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## Fall Fair & Herc Pull Showcase 17 Wing's Community Spirit



Left: A young attendee of the Fall Fair is assisted in using a fire hose to knock down targets. For more, see page 5. Photo: Martin Zeilig. Right: 17 Wing Logistics and Engineering (WLE) team, take first place with a time of 13:53, during the annual GCWCC Kick-Off and Herc Pull, held on Sept 10th. For more, see page 2. Photo: Pte Darryl Hepner

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# Herc Pull Kicks Off Fundraising Season at 17 Wing

By Martin Zeilig  
Voxair Photojournalist

It may not be quite the equal of capturing the Erymanthian Boar, slaying the Neamean lion or cleaning the Augean Stables in a single day, but then the mythical ancient Greek hero Hercules never had to tug his namesake aircraft, a CC-130J Hercules, 50 feet across a tarmac.

But, he probably wouldn't have had much difficulty doing so, especially if he had been assisted by 24 other strong people at the annual 17 Wing Herc and Firetruck Pull on Sept 10th, which marks the official kickoff of the



MC and HCol of 2CAD John Sauder talks to HCol of CFSAS Doug Brown before he takes the helm of the rope for the CFSAS team. Photo: Martin Zeilig

Government of Canada Workplace Charitable Campaign (GCWCC), which is part of the community wide United Way Campaign.

It was the first time that the Herculean CFSAS Honourary Colonel, Doug Brown was participating in a Herc pull.

"I've got 15 years experience of moving giant, hostile and uncooperative opponents, but nothing quite of this scale" joked the 6' 8" former Winnipeg Blue Bomber defensive lineman just prior to his team's turn to pull the imposing 80-ton Herc.

A total of 13 teams took part in the plane pull this year, while nine teams participated in the firetruck pull. This year, the winning team for the HERC Pull was the team from Wing LE, with a pull time of 13.53 seconds. On the truck pull side, CFSAS came in first with a pull time of 11.35 seconds.

After participating in the fire truck pull with kids from the MFRC day care, 17 Wing Commander Colonel Joel Roy said the day was a great morale booster.

"It's really fantastic to see so many people come out and cheer on the men and women pulling this plane," he said.

He stressed that the GCWCC was a great way to bring the Wing together for fun and a sense of competition between units for an essential common cause.

"It's getting more organized every year," said CBC weatherman and 2 CAD HCol John Sauder, the son of a former RCAF fighter pilot, who acted as this year's MC.

"It's good to see that everyone is getting behind the effort here. These are people from 17 Wing who devote their lives to serving our country right here at home, and

are helping our community. They do that every day at home and abroad."

At the opening ceremonies, former Israeli soldier Arie Lavy, who was captured by the Egyptians and was a Prisoner of War for two months in 1973, spoke of his battle with PTSD on behalf of The Canadian Mental Health Association, which is funded by the United Way.

His remarks were particularly poignant considering the launch of the GCWCC coincided with World Suicide Prevention Day.

"I went without help for my Post Traumatic Stress Disorder for over 30 years," he said. "Like many of you, I was tough and young and ready for battle."

Then, he became a POW.

"For many years after my captivity I kept to myself and could not talk about my time in captivity. This was, in part, because I was working hard to keep the visions, sounds and smells of those days in captivity buried in my mind, or so I thought," said Lavy.

"I realize now that PTSD is common among soldiers; and all of my friends who were also captured, we all have a form of PTSD. It is the normal reaction to an abnormal event. It wasn't until 1997 that PTSD was seen as a consequence of our time in the army."

But Lavy took a step that unfortunately, far too few people take, and he talked to his doctor about his issues.

"When I finally approached my doctor to say I wanted help, she was so relieved she cried. The program I speak with, thanks to the funding of the United Way, means that if other people had similar experiences to me, they wouldn't have to wait so long to get help."

# Afghan Memorial Vigil Lands in Winnipeg

By MCpl Draper Houston  
38 Canadian Brigade Group

From September 16 - 20, the beautifully-crafted Afghanistan Memorial Vigil found its home of reverence in the Manitoba Legislative Building, Winnipeg, so that Manitobans had the opportunity to remember Canada's commitment to the war on terror.

"It was emotionally difficult, that few moments," said Chief Warrant Officer Jim Seggie when speaking of the 40-minute ceremony, which included a roll call of 158 fallen Canadian soldiers including his son Michael, 21, who was killed in a firefight with the Taliban in 2008.

The Vigil display was built from the recovered memorial plaques from Kandahar Air Field cenotaph. The plaques are comprised of fallen Canadians, including the 158 soldiers, a Canadian diplomat, contractor, journalist as well as 40 United States Armed Forces personnel attached to the Canadian Forces.

The display also included the flag that flew in the Kandahar Air Field as well as the scarf that chaplains

wore officiating and the bagpipes that played during the ramp ceremonies.

Sergeant MacKenzie Landry of the RCAF Band knows the bagpipes that are on display all too well. He's played those pipes for 18 coalition soldiers' ramp ceremonies, many of which were he knew well.

"It's very emotional for me, just the sheer number of guys that I know on the granite panels," Landry said. "When we were able to place poppies beside the markers of the people that we knew, I didn't have enough poppies. That's how many I knew."

Members of 38 Canadian Brigade Group, Royal Canadian Air Force from 17 Wing, and Royal Canadian Navy from HMCS Chippawa assisted in the set-up and were available to assist or answer questions for the public viewing the vigil throughout the week.

"It's a very sombre and emotional kind of experience," Landry said. "Having known so many of them, it was very surreal picking up the war pipes again to put them into the display. It was very familiar and something I didn't want to really remember."

From Winnipeg, the Afghanistan Memorial Vigil will continue eastbound eventually completing its cross-country journey in Ottawa during Remembrance Week in November.

The Afghanistan Memorial Vigil has been travelling across Canada and the United States from 4 May until 12 November 2014. The intent is to allow as many Canadians, military and civilians, to view the vigil before a permanent home is selected for an Afghan Cenotaph in the National Capital Region.

More than 39,000 Canadian Armed Forces members have served in an Afghanistan theatre of operations or in support of the mission from other locations around the world during the 12 years of service in Afghanistan.



Brigadier-General R.R.E MacKenzie, Deputy Commander of 3rd Canadian Division lays a wreath on behalf of the Canadian Armed Forces. Photo: MCpl Alan Haley

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# A Word From the Wing Commander



17 Wing Commander Col Joel Roy

By Col Joel Roy  
17 Wing Commander

What a fabulous summer we had this year in Winnipeg. I certainly hope you are still enjoying the lovely *warm* weather and sun. The various festivals here have offered great opportunities for us to immerse in other cultures, without even having to travel abroad.

But if you have been away for a while or just moved in, you will likely have heard that the Wing and its lodger units were busy in July with floods in Manitoba; an excellent effort overall, in an unusual time for floods, to support the Province. You would likely also know how we diligently prepared for phase two of our personnel on Op REASSURANCE, as it moved from Romania to an air policing role, based in Lithuania. Part of that team has now returned to Canada, while phase two is expected to end in December. If we add the usual change of commands, graduations, Op NUNALIVUT (440 Sqn), RIMPAC (435 Sqn), Op DUSTY THUNDER (Det Dundurn), as well as the advancement of a myriad of support projects and activities,

it has been a very nice summer indeed, although a quite busy one for many.

While things have been running quite smoothly, and I thank you all for this, we need to maintain our focus. The WCWO and I visited each unit of the Wing, to discuss directly with you the Guidance I recently issued to the COs, which highlights the priorities, anticipated constraints and concerns for the coming year. This was also a very good opportunity to exchange information and hear about your concerns, and we are already at work to address those concerns and the questions raised during our visits.

Thanks to the efforts of several volunteers, the generous donations, the assistance of a few specialists, and some non-public funds from History and Heritage, we have started the refurbishment of our pedestal aircraft; the Sabre being first in line should be completed by the time this is published. This is a multi-year project, which will require the assistance of everyone; if interested to help, contact Capt Mick at 5202.

Thank you to all who participated

in the launch of the GCWCC campaign with the "Herc" and "Fire Truck Pull". What a thrilling way to kick-off this campaign. Congratulations to Wing Transport, who also represented the Wing at the city event the following day and finished second. There will be several other activities where all are welcomed to join the fun and good cause. With your help, and 100% canvassing, we should again reach this year's goal of \$140,000.

Overall, several of you are taking charge to make into reality beautiful events such as the Wing Family Day held on 29 Aug., or the Fall Fair held on 13 Sep, that were not only a lot fun, but a great way to learn what the Wing has to offer for everyone. On behalf of all the families, thank you to the organisers and those who got involved.

Talking of families, I got to feel a little bit older in July, becoming a *grand'pa* for the first time. There is no need to start talking louder to me yet, or to send e-mails with bigger fonts...I'll just be a bit grumpy to play the part. ☺

## Un mot du Commandant

Quel fabuleux été nous avons jusqu'à maintenant à Winnipeg cette année. J'espère que vous profitez toujours pleinement du soleil et des *chaudes* températures. Les divers festivals ont offert de belles opportunités de s'immerger dans d'autres cultures, sans même avoir à voyager.

Mais si vous étiez parti depuis quelques temps, ou tout juste transféré ici, vous aurez peut-être entendu parler que l'Escadre et ses unités hébergées ont été occupés par des inondations en juillet; un superbe effort collectif, dans une période inhabituelle, en support à la Province. Vous saurez aussi vraisemblablement que nous avons travaillé ferme pour préparer le personnel pour la phase deux de Op REASSURANCE, qui est passée de la Roumanie à la Lituanie dans un rôle de patrouille aérienne. Une partie de l'équipe est d'ailleurs maintenant de re-

tour au Canada, alors que la phase deux devrait se terminer en décembre. Si on ajoute les habituels changements de commandements, les graduations, Op NUNALIVUT (440 Sqn), RIMPAC (435 Sqn), Op DUSTY THUNDER (Dét Dundurn), ainsi que l'avancement d'une multitude de projet en support et d'activités, un bel été donc, mais tout de même occupé pour plusieurs.

Même si les choses tournent rondement, et merci à vous pour cela, nous devons maintenir notre focus. L'ADjuC de l'Escadre et moi avons visité chaque unité afin de discuter directement avec vous de la Directive que j'ai récemment émise aux Commandants, qui exprime les priorités, les contraintes anticipées, et certaines préoccupations pour l'année qui vient. Ces visites ont aussi été une bonne opportunité d'échanger des idées et d'entendre vos inquiétudes; nous som-

mes déjà au travail afin d'adresser celles-ci et les questions soulevées.

Grâce à plusieurs volontaires, certains dons, quelques spécialistes, et des fonds non-publiques de Histoire et Héritage, nous avons débuté la remise en état des avions sur socle, commençant avec le Sabre, qui au moment de cette publication devrait être complété. Ces projets de plusieurs années demanderont l'assistance de tous; si vous êtes intéressés à aider, contactez Capt Mick au poste 5202.

Merci à tous ceux qui ont participé au lancement de la campagne GCWCC, avec la tire du Hercules et du camion de pompier. Quelle excitante façon de débiter cette campagne. Félicitations à la section du Transport, qui nous a aussi représenté le lendemain à un événement similaire pour la ville et y a terminé deuxième. Il y aura plusieurs autres activités où tous seront invités à joindre plaisir et bonne

cause. Avec votre appui, et en rejoignant 100% du personnel, nous ne devrions atteindre le but de cette année, soit \$140 000.

En tout, beaucoup d'entre vous ont pris la responsabilité de plusieurs beaux événements tels que la journée familiale de l'Escadre du 29 août, ou la Foire Automnale du 13 septembre, qui ont non seulement amené beaucoup de plaisir, mais aussi permis à plusieurs de découvrir ce que l'Escadre a à offrir pour tous. Au nom des familles, merci aux organisateurs et ceux qui s'y sont impliqués.

En parlant de jeunes, je me suis senti devenir un peu plus *vieux* en juillet, devenant pour la première fois un *grand'pa*. Pas besoins de me parler plus fort encore, ni d'envoyer vos courriels écrit plus gros... Je serai seulement un peu grognon pour bien entrer dans le rôle. ☺

## It's a Dog's Life at the 17 Wing Family Dog Walk

By Martin Zeilig  
Voxair Photojournalist

Candy and Molly, two Border Collie mixes, Ulysses, an eight-month-old husky-shepherd cross, and about 30 other dogs were out with their humans at the third annual 17 Wing Family Dog Walk on September 20th.

The event, which was organized by Sergeant Darren Burgess, was held in support of the 2014 Government of Canada Workplace Charitable Campaign (GCWCC).

Official sponsor Pet Valu, the Virgin 103.1 street team, and Riplee's Ranch Pet Food, all had display tents set up. As well, the 23 Military Police Flight and 17 Wing Fire Hall, along with their mascot Sparky the Fire Dog,

were also present. Donations were accepted onsite for the GCWCC.

Participants of the two and four legged variety followed a five km route through the Wihuri Road entrance, all the way through the base to Air Force Road, and then along the Yellow Ribbon Trail back to the starting point.

"This is my first time out on the walk," said Second Lieutenant Steve Morris, Ulysses' owner, minutes before the walk began, as his restless, but well behaved, dog gave a deep throated bark at another nearby pooch.

It was Lieutenant Steve Trainor and his dog Loki's second year attending the walk.

"It was fun last year," offered Lt Trainor. "It's a good way to meet people from the Wing. It's an excellent event."

His dog, wagging its tail, seemed to agree.

Dogs could quench their thirst and wet their paws in water tubs and small plastic wading pools placed along the route.

As she strolled along with her four-month-old black Mastiff cross, Jessie, at the end of a leash, Master Corporal Stephanie Samuel said this was a good opportunity for dogs to get socialized.

Alex Jordunson, who works in child care at the MFRC, was out with Boss, her 18-month-old Labrador Retriever mix.

"It's an awesome event," she said, as her energetic

dog strained at its leash. "It's nice to get out and walk for a good cause."

Unfortunately, due to the rainy weather on Saturday, the turnout was lower than the previous year. But that didn't stop those who did come out from having a great time.

"But next year, it will be bigger and better," said Sgt Burgess, while thanking those who did participate on this dour morning, as well as the sponsors and volunteers for their continuing support.



A few dogs take a water break during the Family Dog Walk in support of the GCWCC. Photo: Martin Zeilig

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# Reservists Practice Search and Rescue on Exercise Spirit Way

By MCpl Draper Houston  
38 Canadian Brigade Group

Thompson, Manitoba — On August 22-27, the Arctic Response Company Group (ARCG), as a part of 38 Canadian Brigade Group, participated in Exercise Spirit Way 2014 — a joint search and rescue exercise simulating the search for survivors of a downed aircraft and other survival training with the Manitoba Office of the Fire Commissioner (OFC) and the Canadian Rangers in Thompson, Manitoba.

“The training was excellent,” said Corporal Anna Janzen of the North Saskatchewan Regiment. “The wounds on the simulated victims were very realistic. We often do similar training as a Primary Care Paramedic in my civilian career, but as an infantry soldier, I have never seen training this in-depth.”

During the exercise, the ARCG conducted ground searches for casualties of the crash in coordination with the OFC and also linked up with Search and Rescue Technicians from 435 Squadron based out of Winnipeg to provide first aid to the simulated victims. The ARCG also provided area searches for lost aircrew and equipment such as the black box of the aircraft.

Comprised of primarily army reservists from north-west Ontario, Manitoba, and Saskatchewan, members of the ARCG received Ground Search and Rescue (GSR) from the OFC with team leaders receiving more advanced qualifications in order to be prepared for potential future emergencies of this nature.

“Leading up to the exercise, everyone in the ARCG had to be up-to-date with their first aid,” said Master Corporal Sebastian Snidel, 1 Section Commander as a part of 1 Platoon, ARCG. “Those on the [ground search and rescue] team leader course also learned how civilian organizations operate prior the exercise so that we can better integrate with them in a crisis situation of this nature.”

After the simulated search and rescue, training continued for the ARCG that included all-terrain vehicle training and qualification, survival training with the Canadian Rangers, and familiarization training with the assault boats by members of 31 Engineer Squadron that were also part of the ARCG.

“The passive search was my favorite part,” said Corporal Levente Luka of the Royal Winnipeg Rifles. “We set up fire or make noise during the night near the crash site to draw the people that are lost towards you.”

Exercise Spirit Way was the first military exercise in the vicinity of Thompson, and residents of the area were very welcoming. Thompson city councillor, Charlene Lafreniere, visited the site of the exercise, and senior leadership of the exercise was also invited to a sweat lodge conducted by the Nisichawayasihk Cree Nation as well. Further, residents of the area passing by on the nearby highway were stopping by throughout the exercise to see the ARCG in action.

The Thompson area — and Manitoba in general — has a vast rural region with the potential for people to

lose their bearings and require search and rescue efforts from all levels of governmental

organizations. Joint exercises like Exercise Spirit Way 2014 ensure that the Canadian Forces, in particular the ARCG and its unique role, are prepared to assist the Province of Manitoba during search and rescue efforts.



Search and Rescue Technician Sergeant Dwayne Guay with the help of Corporal Anna Janzen complete a rapid lower body survey during their trauma assessment of a simulated plane crash survivor. Photo by MCpl Cameron Skrypyk

# Reservist's Military Experience Aids in Civilian Career

By MCpl Draper Houston  
38 Canadian Brigade Group

Thompson, Man. — On August 25, Dr. Adam Amadu, physician and head of medicine department, and Cindy Walsh, clinical resource nurse, had the opportunity to see Corporal Stephanie Schneider, a medic with 17 Field Ambulance, in the midst of treating a patient as they arrived during Exercise Spirit Way 2014 in Thompson, Manitoba.

“I was all for [the employer visit] when I first heard that she was in the reserves,” said Walsh. “They can deliver some good basic care in the middle of nowhere; to know that I could walk in [to the unit medical station], sit down and work takes some ingenuity.”

Corporal Schneider works as a physician's assistant in an emergency department in Thompson with the Northern Regional Health Authority in her civilian life.

“It's going to be really helpful for me to take time off now that they've seen what I do in the reserves,” said Schneider referring to the employer visit. “They don't have much of a connection to the Canadian Forces.”

Working in the health field in both aspects of her life, Cpl Schneider believes that working with the military helps her deal with issues and challenges better in her civilian career.

In her civilian career, Cpl Schneider sees patients, completes physical exams, orders diagnostic tests, deduces her impression of what the diagnosis is, and initiates treatment plans under the supervision of a physician.

“The training model in the military has been really helpful in getting some of the harder skill sets down,” said Cpl Schneider. “The well-rounded training that I receive in the military such as nursing skills, the camaraderie, teamwork, and mission-oriented environment help me as a physician's assistant.”

Many feel the pinch when it comes to “leading the double life” as a reservist; however, employers feel that pinch as well when an employee away for a period of time especially when managing a small team. Visits such as this one help bridge that gap, and after this employee visit, Dr. Amadu was impressed.

“We know it's for a good cause,” said Dr. Amadu. “With a small team, chipping in to work a little harder because a colleague is gone for a good cause makes it easier. I fully support her coming out and doing things like this.”

The Arctic Response Company Group (ARCG), as a part of 38 Canadian Brigade Group, was in Thompson from August 22-27 participating in Exercise Spirit Way 2014 — a

joint search and rescue exercise simulating the search for survivors of a downed aircraft and other survival training with the Manitoba Office of the Fire Commissioner (OFC) and the Canadian Rangers in Thompson, Manitoba.

## About the ARCG

The Arctic Response Company Group is comprised of army reservists and conducts realistic and challenging training scenarios in temperate environments to ensure the readiness for actual events that may arise.



Corporal Stephanie Schneider describes her position as a field medic at the Unit Medical Station to her employer during Exercise Spirit Way 2014 in Thompson, Manitoba. Photo by MCpl Draper Houston

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# Something for Everyone at the Annual Fall Fair

**By Martin Zeilig**  
**Voxair Photojournalist**

Emily Parsons gave a shy smile when it was announced that she had won first place in the first annual apple cooking challenge at the 2014 Fall Fair.

The 15-year-old's apple pie was deemed best of the competition by the six lucky judges.

"I was a bit surprised because the other desserts looked so good," said Parsons. Her mother, Chrissy, the 17 Wing Health Promotions Assistant, said that her daughter had baked the pie from scratch using an old family recipe handed down by her grandfather.

"All the entries were of a high quality," said Rick Harris, PSP Manager and one of the judges in the cooking challenge. "It was tough making a decision."

During the day, almost 1,000 people, military and civilian, strolled through the numerous displays and tables highlighting the programs and activities offered by the MFRC, Community Recreation, Wing Recreation Clubs and services on exhibit in Building 90 as well as the helping professionals showcase. Meanwhile, the kids

had loads of fun burning off excess energy at the outdoor activities. These included a trolley train pulled by an old tractor, inflatable bounce castles and slides, face painting, a Velcro wall, a chance to hose down targets using fire hoses from a 17 Wing Firehall pumper truck, and much more.

All that activity builds up an appetite, so it's a good thing that 17 Wing Food Services was on hand to provide barbecued hotdogs in the parking lot of the Westwin Community Centre.

"I'm just glad that the weather held out for us," said Tina Bailey, 17 Wing Recreation Director, a co-chair of the event.

She singled out several units who were also involved in planning the fair, including the Firehall, the Military Police, the Wing CE, and Transport.

"And, all volunteers without whom we could not do what we did today," added Bailey.

17 Wing Commander Colonel Joel Roy took the time to visit all the day's activities along with Wing Chief Warrant Officer Mike Robertson,

who later donned a suit to try out the Velcro wall.

"It's good to be able to showcase it for the families, and seeing all the kids enjoying themselves."



The inflatable bounce slide was enjoyed by many. Photo: Martin Zeilig

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Firehall mascot Sparky is always popular with kids! Photo: Martin Zeilig

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17 Wing members and their families browse the many displays highlighting clubs and programs at 17 Wing. Photo: Martin Zeilig

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**SECURITY GATE ENTRY**

# PSP Employee Helps Keep The Marathon of Hope Alive

By Martin Zeilig  
Voxair photojournalist

*"I'm not doing my run to become rich or famous. The only important part is finding a cure for cancer. Even if I don't finish, we need others to continue. It's got to keep going without me."* - Terry Fox

As co-organizers of the 2014 Terry Fox Run in Winnipeg, James Follette and Ace Burpee are helping to keep Terry Fox's vision alive.

On September 14 about 2000 people gathered in the refreshing early morning coolness of Assiniboine Park to run and walk either three, five or 10 kilometres to raise funds for cancer research.

This was the second year in a row that Follette, the 17 Wing Fitness Coordinator, and Burpee, the morning show host at 103.1 Virgin Radio Winnipeg, had undertaken the large task.

"My main reason for being involved in organizing the run was that two years ago it was going to be cancelled. And on behalf of my uncle, who died from lung cancer six years ago, as well as my dad, a prostate cancer survivor, I thought it was too important to not have this continue" said Follette.

The turnout this year was double last year's, and in the last two years the event has raised approximately \$112,000 for cancer research. 17 Wing was represented at the event, in a non-official capacity, by 17 Wing Commander Colonel Joel Roy, who attended with his daughter and grandson.

Follette and Burpee were assisted in their efforts by over 70 volunteers, who did everything from directing traffic to being on the main organizing committee.

Burpee said that the organizing committee doesn't accept corporate sponsors.

"People will donate what they can," he said. "There were even seven year old kids giving money."

He added that many people donated large amounts this year, from \$500 to \$800.

"The fact that Terry Fox resonates with a seven-year-old, now that's star power," Burpee said.

"This race is for everyone. I'm ecstatic. This event is being held all over the world."

The Terry Fox Foundation has one of the highest ratios of dollars donated that goes into actual research as opposed to administrative fees of any similar type organization.

Live musical entertainment was provided by the RCAF Band's Dixie Land Band after participants returned to the stage area from the race.



James Follette helps warm up the crowd before the start of the 2014 Terry Fox Run. Photo: Martin Zeilig

## A Brief History Of The Terry Fox Run

Terrance Stanley Fox was diagnosed with osteogenic sarcoma, or bone cancer, in his right leg in 1977 and had his leg amputated 15 cm above the knee. While in hospital, Terry was so overcome by the suffering of other cancer patients that he decided to run across Canada to raise money for cancer research. He called his journey The Marathon of Hope.

The marathon took place in 1980 with the simple objective of informing Canadians of the importance of finding a cure for cancer. With fierce determination, he ran an average of 42 kilometres every day for 143 days. Terry was forced to end his run on September 1, 1980 when the cancer spread to his lungs.

By February 1, 1981, Terry's dream of raising \$1 for every Canadian was realized, as the Terry Fox Marathon of Hope fund totalled \$24.17 million. Terry died in June 1981.

On May 26, 1988, The Terry Fox Run became a Trust, independent from the Canadian Cancer Society, and received tax-exempt charitable registration as a public foundation.

The Terry Fox Foundation is responsible for supporting close to \$20 million in discovery based research each year in Canada. All monies raised outside Canada must be distributed to either an institute approved by the Foundation and its advisors or else be remitted to Canada.

Source: Terry Fox Foundation website

## Lt(N) Helwer named RCN Female Athlete of the Year

By Martin Zeilig  
Voxair Photojournalist

On August 15, 2014, Lieutenant(Navy) Chantel Helwer, Deck Officer at HMCS CHIPPAWA, received an email from her Commanding Officer saying that she'd been named the Royal Canadian Navy Female Athlete for 2013.

Lt(N) Helwer, 28, who's in her final year of Law School at the University of Manitoba, says she was shocked, but very pleased, to receive the news.

"I knew they'd nominated me, but there are a lot of really good athletes in the CAF," she says. "So, it was an honour to win this award."

When she's not busy with her day job, Lt(N) Helwer is a member of the Manitoba Provincial Fencing Team, the Canadian National Fencing Team and the Canadian Military Team.

Over the past year, she has finished 45th at the 2013 World University Championships in Kazan Russia, won a Silver medal in Vancouver at the Canadian University Championships, placed 85th at the World Championships in Budapest Hungary, did a personal best at the World Cup in Orleans, France with an 88th place finish, and finished 58th place in Division 1 at the North American Cup in Dallas Texas.

Needless to say, it's quite a year for Lt(N) Helwer.

"I also fenced in World Cups in England, Italy, and the USA," says Lt(N) Helwer, who will be the only athlete from Winnipeg attending the CAF Sports awards ceremony in Ottawa this October, where she's also in the running for the CAF Female Athlete of the year award.

"Also, I was recently selected to be part of Team Canada for the 2014 Commonwealth Fencing Championships in Scotland this November, which I am very excited about."

The event is very competitive as it is only held every four years, and just four athletes per country are selected.

Lt(N) Helwer's goal for this season is to qualify for the 2015 World Championships in Russia, and

next fall to compete at the 2015 World Military Games in Korea. She is also captain of the CAF women's sabre squad.

"Hopefully, I'll also qualify for the 2016 Olympics in Brazil," added, Lt(N) Helwer. It's a goal that is well within grasp, as to date she has fenced in 13 countries, won 43 medals, and is the Manitoba provincial champion for 2014.

All that travelling can get costly, so Lt(N) Helwer had launched a fundraising campaign through the Make a Champ website to help cover the costs of her travel and competition. Anyone interested can make a donation at <http://makeachamp.com/chantelhelwer>

"I am currently estimating my competition budget alone to cost \$40,000, plus the costs of equipment, training, all of the mandatory memberships, and coaching which can add up to another \$5,000-\$10,000," says Lt(N) Helwer.

"The goal with this campaign is to raise \$10,000 in six weeks to help cover the costs of flights, accommodations and entry fees for the first few events of the season, including the Commonwealth Championships."

You can follow Lt(N) Helwer's fencing exploits on her Facebook page at <https://www.facebook.com/CHelwerfencer>



Lt(N) Helwer (left) is hoping that her fencing skills help her qualify for the 2016 Olympic Team. Photo: Ryan Simon

## Candlelight Vigil Held at Brookside

On September 10th, 1939, Canada officially entered the fray of the Second World War, declaring war on Germany. 75 years later, we have not forgotten the sacrifices that brave men and women who service in Canada's Armed Forces made. To commemorate this important date, there was a candlelight service of remembrance held at the Field of Honour in the Brookside Cemetery.

Brookside Cemetery's Field of Honour is one of the oldest and largest military interment sites in Canada. Nearly 11,000 brave men and women who served in Canada's armed forces are buried here. It is also home to the only Commonwealth War Graves Commission "Stone of Remembrance" in Canada, as well as many other important military monuments.



Flight Sergeant Riley Franklin and Sergeant Mack Gatti from the 6th Jim Whitecross Royal Canadian Air Cadet Squadron place candles on the tombstones during the Candlelight Service of Remembrance at Brookside Cemetery in the Field of Honour on the 10th of September, 2014, Winnipeg, Manitoba. Photo: Cpl Ancelin

# Air Training Museum Unveils New Memorial

By Captain Bettina McCulloch-Drake  
17 Wing Public Affairs Officer

A lone, bronze airman looks out across the 300-foot long expanse of black granite engraved with the names of over 19,000 Canadian and Allied air force personnel who lost their lives between 1939 and 1945. Above his head, the clouds are somber, providing no relief from the bitter winds that strike at the men and women gathered outside of the Commonwealth Air Training Plan (CATP) Museum to celebrate the unveiling of the RCAF WWII Memorial on Wednesday, September 10. The winds, however, are not strong enough to deter a Second World War era Tiger Moth, Stinson, Cornell and two Harvards from taking to the sky and acknowledging those lost through the performance of the "Missing Man" formation.

Inspired by "They Shall Grow Not Old," a memorial book displayed in the Museum's chapel containing more than 18,000 biographies of Canada's lost airmen and women, the RCAF WWII Memorial is a project nearly four years in the making. A labour of love for the volunteers and staff of the Museum, the Memorial owes its existence to generous private donations and the unwavering dedication of the project committee led by one of the Museum's founders: Archie Londry, a WWII veteran and an alumni of the British Commonwealth Training Plan (also referred to as "the Plan").

"I trained under the Plan and was a flying instructor in the Plan," recalled Mr. Londry of his wartime experi-

ence. After completing basic training in a Manning Depot at the Edmonton Exhibition Grounds and completing a variety of general duties as an Aircraftman Second Class at No. 10 Service Flying Training School (S.F.T.S.) in Dauphin, Mr. Londry was sent to Initial Training School (I.T.S.) for ground school. After graduating from I.T.S. as a Leading Aircraftman, he was sent to Elementary Flying Training School where he learned how to fly Tiger Moths. This was followed by further instruction and practice at the Service Flying Training School where he was awarded his pilot wings and later employed as a flying instructor. A self-professed "green kid with a little over 250 flyer hours" he was later posted to No. 12 S.F.T.S. where he was "charged with the task of training other kids to fly."

No longer a kid, but rather a man of experience, Mr. Londry had a chance to meet the next generation of Royal Canadian Air Force (RCAF) air crew trainees after the commemorative ceremony celebrating the Memorial's unveiling. Pilot trainees from 3 Canadian Forces Flying School in Portage La Prairie as well as air combat systems officer and airborne electronic sensor operator trainees from 1 Canadian Forces Flying School in Winnipeg supported the ceremony by assisting the attending veterans with unveiling the granite plaques and accompanying visiting dignitaries for the wreath laying portion of the event.

It was not lost on the Museum's Executive Director,

Stephen Hayter, that there was a strong connection between the veterans who took part in the Commonwealth Air Training Plan and the current air crew trainees from the RCAF. "It is most fitting to have the men and women from 1 CFFTS and 3 CFFTS here with us today. There is a strong historical link between the Plan and the flying schools of today."



A lone, bronze airman strides forward with purpose towards McGill Field, site of the Commonwealth Air Training Plan Museum. Designed and sculpted by Begg Bronzes, the airman is one of the prominent features of the RCAF WWII Memorial, unveiled on Wednesday, September 10, 2014, seventy-five years after Canada entered into the Second World War. Photo: Supplied

# Night Golf Returns to 17 Wing

On Saturday, Sept 13th, 46 hardy souls ventured out into the darkness of the CFB Winnipeg Golf Course to take part in the annual CFB Winnipeg Night Golf Tournament. The tournament saw the golfers teeing off at night with the help of flashlights, light-up balls, and even night vision goggles (for finding your ball only, no shooting with them on).

The Night Golf Tournament used to be a yearly event at the CFB Winnipeg Golf Course, a tradition that organizer Capt Loyd Olson was happy to start back up.

The winner of the Night Golf Cup is determined by picking the name of one of nine categories out of a hat. This year's Cup went to the team with the most honest score, which was the team of Kirsty Nordine, Maggie Magee, Pat Gibson, and Rose Macleod.

Thanks to everyone who came out to make this year's Night Golf Tournament a success.



Cheryl De Pape completing the inaugural First Putt at 2100 hrs. Photo: Supplied by Captain L L Olson



Presentation of the CFB Winnipeg Golf Course Night Golf Cup. From l to r: Club President Maj Edison McLean, Kirsty Nordine, Maggie Magee, Pat Gibson, and Rose Macleod. This year the Night Golf Cup went to the Most Honest Score, which in their case was a 40. Second place was the Stanley Team with a 39. Photo: Supplied by Captain L L Olson

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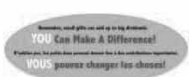


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**HONDA**

# Sabre Gets Sharpened: Iconic RCAF Aircraft Refinished at 17 Wing



Cpl Rey Cadangan, an Aircraft Structures Technician with 402 Squadron, prepares to spray the first colour on a Canadair Sabre aircraft on display near the Garden of Memories on Air Force Way on 16 September 2014. The green colour on the aircraft is a coat of primer. Photo: Sgt Bill McLeod

by Captain Ken Mick, with the technical assistance of Aircraft Structures Technicians at 402 "City of Winnipeg" Squadron and volunteers from various units across 17 Wing and its lodger units.

"The environment in which we work is important," said Colonel Joël Roy, Commander 17 Wing. "The Sabre is right on our front doorstep. We see it all the time when we come to work and other people see it when they come to the Wing."

The Sabre mounted to the pedestal opposite the Air Force Way entrance is a Canadair CL-13B Sabre Mark 6. The tail number 23605 makes it one of the last group of 292 Sabres built for the Royal Canadian Air Force starting in 1954. The Canadair Sabre is one of the iconic aircraft of the RCAF. A total of 1815 were built between 1950 and 1958.

The Sabre was scheduled to undergo refinishing earlier in the summer but delays in securing the heritage funding mandated a later start for the project. Weather, security and environmental considerations explain the requirement for the fences, scaffolding and why the aircraft was tarped. Heaters and ventilation were added to ensure the paint would dry under optimal conditions.

Air Combat Systems Officer (ACSO) students from 1 Canadian Forces Flying Training School

(1 CFFTS) along with volunteers from 435 Squadron carried out the initial washing and sanding of the Sabre. The 1 CFFTS students included: Second Lieutenants

Abigail Edwards, Stephen Germaine, Thomas Huet, Laura Smith, Guillaume Fortin, Cory Hansen, and Lieutenants Colin Clansey and Stephen Trainor. The 435 Squadron volunteers included: Corporals Nick Burrey and Phillippe Doucet.

The Aircraft Structures Technicians (ACS) experts from 402 Squadron were led by Sergeant Robyn Arnold and included Corporals Stuart Ayres, Brian Ross, Matthew Plourde, and Rey Cadangan. They were responsible for priming and painting the aircraft as well as applying the new decals.

"The first couple of days were a real headache," admitted Sergeant Arnold. "Due to the weather the scaffolding took 4 days to set up."

Sponsors have been very important to the success of the project so far.

"Endura Manufacturing has provided expertise in colour matching the paint and supplying the paint to the project," said Captain Mick. Dave Gural, Regional General Manager of Endura Manufacturing was particularly supportive of the project.

Jim Mikolash, a Technical Sales Representative with Howard Marten Fluid Technologies, also gave the ACS technicians the opportunity to use an electrostatic paint gun for repainting the Sabre. The gun works by charging the paint as it passes through the nozzle and the aircraft is grounded so the paint is attracted to the metal surface of the aircraft.

"A regular paint gun can waste up to 30 per cent of the paint to the air," said Sergeant Arnold. "With an electrostatic gun there is no waste, technically. When you use this process you get 90 per cent of the paint on the object being painted."

This is the second aircraft at 17 Wing to be refinished this year. Using their own resources and volunteers, 435 (Transport and Rescue) Squadron refinished a CC-129 Dakota using the colours the aircraft were painted when the squadron was stood up to supply the British Army during the Burma Campaign. The aircraft was painted to commemorate the 70th Anniversary of the Squadron and the 67th Burma Vets Reunion held at the Wing this summer.

According to Major Radek Chlistovsky, Squadron Aircraft Maintenance and Engineering Officer, the CC-129 took between 1700 and 1800 volunteer man hours to complete over 4-5 weeks.

The CC-129 has been moved back to its original position on the parade square beside 17 Wing Headquarters.

According to Captain Mick, the plan is to move forward with the CC-144 Challenger and CP-121 Tracker next.

"My hope is that we can have fun with this and turn it into a community event that could involve schools," said Colonel Roy. "Stevenson Campus, or own school in Borden, our veterans, and other civilians could benefit from this opportunity if they want to. We would make sure it was fun and done safely. It would be great for us and good for the city."

At the bottom of the 17 Wing crest there is a word that helps sum up what the Wing represents. The word is Heritage. Before there even was a Royal Canadian Air Force there was a station where 17 Wing is located.

"Revitalizing these historical aircraft is a tribute to those who flew them and worked on them, as well as our people who are coming up in the RCAF," said Captain Mick.

By Sgt Bill McLeod  
17 Wing Photojournalist

Like a butterfly emerging out of a bright orange cocoon, this week will see the unveiling of the rejuvenated F-86 Sabre beside the Garden of Memories on Air Force Way at 17 Wing Winnipeg.

The 17 Wing Commander's multi-year initiative to refresh the Wing's heritage aircraft is being organized

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# Wing Commander's Honours & Awards

On September 09, 2014, 17 Wing Commander Colonel Joel Roy & Wing Chief Warrant Officer Mike Robertson hosted an Honours and Awards ceremony at 17 Wing, in the Officers' Mess. All photos by: Pte Darryl Hepner



17 Wing Commander, Col Joel Roy (left) and WCWO Mike Robertson (right) present Cpl D.C Proctor (middle) with the South West Asia Service Medal, second rotation bar.



Cpl Justin Ancelin receives the South West Asia Service Medal, second rotation bar.



Maj D.G Zegarac receives the Special Service Medal - Alert.



Sgt B.D Trowell receives the Canadian Forces Decoration 2nd Clasp.



Sgt P. Wilson receives the Canadian Forces Decoration 2nd Clasp.



Cpl D. Lemieux receives the Canadian Forces Decoration 2nd Clasp.



Maj C.J Smith receives the Canadian Forces Decoration 1st Clasp.



WO D. Parsons receives the Canadian Forces Decoration 1st Clasp.



MCpl S.A Claveau receives the Canadian Forces Decoration 1st Clasp.



MCpl K.B Spooner receives the Canadian Forces Decoration 1st Clasp.



Officer Cadet J. Devault receives the Canadian Forces Decoration.



WO S. Mcginn receives the Canadian Forces Decoration.



Sgt S. Lavigne receives the Canadian Forces Decoration.



Sgt T. Longman receives the Canadian Forces Decoration.



MCpl L.K Edison receives the Canadian Forces Decoration.



MCpl Gervais receives the Canadian Forces Decoration.



MCpl G. Premont receives the Canadian Forces Decoration.



MCpl M.M St-Denis receives the Canadian Forces Decoration.



Cpl R. Vaughan receives the Canadian Forces Decoration.



Maj P. Dawes receives the 1CAD Commander's Commendation.



Cpl J.F Dion receives the 1CAD Commander's Commendation.



Sgt V. Thorne receives the Wing Commander's Commendation.



MCpl Poulin receives the Wing Commander's Commendation.



Cpl Gillies receives the Wing Commander's Commendation.



Mr. Greg Eckes receives the Wing Commander's Commendation.



Ms. Crystal Enriquez receives the Wing Commander's Commendation.



Ms. Karen Van Helvert receives the Wing Commander's Commendation.



Ms. Carol Berard accepts on behalf of 17 Wing CE Accounts Cell, the Wing Commander's Commendation.



MCpl Raymond Cameron receives a Recognition of Superior Performance certificate.

# Wing Commander's Honours & Awards (cont.)

On September 09, 2014, 17 Wing Commander Colonel Joel Roy & Wing Chief Warrant Officer Mike Robertson hosted an Honours and Awards ceremony at 17 Wing, in the Officers' Mess. All photos by: Pte Darryl Hepner



17 Wing Commander, Col Joel Roy (far left) and WCWO Mike Robertson (far right) present 17 Wing Contracts Cell (middle) with the Wing Commander's Commendation.



Mr. Claude Taillefer receives a Well Done Award.



2Lt James MacNevin receives his Commissioning Scroll.



Ms. S. White receives an Employee Assistance Program (EAP) Pin.

# Wing Admin Branch Recognitions



WAdminO, LCol Clouter (right) and WAdmin Branch CWO, CWO Spragg (left) present a Certificate for being on the Royal Guard to Lt Tackaberry, D/PAO and ULO/BTL Fit Comd - WAdmin. Photo: Supplied



WAdminO, LCol Clouter (right) and WAdmin Branch CWO, CWO Spragg (left) present a Certificate for being on the Royal Guard to Sgt Sedawey, PSO CClk - WAdmin. Photo: Supplied



On 15 Sep 2014 the WAdminO LCol Clouter presented to Capt Carver his Certificate of Service at his Depart with Dignity Lunch. Capt Carver is one of our Personnel Selection Officers and has served 25 plus years. We wish him great success in his new Career. Photo: Supplied

# So You Want To Be An MP?

By Martin Zeilig  
Voxair Photojournalist

Just in case you were wondering, those nattily dressed young men and women walking around the base last month weren't the Men In Black. They were candidates for the CAF Military Police, as 17 Wing Winnipeg hosted two serials of the Military Police Assessment Centre (MPAC). The serials included a mixture of military and civilian applicants.

To qualify to become an MP, candidates must undergo initial screening at a Canadian Forces Recruiting Centre or the Base/Formation/Wing Personnel Selection Office to ensure that they meet eligibility standards. These standards include citizenship, CFAT, medical, education, and physical fitness.

In addition, all Military Police candidates are screened in accordance with the very specific standards and unique, research-based selection processes of the MPAC.

"The MPAC is a process, not a place. It is a series of job-related exercises designed to measure several distinct com-

petencies, which are critical to success at the entry level for Military Police members," said Captain K.R. Leonard, the Selection Coordinator for the CAF Military Police Group.

The MPAC consists of three permanent members from the CF MP Group HQ (two Personnel Selection Officers and a Resource Management Clerk) and 21 volunteer assessors from the Military Police Branch and the Personnel Selection Branch. The MPAC Board Chair, Lieutenant Colonel Thobo-Carlson is posted to 17 Wing.

A total of 57 MPAC Candidates attended the two serials, which here held from August 19-21, and August 24-25, said Capt Leonard.

"The assessors have been trained to observe behaviour in a uniform and objective fashion in order to be fair and accurate with their evaluations," she said. "Conclusions are based on the evaluations of six to eight assessors, using a variety of exercises that have been designed to closely reflect certain aspects of the MP occupation. This ensures a legally defensible process."

Unfortunately, due to security concerns, Capt Leonard was not able to go into details of what the MPAC training involved. But she did say that candidates are taken on a tour of the base that is hosting the Assessment Centre.

"In the orientation phase, the MPAC candidates have the opportunity to talk with serving members of the MP Branch, and speak with those individuals, when possible, who have recently finished their qualifying course," she said.

"Senior members of the Military Police Branch brief the candidates on the nature of the MP profession, life in the military, and what you can expect in a typical career. Candidates have the opportunity to ask questions too."

Capt Leonard said that special thanks were due to the 17 Wing Personnel Selection Office, the 17 Wing Accommodation Office for Rations and Quarters, the 17 Wing MP staff and the Officers' Mess for their outstanding support.

If you're interested in pursuing a career as an MP, contact your local personnel selection office or a CAF Recruiting Centre.



[www.pspwinnipeg.ca](http://www.pspwinnipeg.ca)

# HEALTH...YOUR RESOURCE FOR EVERYDAY LIVING!

A healthy body and a healthy mind increase our resilience. Bodies that are more resilient are better prepared to fight off illness, react to stress, balance home and work life, and manage relationships. Think of it as preventative maintenance. It is much more expensive to repair than it is to prevent. The cost is not just health care expenses that we all pay for directly and indirectly (taxes). We are also talking about emotional and physical costs.

There are some things that we don't have control over like genetics and gender. However, we can make a huge difference in our health and ultimately our future by what we can control. In fact, healthy lifestyle choices can benefit us twofold. Good choices can help us get through day-to-day life and prevent chronic illness in the future.

This information isn't surprising or new, but it serves as a reminder or a motivator to make some changes now. Do it for yourself. Tackle one thing at a time. Be gentle with yourself (it takes a lot of hard work to change the way we've been doing things over the years). It will be challenging at first, but then the changes you make will become second nature, like putting on your seat belt.

Think about tackling one of these

- Be aware of portion size (check the Canada's Food Guide).
- Choose healthier foods like whole wheat bread and pasta, skim milk, fruits and vegetables. Remember when treats really were "treats"?
- Become more active. Take a walk. Play basketball with your kids.
- Take a stress management course. Assess your stressors and learn how to cope with them.
- Quit smoking.
- Take a conflict management course. Learn new skills about how to deal with conflict at work and in your personal life.

For more information on any of the above topics, please contact your local Strengthening the Forces Health Promotion Office (204) 833-2500 ext 4150 or HealthPromo@Forces.gc.ca.

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

**2 octobre (8 h à 16 h) et 3 octobre (8 h à 12 h)**

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

Ces compétences seront bientôt obligatoires pour tous les Militaires qui ont des fonctions de supervision. Ce cours aura un code. DOAD 5019-7

**Pour vous inscrire, appelez le Bureau de Promotion de la santé, au 4150**

We all have our  
**(ANGRY)**  
moments.

### Managing Angry Moments (MAM)

**21 & 22 Oct 2014 0830 - 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**

**21 et 22 octobre 2014 0830h 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.

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

**WEIGHT wellness**  
Lifestyle Program

Programme Style de vie **POIDS-santé**

**Mondays 4 Day course**  
6 Oct, 20 Oct, 27 Oct & 3 Nov  
1300 - 1600 hrs

**lundis 6, 20, 27 octobre & 3 novembre**

**The tools you need for a better lifestyle**  
Healthy eating, physical activity and attitude!

**Les outils dont vous avez besoin pour un meilleur style de vie**  
Saine alimentation, activité physique et attitude!

For more information or to register contact Health Promotion local 4150

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150

## Firefighters Annual "Boot Drive" Oct. 8th

Fire Fighters have played an integral role in raising funds for Muscular Dystrophy Canada since 1954, when a group of parents with



At last year's Boot Drive, MCpl David Yourex stands ready to collect donations. Photo: Martin Zeilig

children affected by Duchenne Muscular Dystrophy, together with their friends, approached a Fire Department and requested assistance in raising funds. Since that time, Muscular Dystrophy Canada has become a National Organization, supported by a network of more than 600 Fire Departments across Canada. Fire Fighters are Muscular Dystrophy Canada's largest volunteer base, raising over \$2,000,000 annually.

Fire Fighters also hold key positions on the Muscular Dystrophy Canada Board of Directors (i.e. Fire Fighter Relations Committee, President, etc.) and have been the backbone of the organization since its inception.

Fire Fighters are local heroes, and they generate revenue and help raise awareness about the various disorders and the need for funding to support Muscular Dystrophy Canada's programs in their communities. They are goodwill ambassadors who have made our organization their "charity of choice". Through educa-

tion, support, and media relations they generate awareness of muscular dystrophy with the public like no one else can.

On Wednesday, October 8th, firefighters from your own 17 Wing Fire Department will gladly continue this tradition. Please donate to fight this disease, simply by dropping any amount you can into the boots of our firefighters. Hey....skip the morning coffee pick up this one time, drink the coffee at work that you pitch in for anyway, and throw that extra change toward the boots. We will be just inside the gates first thing in the morning with smiles all-around.

Fire Fighters have and will continue to answer Muscular Dystrophy Canada's "911" call for assistance. Their support and commitment has made our team stronger and we know that they will be there until our fire has been extinguished. Thank you for being heroes to so many people both on and off the job and for caring enough to make a difference!

**Let's make muscles move.**



## Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

[www.familyforce.ca](http://www.familyforce.ca) / [www.forcedelafamille.ca](http://www.forcedelafamille.ca)

[www.facebook.com/WinnipegMFRC](http://www.facebook.com/WinnipegMFRC) [www.facebook.com/WinnipegMFRCYouth](http://www.facebook.com/WinnipegMFRCYouth)

# Upcoming MFRC Programs and Events: National Family Week

Thousands of Canadians have celebrated National Family Week every fall since 1985, when it was proclaimed an official week by the Government of Canada.

National Family week celebrates the role of families in creating a nurturing and supportive community in which to live. It evokes a sense of interdependency - communities are built by families and families are supported by communities. By being involved and engaged, families not only create an environment that is responsive but one that provides opportunity. National Family Week is an ideal opportunity to acknowledge the ways we can all contribute to building a community that supports everyone. This year National Family Week is October 5—12. The MFRC has planned programs for each day of the week. For more information on these programs or to register please call the MFRC.



### JANELLE NADEAU CONCERT

Sunday, October 5 at 1:30 p.m.

17 Wing Theatre, Bldg 90

Tickets: \$10.00 each, children 12 and under are free.

Purchase tickets from the MFRC, Bldg 90 front desk or Joe Black Coffee Bar.

Harpist and vocalist Janelle Nadeau will present an hour-long family friendly concert featuring a variety of Celtic, Spanish and popular music, as well as her own compositions. There will be a meet and greet and refreshments after the show.

### FAMILY GAMES AND CRAFT NIGHT

Monday, October 6 from 6:00 to 8:30 p.m.

Registration deadline: October 2

Learn how to create your own family games nights. We will have several games for you to try out with your family as well as information as to how to your start own family games night tradition. We will have some crafts for you and your family to create as well.

### FAMILY LEARNING OLYMPICS

Thursday, October 9, from 6:30 to 7:30 p.m.

Registration deadline: October 2

Bring the whole family for some fun activities that promote literacy and numeracy. The games are challenging for different age groups but are risk free. Come play and learn together as a family.

### A PARENT COMMUNITY

Friday, October 10, 9:30 to 11:30 a.m.

Get together with our community of other parents as we discuss topics related to parenting children of all ages. Our public health nurse will be in to give our annual 'Turkey Talk' and food safety.

### Call For Submissions

Each year at the Yellow Ribbon Gala the MFRC displays pictures in order to highlight our program areas. This year we would like to showcase military families. We invite you to submit a picture of your family that depicts an aspect of military lifestyle. Show us firsthand what 'Military families; strength behind the uniform' means to you and your family. If we choose to use your picture you will receive a \$50 gift card to a place of your choosing. In total 5 pictures will be displayed. Submissions must be received no later than December 5, 2014. Please submit your picture electronically by emailing it to [winnipegmfrc@familyforce.ca](mailto:winnipegmfrc@familyforce.ca) Images are going to be reprinted as 16x20 so only good quality, clear, sharp images will be considered. Once submitted all pictures become property of the Winnipeg MFRC and will not be returned to the sender unless it is requested.

The Yellow Ribbon Gala is the MFRC's largest annual fundraiser. It is being held on February 21, 2015 at the Victoria Inn Hotel and Conference Centre. Tickets will go on sale on November 6, 2014. For ticket information please contact the MFRC at 204-833-2500 ext. 4500.

### Child Care Providers Needed

We would like to add you to our "Community Child Care Providers" listings.

All we need is an 8½" x 11" advertisement describing your service - be sure to include hours of operation, location, snacks etc. Highlight any special services.

Military Families are looking for flexible care with extended hours to accommodate early timings and operational commitments.

Many families are looking for care and our child care resource listings are in high demand. Please drop-off your information at 102 Comet St., fax to 204-489-8587 or email [winnipegmfrc@familyforce.ca](mailto:winnipegmfrc@familyforce.ca)

### DECEMBER 6TH VIGIL PLANNING COMMITTEE

December 6 is the National Day of Remembrance and Action on Violence Against Women. We are looking for community members to assist us in planning a vigil to mark the 25th anniversary of the Montreal Massacre, when a man with a gun walked into École Polytechnique and shot or stabbed 27 people, mostly women. 14 women died that day. We want to remember and honour these women, as well as all women affected by violence around the world. For information please contact Kim Smyrski at 204-833-2500 ext 4512.

### POTLUCK SUPPER

Tuesday, October 7, 5:30 to 7:30 p.m.

Registration deadline: October 3

Are you a new Winnipeg family, or have you been in the 'Peg for a few years? Would you like to share your experiences with newcomers? You are invited to attend a potluck supper. You bring the vegetables, salads or desserts. We will provide the protein. Roast beef is on the menu. Seating is limited to 50 people so register early. Preregistration is required for this event. On Monday participants will receive a phone call indicating the number of people attending.

### FAMILY DANCE

Wednesday, October 8, from 6:30 to 8:30 p.m.

Registration deadline: October 2

Come out and show us your moves at the Family Dance. We will have an assortment of music that will please every member of your family. Get ready to do some line dancing as well. We will provide some refreshments and snacks.

### A PARENT GROUP

Wednesday, October 8 from 9:30 to 11:30 a.m.

Come in and join us for our regular Parent Group, with a twist. We will have a brief discussion on smoothies, and the benefits of them, how you and your children can make them together and how nutritious they can be. You will get to sample a couple of different types.

CONCERT IN SUPPORT OF THE MILITARY FAMILY RESOURCE CENTRE  
CONCERT À L'APPUI DU CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES

featuring / avec ...

# Janelle Nadeau



This Manitoba-born farmer's daughter lives & works in Vancouver, but returns home in August for harvest season. Her charismatic persona & engaging music will capture the hearts of the audience.

Originaire du Manitoba et fille d'agriculteur, Janelle vit à Vancouver, mais retourne à la maison au mois d'août pour la saison des récoltes. Sa personnalité charismatique et sa musique engageante saisisent le cœur du public.

Harpist & vocalist Janelle Nadeau will present an hour-long family-friendly concert featuring a variety of Celtic, Spanish & popular music as well as her own compositions.

Harpiste et chanteuse, Janelle Nadeau présentera un concert d'une heure pour le plaisir de toute la famille. Son spectacle met en vedette une sélection musicale de style celtique, espagnol et populaire, ainsi que ses propres compositions.

Meet & Greet, refreshments and CDs for sale after the show!

Après le spectacle, vous pourrez rencontrer l'artiste et vous procurer ses CD. Des rafraîchissements servent également en vente.

**TICKETS AVAILABLE AT** MFRC/CRFM, rue 102 Comet St.  
Bldg. 90 Front Desk • Réception bât. 90

**BILLETS DISPONIBLES AU** Joe Black Coffee Bar, 2037 ave Portage Ave.  
At the door • à la porte Ph: 204 833-2500 ext. 4500

**MFRC CRFM WINNIPEG**

WFO3066

SUNDAY • DIMANCHE

# OCT 5

1:30 PM • 13 H 30

Tickets **\$10** each  
CHILDREN 12 & UNDER - FREE

Billets **10\$** chaque  
12 ANS ET MOINS - GRATUIT

17 WING THEATRE - BLDG 90  
THÉÂTRE DE LA 17<sup>e</sup> ESCADRE - BAT 90  
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# PERSONAL CLASSIFIEDS

## House for Rent

Small, two bedroom, 1 bath house for rent in St James. Close to the base, shopping, transit and all levels of school. Includes fridge, stove, microwave, washer, dryer and central air. Fully finished basement and fenced yard with parking. \$1150 plus utilities. Available immediately. Contact Maegan at 204-952-3136 or maegan@shaw.ca

## Harvest Supper

St. Charles Catholic Church 320 St. Charles Street  
Sunday, September 28, 2014

Time: 4:30 pm - 7:00 pm

Doors open at 3:30 pm

Adult - \$15.00

Children 5 - 12 - \$7.00

Children 4 and under - Free

Takeout available (with pre-purchased tickets)

For more information contact: Anna @ 204-895-2420  
or Verna @ 204-837-8813

Tickets can be purchased at:

St. Charles Catholic Church 204-889-3248

## 1st Crestview Scout Group

Coed program

Ages 5-18

Beaver scouts - 5 to 7

Cub scouts - 8 to 9

Scouts - 10 to 12

Venturers - 13 to 17

We meet weekly Wednesday evenings at 6:30 pm  
at Sansome school and the KW Community Center.  
Both are on Sansome Avenue.

For questions or information check out [www.Scouts.CA](http://www.Scouts.CA)  
or email Dean Parsons at [Kirkfieldgc@gmail.ca](mailto:Kirkfieldgc@gmail.ca)

**The Asante Children's Choir** is coming on Wednesday **September 10th at 7 p.m.** to the Church of St. Stephen and St. Bede, 99 Turner Ave. The Choir, made up of children from East Africa, is dedicated to spreading love, hope and joy while raising awareness for the desperate plight of orphans and other vulnerable children. Their colourful clothing, pounding drums and sweet voices demonstrate their hopes and dreams for a brighter future. "Asante" is a Swahili word translated "thank you" in English. Their inspirational stories of resilience have instilled hope in the hearts of all those who have seen them perform. Admission to the concert is a **FREE WILL OFFERING** to help finance the children's tour. For more information, please check out the website [www.asantecanada.ca](http://www.asantecanada.ca).

## Home for Rent - No Smoking, No Pets

Silver Heights: 3 bedroom, 2 bath, bungalow. Close to base and all amenities; minutes to Assiniboine Park. Large fenced yard with storage shed. \$1500/month plus utilities. Contact (204)333-9186

Send us an e-mail today to place your **FREE** Classified ad (of 50 words or less) at: [voxair@mymts.net](mailto:voxair@mymts.net). Classified ads will run for one month (two issues) unless space permits or specified otherwise.

## ASSINIBOIA UNIT NO. 283

Army, Navy & Air Force Veterans in Canada  
3584 Portage Avenue Winnipeg, MB  
Club rooms: 837-6708



**BINGO:** Monday, Wednesday & Friday at 7:30 pm  
Early Bird starts at 7:00 pm  
**SENIOR'S BINGO:** Thursdays at 1:30 pm  
**CRIBBAGE:** Thursdays at 7:30 pm  
**DANCING:** Friday & Saturday evening 8:00-12:00 pm  
**MEAT DRAWS:** Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

# Taroscopes

BY  
NANCY

**Aries (March 21 - April 19):** Listen to the differing beliefs and opinions of others to understand them better. This doesn't mean you have to agree with them or go along with what they are saying. You can avoid arguments by agreeing to disagree. This is a time when maintaining harmony is important.

**Taurus (April 20 - May 20):** Get organized to move out of your current situation and into something more suitable. You're full of good ideas now just pick one and work with it. Post your goals where you can see them. Don't be discouraged by set-backs. Challenges can make life interesting.

**Gemini (May 21 - June 21):** Stop avoiding the obvious. If your heart's not in what you're doing, change your course. You don't have to explain this to anyone. When going forward seems pointless, backtrack a bit and look at alternative routes to personal success. Seek wide open spaces and peaceful places.

**Cancer (June 22 - July 22):** Time seems to be flying by. Don't force issues due to this feeling. Hasty actions and words may not bring the desired results. Remember, everyone has biases, even you. Aiming for honesty at all times might be a bit risky if the truth hurts. Don't take disagreements personally.

**Leo (July 23 - August 22):** People will let you know how much you're appreciated. This gives you the confidence to trust that you will get what you want. The trade-off is that you must deliver on your promises. Deal with issues as they arise. Maintenance is required for things to run smoothly.

**Virgo (August 23 - September 22):** You have all you need. Prepare to take the leap into a more fulfilling lifestyle. Make the most significant changes first while you're highly motivated. Though it might seem like you're going nowhere fast, stay focused. If you stray off course gently remind yourself of your goals.

**Libra (September 23 - October 23):** Avoid rigid deadlines. Go with the flow and allow things to effortlessly fall into place whenever possible. This may still require work - but a work of love energizes you instead of draining you. In conversations pay attention to what isn't said as much as what is.

**Scorpio (October 24 - November 21):** People you were once able to brush off are now expecting answers and action. Prepare to engage in intense conversations as your ideals and ideas clash with another's. Be sure you have your facts straight before you instigate changes or attempt to change someone's mind.

**Sagittarius (November 22 - December 21):** Your actions or words have had definitive results in the past. Your effectiveness should be a cause for celebration. Think of ways you can apply what you know to prosper as you are entering a time when almost everything you put your mind to will work out.

**Capricorn (December 22 - January 19):** The longer you stay in a rut the harder it is to change. Try new things now. Don't put it off. In being impartial or responsible you may have ignored your own deeper feelings. Living only in accordance with other people's wishes is limiting. Live life on your own terms.

**Aquarius (January 20 - February 18):** Work at trying to see things from the perspective of an unbiased observer. Look at challenging situations as if you're watching a movie. The best course of action is easier to see then. Aim for a happy ending. Drop judgments. Enjoy all the good things coming your way.

**Pisces (February 19 - March 20):** To realize your potential set realistic goals. Think of better ways to use your talents, abilities, time and resources. Where there is room for improvement - don't procrastinate. Do the work and things will seem to magically fall into place. A practical approach is required at this time.

**FOR APPOINTMENTS CALL 775-8368**

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[WWW.THEVOXAIR.CA](http://WWW.THEVOXAIR.CA)



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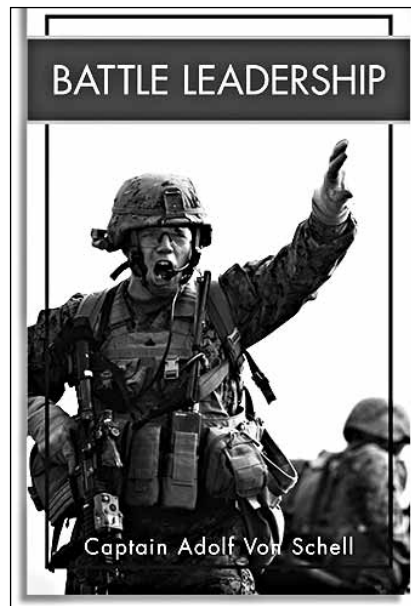
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[ron@habinglaviolette.com](mailto:ron@habinglaviolette.com)

# Voxair Reads

Title: Battle Leadership  
 Author: Captain Adolf Von Schell  
 ISBN: 978-1-62654-965-4  
 Softcover  
 Pages: 95  
 Publisher: Echo Point Books  
 Photos: 3 maps



By Maj Chris Buckham

Von Schell's work is a fascinating treatise on leadership under combat conditions. A veteran of the First World War, he fought throughout the conflict on all of the fronts from 1914 until the Armistice in 1918.

Following the war he was retained in the German military and attended the Fort Benning Infantry School course, graduating in the Advanced Class of 1930-31. During his time there he was asked to provide his insights into the leader in a combat environment as the level of experience within the US Army was relatively small at the time. What resulted was an insightful series of short papers on varying facets of the impact of the combat environment on both the leader and the soldier.

He emphasizes throughout the fundamental differences between a peacetime training environment and the actual realities of combat. Thus, he stresses the absolute critical need for as much realism as possible when training. He also discusses the limitations that fighting places on one's ability to communicate and direct. Specifically, he talks about the need for the leader to both make and to be seen to make decisions that meet the demands of the commanders intent - decentralized command.

He does not limit his scope to the leader, he also discusses the needs and challenges for the soldiers themselves. One of the areas that he places a great deal of emphasis upon is the need to ensure that new soldiers be liberally intermixed with older veterans to both teach and steady them. Additionally, he dis-

cusses the critical need for soldiers to have faith in their chain of command thereby ensuring trust when things are at their most confusing.

While the book is short and obviously a product technologically of its period, the tenants presented by this combat leader are universal and timeless and more than worthy of study and reflection. Von Schell closes his lectures with an interesting discussion of the role of the German Army following the end of the war: its own challenges and rebirth, how it strove to meet the demands of the Versailles Treaty while concurrently being called upon by the German government to deal with the civil disturbances that convulsed the Nation and external invasions from Poland. The fact that it was able to successfully deal with these problems serves as both vindication and testament to the training and professionalism of its leadership. A fast and engaging read and very highly recommended for aspiring leaders at all levels of military and civilian command and management.

*Major Chris Buckham has served in the RCAF for 28 years domestically and in a variety of international positions. He is presently with A5 Plans in 1 CAD. He maintains a blog of his Professional Readings at [www.themilitaryreviewer.blogspot.com](http://www.themilitaryreviewer.blogspot.com)*

## Fire Chief's Corner CO2 Safety

Our atmosphere contains .03% carbon dioxide. It is a colorless gas with a slightly pungent odour that is only noticeable in high concentrations. In high concentrations CO2 displaces oxygen and is an asphyxiant. CO2 is denser than air, and can collect in open pits and other areas below grade - especially with inadequate ventilation.

Depending on the strength of the concentration and length of exposure, lower concentrations may cause symptoms such as headache, sweating, rapid breathing, increased heart rate, dizziness, mental depression, visual disturbances, or shaking.

The most common CO2 related deaths is automobile asphyxiation,

which is most commonly found in winter or cooler months. When people park in garages or do not remove all the snow from their exhaust pipes when they have their automobile running. Or if their furnace, wood stove or fireplace is not properly vented outside their homes.

Here are some helpful hints to ensure you are protected from CO2.

- Know the hazards and signs of CO2.
- Inspect and maintain all piping, tubing, hoses and fittings at regular intervals and maintain your heating systems.
- Make sure there is adequate ventilation. CO2 can pool in stairwells and other semi-enclosed areas below grade.

- In winter shovel or remove snow from the exhaust of your automobile.

- When parking in a garage make sure all exhaust fumes have dispersed before shutting the garage door.

Each year approximately 24 children ages 14 and under are fatally poisoned by carbon monoxide (CO), a colorless, odourless gas.

Install laboratory-listed CO alarms inside your home to provide early warning of accumulating CO. But remember that CO alarms are NOT replacements for smoke alarms. Make sure your family knows the difference between the sound of the smoke alarms and CO alarms in your home.

## HP, Compaq computer power cords recalled over fire hazard

Via Thomson Reuters

**Customers should stop using devices, contact company for free replacement.** The recalled LS-15 AC power cord, was distributed with Hewlett-Packard and Compaq notebook and mini notebook computers and with AC adapter-powered accessories such as docking stations. (Hewlett-Packard)

Hewlett-Packard Co is recalling about 6 million computer power cords after 29 reports of the cords melting or charring, the U.S. Consumer Product Safety Commission said on Tuesday.

The recalled item, the LS-15 AC

power cord, was distributed with Hewlett-Packard and Compaq notebook and mini notebook computers and with AC adapter-powered accessories such as docking stations, the commission said in a statement.

"Customers should immediately stop using and unplug the recalled power cords and contact Hewlett-Packard to order a free replacement," the statement said.

About 5.6 million power cords are being recalled in the United States, along with 446,700 in Canada. The cords were all made by a single, unidentified Chinese manufacturer, a source familiar with the situation

said.

HP offered on Tuesday to replace all affected cords and apologized to customers.

The Palo Alto, California-based company has received 29 reports of cords overheating and melting or charring. There have been two claims of minor burns and 13 claims of minor property damage, the commission's statement said.

The computers and accessories were sold with the AC power cords at electronics stores, dealers and online from September 2010 through June 2012 for about \$500 to \$1,500, the statement said.

## Together in Church

### CATHOLIC

#### CHAPLAINS

**Padre Ray Laudenerio**  
 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 counseling 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 4885

**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'.



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