salter Street	Service at 1045 hrs. Parade to march from Legion to the ceremony in Bruce Park
St James Legion Branch 4	1755 Portage Ave	Parade March from Legion to the ceremony in Bruce Park. Service to commence at 1040 hrs
Charleswood Legion Branch 100	820 Charleswood Road	Service at 1030 hrs. Service to be held at Oak Park High School
Fort Rouge Legion Branch 97	426 Osborne Street	Service at 1045 hrs at the Legion
Transcona Legion Branch 7	117 Regent Avenue East	Service to be held on 07 Nov at Blessed Sacrament Church at 1400 hrs
Brooklands and Weston Legion 2	1613 Logan Avenue	Service at 1045 hrs in the Legion's upper lounge
HMCS Chippawa	1 Navy Way	Service at 1045 hrs, to be seated by 1015 hrs
McGregor Armouries	551 Machray Avenue	Service at 1030 hrs in the main drill hall
Lamp Post Memorial	Sergeant at Valour Road	Service at 1045 hrs, service by 38 CBG
Royal Winnipeg Rifles Memorial	Vimy Ridge Park, Portage at Home street	Service at 1045 hrs
West Kildonan Legion Branch 30	1748 Main Street	Service at 1045 hrs at the Legion
Norwood St Boniface Legion Branch 43	134 Marion Street	Service at 1045 hrs at St Philips Church. Members will march from Legion (1015 hrs) to the church
Prince Edward Legion Branch 81	300 Trent West Kildonan	Service at 1045 hrs at the Legion
Fort Garry Legion Branch 90	1125 Pembina Highway	Service at 1030 hrs at the Legion
Elmwood Legion Branch 9	920 Nairn	Meet at Cemetary (Henderson at Hespler) with service to follow at the Legion at 1100 hrs
Manitoba Legislature	450 Broadway	Service at 1030 hrs
Henderson Highway Legion 215	3400 DeVries Avenue	Service at 1030 hrs
Ukrainian Legion 141	618 Selkirk Avenue	Service at 1030 hrs

Dress for military personnel is DEU 1 A (medals). Headdress Navy - Service cap/Bowler, Army - beret, Air Force - Wedge.

Timings and locations are subject to change. For a complete list of Remembrance Day Services visit thevoxair.ca

List of Remembrance Day Services Made Possible Thanks to John Dick's Landscaping

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The Veterans Independence Program

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- *Garden tilling
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After starting his landscaping career in 1985 working for one of Manitoba's largest landscaping companies, John Dick founded his own landscaping and property care business in 1997. John Dick's Landscaping provides landscaping, property care services and more to residential and commercial clients city wide.

John's hardworking employees make all the difference in the exceptional level of service that is provided to their clients. The team's professionalism and service excellence has been recognized three years in a row by the Manitoba Better Business Bureau. John's crew has maintained their A+ rating with the BBB since 2004.

John Dick's Landscaping is licensed, fully insured and a longstanding member of Landscape Manitoba, the provincial association of the Canadian Nursery and Landscape Association.

Winnipeg Veterans, "Serving Those Who Have Served"

Most importantly John Dick Landscaping developed a 12-month property care program that specifically caters to Veterans and their families who want to maintain an independent living in their own homes. Year-round residential grounds maintenance services are provided to Veterans citywide through private contracts as well as with the tremendous support from Veterans Affairs Canada and the Veterans Independence Program.

The Veterans Independence Program

The Veterans Independence Program is a national home care program provided by Veterans Affairs Canada. The program was established in 1981 to help Veterans remain healthy and independent in their own homes or communities.

Grounds maintenance services may include:

- * Snow removal from steps, walkways and driveways to allow safe access to the principal residence;
- * Snow and ice removal from roofs and eaves troughs when such conditions pose a threat to safety and access;
- * Periodical cleaning of leaves and debris from eaves troughs;
- * tilling ground to enable the client to plant a small flower or vegetable garden; and
- * Lawn mowing and raking.

For more information about John Dick's Landscaping, please call 204-291-7778 or visit his website at www.johndickenterprises.com

A Scaryfying good time at the Com Rec Halloween Party

By Martin Zeilig

Clad in an orange and black witch's costume, complete with a pointy black hat and glittery stickers on her face, five year old Elizabeth Gibbons munched on a handful of mouth-watering, buttery popcorn in the lobby of the 17 Wing Community Recreation Centre.

"I like eating candies and popcorn on Halloween, and I liked the Hamster ball at the party," said the shy child in between mouthfuls of her yummy snack.

She could have been speaking for any one of the excited 200 or so children, who along with their parents or guardians attended the annual 17 Wing Fitness and Recreation Halloween Party on October 26. Tickets were priced at \$10 for Member Families, \$12 for non-Members or three dollars per child.

"These things get better every year," offered Elizabeth's mother, Emily Gibbons, whose husband is Master Corporal Dan Gibbons.

Her other child, four year old Christopher, was dressed up as a Red Power Ranger in a red, white and gold full body costume with a plastic face mask.

"I think that they (the organizers) listen to people's suggestions," said Emily, a member of the board of the Military Family Resource Centre. "What I like about these parties is it gives parents the opportunity to celebrate with their children."

A free makeshift photo studio, run by photographer Miranda Lynn, was set up in the lobby with a fabric screen as a background.

"A bunch of people helped set it up," said 17 Wing Community Recreation Recreation Leader Carla Van Doeselaar, who was one of the main organizers of the party. Carla is currently doing "supervised field work" at the Community Recreation as part of her studies in the Department of Kinesiology and Recreation Management at the University of Manitoba.

Besides bags of popcorn, servers at a canteen in the lobby were also selling slushies, hotdogs, juice boxes, chips, water and coffee (for the adults, of course).

The darkened gymnasium, which echoed with the gleeful shouts of costumed children, was set up with different activities: a bean bag toss, a mummy wrapping station, pumpkin scooter hockey, bouncing castles, two giant hamster balls, and a competitive activity called booger wars, plus a craft table, a cookie decorating table, and face painting area.

Meanwhile, a haunted house was set up in the downstairs Multi-Purpose Room; while a costume parade was held in the theatre with prizes handed out to every participating child.

"It was great to have the kids out for a Halloween activity," said Lieutenant Colin Clansey, who was with his wife, Christina and their two daughters, four year old

Tianna, who was dressed as a unicorn, and 17 month old Rohwyn, who was made up like a cat.

He also stressed the importance of having such family oriented events at 17 Wing.

"I think it's a good way for the whole community to come together and for military families to have a fun time," said Van Doeselaar.

Just ask the kids.



Some Undead volunteers get ready to spook anyone who dares enter their haunted gym. Photo: Martin Zeilig



Sgt Aaron Svendsen with son Zack, 4, dressed as Iron Man, and daughter Maiya, 6, dressed as Pumpkin Rapunzel. Photo: Martin Zeilig



A unicorn trots across the stage for the costume contest. Photo: Martin Zeilig

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Fitness & Sports staff get in the Halloween Spirit



Captain America, A.K.A. Dawn Redahl, a Fitness Leader at the 17 Wing Fitness Centre, gets a good working over by a participant at the special Halloween Boot Camp and Spinathon Spooktacular, held on October 31. Photo: Michael Sherby



Though she hides her identity well, we can now confirm that Catwoman is in fact Lee-Ann Brookes, who is helping one of the Boot Camp Spooktacular's participants with a tricky stretching exercise. Photo: Michael Sherby

French style theme lunch raises the bar



Lt Ronald Carver WPSO, Lt Katelynn Hodges and OS Marjerie Stevenson serve some poutine and chicken fingers during the French style theme lunch. There are still 2 themed lunches to go in this year's fundraising drive. Photo: Martin Zeilig



Some hungry customers line up for the delicious French style theme lunch, which raised even more funds for the GCWCC. Photo: Martin Zeilig



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CFMWS Introduces the CFOne Card



October 22, 2013, Ottawa (Ontario) - Canadian Forces Morale and Welfare Services (CFMWS) is pleased to introduce the CFOne Card, the one card you need to access morale and welfare programs and services.

"The CFOne Card is being launched to more tangibly embrace our One Million Strong Community and to more effectively develop for, and deliver programs/services to the one million members of the Canadian Forces (CF) community," announced Commodore Mark Watson, Director General Morale and Welfare Services. "Our commitment is to be able to offer at least one program or service to every member of this broad CF community."

The CFOne Card consolidates the functions of several cards into a single card. It easily and accurately confirms your membership within the military community of one million strong and currently provides you with access to both the CANEX Rewards Program (the program that rewards you for shopping at CANEX) and the CF Appreciation Program (the official discount program of the CF community).

"The CFOne Card brings exciting enhancements to the CANEX loyalty program which has changed from CANEX Club Xtra to CANEX Rewards," explained Larry Mohr, Vice President Commercial Services, CFMWS. "It is now easier to earn and redeem points. Your points balance will be printed on your receipt and you can redeem points directly in-store."

"You can also use your CFOne Card to receive discounts and savings at thousands of industry partners at locations locally, nationally and internationally," highlighted Jo-Anne MacDonald, Director Strategic Outreach and Initiatives, CFMWS. "The CF Apprecia-

tion Program continues to grow, especially in regards to special pricing for travel vacations. The R&R Club has expanded to include Armed Forces Vacation Club, Gov Vacation Rewards, and Anderson Vacation. With these three partnerships you should be able to find and plan your next unforgettable vacation."

In the future, CFMWS will introduce expanded use of the CFOne Card for access to morale and welfare programs and services at Bases/Wings across the country.

Members of the CAF community may apply for a card through the online registration process at www.CF1FC.ca. Get your card by 1 November 2013 for a chance to win one of 10 prizes. The toll free number for CFOne queries is 1-855-245-0330. Spread the word to friends and family members. Help us reach our goal of issuing CFOne Cards to all members of the CF Community... One Community – One Million Strong.

Les SBMFC lancent la carte UneFC

Le 22 octobre 2013, Ottawa (Ontario) – Les Services de bien-être et moral des Forces canadiennes (SBMFC) sont heureux de vous présenter la carte UneFC, la seule carte nécessaire pour avoir accès aux programmes et services de bien-être et moral.

« La carte UneFC est lancée afin de refléter plus concrètement notre communauté, forte d'un million de membres, et d'élaborer pour elle et de lui fournir plus efficacement des programmes et des services », a déclaré le Commodore Mark Watson, directeur général - Services de bien-être et moral. « L'engagement des SBMFC consiste à être en mesure d'offrir au moins un programme ou un service à chaque membre de cette grande communauté des FAC. »

La carte UneFC regroupe les fonctions de plusieurs cartes en une seule. La carte UneFC est un mécanisme simple et précis qui confirme votre appartenance à la communauté militaire canadienne, forte d'un million de membres, et vous donne accès au programme Primes CANEX (programme qui offre des primes pour les achats effectués au CANEX) ainsi qu'au Programme de recon-

naissance des Forces canadiennes (programme officiel de rabais de la communauté des Forces armées canadiennes).

« La carte UneFC apporte des améliorations intéressantes au programme Primes CANEX, programme qui remplace le Club Xtra de CANEX », explique Larry Mohr, vice-président supérieur des services commerciaux des SBMFC. « Il est maintenant plus facile d'accumuler et d'échanger des points. Votre solde de points sera imprimé sur votre reçu et vous pourrez échanger vos points directement en magasin. »

« Vous pouvez également utiliser votre carte UneFC pour recevoir des rabais et économiser chez des milliers d'entreprises partenaires à l'échelle locale, nationale et internationale », souligne Jo-Anne MacDonald, directrice des initiatives stratégiques et des relations avec le secteur privé des SBMFC. « Le Programme de reconnaissance des FC continue à prendre de l'expansion, particulièrement au niveau des vacances à prix spéciaux. Le Club de R et R s'est élargi et comprend maintenant l'Armed Forces Vacations Club, Gov Vacation Rewards et Anderson Vacations. Grâce à ces trois partenariats, vous serez maintenant en mesure de trouver et de planifier des vacances de rêve. »

Les SBMFC élargiront dans le futur l'accès et l'utilisation de la carte UneFC pour appuyer d'autres programmes et services de bien-être et de moral dans les bases et escadres dans l'ensemble du pays.

Les membres de la communauté militaire pourront demander une carte par le biais du processus d'adhésion en ligne, à www.CF1FC.ca. Obtenez votre carte avant le 1er novembre 2013 et courez la chance de gagner un de 10 prix. Le numéro sans frais pour les demandes de renseignements au sujet de la carte UneFC est le 1-855-245-0330. Parlez-en à vos amis et aux membres de votre famille. Aidez-nous à atteindre notre objectif qui est d'émettre une carte UneFC à tous les membres qui composent la communauté des FC, forte d'un million de membres.

Bristol Bollingbroke Mark IV donated to 17 Wing

By Sgt Bill McLeod
17 Wing Photojournalist

Briefly and at a very low altitude, a Bristol Bollingbroke Mark IV aircraft took to the sky for the first time in over 60 years near MacDonald, Manitoba, as it was lifted from its resting place in the prairie sod on October 23, 2013.

The Bollingbroke was donated to 17 Wing by David Morris, Ian Morris, Stephen Morris and Royal Canadian Air Force Captain Sean Morris. The Bollingbroke was originally purchased in 1946 by George Morris, grandfather of the men, for \$150 as surplus from British Commonwealth Air Training Plan RCAF Station Macdonald. The aircraft was towed from the rear wheel by a grain truck to the family farm just a few miles away.

"I think the intention was to use the bits and pieces of it for farming," says Captain Sean Morris, a helicopter pilot who was just posted from 3 Canadian Forces Flying Training School in Portage la Prairie, just a few miles from the family farm, to the Joint Rescue Coordination Centre in Esquimalt, British Columbia.

"From what I've been told, all they really took off was the tail wheel, used on a wheel barrow, and the gas tanks for use on a sprayer," he added.

"My dad remembers pumping up the hydraulics and spinning the turret around," says Captain Morris. "In

reality, it is probably his love of the plane and aviation that got me into it. So I guess I am a second generation inspired pilot."

From October 21 until October 30, the 17 Wing Recovery and Salvage Team led by Warrant Officer Steve Sagriff and assisted by members of 17 Wing Transport, Electrical, Mechanical Engineers carefully dug the aircraft out of the ground and gently disassembled the aircraft for trucking back to 17 Wing.

"We had to dig down about four feet with the excavator," said Warrant Officer Sagriff.

"The guys on the Recovery and Salvage team are a great bunch of guys," said Sagriff. "They didn't even stop for lunch on Tuesday (October 22) until 3:00 p.m. They just kept saying, 'We're so close, so close'," he said.

"The TEME (17 Wing Transport, Electrical, Mechanical Engineers) guys were great too," he added. "They were slinging lumber around with us and everything."

On Tuesday, October 29, the last and biggest piece of the Bristol Bollingbroke Mark IV, the fuselage, was lifted off the flatbed in Winnipeg under the watchful eye of 17 Wing Heritage Officer Lieutenant Amber Dodds.

"It's going to be a long process to restore it," Lieutenant Dodds said. "Our Ghost Squadron is a group of 5 volunteers who come in every Monday so it would be impossible to provide a guess on when the aircraft would

be completed," she said.

RCAF Station Macdonald is one of the waypoints for the students doing pilot training with 3 Canadian Forces Flying Training School at Portage la Prairie so the aircraft is familiar to everyone at the school.

"If you ask anyone who has been flying at the school in Portage for any length of time, they will know the plane," says Captain Sean Morris. "It's an easy thing to see from the air."



The Bollingbroke is lifted out of the ground.
Photo: Cpl Justin Ancelin

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Improve Communication with new Course

Canadian Armed Forces personnel and their family members who are interested in learning how to deal with conflict and improve communication in their personal relationships can participate in a new course called INTER-COMM.

Director General Alternative Dispute Resolution (DGADR), Military Family Services (MFS), and CF's Health Promotion (HP) program, Strengthening the Forces, have partnered in the development and delivery of this course to give individuals in the CAF community the opportunity to increase their ability to communicate more effectively. INTER-COMM is not a couple's counselling course, but rather valuable preventative education that focuses on the strengthening of healthy families' capacity to navigate difficult or challenging situations through increased communication. INTER-COMM is delivered in multiple sessions totalling 12 hours and is led by a trained facilitator—one from the Military Family Resource Centre (MFRC), and one from the Health Promotion office on your Wing or Base.

INTER-COMM was piloted at eight bases and wings in 2012. The feedback received from the various locations indicated that the course raised the participant's overall awareness of the attitudes and skills required to deal with conflict and optimize communication in personal relationships. "Our participant feedback indicated

that the knowledge and skills incorporated in this new program are critical in successfully building strong interpersonal relationships, effectively managing conflict, avoiding escalation and in helping to maintain a healthy home environment," says Kendra Lafleur, health promotion director, 8 Wing Trenton. "Pre and post questionnaires at our wing showed participants felt they had a better understanding of the importance of effective communication and the impact communication has on personal relationships."

"We have essentially taken the conflict resolution tools that have been developed for the CAF and have contextualized it for military families. Fundamentally, this ensures that there is some continuity in the communication training of both our military population and their families," says Meaghan Welfare, a conflict management practitioner, DGADR Kingston, and one of the driving forces behind the development of the INTER-COMM course.

To learn more about the INTER-COMM course offered near you, please contact your local MFRC or HP offices for registration details. Additional information is available at <https://www.cfmws.com/en/aboutus/mfsw/newsandupdates/pages/inter-comm.aspx>

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Keeping Your Party Safe

The Holiday Season is just around the corner! To help you plan your holiday parties, the MFRC and Health Promotion are teaming up to provide the workshop, "Keeping Your Parties Safe"

Whether it is going to a unit or mess function or hosting a party in your home, we will provide you with tips to keep the party safe.

Wednesday, Nov 20 @ 13:30 - 1530
WO & Sgt's Mess
or
Thursday, Nov 21 @ 1830 - 2030
MFRC, 102 Comet St

Deadline for registration: November 15

2013 Influenza immunization clinics / Cliniques d'immunisation contre la grippe

23 CF Health Services
2013 Influenza (Flu Shot) Clinics
"Get the Shot, not the Flu"

- 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. Alternatively, members can call front reception at local 5595 or 5777 to make an appointment.

Scheduled "Drop-ins" clinics for military members' immunization to occur on a "first come-first served" basis

Month	Date	Location	Time
October	Friday Oct. 25	Room #214 Bldg. 62, 23 H Svcs C	13:15-15:30
	Thursday Oct. 31	same as above	13:15-15:30
	Tuesday Nov. 5	Room #214 Bldg. 62, 23 H Svcs C	09:00-11:45
November	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	Tuesday Oct. 29	Room #214 Bldg. 62, 23 H Svcs C	09:00-11:45

Clinics planned for Military members* in their workplace

Month	Date	Location	Time
October	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

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
« Choisissez le vaccin, pas la grippe »

- 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 thimerosal (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. Vous pouvez aussi réserver votre rendez-vous en appelant la réception aux postes 5595 ou 5777.

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

Month	Date	Endroits	Heures
octobre	vendredi 25 oct.	salle #214, Edifice # 62, 23e Centre de santé	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 Nov. 14	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

Month	Date	Endroits	Heures
octobre	mardi 29 oct.	salle #214, Edifice # 62, 23e Centre de santé	09:00-11:45

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

Month	Date	Endroits	Heures
octobre	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.



www.pspwinnipeg.ca



Addiction Free Lifestyle: It's a family affair!

There is a growing awareness in today's society that alcohol and drug use can have serious health, social and legal implications. However, studies have confirmed, that early intervention by parents can prevent substance use. Talking about drugs and alcohol with your kids strengthens family ties and makes kids more resilient. Serious problems related to alcohol and drugs are less likely to develop if kids are able to talk openly and honestly in a respectful and loving environment.

Top Ten Tips for an Addiction Free Family:

1. Communication is the key to a healthy relationship. This will help your children develop sound decision-making skills.
2. Support is important! Develop a support network within your family by showing love, listening to concerns, and being prepared to help when asked.
3. Get the facts! If you don't know the answer, say so and look it up together.
4. Set the rules! A family works best when it sets rules and responsibilities for each member. Praise good behaviour.
5. Be a good role model! The things you say and do can have a strong influence on other members of your family. Do not drink and drive.
6. Everybody has feelings. Make time for all family members to share their feelings about important things.
7. Spend time together! When you share interests and activities, your family ties grow stronger.
8. Don't be afraid to raise the issue of alcohol and drugs!
9. Watch for signs of substance use and address them early.
10. Solve problems together! Use the combined strengths and skills of all family members to address important issues.



**LEARN MORE ABOUT
ALCOHOL, OTHER DRUGS
AND GAMBLING**
- TWELVE MODULES AVAILABLE

**APPRENEZ - EN PLUS
SUR L'ALCOOL,
LES AUTRES DROGUES
ET LE JEU EXCESSIF**
- DOUZE MODULES DISPONIBLES

To register, contact Health Promotion at local 4150

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)**

Reconnaître 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

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





**BOUFFE-SANTÉ
pour un rendement assuré**

**TOP FUEL
for Top Performance**

**12 & 13 Dec 2013
0830-1600 hrs**

**2 day course/cours du 2 jours
Offret en anglais seulement**

For more information or to register contact Health Promotion local 4150



Ce que vous mangez fait toute la différence!

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

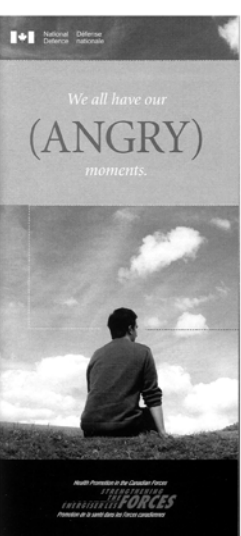
What you eat makes a difference!

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

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

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





Managing Angry Moments (MAM)

**13 & 27 Nov 2013
0800 - 1600 hrs**

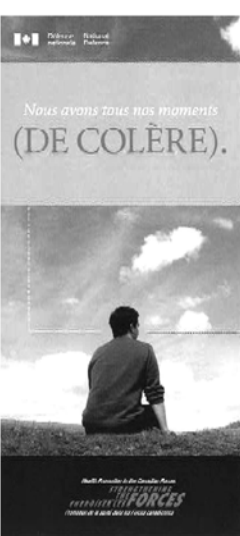
Through education, MAM aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

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.

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



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





INTER-COMM

DEALING WITH CONFLICT AND IMPROVING COMMUNICATIONS IN PERSONAL RELATIONSHIPS

UN MOYEN DE FAIRE FACE AUX CONFLITS ET AMÉLIORER LES COMMUNICATIONS DANS NOS RELATIONS PERSONNELLES

To register, contact Health Promotion at local 4150

INTER-COMM

A Course to Improve Communications in Relationship

WHAT
INTER-COMM is a course designed for adults who want to improve communications in their personal relationships. This course has been specifically designed for Canadian Armed Forces (CAF) personnel and their family members who want to increase their ability to communicate more successfully.

WHO
This is not a couple's counselling course but rather a course that focuses on improving communication in healthy relationships.

13 & 14 November @ 0830 - 1600 MFRC

Un Cours visant à améliorer les communications dans les relations personnelles

QUOI
Le cours INTER-COMM a été conçu à l'intention des adultes qui veulent améliorer les communications dans leurs relations personnelles. Le cours a été spécifiquement élaboré pour les militaires et les membres de leur famille qui veulent apprendre à communiquer plus efficacement.

QUI
Loïn de se couloir un programme de counseling pour les couples, le cours cherche à améliorer les communications dans les relations constructives.

13 et 14 novembre @ 0830 -1600 MFRC

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





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

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Holiday Ornaments Décorations de Noël	\$12.00 ea or 2 for \$20 12 \$ ch. ou 2 pour 20 \$

CLEARANCE ITEMS – Buy One Get One 50% off of equal or lesser value LIQUIDATION – Achez en un et obtenez en un à demi prix (valeur égale ou moindre)

Yellow Ribbon Red Shirts (Men's & Ladies) Limited quantities and sizes available T-shirt rouge avec ruban jaune (homme et femme) (Quantité et grandeur limitées)	\$12.00 12 \$
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Ball Caps - Black Casquette – noir	\$8.00 8 \$
Ball Caps – Pink and green camo Casquette – camouflage rose	\$15.00 15 \$
Ball Caps – Grey camo Casquette – camouflage gris	\$12.00 12 \$
Toques Tuque	\$8.00 8 \$
Yellow Ribbon Dog Tags Plaque d'identité	\$3.00 3 \$
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Stickers Stickers	\$2.00 2 \$
Zipper pull Curseur de fermeture éclair	\$5.00 5 \$
Tote bags Sac fourre-tout	\$12.00 12 \$

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.

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

Featuring...
Guest Speaker
LGen (ret'd) Charles Bouchard,
Commander Combined Joint Task Force Unified Protector
NATO Mission to Libya

Conférencier invité
Lgén (ret) Charles Bouchard,
Commandant de la Force opérationnelle interarmées multinationale - Unified Protector
Opération de l'OJAN en Libye

Entertainment by / Musique par la
The Royal Canadian Air Force Band
Musique de l'Aviation royale canadienne

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www.familyforce.ca
www.forcedelafamille.ca

Yellow Ribbon Gala
2014

Delta Winnipeg
350 St. Mary Ave. / ave St. Mary
2014

Cocktails 6:00pm ~ Dinner 7:00pm
Cocktails à 18 h ~ Dîner à 19 h

DRESS / TENUE :
FORMAL ATTIRE, BUSINESS SUIT ACCEPTABLE
TENUE DE SOIRÉE OU COMEST.

Gala des rubans jaunes

Saturday
FEBRUARY 15
le samedi
FÉVRIER

\$100 per person* or Table of 10 for \$900
100\$ par personne* ou 900\$ pour une table de 10

*A charitable donation receipt will be issued for a portion of the purchase price.
*Un reçu pour les dons de bienfaisance vous sera remis pour une partie de prix d'achat.

TICKETS AVAILABLE UNTIL FEB 7 2014
LES BIJETS SERONT EN VENTE JUSQU'AU 7 FÉV 2014

For ticket information / Pour obtenir des renseignements sur les billets : **204.833.2500 ext./poste 4500**
MFRC/CRFM - 102 Comet Street / 102, rue Comet - Monday to Friday 8:30am - 4:30pm / du lundi au vendredi, de 8 h 30 à 16 h 30

PERSONAL CLASSIFIEDS

For Rent

2 Storey Condo with 2 Bedroom * 2.5 Bath * 1090 sq ft + 2 Balconies For Rent
Fridge Stove Dishwasher and in suite washer and dryer
Both bedrooms have an en suite bathrooms.
Inkster and McPhillips Area
\$1200 plus utilities
Call or txt me at 204 960 9939

St. Charles Parish Christmas Craft & Bake Sale

Saturday, November 16, 10:00 am to 3:00 pm
Sunday, November 17, 10:00 am to 2:00 pm
320 St. Charles St., Winnipeg, MB
Crafts, Baking, Silent Auction, New To You Table, a Quilt Raffle, Tea, Coffee & Refreshments.

FOR SALE:

- Pine single bed with mattress and bedding. (Used once.)
- Recently upholstered sofa chair
- Tall pine bookcase with four shelves

Best offer. Call 204-489-3389 after 5 pm

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.
Maintenance free 960Sq Ft with full Basement with finished room with lots of storage available. Fridge, stove, washer, dryer and central air included.
Fenced backyard with stone patio opening on park, very private.
\$1195/month plus Hydro (Gas/Electricity), water included.
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 warranty. For more info. Call: (204) 999-4148.

Send us an e-mail today to place your FREE Classified ad at: voxair@mymts.net

Taroscopes

BY
NANCY

Aries (March 21 – April 19):

Once you make a decision you're eager to put your plans into action. However others may not eagerly fall into line. You may not get the usual response from those you depend on. Do they lack vision? If so don't let that stop you. If they have valid concerns though – listen up.

Taurus (April 20 – May 20):

You may be surprised at all the good things coming your way – but you earned them so don't feel it's all about luck. Your willingness to share and do your part ensures that others are willing and eager to meet you half way. Life is good.

Gemini (May 21 – June 21):

Life changing opportunities are on the horizon. Network with those who can assist you. Look at moving to a new level in your career or to a new workplace. Rearrange your schedule to accommodate these changes. If necessary take a night class. Upgrade or update your skills.

Cancer (June 22 – July 22):

It's easy to be influenced by someone's charismatic presentation, but once they're gone, review the details of any plan they've proposed. A good show will sway most people so you're not alone. Experience has taught you what to watch for. Share your knowledge with others.

Leo (July 23 – August 22):

You are great at presenting an image and have a knack for knowing what's in vogue. But first impressions must be followed with a solid delivery of what is promised. Live your life in keeping with your own values or you'll feel imprisoned behind a facade.

Virgo (August 23 – September 22):

A frustrating situation may be due to your own thoughts more than anything else. In a perfect world unconditional giving and receiving would be the norm. The reality is that some people play games. Others may just want to keep details to themselves. Allow people their privacy.

Libra (September 23 – October 23):

Listen to what isn't said and watch what is left undone and you'll get a better idea of the type of person you are dealing with. If they are pulling their weight, hang onto them but if you're doing all the work, it may be time to go it alone. Put yourself and your needs first.

Scorpio (October 24 – November 21):

Life seems split into polar opposites for you. You feel overburdened sometimes yet you also feel like you're leading a charmed life. Focus on the positive and the future. In the past you have failed and you've succeeded – it's all history. Live in the now!

Sagittarius (November 22 – December 21):

If you've taken on more than you expected, you may be facing some tough decisions. You'll have to deal with the fallout and iron out the kinks. Be flexible and creative and you'll figure out a solution. Try to keep things in perspective. You've accomplished a lot.

Capricorn (December 22 – January 19):

Connect with those you haven't seen in a while. You're freed from duties and responsibilities that didn't suit you. When you discover what has been bothering you, you can deal with it. Worries fade and you're happier as you can see that there's light at the end of the tunnel.

Aquarius (January 20 – February 18):

Make changes that highlight your strengths and assets. Take the initiative to make things happen. Make connections and do the leg work then step into the spotlight. Don't settle for 2nd place or for less than what you really want. You're set to soar!

Pisces (February 19 – March 20):

Be patient when dealing with a confusing situation. Make changes that will ease anxiety, promote wellness and cultivate a balanced lifestyle. Establish and stick with healthy habits. Listen to what your body is telling you. Little changes can add up to big results.

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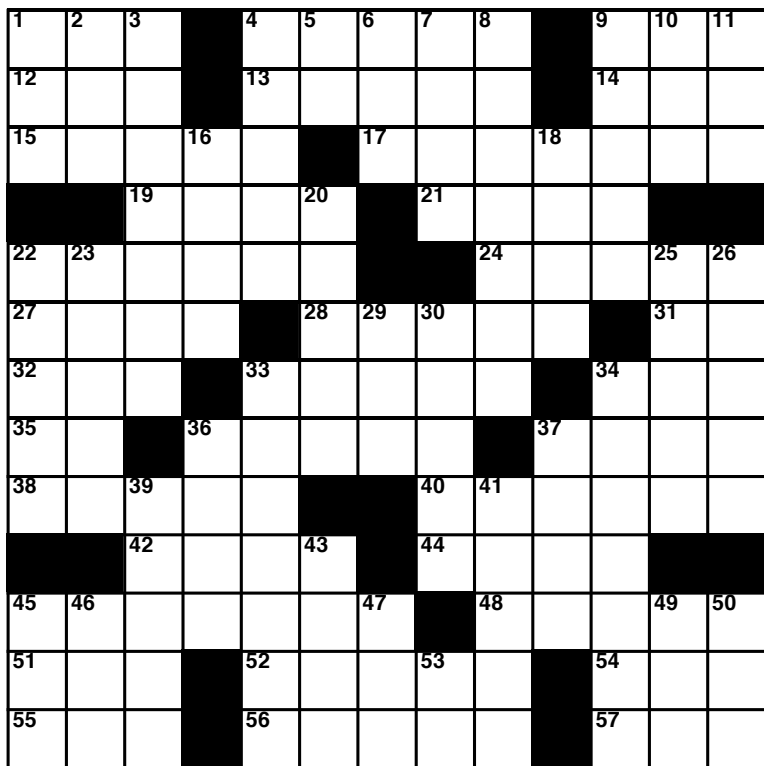
Canadiana Crossword

Game On

By Bernice Rosella and James Kilner

ACROSS

- 1 Estop
- 4 Labrador's _____ Bay
- 9 Perceive
- 12 Wonder
- 13 Pugilist's concerns
- 14 Rocky summit
- 15 Bungle
- 17 Lo-cal, in a way
- 19 Newfoundland's _____ Pond
- 21 Prince Edward Island's Cape _____
- 22 British Columbia's _____ Mountain
- 24 Board or stone preceder
- 27 Raucous
- 28 Ort
- 31 That guy
- 32 Expose, so to speak
- 33 Scholarly types
- 34 Lip
- 35 Elite Nazi org.
- 36 Brainy bunch?
- 37 About movies
- 38 Thieve
- 40 British Columbia's _____ Arm
- 42 Saskatchewan's _____ Lake
- 44 Chemical compound
- 45 Lackeys
- 48 Chinook chieftains
- 51 Simile words
- 52 Manitoba's _____ Factory
- 54 Juice
- 55 Grits' Chretien and Tory's Mulroney
- 56 Receded
- 57 Pig place



DOWN

- 1 Kin of BSCs
- 2 Plant part
- 3 Printed matter
- 4 Cements
- 5 Oxford dictionary ref.
- 6 Assassinate, slangily
- 7 Knife
- 8 Admires
- 9 Cubic metre, in Metz
- 10 Goddess of the dawn
- 11 Hosp. hot spots
- 16 Conflict
- 18 Essayist Charles
- 20 Military info mission
- 22 Sheen
- 23 Eject
- 25 Odd toed ungulate
- 26 Mid-east republic
- 29 Medical pros
- 30 Imperial decree
- 33 Present a lei
- 34 Like certain spectacles
- 36 Hawaiian island
- 37 Pall
- 39 Ferber, and others
- 41 Fed the pot
- 43 Pull
- 45 Chart
- 46 Doctrine
- 47 Weep
- 49 Feed on
- 50 Le Carre subject
- 53 Compass pt.

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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 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

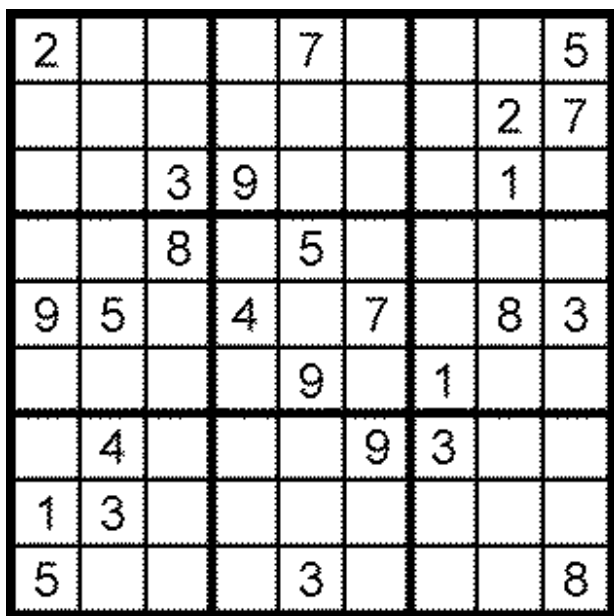
After normal working hours, the Emergency Chaplain can be reached through WOps Duty Centre, 833-2700.

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'.

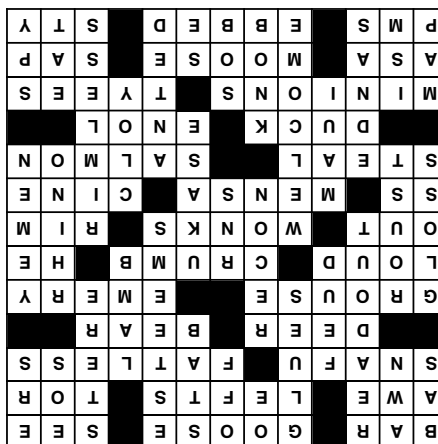
My Sudoku

Rated: Beginner

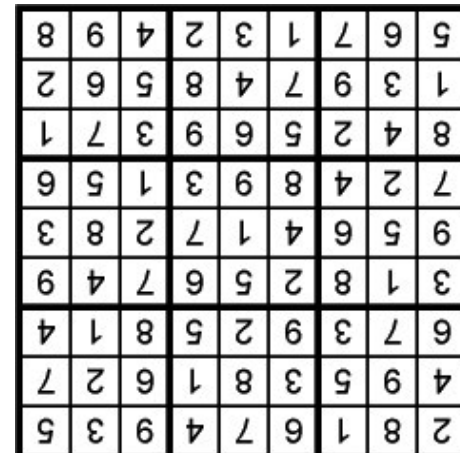


Using the numbers from 1 to 9 please fill in the blank cells. Each number can be used only once in each row, column, and 3 X 3 block. Each puzzle is rated for degree of difficulty as :
Beginner * Advanced * Master

Crossword Answers



Sudoku Answers



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