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435 Sqn Deploys to Grand Prairie for SAREX



Search and Rescue Technicians from 435 Transport and Rescue Sqn practice C-spine precaution on a simulated plane crash casualty during the SAREX in Grande Prairie AB on Oct 6, 2015. For more, see page 2. Photo: Cpl Gabrielle DesRochers

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435 Sqn Heads to Grande Prairie SAREX

By Sgt Bill McLeod
17 Wing Photojournalist

Grande Prairie, Alberta - Military aircraft and civilian helicopters flew low over the ground where Search and Rescue Technicians, firefighters, and search and rescue volunteers practiced their skills from October 6 to 8 as part of the 435 Transport and Rescue Squadron hosted search and rescue exercise (SAREX) run out of the Grande Prairie Airport.

Over 100 military members, 2 CC-130 Hercules from 435 Squadron, a CC-115 Buffalo from 442 Transport and Rescue Squadron from Comox, BC, and a CC-138 Twin Otter from 440 Transport Squadron, joined forces for this exercise along with members and aircraft belonging to the Civil Air Search and Rescue Association (CASARA), members from the County of Grande Prairie Regional Fire Service, members from Technical Search and Rescue Grande Prairie, and members of the Grande Prairie Shock Trauma Air Rescue Service.

The exercise consisted of groups working engaging in multiple scenarios to give all the participants practice in their area of responsibility. Not only is the SAREX designed to exercise the squadron's ability to deploy for a major search but the exercise also enables the squadron's members to gain new qualifications and renew currencies, especially in the case of pilots, air combat systems officers, loadmasters and Search and Rescue Technicians (SAR Techs).

Search and Rescue Technicians jumped into a multiple casualty event on the first day of the exercise. Similarly, on the final day of the exercise, they jumped into a mass casualty event which this time included a simulated accident scene where an aircraft crashed into a truck. For the mass casualty scenario, Grande Prairie firefighters and members of Technical Search and Rescue acted as first responders and evacuated casualties up a cliff from a river valley.

Corporal Stephanie Simpson of 23 Health Services provided reality to the SAR Tech training by applying disgustingly real looking moulage to air cadet casualty volunteers. The theory of realistic injuries in training is so that SAR Techs

can learn to function in the face of horrible injuries.

For Captains Jesse McGrath Kevin Coulombe, the exercise presented them with the opportunity to become qualified as Searchmasters. As part of their training they had to plan and respond to a rescue based a scenario. The scenario went something like this: a small aircraft was declared overdue at its final destination with its last known location being somewhere in the Peace Country region. The Searchmasters oversaw the setup of the search headquarters and ran the exercise search operation which included plotting search patterns and dispatching search aircraft while also dealing with questions from the media and trying to assist distraught relatives.

The Shock Trauma Air Rescue Service (STARS) provided medical evacuation for the two days of the exercise. For the STARS pilots it was a unique opportunity to practice their procedures with other organizations including the Canadian Armed Forces.

"We are different from the military," said STARS Aircraft Captain Thierry "Terry" Breuls de Tiecken, a former Belgian Air Force pilot. "Only 5 per cent of our time is spent training. Ninety-five per cent of the time we are flying operationally to an actual accident scene."

435 Squadron's CASARA liaisons Captain Ben Toenders and Search and Rescue Technician Master Corporal J.P. Cossette tested and evaluated the response of the CASARA group. In the air CASARA members flew search patterns looking for a simulated small aircraft crash while on the ground other CASARA members located an emergency locator transmitter.

In Canada, due to the vast size and range of environments, search and rescue is conducted in cooperation with many organizations and volunteers. The Royal Canadian Air Force, the Canadian Coast Guard, and the RCMP are the main government agencies involved in SAR but there are many civilian air, ground, and maritime volunteer organizations that provide essential services in those times of need. Search and Rescue exercises such as the one held early in October gives the agencies a chance to work together and learn from each other.

"We learn something every time we come to one of these," said Wes Cooke, Zone Commander for CASARA in Red Deer, Alberta, and one of the Searchmasters for the CASARA group at the SAREX.



A Search and Rescue Technician from 435 T and R Sqn discusses an approach to evacuate the casualties of a simulated plane crash with STARS Air Ambulance paramedics from Grande Prairie AB, during the SAREX in Grande Prairie AB on Oct 6, 2015. Photo: Cpl Gabrielle DesRochers



Search and Rescue Technicians from 435 Sqn plan an approach to rescue the casualties from a simulated plane crash during the SAREX in Grande Prairie AB, on Oct 8 2015. Photo: Cpl Gabrielle DesRochers

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RCAF Band Singer Belts Out National Anthems at Jays Playoff Game

By Martin Zeilig
Voxair Photojournalist

Like many Canadians, Sergeant David Grenon, a vocalist with the RCAF Band at 17 Wing, spent the evening on Monday, October 19 cheering on the Blue Jays. But Sgt Grenon had a much better view of the game than most Canadians. That's because he was singing the American and Canadian national anthems at the start of Game 3 in Toronto, as the Jays strived to beat the Kansas Royals in the American League playoff series.

Despite battling the flu, Sgt Grenon belted out those tunes to the cheers of over 50,000 thousand fans at the game, and to a televised audience of tens of millions.

It all began on October 15 when Sgt Grenon received a call from the Public Relations office of the Chief of Defence Staff in Ottawa asking for his participation in the upcoming game.

His response was a wholehearted yes, said Sgt Grenon, who's been a member of the Regular Forces for the past six years.

Unfortunately he didn't have much time to practice beforehand, as he and other band members were in the middle of shooting a music video, the first ever for the band.

"Then on the evening before the game I flew Air Canada to Toronto," said Sgt Grenon, who studied music at the University of Montreal and the Université du Québec à Montréal.

"I had a rehearsal on Monday morning at the Rogers Centre, which was the first time I'd ever been there. I was very nicely received by the director of field opera-

tions at Rogers Centre. Then we did the sound check, and then I came back later to practise with the Colour Guard, who were CAF personnel. Finally I returned that same evening to perform the anthems. During that whole day, I was focussed on getting over the flu bug using medications to overcome the symptoms."

Understandably, he said the entire experience was nerve wracking.

"I'm used to singing anthems in many different capacities, including at Winnipeg Jets and Ottawa Senators games, for the Winnipeg Blue Bombers, and many times for the Winnipeg Goldeyes too," said Sgt Grenon. "But this was the first time I've performed at a Major League Baseball game. If I wasn't under the weather I would have felt more confident in myself."

Despite his own trepidation, he has received many favourable comments on his performance on Facebook and YouTube, including from an American woman who called his rendition of the Star Spangled Banner "the best modern vocal interpretation" of the song she had ever heard.

Sgt Grenon says he appreciates the support he has received.

"I'm happy with the result," he said. "I've been swamped with great comments and love from my family and friends and people I don't know, especially from military members across the country and from two friends posted overseas who used social media."

Sgt Grenon's performance at Rogers Centre is posted on his Facebook site: <https://www.facebook.com/da-vidgrenonmusic>



Sgt Grenon signs the national anthem before a packed house during the Blue Jays playoff game. Photo: Toronto Blue Jays Baseball Club

Word from the Wing Commander

Back in the Saddle! Returning to the CC130 After Nine Year Absence

By Colonel Andy Cook
WComd 17 Wing

Where were you on the 20th of July, 2006? In my case, I was flying my last CC130 Hercules mission as an Aircraft Commander! I flew from Kandahar Airfield to Camp Mirage. It was a memorable flight for me, but was very sad, as I thought it would be the last time I would get to pilot this wonderful aircraft in the RCAF. But fast-forward a little more than nine years, and I am proud to report that October 19th, 2015 sees the next CC130 entry in my logbook!

After almost a decade away from the venerable Hercules, I can report that there was more than a little bit of rust to shake off, but a short (yet intensive) simulator training plan in Trenton in early September helped me to reacquaint myself with this airplane which every aviator remembers so very fondly. Still, while simulators are great, there's nothing quite like getting back in the real aircraft and feeling the world fall away from you!

My most sincere thanks to the members of 17 Wing for giving me the opportunity to lead you and to fly this most impressive of tactical machines for one more tour! With some luck, you'll find me overhead Winnipeg twice a month.

A lot has changed since July 2006, but the CC130 Hercules is still the same beautiful and powerful workhorse and it was fantastic to get behind the controls again! Thank you, 17 Wing!



L to R: 2Lt Olivia Frank (Crew Member), Sgt Al Bugden (Flight Engineer), Sgt Colm Canavan (Loadmaster), Col Andy Cook (First Officer), Maj Scott Frost (Aircraft Commander). Photo: Supplied

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PSP Sports Holds 10th Annual Ball Hockey Tournament for GCWCC

By Martin Zeilig
Voxair Photojournalist

History repeated itself at the 10th Annual GCWCC Ball Hockey Tournament as the Odds n' Sods, made up of PSP Sports and Fitness personnel, once again won the Recreational Division championship.

They defeated Savage Horse, made up of personnel from the Royal Canadian Electrical and Mechanical Engineers, in the finals 4-3.

The other teams participating in Rec Division included The Goon Squad, A1 Aces, and, Geeks With Deke. There was also a Competitive Division in Building 21 made up of five teams: CFSSAT/1CAD, Fire Cowboys, WCE Beavers, Hurc Jocs, 1&2 CAD Blues.

The Competitive Division finals came down to a close match between the WCE Beavers and the CFSSAT/1CAD Gators, with the Gators taking it after a hard fought final match.

Shouts of encouragement echoed from both benches and on the floor, itself, during the match, and blended with the crisp clatter of plastic hockey sticks on the gym's hardwood surface.

Games featured five players per side, including a goalie, with frequent substitutions from the bench. All

games consisted of two 10 minute periods with a one minute break in between.

"It's a good game, not too chippy," said a sweat drenched Rick Phillips, the PSP Resource Coordinator, an Odds n' Sods forward, as he took a breather in the second period of the final game.

"It's anybody's game now. Even though we beat them in the round robin, the teams are evenly matched. It's close."

Over at the Savage Horse bench, the players were gathered in a circle as they discussed tactics at one point during the game.

"We're running around like kindergarten kids. We're getting caught," said their team captain. "One guy goes too deep. Okay guys, go for it. Take your time with the ball."

The strategy paid off as Savage Horse scored their second goal shortly after play resumed in the second half. Their third goal came on a blistering slap shot from the right point. The goalie had no chance as he was partially screened in front.

But just seconds later, good positional play and a quick transition from the Odds n' Sods led to the winning goal after a pass from the left side of the net re-

sulted in a neat tap in.

Captain Tim Murphy of Savage Horse, whose team posted a record of three wins and two losses in the tournament, said the tournament was a great way to get out and build camaraderie between units and have fun too.

"I would do it again," he added.

For event OPI David Chung, a PSP Fitness and Sports Instructor, the day wasn't about winning and losing.

"At the end of the day, you all had a good time," he said to the assembled team after the final game. "Well done and cheers to you guys."

Chung said it took the better part of six weeks to organize the event.

"There were lots of last minute changes, unexpected things," he added. "But it turned out well at the end of the day. All the squadrons came together, and seeing that kind of camaraderie was amazing. I want to thank everyone, all the teams who participated, and my fellow PSP teammates for helping out. The overall level of competition was excellent. The teams bonded together. At the end of the day, it was all about raising money for GCWCC and to build inter squadron unity."



A defenceman on the Wing CE Hockey team tries to clear the puck out of his zone. Photo: Mike Sherby



A goalie makes a quick glove save during fast paced hockey action. Photo: Martin Zeilig

ACSO Graduation Ceremony Marks Somber Anniversary

By Martin Zeilig
Voxair Photojournalist

It was a happy day for four graduates of the Air Combat Systems Officers (ASCO) course on October 22nd, but also a day to reflect on what it means to be a Canadian soldier, as the day coincided with the one year anniversary of the terrorist attack on Parliament Hill that took the life of Cpl Nathan Frank Cirillo.

Colonel B.S.P. Baker, Director Aerospace Readiness at 1 Canadian Air Division, put the graduation in a larger context during his brief opening remarks.

"The Air Force looks forward to your participation in the future of the RCAF. Today more than most, we can reflect with pride on those who served before us. ACSOs will continue to play a bright role in the RCAF. They are absolutely an important part of the RCAF. You hold a high reputation for excellence."

The graduates of the 10 month course, after hours of intensive study and practical work, were Squadron Lieutenant James Hall, Lieutenant Matthew MacNevin, Captain Justine Mathieu-Denoncourt, and Lieutenant John Mullins.

The course was previously run by 1CFFTS, and this was the first formal graduation since the school merged with 402 Sqn this past summer. The four freshly minted ACSOs have now been posted to Canadian Forces Bases across Canada.

"I have a pretty good feeling today," said Lt Mullins, 23, after the official ceremony. "Not everybody is successful in graduating from this program."

Lt Mullins, who was born in Halifax, N.S., joined the Regular Officer Training Plan as an Officer Cadet

in July 2010.

"Today is a rewarding day," said Lt Mullins, who's been posted to 443 Squadron in Victoria, B.C. where he will fly on the Sea King.

Capt Mathieu-Denoncourt, 25, a native of St-Jean Baptiste, Quebec, has been posted to 407 Squadron in Comox, B.C. where she will fly on Auroras. Like her three colleagues, Capt Mathieu-Denoncourt was beaming broadly as friends and family came forward with their congratulations.

"It's really exciting," said Capt Mathieu-Denoncourt. "The course was challenging. When we weren't in a plane or simulator, it was exercises or studying all the time. The course touched on every aspect of being an officer. I really like being in Winnipeg too. There's lots to do, and I had some fun."

Lt Hall, 26, who led the graduation parade, had previously gone through pilot training with the RCAF.

"So to come here was very similar," he said. Lt Hall has been posted to 424 Squadron at CFB Trenton, where he will fly on the

C-130 Hercules. "I love being up in the air, and the four of us were supportive of each other."

Lt MacNevin, who has been posted to 442 Squadron in Comox, B.C. where he'll be flying on the Buffalo, also mentioned how excited he was at what lies ahead for him.

"I'm feeling pretty good today," he said.



Wing members stand on parade during a graduation ceremony at 402 Squadron. Photo: Cpl Justin Ancelin

Musketeer Emerges From Its Cocoon

By Sgt Bill McLeod
17 Wing Photojournalist

At 17 Wing, "Heritage" is not just a word emblazoned on the Wing badge, it is also a commitment to bring the past into the future.

In October 2015, the Beechcraft CT-134 Musketeer became the most recent heritage aircraft on the Wing to be refinished, bringing the total to 5 for the last year and a half.

"With the completion of the Musketeer we are now one third of the way to fulfilling the initiative of bringing these heritage aircraft to their former glory," said 17 Wing Commander Colonel Andy Cook.

Master Corporal (MCpl) Chris Murphy, an Aircraft Structures (ACS) Technician with 402 "City of Winnipeg" Squadron, led the team that completed the restoration on site. The team consisted of Corporal Gowen, 2nd Lieutenants Chase and McKee, and Aviators Watson, Shaver, and Lorin.

The volunteers did all the prep work, sanding and wiping down under MCpl Murphy's supervision and MCpl Matt Plourde, another ACS Tech at 402, produced all of the replacement decals for the Musketeer after the originals were measured and photographed by MCpl Murphy.

Progress was a little slower than expected due to the poor weather when they were working on the plane.

"The rain kinda threw a wrench into things," said MCpl Murphy. "As much as they covered it up the rain found its way through. Because it (the shelter) had a flat roof, the rain pooled on top too."

Despite the fact that the refinishing took longer than expected, MCpl Murphy enjoyed the process. "I have already volunteered to work on the next one," he says.

The CT-134 Musketeer first came into service with the Canadian Armed Forces (CAF) in 1971 and was stationed at Portage La Prairie and Winnipeg until replaced in 1992. They were nicknamed the 'Muskrat' by student and instructor pilots.

Musketeer 134228 was taken on strength on 24 June of 1981 and operated as a Primary Trainer at 3 Canadian Forces Flying Training School (3CFFTS) in Portage la Prairie. It was struck off strength on 21 June 1992. It was one of the second set of Musketeers purchased for the CAF. The Musketeers were taken out of service when primary pilot training was taken over by Bombardier Aerospace.

"Many seasoned pilots still serving today have had the opportunity of flying the Musketeer," said Wing Commander Colonel Cook.

The aircraft that have been refinished thus far include the Sabre, Challenger, Har-

vard, and Musketeer. All of them are located in the Air Force Heritage Park located off of Air Force Way near 1 Canadian Air Division Headquarters. Last year 435 Transport and Rescue Squadron refinished the CC-129 Dakota as part of the Squadron's 70th Anniversary. Stood up to airlift supplies into Burma in 1944, 435 Squadron once flew the Dakota, which was painted green at that time.



A CT-134 Musketeer appears suspended by scaffolding that crews were tearing down on October 19, 2015, on Air Force Way. The Musketeer was being refinished as part of a Wing Commander initiative to freshen the heritage aircraft on 17 Wing. Photo: Sgt Bill McLeod

CFS MET Donates Portion of Fundraiser Proceeds to Soldier On

By Martin Zeilig
Voxair Photojournalist

Canadian Forces School of Meteorology may be small, with only 12 military and civilian personnel, but their modest size doesn't correspond to the size of their hearts.

On October 23, Major Lisa Baspaly, Commandant CFSMET, and Master Corporal Terry McClelland presented a cheque for \$400.00 to Greg Lagacé, for the Soldier On Fund, which Lagacé co-founded nine years ago.

CFS Met has conducted several fundraising activities throughout the year in support of the unit fund, said Maj Baspaly in an email.

"We would like to donate 50% of our fundraising proceeds to Soldier On," she wrote.

Soldier On is a Canadian Armed Forces program that supports currently serving members and veterans

to overcome their physical or mental health illness or injury through physical activity and sport.

The program is a highly visible and integral component of the Department of National Defence and Canadian Armed Forces' commitment and priority towards providing a comprehensive approach to care for ill and injured members.

"This donation will go 100 percent to help the ill and injured CAF personnel overcome their physical and mental health injuries," Lagacé promised.

"It's not a typical military program," he said of Soldier On. "We're a mix of civilians, regular force and reserve forces. We are a CAF program. This program belongs to the soldiers. We pride ourselves in keeping this grassroots."

MCpl McClelland, organizer of the fundraisers, said that he felt compelled to donate the money to Soldier On.

"I have a few friends who have been injured physically and mentally on deployments," he said. "I heard about Soldier On and realized it was worth my time."

Maj Baspaly said that this donation was also a challenge to all other local units, and she would like to see them match or exceed what CFSMET had done.

"Sick and injured soldiers are in the workplace and return to the workplace," she said. "So, it's important to us here at CFSMET that we view the recipients of such funds as still being part of our military family. The majority of our staff have been on multiple deployments."

Both MCpl McClelland and Maj Baspaly are among those who have been on such

deployments.

"Having that experience brings home the reality of how important it is for sick and injured to feel they will be part of our family in the CAF," Maj Baspaly stressed. "Soldier On helps soldiers deal with personal situations with programs to help get people back into society because many of them isolated."

Lagacé said the donation was a prime example of what's important, and that 12 people from CFSMET are "now engaged" in this program.

"They're going to tell their friends," he added. "So, that comes from the heart. That's a bond that doesn't break; it grows stronger."



Major Lisa Baspaly, Commandant of the Canadian Forces School of Meteorology, and Master Corporal Terry McClelland, along with CWO Malcom Taylor (r), present a cheque of \$400.00 to civilian Greg Lagacé, with the Soldier On Fund in Ottawa. The donation represented 50 percent of CFSMET's recent fundraising results. Photo: Martin Zeilig

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1CAD Honours & Awards

On 20 October 2015 in the 1CAD Atrium, Commander of 1 CAD, MGen David Wheeler presented Honours & Awards to 1CAD members. All photos by: Cpl Paul Shapka.



MGen David Wheeler (l) presents LCol Doyle (r) with the GSM South West Asia.



Ret'd WO Britten received the SWASM rotation bar.



Maj Franklin received the Canadian Forces Decoration 2nd Clasp (CD2).



Maj Brulier received the U.S. Defence Meritorious Service Medal and the CD2.



Capt Gelhart received the GSM South West Asia.



Maj Harvey received the SSM with NATO bar.



LCol Fawcett received the CD2 and 1CAD Commander's Commendation.



CWO Eagles received the CD2.



Capt Hucal received the Canadian Forces Decoration 1st Clasp (CD1).



Sgt Gosselin received the CD1.



MCpl Gosselin received the CD1.



Capt Anderson received the Canadian Forces Decoration (CD).



Capt Cutts received the CD.



Sgt Pettie received the CD.



CWO Laforge received the CWO's Scroll.



Maj Vachon received the 1CAD Commander's Commendation.



Capt Hollmayer received the 1CAD Commander's Commendation.



Cpl In received the 1CAD Commander's Commendation.

402 Squadron Promotions & Awards

On 23 October 2015 in Building 90, 402 Squadron Commanding Officer, LCol Kyle Rosenlund and 402 Sqn Chief Warrant Officer Austin Gaulton presented Promotions and Awards to 402 Sqn members. All photos by: Cpl Justin Ancelin.



LCol Rosenlund (l) and CWO Gaulton (r) present Avr Curtis (c) with his first hook.



LCol Rosenlund (l) and CWO Gaulton (r) promote WO MacSpurren (c) to his new rank.



LCol Rosenlund (l) and CWO Gaulton (r) present Cpl Saad (c) with the CD.



LCol Rosenlund (l) and CWO Gaulton (r) present Cpl Urschatz (c) with the CD.



LCol Rosenlund (l) and CWO Gaulton (r) present Cpl Zalys (c) with the CD.



LCol Rosenlund (l) and CWO Gaulton (r) present WO (ret) Cliff Cooke (c) with a Commanding Officers Commendation.

435 Squadron Promotions

In recent months at 435 Squadron, many promotions and awards were presented. The majority of awards and promotions were presented by the Commanding Officer of 435 Sqn LCol Brent Andrews and 435 Sqn CWO Douglas Harry along with Maj Radek Chlistovsky. Photos submitted by: MWO Ken Reynolds at 435 Squadron.



MCpl J Clarke receives his promotion to current rank from LCol Brent Andrews, 435 SCWO Douglas Harry (right), and SAMEO, Maj Chlistovsky (far right).



Sgt Andrew Latta receives his promotion to current rank from LCol Brent Andrews (left), 435 SCWO Douglas Harry (right), and SAMEO, Maj Chlistovsky (far right).



Sgt James Oake receives his promotion to current rank from LCol Brent Andrews, (left), and 435 SCWO Douglas Harry (right).

440 Squadron Honours & Awards

On 15 October 2015 in Yellowknife, Wing Commander Col Andy Cook and Wing Chief Warrant Officer Mike Robertson, along with Commanding Officer of 440 Squadron, LCol Vincent Wawryk and Squadron Chief Warrant Officer Rick Cote presented Honours and Awards to 440 Sqn members. All photos by: PO2 Belinda Jeromchuk.



Cpl Cloutier receives his Canadian Forces Decoration. L-R: LCol Vincent Wawryk, Col Andy Cook, Cpl Cloutier, CWO Mike Robertson, CWO Rick Cote.



Cpl Cote J.J.M. received the CD.



Cpl Gaude received the CD.



Cpl Johnson received the CD.



Capt Rockwell received the CD1.



Cpl Craig received the CD1.



Capt Maede received the CD2.




MCpl Collins received the CD2.



MCpl Barbier received the CD2.



CWO Cote receives his Chief Warrant Officer Scroll. L-R: LCol Vincent Wawryk, Col Andy Cook, Cpl Cloutier, CWO Mike Robertson.



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17 Wing Commander Col Andy Cook gets his flu shot at a 23 CF H SVCS C Flu Clinic. Getting the flu shot can help protect you and your coworkers from getting the flu. Getting immunized yearly with the flu shot is the safest, longest lasting and most effective method to prevent influenza (the flu). For more information about getting the flu shot contact 23 CF H SVCS C. Photo: Cpl Paul Shapka

CANEX and SISIP Provide Grant to 17 Wing Fund for Morale and Welfare Programs

By Mike Sherby
Voxair Manager

The 17 Wing Command team got a sneak peek at the new CANEX Expressmart at 17 Wing as they accepted a presentation from CANEX and SISIP.

On Friday, January 23th, Winnipeg SISIP Branch Manager John Clarey and CANEX Manager David Yanick presented 17 Wing Commander Colonel Andy Cook with a ceremonial cheque in the amount of \$107,938. The cheque represents the amount of funding provided to the Wing Fund from CANEX and SISIP during FY 2015-16. SISIP and CANEX have been providing grants to Wings and Bases to help improve CAF Morale and Welfare programs since their inception in 1969 and 1968 respectively.

After the presentation, Col Cook and WCWO Robertson took some time to browse the wares at the new CANEX store, with each of them commenting on how great it looks, and how excited they are for the store to

open.

The money from CANEX and SISIP is provided to the Wing Fund, from which it is used to help fund various morale and welfare programs and activities, community events and other initiatives. Examples include providing grants to Unit commanding officers to assist them in their unit morale and welfare programs, the Wing recreational sports program, the annual Fall Fair, the end of summer Family TGIF, Sports Day in Canada, Wing Fund BBQs and other events.

"We are presenting this cheque as a testimony to our commitment and support of the community of 17 Wing," Clarey said.

Nationally, SISIP and CANEX provided grants of over \$6.3 million to Bases and Wings across Canada last year. The amount of money each base receives is partially determined by how much revenue they generate. And with the opening of the new CANEX Expressmart looming, the grant received here is expected to grow next

year.

CANEX Manager David Yanick said he was very excited that his store will be able to contribute towards the overall wellbeing of the base.

"As divisions of CF Morale and Welfare Services, our two divisions have always endeavored to enhance the quality of life for the military community, by contributing to the many CAF activities on base. It is toward these initiatives and activities that we will be presenting this cheque," Yanick said.

Clarey says that he's happy to be able to give back to the community and provide funds to help boost morale and welfare events Wing wide.

"This cheque is also a reminder to all our CAF members that these funds are possible thanks to the services you subscribe to through SISIP Financial. Indeed, every dollar spent through acquiring services from SISIP contributes to generating growth," said Clarey during the presentation.



John Clarey, Winnipeg SISIP Branch Manager, and David Yanick, Winnipeg CANEX Manager, present a cheque to the 17 Wing Command team on behalf of their respective organizations. The money will go into the Wing Fund and will go towards supporting Morale and Welfare programs. L to R: David Yanick, John Clarey, 17 Wing Commander Colonel Joel Cook, and WCWO Mike Robertson. Photo: Mike Sherby

Voxair Manager Says Goodbye

By Mike Sherby
Voxair Manager

After six fantastic years with The Voxair, it is with a mix of sadness and excitement that I am announcing I will be leaving my position as manager of the newspaper to pursue new challenges.

Over the years it has been my privilege to be able to spend my days getting to know the work that you do, and to be able to tell your stories.

When I came into this position I had almost no knowledge of how the RCAF

actually works. It was a steep learning curve, and I have memorized more acronyms at this job than I ever thought possible. I want to thank everyone at 17 Wing for the kindness and support you have shown me throughout my tenure.

During my time here I have come to realize what a wonderful community 17 Wing is, and I've developed a deep respect for 17 Wing, the RCAF, and the CAF that I will carry with me for the rest of my life.

From going on a familiarization flight with 435 Squadron that turned into an actual Search and Rescue mission to tagging along with the moulage artists of 23 CF Hlth Svcs during Ex Turbulent Sky, everyone at 17 Wing I ever met warmly welcomed me into their workplace and didn't laugh at me when I asked dumb questions about what they did every day.

So, Friday, November 6th will be my last full time day at the paper, and if you've got time, come by Bldg 63 and say goodbye before then. As well, I will be staying on in a part-time capacity until the new Manager is hired to ensure that there is a smooth transition with the paper.

As I prepare to leave this job, I know that I will miss the sense of community that I get every time I drive onto the base. I sincerely hope that The Voxair continues to tell the stories of the fantastic work that goes on here every day, and I look forward to reading about it for years to come.



Voxair Manager Mike Sherby, seen here eating pizza for breakfast, wishes to thank all of 17 Wing and CFB Winnipeg for their help over the years.

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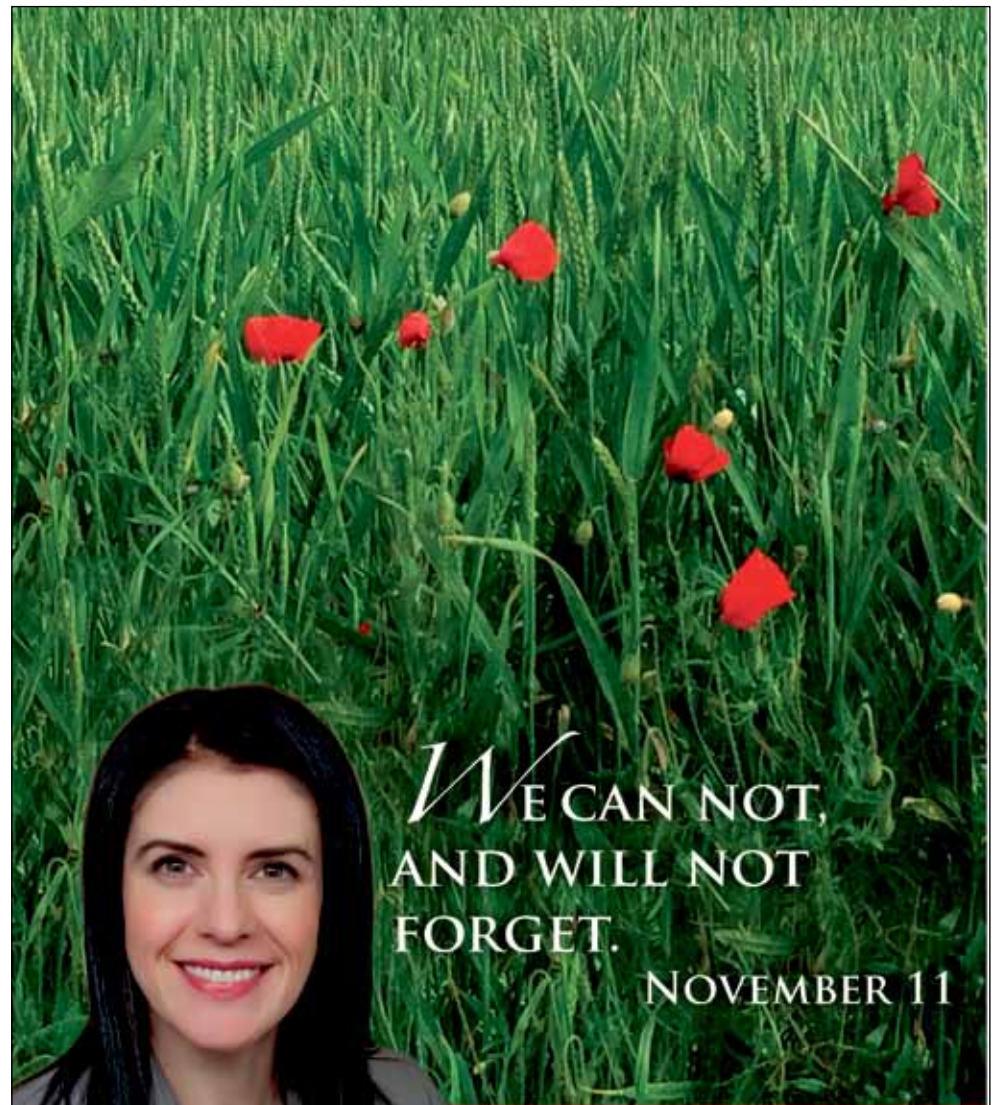




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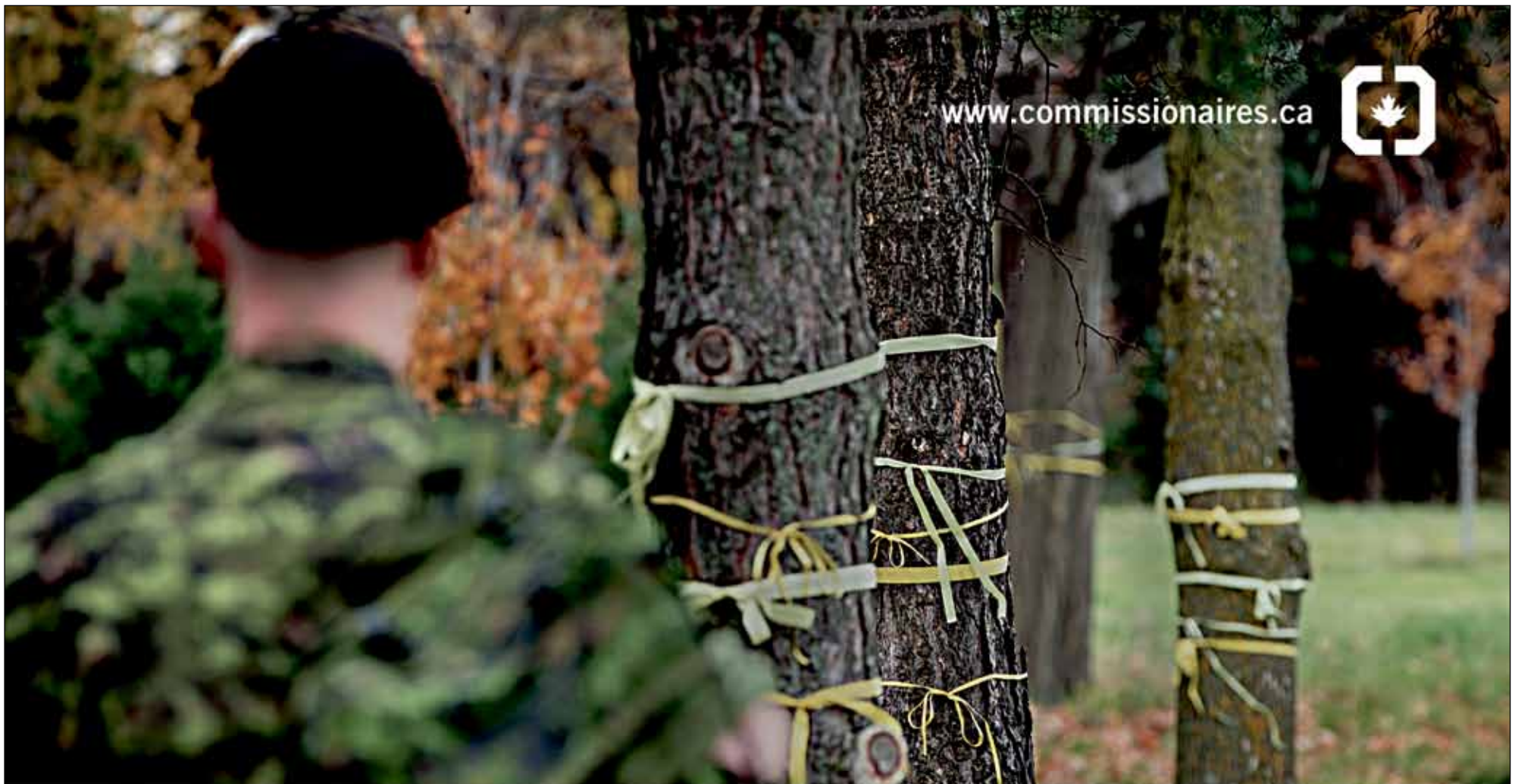
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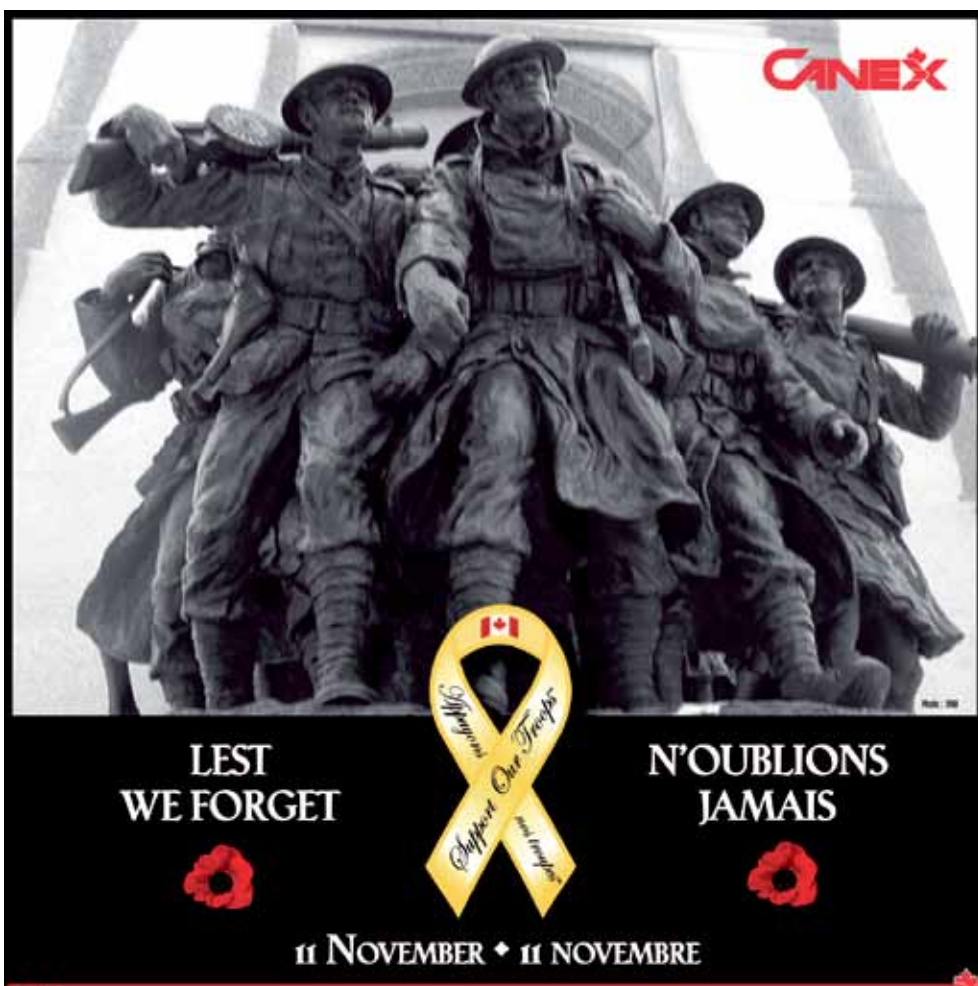
Remembrance Day Services 2015



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 at Blessed Sacrament Church (710 Roanoake St.) at 1000 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
Ukranian 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.

**** While we try our best to make sure all information regarding Remembrance Day Services are correct, please note that all timings are subject to change.**



A heartfelt
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MANITOBA AND NORTHWESTERN
ONTARIO COMMAND
THE ROYAL CANADIAN LEGION

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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VETERANS IN CANADA

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Winnipeg, Manitoba



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OF PAST WARS

"WE WILL REMEMBER THEM"



Lest We Forget In Memory Of Our Fallen Comrades

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ARMY, NAVY & AIRFORCE
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LADIES AUXILIARY

MANITOBA AND
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"WE WILL REMEMBER THEM"

Halloween Hijinks at 17 Wing



Top left: An 80's themed circuit in the gym had participants sweatin' to the oldies.
 Top right: David Chung rocks out during an 80's themed Spin-A-Thon.
 Bottom left: The staff of the HairForce Barber shop had at least one person scared as they dressed up as PSP Fitness & Sports' Don Mills for Halloween.
 Right: The PSP Fitness & Sports staff looked sharp in their 80's duds.
 Photos: Mike Sherby



Remembering those we have lost

Through the sacrifices made by our military, we enjoy a way of life, better than most in the world.

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We will be forever grateful.



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Com Rec Holds Scare-Tastic Halloween Party

By Martin Zeilig
Voxair Photojournalist

Princess Elizabeth and Princess Elsa couldn't contain their joy as they tugged at their parents' hands in the lobby of Building 90, which was ground central for the Community Recreation annual Halloween Howl Party on a grey October 31.

The two girls, dressed up as their favourite characters from Frozen, were eager to experience the thrills awaiting them in the gymnasium and elsewhere in the 17 Wing Fitness and Recreation Centre.

The girls were there with their parents, Captain Veronique Gagné and Master Corporal Carl Girard.

"We haven't seen much yet," said Capt Gagné. "They've already seen a couple of friends. We've been talking all week long at work that we'll meet here."

The place was jumping with activity, and the squeals of delight from children were a testament to its success.

A photo booth was set up in one corner of the lobby offered free family photographs, and the canteen provided hotdogs and buns with condiments, drinks, and popcorn, all for the modest sum of three dollars.

But the centre of action was upstairs in the gym. Ta-

bles were set up for face painting, glitter tattooing, and cookie decorating. The giant hamster balls and a huge inflatable bouncy bus and bouncy hummer were the most popular attractions for the children. A series of toss games and a jelly bean guess were part of the mix too.

There was even a costume parade in the theatre.

A haunted house, complete with a very scary (at least for this skittish reporter) zombie surgeon, spooky body parts, a giant spider and cobwebs dangling from the ceiling, a huge inflated plastic cat with glowing red eyes, a fog machine, a graveyard, and other special effects was set up in the basement multipurpose room.

"It was scarier last year because you had a flashlight," said Elodie, a grade six student, who along her sister Sabrina, was waiting to go through the haunted house again. Both were dressed as police officers.

Not everyone shared Elodie's opinion of the haunted house.

"It was fantastic," said Sergeant Richard, who along with his wife Stephanie and their children, Odin, 4, and Elia, 2, went dressed as a medieval family.

He also praised the PSP staff for their efforts on behalf of the families of 17 Wing personnel.

"The parents are having as much fun as the children, especially in the hamster balls," said Colleen Preston, Community Recreation Coordinator and the event's OPI, as families filed in and out of the gymnasium.

"A great time was had by all. We're even considering doing an adult fun night in the winter."



Above: A young woman having her cheek decorated with a blue spider at the face painting table during the Halloween Howl in Building 90. Photo: Martin Zeilig



Left: Corporal Joel Beaudin and his wife, Sabrina Beaudin, dressed as pirates with two "treasures" -- their children, Emma, 3, and Alexa, 9 months.

Right: A very scary zombie surgeon reaching for a visitor in the haunted house. Photos: Martin Zeilig

Spaghetti Lunch Benefits GCWCC

By Martin Zeilig
Voxair Photojournalist

About halfway through his plate full of spaghetti with meat sauce, along with a side of Caesar salad and a slice of garlic toast, Corporal Dwayne Olson paused to offer some comments about his tantalizing meal to The Voxair.

"It's a good meal to support a great cause," he said. "And it's cheaper than going to the mess hall."

Cpl Olson was one of about 80 military and civilian personnel who had paid \$10 for the Spaghetti Lunch in support of the GCWCC (Government of Canada Workplace Charitable Campaign) on October 28 at the Junior Ranks/Mess.

A dessert of either white or chocolate cake, as well as coffee or tea, and a cold beverage, was also part of the deal.

The lunch was organized by 1 Canadian Air Division said event OPI Captain Patrick King, who works at 1CAD.

"We had our first unit GCWCC meeting in the beginning of October and our 1 CAD team lead asked the group if anyone wanted to take on the lunches," he said in an email.

"I asked what was involved, and as I started getting more and more information I just started running with it."

Capt King said it took three weeks to organize the lunches, with most of that time used to gather information from last year and learning what needed to be done.

"The OPI is just one of many who contributes to the organization of the GCWCC Lunches," he said.

"I owe a huge thanks to last year's organizers who passed on all their information. The Wing catering section is a major component of this event, without them there would be no lunch. They really are the ones who make magic happen and produce the delicious meals. Then there are the servers who help with setting up, serving the food, and clean up."

This was Capt King's first time being a member of the GCWCC Committee and organizing an event for it.

"I hope everyone enjoyed the meal," he said.

Officer Cadet Stacie Nelles, Public Affairs Officer 38 Brigade, and her husband, Lieutenant-Colonel Jonathan Nelles certainly did.



Servers and diners are all smiles at the Spaghetti Lunch. The food was delicious, fresh and wholesome- and, it was all for a good cause too. Photo: Martin Zeilig



Captain Ken Mick, EA to Commander of 17 Wing, watches hungrily as steaming spaghetti is piled onto his paper plate. Photo: Martin Zeilig

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17 Wing Elbow Grease Makes Brookside Tombstones Shine



A lot of elbow grease was needed to get the muck off some of the older tombstones. Photo: Submitted

By Martin Zeilig
Voxair Photojournalist

For Chief Warrant Officer Douglas Clark and Warrant Officer Krista Semenchuk, spending time on a cool, drizzly day scrubbing moss off of military headstones in the Field of Honour at Brookside Cemetery was not just another job. It meant much more to them.

CWO Clark and WO Semenchuk were amongst the 35 members of 17 Wing's Administration Branch involved in cleaning the headstones of those Canadian Armed Forces members who fought and, in many instances, were killed during the Second World War.

The idea for cleaning the gravestones came from the Wing Administration Officer, Lieutenant Colonel Danielle Clouter.

"She approached me in September with the idea of having the branch perform some sort of service to give back to the community," CWO Clark said.

"We had just started our preps for the annual Wreaths Across Canada service, which is also held at Brookside, so I contacted Jane Saxby, the Cemetery Administrator for the City of Winnipeg and asked if there was something we could do to help her out. She jumped at the offer and the plan was afoot, we would be put to work scrubbing moss and tarnish off of military headstones near the Stone of Remembrance."

Winnipeg's Brookside Cemetery is one of the oldest cemeteries in Manitoba, with its first interment having taken place in 1878. It is also home to one of the largest and oldest municipal Military Fields of Honour in Canada. More than 12,000 Veterans, Service men, Service women and their fami-

lies have been interred there since 1915.

So, on a grey, rainy Monday, 35 members of the Wing Admin Branch loaded the box lunches into the bus and departed for the cemetery.

Upon arrival buckets of cleaning solution, rubber gloves and scrub brushes were handed out.

"Quickly breaking into teams of two, we began the attack on the grime and tarnish," CWO Clark said. "Spirits were high despite the weather and conversation quickly turned to exclamations of surprise at the young age at which some of the soldiers had died."

WO Semenchuk shared CWO Clark's enthusiasm for the project.

"I really enjoyed the fact that we were there helping clean these headstones," she said. "A lot of these servicemen don't have family that will come to take care of these stones. So, who else will take care of them except the current serving members? We're all part of the same CAF family. We have to take care of our own."

CWO Clark and LCol Clouter scrubbed away at the stones alongside the rest of our folks.

"A couple of hours went by and we had made excellent progress through our section of the cemetery," CWO Clark said. "The intermittent rain only served to help wash down the gravestones and reveal how much better they looked once freed from their prison of moss and grime. We finished our section up by noon and everyone piled onto the bus to tuck into the box lunches that Wing Foods had prepared."

Afterwards the cemetery's foreman swung by to pick up the now filthy buckets of cleaning solution, and the Admin Branch Members "posed for a group photo before we left, clearly showing the camaraderie and sense of accomplishment we all felt from the day's labours," CWO Clark said.

"All in all, it was a very worthwhile experience. We got to give back to the community while at the same time paying tribute to those who had come before us."



The Wing Admin team had a great afternoon cleaning tombstones in the Field of Honour at the Brookside Cemetery. Photo: Submitted

Cadets Learn About Biathalons

By Capt Ryan Tardi

On Saturday 3 October, cadets from 170 Squadron participated in a biathlon familiarization day at Building 21 where they learned about the biathlon sport, which includes running and air rifle marksmanship. The cadets then participated in a competition in the afternoon to determine who would be a part of our biathlon team to compete in the Winnipeg Zone biathlon competition on Saturday 7 November.

Congratulations to Cadets Derek Tu, Bryce Wells, Daniel Dierickse, Evan Chan who will make up our male team and Cadets Santhiya Rathamanoharan, Katherine Nelles, Ryleigh Bruce, and Julia Sitarek who will make up our female team. And to all the cadets that participated that day, well done!

170 Squadron is part of the Royal Canadian Air Cadets, a youth program designed for kids aged 12-18. We parade at 17 Wing Building 21 on Fridays from 1830 to 2130 hrs. For more information email us at 170air@cadets.gc.ca or visit www.cadets.ca.



Cadets got to try their hand at a variety of activities, including shooting, at the biathlon orientation. Photo: Submitted



Target shooting was many Cadet's favourite activity of the day. Photo: Submitted

TEME Sqn Presents Cheque to GCWCC



Member of TEME Sqn present a cheque in the amount of \$3,100 to the 17 Wing Command Team. The money was raised by TEME Sqn during their annual TEME Breakfast, and was donated to help support the GCWCC. Photo: Martin Zeilig

Remembering the crash of Boxtop Flight 22

**By Corporal Michael Thomas,
with files from Captain Marsha Dorge
and RCAF public affairs**

As we approach Remembrance Day, we remember those who served and died during wars in the defence of our nation. However, we also remember those who served – and made the ultimate sacrifice – during times of peace. Their names, including the names of those who died on the Boxtop 22 mission that occurred 24 years ago, are recorded in the Seventh Book of Remembrance – In the Service of Canada – which, along with the other Books of Remembrance, resides in the Memorial Chamber of Parliament's Peace Tower.

Every year, in the cold and darkness of late October, personnel at Canadian Forces Station Alert on Ellesmere Island, Nunavut, gather at a cairn near the runway to remember the crew and passengers of Hercules 130322 who lost their lives during a resupply mission to the station.

On October 30, 1991, at approximately 4:40 p.m., flight 22 of Operation Boxtop – as the biannual resupply mission is called – was on its final approach to the station from Thule Air Force Base in Greenland. As the CC-130 Hercules from 435 Transport and Rescue Squadron, loaded with 3,400 litres of diesel fuel, began its descent, the pilot flying lost sight of the runway.

Moments later, radar contact and communication were lost as the aircraft hit a rocky cliff and crashed approximately 16 kilometres south of the station. The crew of another CC-130 Hercules, also bound for Alert, saw the fires of the crash and identified the location of Boxtop 22.

The crash took the lives of five Canadian Armed Forces members – four died in the crash and one perished before help arrived – and led to the boldest and most massive air disaster rescue mission ever undertaken by the Canadian military in the High Arctic. Thirteen lives were saved.

Within a half hour of the rescue call, a Hercules carrying 12 search and rescue technicians from 440 Search and Rescue Squadron in Edmonton, Alberta, was in the

air. It reached the crash site seven and a half hours later, but the SAR technicians couldn't descend due to the weather. Another Hercules from 413 Search and Rescue Squadron in Greenwood, Nova Scotia, soon joined the search. Meanwhile, search and rescue technicians formed a ground rescue team at Alert and set out overland for the crash site, guided through the darkness and horrendous weather conditions by a Hercules.

The survivors, some soaked in diesel fuel, endured high winds and temperatures between -20C and -30C. Many sheltered in the tail section of the downed aircraft but others were more exposed to the elements.

Finally, the 413 Squadron team finally got a break in the weather and six SAR technicians parachuted into the site more than 32 hours after the crash and began looking for survivors. They were joined soon after by more SAR technicians. When the ground rescue team finally arrived – 21 hours after it had set out – 26 rescuers were on the ground. They warmed and treated the injured and prepared them for medical evacuation. A Twin Huey helicopter from Alert made three trips to bring the survivors back to the station.

Once again this year, personnel at Alert will conduct a parade on October 30 to commemorate the crash. The parade will begin at 4:30 p.m. and continue through the 4:40 p.m. timing when the crash occurred.

"Twenty-four years ago during Operation Boxtop, the Canadian Armed Forces lost five souls – Captain John Couch, Captain Judy Trépanier, Master Warrant Officer Robert Grimsley and Master Corporal Roland Pitre – due to the harshness of the weather here at Alert when their plane crashed in an attempt to resupply the station," said the acting commanding officer of Canadian Forces Station Alert, Captain Larry Hocken.

"These flights are our lifeline to the rest of Canada. We will remember the five who died [during one of those flights] at our memorial parade, which is dedicated to them. Our hearts still go out to the families who have suffered in this tragic event."

Petty Officer 1 (retired) Dave Highsted attended the 2010 ceremony and said he had mixed feelings during

the event.

"Sadness, for I remembered the death of an old friend and the injuries incurred by three men I had worked with over my years in the communications research trade, but also I felt a great sense of satisfaction at being able to be a participant in the memorial service.

"My last Alert tour was in the spring of 1994 so this was my first opportunity to be on the ground in Alert, and pay my respects personally to those who perished in the crash and remember those who had been so gravely injured on that day almost 20 years ago – a long overdue personal closure."

The downed Hercules remains at the crash site to this day, preserved by the desert-like Arctic conditions.



The Boxtop 22 monument, photographed in August 2010, was dedicated in June 1993. It commemorates the loss of five lives as a result of the crash of a CC-130 Hercules on October 30, 1991, during Operation Boxtop 22. Photo: Jill St. Marseille

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Volleyball Tournament	Rick Phillips	5871
Try Squash	Maj Doug Chess / Don Mills	2181 / 4626
Swim/Bike Challenge	Joanna Jarrett	2055
Soccer Challenge	WO Duane May / Dawn Redahl	4066 / 4626
Zumba	Chris Merrithew	5511
Power Yoga	Chris Merrithew	5511
Try Curling	Capt Loyd Olson	4349
Dragon Boating	Colleen Preston	2057
Try Ball Hockey	David Chung	2455
Try Pickleball	Marc Lavallée	4833

Please contact the OPI of the sport that you are interested in to register or if you require further information. For more information contact Chris Merrithew at local 5511.

Project New Hope Canada Inc.

Presents:

Sisters of the Holy Rock

Advance Bookings –
Carolyn
204-383-5223

50/50 Draw and Silent
Auction

Saturday November 28th - 7 PM

17 Wing Theatre

680 Whytefold Rd, Winnipeg, MB

Advance Tickets \$20 – At Door \$22

Children 6-12 yrs \$10

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www.pspwinnipeg.ca



Addictions Awareness Campaign 12-26 November 2015

Purpose:

- To promote an addiction-free workplace
- To encourage members to adopt an addiction-free lifestyle
- To help members stay in the “green” of the Mental Health Continuum Model

Message:

- Addiction-free living opens up opportunities
- Time wasted involved in addictions means less time for family, friends and work

- What does addiction-free living look like to you?

Events:

Mocktail Contest – 12 November:

Units are encouraged to create a unique non-alcoholic drink to represent their unit in a Base-wide contest. The winning drink will be featured at the Messes. Enter your team by 9 November. All entries will be collated and distributed for units to use for functions.

Supervisors Training – 18-19 November:

Recognize the warning signs and apply the policies with respect to Alcohol, Other Drugs, Gambling, and Gaming Awareness Training. This 1 ½ day course is MITE coded and strongly encouraged for military and civilian members in a supervisory role.

Sports Day in Canada – 20 November:

During 17 Wing Sports Day in Canada celebrations, visit Health Promotion at one of two interactive kiosks (B90 and B21) to provide information on the impact of substances on injuries and training and find alternatives to their usage. While there, enter to win Jets tickets and various giveaways.

Enter to Win:

During the Campaign, visit www.forces.gc.ca/wastedtime and answer the question: How do you create an Addictions-Free Lifestyle? Entries will be drawn for daily prizes of Fit Bit Zips and grand prizes of VivoActive Watches.

For information on any events or to register, contact Health Promotion at 204-833-2500 ext 4160 or HealthPromo@forces.gc.ca

New Health Promotion Admin Assistant Says Hello

My name is Shalynn Froelich, I commute to the base from St Pierre Joly's (1 hr south). I am very excited to be a new member of the team here at 17 Wing! I am the new Administration Assistant for PSP's Health Promotion. My background in promoting a healthy lifestyle consists of Community Health, Childcare, Hygiene, Nutrition and Personal Development courses/ experience. I graduated approximately 8 months ago from the Business Administration, Sales and Internet Marketing Specialist course at Robertson College. Over this past month I have met only a few of you but I am looking forward to my future here at 17 Wing with all of you. Thank you for making me feel so welcome!



Shalynn Froelich is the new Admin Assistant for Health Promotion. Photo: Martin Zeilig

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



Mocktail Contest

The purpose of the “Mocktail Contest” is to blend fun and festivities with the important message of being safe and responsible during the holiday season. Join us in creating awareness about drinking responsibly and encourage hosts to offer delicious, non-alcoholic beverages to their guests. We know that this helps keep our community safer through the Holidays.

Mocktails (cocktails or mixed drinks that do not contain alcohol) are a proven prevention strategy, as well as a good, common sense addition to holiday festivities. People are less likely to over consume alcohol when fun and interesting alternatives are available. For people who don't drink alcohol, a mocktail is a great option instead of the same old soft drinks that are usually served in a plastic glass. Who wouldn't appreciate a sparkly beverage poured from an elegant punch bowl into a classy, perhaps even frosted glass?

Units are inspired to be creative with a mocktail that reflects their unit; creativity in naming is encouraged. The unit with the winning mocktail will receive bragging rights and have their mocktail featured at the Messes. All entries will be collated and distributed for units to use for functions. Each unit wishing to participate will forward the name of the unit OPI to Health Promotion by EOD 9 November, 2015.

Ingredients are limited to the following:



Orange juice
Pineapple juice
Clamato juice
Cranberry juice
Apple juice
Tonic water
Club soda
Cola
Ginger ale
Sprite
Iced tea
Root beer
Tobasco
Bitters
Grenadine



Lemons or limes (fruit or juice)

Spices: celery salt, cinnamon, Caesar, rimming salt

Judging of the drinks will occur during the GCWCC Luncheon November 12, 2015 in the Red River Lounge. The winning drink will be selected by the people and be based on the following criteria:

- o Taste
- o Name
- o Appearance

For more information or to register your unit, please contact Health Promotion at 204-833-2500 ext 4150 or HealthPromo@forces.gc.ca





Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

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

Upcoming MFRC Programs and Events

DISCUSSION GROUPS ABOUT MFRC CHILDREN'S PROGRAMS

Wednesday, November 4 at 9:15 a.m. or Monday, November 9 at 7:00 p.m. or Thursday, November 12 at 7:00 p.m.

Please note November 12th will be held at the South Side Youth Centre, 342 Doncaster St.

Childcare is available for children over 2 years old at all sessions but must be booked in advance for November 12 only.

Calling all parents with children under 6 years old! We want your feedback to help determine the future direction of MFRC Children's programs. Whether you are an occasional or regular user or have never come to a program, we want to know why. What is drawing you or keeping you away from programs? What kinds of programs do you want? Join other parents to discuss these questions in a focus group. Choose the meeting date and time that works best for you. You may also share your thoughts via email to shannon.peake@forces.gc.ca; a telephone call to 204 833-2500 ext. 2491; or anonymously in the suggestion box at the MFRC and Westwin Children's Centre.

FRENCH COFFEE

Every Wednesday morning
From 9:30 to 11:00 a.m.

Join us every Wednesday morning for a coffee and a chat with members of the francophone community. Free child care is provided for children ages 18 months to 5 years old.

FRANCOPHONE LADIES GROUP BREAD MAKING WORKSHOP

Saturday, November 14 at 1:00 p.m.

Free childcare available with preregistration.

Registration deadline: November 12

Presented in French Do you love the smell of fresh

bread, hot out of the oven? Have you ever wished you knew how to make homemade bread? Come to the MFRC for an afternoon of hands on bread making learning experience and make a batch of dinner rolls that you will get to enjoy at home.

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 26th 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.

MFRC HOT LUNCHES

Are you fondly remembering the MFRC Summer BBQ's, with the yummy food and great connections with friends and coworkers? Sad that you will have to wait until next Summer to experience those times again? Great news! The MFRC is going to continue with a winter version of the BBQ's! Once a month, on the second Thursday, the MFRC will host a hot lunch, from 1200 to 1300 hrs, in the multi purpose room of the MFRC. The menu can include soup and sandwich, or chilli and bun, or maybe a stew or a casserole...It hasn't been set yet. But we will try to have it advertised on our Facebook page the day before. Food will be available on a first come, first served basis and when it's gone it's gone! Donations will be gladly accepted, and put towards MFRC programs and services. We hope to see you out on November 12 for our first Hot Lunch!

MATURE WOMEN'S GROUP (HONEY HIVE)

PLANNING MEETING

Monday, November 9 at 7:00 p.m.

A new program at the MFRC is starting up and we need you! If you are 45+, you are welcome to join in the conversation about midlife, how to enjoy it and plan for the next stage. Our group will discuss future event ideas, such as guest speakers, ways of living, whatever our creative energies can come up with—that's why the more minds we have in the hive, the better! Come help us get our group off the ground at this initial planning session!

MFRC VOLUNTEER RECRUITMENT AND ORIENTATION EVENING

Have you been wondering what to do with some of your free time? Thinking about giving back to your community? Hoping to make new friends and share your skills and talents? Maybe you would like to try something new and different? Have you considered volunteering with the Winnipeg MFRC? We have a dedicated group of volunteers who have a lot of fun together, as part of many of the MFRC's programs, services and events. The jobs they perform and the time commitments they can give are as individual as they are.

On Tuesday November 24, at 7 PM, the MFRC Volunteer Services Program will hold a Recruiting and Orientation Evening. The event is targeted at current, new and prospective volunteers. If you've been thinking about volunteering, and haven't taken that first step, or have some questions, this is for you. If you are a current volunteer, and have been for a while, this is also for you!

This evening will give everyone in attendance the chance to get to know more about the MFRC Volunteer Program, understand the MFRC Philosophy of Volunteer Involvement, find out about volunteer opportunities, and get to meet other volunteers. It will also be a chance for current volunteers to brush up on the policies and procedures in place (which they may have forgotten about).

Although it sounds like a lot, the goal of this evening to recruit, reinvigorate and refresh our corps of volunteers while experiencing an evening of fun and friendship. Please RSVP by November 17 to Barbara at 204-833-2500 local 4519 or barbara.thuen@forces.gc.ca or barb.volunteercoord@gmail.com

KIDS CARE

CASUAL CHILD CARE

Hours: Tuesdays and Thursdays,
November 3, 5, 10, 12, 17, 19, 24, 26
from 9:00 to 4:00; 9:00-12:00 or 1:00 to 4:00
Fees: Children under 2 years: \$12/3 hrs; \$28/7 hrs
Children 2-5 years: \$10/3 hours; \$24/7 hours. Hourly fee \$5.00 per hour, per child.
Ask about our family rates.
Location: 630 Wihuri Rd (Kid's Care Room)
The MFRC offers child care on a casual basis for children 6 months - 5 years old.
Register by calling 204-833-2500 ext. 2491 a minimum of 24 hours in advance.
Peanut free snacks, lunch and diaper supplies (if required) should be sent.

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~

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BY
NANCY

Aries (March 21 - April 19): Listen to your body. It will tell you what is right for you. Express emotions instead of trying to keep them tucked inside. Explore your dreams and consider the future. Life is to be enjoyed. Celebrate each morning and rise above the day-to-day trials through a positive attitude.

Taurus (April 20 - May 20): If something isn't working, let it go. Forcing something to fit won't work in the long run. Let nature take its course instead of fighting so hard to make things go the way you want them to. Look at alternatives and you'll see that an obvious answer is evident. Learn as you go.

Gemini (May 21 - June 21): Reflect on what your ideal future would look like. Major changes are coming but if you stay calm it will be easier to navigate the chaos and find solid solutions to problems that arise. Take the lead promptly so that time is not lost as others scramble to avoid responsibilities.

Cancer (June 22 - July 22): Make decisions and complete outstanding tasks. Finalize arrangements and sign legal and financial documents. Purchase what you need but don't overextend yourself. Tie up loose ends. Set positive intentions for the future. Carefully plan then follow through with positive actions.

Leo (July 23 - August 22): If you've been saving for the future, don't cave to the urge to spend it all now. Changes that are coming will require additional funds. Consider possible options now so that when the time comes you'll be ready. Send out your resume and network to let others know that you are available.

Virgo (August 23 - September 22): There may be little evidence of all the effort you've made because things keep piling up. This doesn't mean you should stop trying but it does mean you need to look at your situation differently. Schedule breaks. Be realistic. Do what you can and leave the rest.

Libra (September 23 - October 23): Are you living a healthy life that is full of joy or are you so overextended you're exhausted? Off-load tasks if they are mainly about maintaining your reputation as a helpful person. Instead do things you really care about for the important people in your life.

Scorpio (October 24 - November 21): Put your heart and soul into what you're doing and you'll see incredible results. Don't be deterred by self-doubt or naysayers. Promote yourself and your talents. Look at the big picture. Keep your main goals in sight. The smaller details will sort themselves out.

Sagittarius (November 22 - December 21): You'll feel on top of the world as your plans are panning out. Your strengths and competency are recognized. You are in control and seeing the results you'd hoped for. Go ahead and celebrate your successes and accomplishments. Don't hesitate to take a break.

Capricorn (December 22 - January 19): You've been pushing yourself and can be proud of your achievements. Consider what the future looks like if you stay on this path. Are there adjustments you need to make? You may upset those who just want to use you, but saying "no" is necessary some times.

Aquarius (January 20 - February 18): Finishing a project can be exhilarating and stressful. Uncertainty is natural. Sometimes outside interference determines your level of success. Do your best but accept that there are things you can't control. Avoid those who are overly competitive. Stick with supportive friends.

Pisces (February 19 - March 20): You'll see evidence, repeatedly, that things are changing. Live joyfully and be fully present. Connect with those who can help you create the future you want. It will all work out; maybe not as planned, but it will work out. Push yourself when your energy is up. Rest when you need to.

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Padre's Corner

Remembrance Day: Let us Keep Their Memories Alive All Year Round

By Padre Charles Baxter

As we approach the solemn and deeply moving moments celebrated across Canada on November 11 we prepare ourselves and our families to remember and honour losses both recent and from many decades ago. The poppies are pinned onto our uniforms, the DEUs cleaned and shoes polished. Along with the parades, services, prayers and moments of silence we then enjoy fellowship with our friends and family during which stories are told and our love for family and country grow stronger. While we do these things every November, let us also remember that there are many ways to keep that fond and warm sense of Remembrance Day alive over the other eleven months of the year.

As families there are several things we can do to remember and honour those who have gone before us. Taking time to go and visit at one of the Veterans Homes at a town or city nearby is a terrific place to start. Many of our veterans, especially from World War II, can feel forgotten and overlooked in a world that becomes so focused on technology and speed. Make a visit and get to know some of these people. There are some very interesting stories to be heard and honoured. Sharing some of your own experiences in uniform is a way to validate and honour their sacrifices and labours as well. It will be especially beneficial to be making these visits during the upcoming Christmas and New Year holidays.

Our local Royal Canadian Legion chapters offer a variety of programs, events and fellowship that are certainly worth a visit. While there is a perception that these places are only for our older veterans, I challenge you to take a second look. Many worthwhile and beneficial initiatives come from the local and national organizations of our Legion, which enables us all to remember, support and honour veterans all year long.

Another interesting and fun way to keep Remembrance Day alive and relevant through the year is to make a conscious choice for the family movie night. This doesn't necessarily mean just picking out a war movie and watching it. Taking a bit of time with your family to do a bit of research about the people, place and situation of a movie you're going to watch can often open new doors and inspire curiosity. Take, for instance, a movie such as "The Patriot" to help imagine what it would be like to live and experience life in the late 1700s. Or, as another very different example, take a look at the classic films like "Wings" "J'accuse" or even Charlie Chaplin's "Shoulder Arms". These films work nicely as a balance when viewing some of the noteworthy recent works like "Passchendaele". Thus, the long cold winter nights that are coming soon can be spent with some time for honour and memory that hearken back to Remembrance Day.

Finally there is another almost forgotten opportunity to remember and honour our fallen comrades that still happens in many towns and cities across Canada. Decoration Day is an event which began in Canada to honour the fallen from the Battle of Ridgeway on June 2, 1866. When the Armistice Remembrance Day Act of 1931 officially designated November 11th as the official day of commemoration for the fallen, this other date gradually became a distant and dim memory. Decoration Day was an occasion to decorate the graves and monuments of our fallen and to repair those sites which were damaged by the passage of time and harsh Canadian winters. Taking a visit to the local Legion hall or veterans' home may provide you with an opportunity to participate and honour our fallen from the 19th, 20th and 21st centuries on a warm and sunny summer day in the New Year.

By making efforts such as these we can honour and remember not only in the Remembrance Day that is now happening, but throughout the weeks and month ahead. So when we utter the words "We will remember them" actions such as these make it real and personal and not just a "once a year" occurrence.



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Marriage: Contact the chaplain at least six months in advance if possible. A marriage preparation course is a requirement. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

Baptism: 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: It meets the first Sunday of the month at 1900 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

Padre Jack Barrett
(Anglican) - Wing Chaplain ext 5417

Padre Lesley Fox
(United Church) - Chapel Life Coordinator ext 6914

Padre Christopher Donnelly
(United Church) ext 5785

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn
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17 Wing
204 833 2500



17 Wing Community Chapel
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Administrative Assistant
Ms. Jaye Rynar ext 5087

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CHAPLAINS

Padre Paul Gemmiti
(Roman Catholic Priest)
- Chapel Life Coordinator
ext 4885

Padre Emanuelle Dompierre
(Roman Catholic Pastoral Associate)
- Mental Health Chaplain
ext 5956

SUNDAY MASS (Bilingual) 1100 hrs
COMMUNITY SERVICES

Religious Education: Classes can be available to children from Preschool to Grade 6.

Sacrament of Reconciliation: It is available by request and at special times of the year. Contact Padre Gemmiti.

Baptism: We recommend that you contact the chaplain's office for an appointment six months in advance. *Please contact the Chaplain before setting the date for the Baptism or arranging family travel.*

Marriage: Six months notice (1 year preferred) is required for weddings, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

FOOD BANK DONATIONS
In assistance to Winnipeg Harvest, the donation box is located at the entrance of the chapel.

EMERGENCY DUTY CHAPLAIN
After normal working hours s/he can be reached through the Wing Ops Duty Centre at 204-833-2700.

INFO PHONE NUMBER
For service times and contact with a chaplain of your choice, phone ext 6800 and follow the prompts.

WEBSITE
Those with access to the DIN can visit <http://17wing.winnipeg.mil.ca> then click Wing Admin - A1, then Wing Chaplains.

CARE & SHARE BENEVOLENT FUND
Contact Wing Chaplain Office for further information.

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