



THE VOXAIR

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CHINTHEX PREPARES SQN FOR MAJOR SAR



A Search And Rescue (SAR) technician jumps out of a CC-130 Hercules, on October 4, during the 2016 Chinthex Search and Rescue Exercise in Lethbridge, Alberta. For complete story, please turn to page 2. Photo: Cpl Darryl Hepner, 17 Wing Imaging

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
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435 Sqn Exercises SAR Abilities at CHINTHEX



MCpl Calvin Slute performs a Medical assessment on a simulated casualty during Chintex 2016 on Thursday October 06, 2016 in Lethbridge, Alberta. Photo: Cpl Joey Beaudin 17 Wing, Imaging.

by Capt Graeme Scott, 1CAD PAO

435 Transport and Rescue Squadron conducted its annual search and rescue (SAR) training exercise, this year called CHINTHEX after their famous chinthe mascot, in and around Lethbridge, Alberta, from October 3-7. Approximately 70 435 Squadron members and 17 Wing Winnipeg personnel took part in the exercise in various capacities.

SAR squadrons with the RCAF are responsible for maintaining a capability to conduct a major search away from their home locations. A major search would be initiated if preliminary search efforts for a missing aircraft, vessel or person in distress were unsuccessful. To maintain their proficiencies and be ready for a major SAR event, SAR crews conduct regular training, like CHINTHEX.

The scenarios of CHINTHEX 2016 were designed to test the SAR crew's abilities, build the interoperability of the various organizations involved in SAR, and gather lessons learned for use in future SAR operations.

Scenarios included CASARA spotter training in the local area, where CASARA members were taken on board the CC-130 Hercules aircraft and trained how to look for missing aircraft, mountain operations, and a simulated major air disaster involving over ten casualties at a single site.

RCAF Search and Rescue Technicians (SAR Techs) are a vital component of SAR in Canada.

"We are actually primary care paramedics, but we go a little further than primary care because with our role, we could be way up north and be on the ground two or three days before we get extracted. We will do a little long-term care that normally a paramedic wouldn't

do," said Sergeant Darcy Keating, describing his job as a SAR Tech.

SAR is not solely a Canadian Armed Forces (CAF) responsibility. Due to its vast size and range of environments, Canada relies on a diverse group of government, military, volunteer and industry partners to provide overall search and rescue (SAR) services to the Canadian public.

Other participants in CHINTHEX 2016 included:

- o A CH-146 Griffon helicopter from 417 Combat Support Squadron out of 4 Wing Cold Lake, Alta.;
- o A CC-138 Twin Otter crew from 440 Transport Squadron based in Yellowknife, N.W.T.;
- o Multiple aircraft being operated by the Civil Air Search and Rescue Association (CASARA); and,
- o Regional ground search and rescue (GSAR) teams.

435 Squadron, from 17 Wing Winnipeg, shares responsibility with 424 Transport and Rescue Squadron, based in Trenton, Ontario for a vast area, this area covers an area of more than 10 million square kilometers extending east to Quebec City and west to the Alberta-British Columbia border. From south to north, this region extends from Canada-United States border to the North Pole.

"17 Wing is committed to providing Canadians with fast and effective search and rescue whenever they need it, wherever they need it," said Colonel Andrew Cook, 17 Wing Commanding Officer. "Exercises like CHINTHEX help to ensure that our personnel are ready for the many different situations that they are likely to come across in a real search and rescue situation."

402 Sqn Flies Graduate from 60 Years Ago

by Martin Zeilig, Voxair Photojournalist

Alf Tait, 79, confessed that he did not understand a lot of the activity that was going on during his 90 minute training flight on board a CT-142 De Havilland Dash 8 on October 13 but that didn't diminish his enjoyment of the time spent with the students and staff of 402 Squadron.

Mr. Tait, 79, who retired from the CAF with the rank of Lieutenant-Colonel in 1994, graduated as a navigator in Winnipeg from a similar course in 1956.

In 1956 students took their flight instruction onboard a twin engine B-25 Mitchell, a former bomber used by many allied air forces during the Second World War. One such restored plane has been a permanent fixture for many years at the Stevenson Wing parade square.

"We were put in touch with Mr. Tait and, he said he would like to be invited to the graduating ceremony of the ACSO students 1601 in a few months," said Captain



Alf Tait, 79, posing with the flight crew and students after an ACSO training flight with 402 "City of Winnipeg" Squadron on board a CT142 De Havilland Dash 8. Photo: Supplied

Louis Martel, an instructor with 402 Squadron. "We thought it would be good to invite him on a flight to show him how the trade has evolved from Air Navigator to Air Combat Systems Officer (ACSO) since he was in the Air Force."

Mr. Tait attended the morning briefing with the squadron members and met Lieutenant-Colonel Kyle Rosenlund; the Commanding Officer of 402 Sqn. Mr. Tait was also introduced to the five students from ACSO Course Serial 1601 and two instructors later at the Flight Planning Session.

"It was very interesting hearing his stories of how things were back then, and also hearing of air bases that don't exist anymore," Capt Martel said. "I thought it was very interesting to learn about his career path. The Air Force was a lot bigger back then."

"It was great flying with them today," Mr. Tait said after the flight. He added that he could best relate to sitting in the jump seat behind the First Officer and co-pilot.

He said that this was his first ever flight onboard a "Gonzo" (CT142).

Mr. Tait was 17 years old when he joined the CAF right out of high school.

"I went to the recruiting centre in Toronto," he said. "I was advised to delay going into aircrew, and so a couple of years later I re-mustered to aircrew."

He took his training at the Air Navigation School in the very same building ACSO students are in now.

"My particular course was made up of ex-airmen," Mr. Tait said. "The first thing they did was to send us to Centralia Air Force Base. The purpose was to get your math skills up to date. We took refresher courses for three months. Then, in June, 1956, I came here and went through the basic navigation training."

He noted that the navigation course included, long range navigation training, radio and airborne interception.

"I was selected for airborne interception on the B-25 Mitchell," said Mr. Tait.

From there, he went to CFB Cold Lake to do operational training unit on the two man CF-100 fighter jets.

"We were on standby for alert and had to be capable of going airborne in five minutes," Mr. Tait said. "It was great flying in those planes. You were generally a team with the pilot. My tour of duty from 1957- 1961 was in North Bay."

After a posting to Tyndall Air Force Base in Florida he decided to transfer to the Royal Canadian Army Service Corps because he wanted to have a shot at being a pilot.

He was trained to fly on a Chipmunk aircraft, as well as on an L-19 artillery spotter plane in Rivers, Manitoba, just north of Brandon.

Mr. Tait eventually earned his wings and became a pilot on the CH 113 Hiller helicopter before becoming a Chinook helicopter instructor at Fort Benning, Georgia, and a H-1 Huey instructor at CFB Petawawa.

Over the years, Mr. Tait also has worked at National Defence Headquarters; served in Vietnam for six months, graduated with a BA from Carleton University, flown the Kiowa helicopter; been posted at 408 Squadron, served at Tinker Air Force Base on E3A AWACS, completed a Master's in Business Administration, served as Commanding Officer at the Hamilton Recruiting Centre; and, finally, transferred from the Regular Force to serve as a Staff Officer at the Air Reserve Group at 17 Wing.

"You don't ever lose your desire to go airborne," Mr. Tait said.

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435 Sqn In Australia for Ex PITCH BLACK



435 Sqn maintainers help remove a bumper to free a trapped baby wallaby. The big-hearted 435 Sqn team donated to a wildlife rescue organization in Australia after being introduced to the marsupials. Photo: Supplied

by Capt Devin Rand, 435 Sqn

It is mid-July, and 435 Squadron is busy getting ready for their deployment to Exercise Pitch Black in Katherine, Northern Territory, Australia. The exercise is scheduled for 3 weeks beginning the start of August, but the trip down and back will each take one week to complete. In total, 435 Sqn will be gone to the exercise for approximately 5 weeks. Despite the trip sounding very glamorous to others, the 28 squadron members who are deploying know that they are in for an arduous trip across a large and dangerous ocean, followed by several weeks of long, hot and stressful days.

Scheduled to depart on July 23rd, crews had to make a critical decision; whether or not they would be able to make their first overnight stop in Maui, Hawaii due to Tropical Storm Darby hovering over the island. It was decided to delay one day and head to Kona Hawaii instead. On July 24, crews finally departed for the long journey down to Australia. They made their way through Hawaii, and the small island of Pago Pago in American Samoa, to Cairns Australia, then finally Katherine Australia. Along the way they encountered vast, powerful lines of thunderstorms that were over 600 miles long and large areas of isolated ocean where the nearest land was over 500 miles away. In total, crews flew over 30 hours to get down to Katherine, but everyone was in good spirits when they arrived and were ready to take on the demanding flying schedule of the exercise.

The crews, both technicians and aircrew, got into the groove fairly quickly. The detachment flew all of the scheduled missions, except one due to engine unserviceability. In total, 24 of 25 missions were flown during the exercise, for a total of 69.9 hours flown with 594,000 lbs of fuel being offloaded to fighter jets from various nations. The crews also engaged in some missions into austere dirt strips in the Outback, where they transported troops and observers up to Darwin. "Our flying crews quickly adapted to the new flying conditions", said Major Josh Leveque, ATF Commander, "The host nation was impressed by the professionalism and competence of both our maintainers and aircrew".

Not only did crews work hard at flying and maintaining the aircraft, but they also got quite close with the local RAAF forces; inviting them over for a Canadian style BBQ, filled with lots of laughs and realization that the Canadians and Australians are very simi-

lar culturally and personally.

During one of the first days in Australia, a group of our Canadian technicians from 435 Sqn saw a commotion in a parking lot on base. Katherine Wildlife Rescue Services was attending to a vehicle parked in the lot; someone had found a wallaby that had been hit by the vehicle and was trapped in behind the front grill, the animal was still alive. The 435 Sqn technicians; MCpl Cross, Cpl Gervais, Cpl Erdelyi, Cpl Ennis, Cpl Van Helvert, Cpl Lunham and Cpl Klassen rushed in to help the Wildlife Rescue Services by removing the front bumper of the vehicle. The wallaby had been trapped there for over 6 hours, but it turns out that it was not injured. The animal was released back into the wild by the Rescue Service, and as a 'thanks' for their assistance, the 435 Detachment was treated to a visit from some baby wallabies a few days later. The Katherine Wildlife Rescue Services thought it would be a great idea to allow the Canadians to get up close with the baby wallabies, but also to learn a little bit about the native Australian animal.

As a result of the visit and the impression made on the detachment, it was decided to donate some money to the non-profit organization; Cpl Maurice Gervais went around and collected \$500 for the Katherine Wildlife Rescue Services.

Wallabies weren't the only wildlife seen by the Canadian detachment during the trip. They were warned upon arrival in the Outback that they were to check their toilet seats for poisonous spiders before using the facilities, and also to not swat at bugs that landed on them as they may be Acid bugs that would burn their skin if they were squished. Members also saw some large snakes and crocodiles, along with numerous tree frogs (dubbed 'toilet frogs' by the members due to the fact that they would crawl up the sewage lines and be sitting there to greet them every time the lid was lifted). There were numerous other poisonous and deadly critters around, but luckily none were encountered by members of 435 Squadron.



One of the warnings the 435 Sqn members got from their Australian hosts was to check the toilet for potentially poisonous wildlife before sitting down. Photo: Supplied.

It took crews approximately 6 days to get home, bringing the mission total to 134.7 hours flown, but the crews were happy to be returning home after such a long time away. Overall it was a very successful mission for 435 Squadron. The mission featured interoperability training with USMC (US Marine Core) and RAAF (Royal Australian Airforce), exposure to South Pacific Operations, and exposure to austere aerodrome operations. Pretty impressive considering it covered a transit of over 21000 nautical miles, over vast areas of ocean and involved refuelling both day and night in one of the harshest environments on the planet.

Sports Trivia

World Cup of Hockey

by Tom Thomson and Stephen Stone

1. What year was the first World Series of the modern era held?
2. Which teams played?
3. What feat in the 1956 World Series may be equalled but will never be beaten?
4. Which player has won the most World Series championships?
5. Which player has won the second most championships?
6. What remarkable feat did Reggie Jackson of the New York Yankees accomplish in the 1977 World Series?
7. Who was the first player to hit three home runs in a single World Series game?
8. In the fifth inning of game three of the 1932 Series, what did Babe do?
9. Who is the only player to hit a come-from-behind home run in the bottom of the ninth inning in a World Series?
10. Who hit the World Series winning home run for the Pittsburgh Pirates in 1960?
11. What member of the Cleveland Indians accomplished a baseball rarity in the 1920 World Series?
12. Two other remarkable events also occurred in the same game. What were they?
13. Which pitcher won three games for the Milwaukee Braves in the 1957 World Series?
14. Which year did the designated hitter first appear in the World Series?
15. Which team won the 1976 Series?
16. Which pitcher won three games in the 1968 World Series and was named Series MVP?
17. Which team holds the record for winning consecutive World Series?
18. In what year did the "Miracle Mets" win the World Series?
19. Which team was a victim of the "Curse of the Bambino"?
20. Which team is a victim of the "Curse of the Billy Goat"?

Sports Trivia Answers on page 18

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CFSMet Presents Cheque to Soldier On

by Sgt Linda Legault, CFSMet

The Canadian Forces School of Meteorology (CFS Met) presented its second cheque to the Soldier On Fund on October 20th, 2016. Major Desjardins said the endeavour started in 2015 with Casual Fridays, where students and staff were allowed to come to work in civilian clothing for a fee. "Despite the school's small size, we had over 75% participation, allowing us to raise \$432.00 during the first six months of the year.

"We are tiny but mighty" stated Major Stéphane Thivierge, CFS Met Commandant.

When accepting the cheque, Major Richard Desjardins, Acting CO, JPSU Prairie Region stated: "The Soldier On initiative allows veterans and ill and injured members to take control of their own recovery. All of the programs and services are designed to reinforce a soldier's sense of pride. The idea is that through group activity, teamwork and the presence of comrades, our ill and injured can receive the boost they need to get better. This donation will assist in the purchase of sporting and recreational equipment as well as training and travel costs for Soldier On participants. The fundraising efforts of CFS Met are greatly appreciated."

During the second half of the year, the funds raised for Casual Fridays go to the Government of Canada Workplace Charitable Campaign (GCWCC). CFS Met will continue fundraising for Soldier On in the New Year.

Pour la deuxième année consécutive, l'École de météorologie des Forces Canadiennes (É met FC) a présenté un chèque à la Fondation Sans limites. L'événement a eu lieu le 20 octobre 2016. Tout a commencé en 2015



Canadian Forces School of Meteorology donates \$432 to the Soldier On Foundation on October 20, 2016 at 17 Wing. Left to Right: CFS Met CWO Malcolm Taylor, CFS Met Commandant Maj Stéphane Thivierge, Sgt Linda Legault, A/CO JPSU Prairie Region Maj Richard Desjardins, WO Jason Moore. Photo: Cpl Joey Beaudin 17 Wing, Imaging

téorologie des Forces Canadiennes (É met FC) a présenté un chèque à la Fondation Sans limites. L'événement a eu lieu le 20 octobre 2016. Tout a commencé en 2015

avec les vendredis décontractés, où les étudiants et le personnel de l'école pouvaient venir travailler en civils moyennant un montant fait en don.

« Malgré la petite taille de l'unité, on a eu plus de 75% de participation de l'établissement pendant les six premiers mois de l'année, nous permettant d'amasser le montant de \$432.00. Nous ne sommes pas grand mais puissants » déclare le major Stéphane Thivierge, Commandant de l'É met FC.

« L'initiative Sans limites permet aux vétérans ainsi qu'aux militaires actifs à prendre le contrôle de leur remise en forme. Tous les programmes et services sont conçus pour renforcer la fierté des soldats. Par les activités de groupes, le travail d'équipe et la présence des camarades, nos malades et blessés peuvent les stimuler pour bien guérir. Ce don aidera à faire l'achat d'équipement sportif et récréatif ainsi qu'à payer les coûts de déplacements pour les participants au programme Sans limites. Nous apprécions grandement l'appui de l'É met FC », ajoute le major Richard Desjardins, OC UISP région des prairies lors de la remise du chèque.

Pendant la deuxième partie de l'année, les fonds amassés lors des vendredis décontractés vont à la Campagne de charité en milieu de travail du Gouvernement du Canada (CCMTGC). L'É met FC se remettra à la levée de fonds pour Sans Limites dès janvier prochain.

17 Wing Influenza Immunization Launches



17 WComd Col Andy Cook gets immunized for influenza by Lt Katie Peddle at the immunization clinics at the Wing on 18 October. Photo: Bill McLeod, Voxair Manager

Having a needle poked into his upper arm was a very minor inconvenience compared to the overwhelming benefit, said Wing Commander Colonel Andy Cook just moments after receiving his influenza vaccination in the temporary clinic set up in the atrium of Wing Headquarters on October 18 for the launch of the 17 Wing Influenza Vaccine Campaign.

Col Cook and Wing Chief Warrant Officer Mike Robertson were the first two personnel to roll up their sleeves for the flu shot.

The makeshift clinic consisted of four tables with medical paraphernalia, staffed by DND Community Health Nurse Michelle Long, and three medical technicians: Corporal Braun, Lieutenant Katie Peddle, and Master Corporal Daniel Lapointe. Wing Surgeon Lieutenant-Commander Wade Brockaway was overseeing the entire effort.

"I would encourage all 17 Wing members and their families to get a flu shot," Col Cook said, a few minutes after his vaccination. "It helps prevent them from catching flu. They also won't transmit flu to young people and seniors and others." Seniors and young people can have weaker immune systems than the rest of the population.

Rather than relying on personnel coming over to 23 Health Services in Building 64 to obtain a flu shot, medical staff were taking the clinics to them, said LCdr Brockaway. The Wing Surgeon was posted here on August 8, 2016, and is a 23 year member of the CAF. He studied medicine at the University of Ottawa.

"This will make it more likely that they'll come and get vaccinated," he said.

The National Advisory Committee on Immunization (NACI) encourages annual influenza vaccination for all

Canadians six months of age and older who have no contraindications, says a Public Health Factsheet provided by LCdr Brockaway.

Influenza (the flu) is a respiratory infection caused by a virus. A person may not have symptoms but can still spread it to others through coughing, sneezing, and touching the virus on an object and then touching your eyes, nose, or mouth. Sharing food or drinks can also spread the virus.

Although it has symptoms similar to a cold, they are usually more severe. The flu can lead to pneumonia, bacterial infections and hospitalization which can be serious.

Manitoba flu season usually begins in the fall and lasts into the spring. Early fall is the optimal time for immunization. The flu vaccine will protect against four flu strains this year.

You can't get the flu from the vaccine and it's much safer to get the vaccine than to get the flu.

You should speak to a medical professional before getting the vaccine if you have serious allergies, especially egg protein, have Guillain-Barré Syndrome, or have had a previous reaction.

"It didn't hurt a bit," WCWO Robertson said, when asked about the vaccination he had just received. "It's very important we're getting the flu shot. It's not just for yourself, but for (the protection of) grandparents and kids too."

23 CF Health Services are offering eight scheduled Drop-in clinics for CAF Members. Immunization will occur on a first come-first served basis. A block of time has been dedicated for the administration of the influenza vaccine in October

and November.

Manitoba offers the seasonal flu vaccine free of charge to all Manitobans six months of age and older, so civilians and family members of regular force members and Class A reservists are encouraged to access the vaccine from their usual health care provider. Even many local pharmacies provide the service.

For more information, contact 23 Health Services, Manitoba Health or Health Links-Info Santé at 204-788-8200 or 1-88-3125-9357.

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435 Sqn Kidnaps and Flies Elephant Across Country



Tusker, the 413 Sqn mascot, visits the Manitoba Legislature during his tour of Winnipeg on October 4, 2016.
Photo: Cpl Paul Shapka

by Martin Zeilig, Voxair Photojournalist

The recent acquisition of another squadron's mascot is merely in keeping with the tradition of stealing mascots across the RCAF says Lieutenant-Colonel Kevin Kozak, Commanding Officer at 435 Squadron.

Tusker, a glossy brass model of an Asian elephant on an oak pedestal, is the official mascot of 413 Squadron at CFB Greenwood, Nova Scotia. He now rests in a place of prominence in LCol Kozak's third floor office in Hangar 16.

It all began after a CC-130 Hercules search and rescue aircraft commander, Captain Nick Heiler, was sent out to augment 413 Squadron in September. During the two week stay in Greenwood, Capt Heiler only flew twice and was unsatisfied with the accommodations.

With so much time on his hands Capt Heiler decided to mount a plan to kidnap Tusker.

"He sent it on our aircraft returning home," LCol Kozak said. "He stole it from their display case and put it onboard our aircraft. He asked for their Service Department to provide him with a trolley and he just wheeled it out."

In its place, Capt Heiler placed a 435 Sqn zapper (decal) on the now empty display case, so 413 Sqn would know who pulled off the caper.

"This is retaliation for their having stolen our mascot last year," LCol Kozak said. "They actually asked for bolt cutters from our service desk and they cut the chain. We weren't too smart about it. They took it back to Greenwood."

The 435 Sqn mascot is a chinthe, a leogryph (lion-like

creature) that is often seen at the entrances of pagodas and temples in Burma and other South and Southeast Asian countries.

Around the chinthe's neck is a royal chain necklace embellished with rectangular bronze plates that bear the names of various squadrons that have stolen the mascot over the years. 435 Sqn was formed in India back in 1944 and its first operations were in Burma while 413 Squadron was formed in Ceylon where wild Asian elephants are found.

Members of 435 Sqn have taken Tusker on a tour of Winnipeg and photographed it in front of prominent landmarks, some of which included the Legislative Building, the Pont Louis Riel, St. Boniface Cathedral, and the MTS Centre

A half-page advertisement for a found elephant will soon appear in the Aurora, the Canadian Forces newspaper at Greenwood. Terms for surrender of Tusker will be arranged following the publication of the ad.

This is not the first time that Tusker has been purloined. Another plaque is being created to commemorate the event.

"In the end, this theft has been good for Sqn morale and the unit has rallied behind a great prank," said LCol Kozak.



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Karate Seminar



Attendees of 17 Wing Shotokan Karate Club final karate seminar with Master Sensei Yutaka Yaguchi.
Photo: Maj David Treanor

by Martin Zeilig, Voxair Photojournalist, and Major David Treanor

From 13 to 15 October 2016, the 17 Wing Shotokan Karate Club had the honour of hosting the final karate seminar that Master Sensei Yutaka Yaguchi (9th Dan black belt), one of the most revered karate instructors in the world, would teach in Canada. "Master Yaguchi has been coming to teach in Winnipeg for approximately 42 years. He announced earlier this year that he would be retiring at the end of 2016," reported the 17 Wing Club Sensei (teacher), Sensei Jacqueline Ingrassi. "After traveling the world to teach karate, he has certainly earned a well-deserved rest."

Sensei Yaguchi was born in Hiroshima, Japan and began studying Shotokan Karate while attending Nihon University in Tokyo. He achieved his black belt (1st Dan) rating from Gichin Funakoshi, the founder of Shotokan karate. He was later invited to attend an instructor training program being conducted by Sensei Masatoshi Nakayama, a student of Funakoshi. Yaguchi became the fourth graduate of Nakayama's instructor programme. When the Japanese Karate Association (JKA) began expanding across the globe, Sensei Yaguchi was sent to the United States (1965) to teach karate. He began in Los Angeles, California and then moved to Denver, Colorado. In 1978, Yaguchi and four other senseis left the JKA to form the International Shotokan Karate Federation (ISKF). The organization quickly expanded across North America and today enjoys a truly international following. Much of ISKF's success is attributable to Sensei Yaguchi. He has maintained an incredible schedule for the past fifty years visiting, as frequently as four times a year, many of the dojos he helped to establish. "He has devoted his life to sharing his knowledge with his students" added Ingrassi, "he is one of the most respected, talented and beloved instructors in the world."

An ISKF seminar is simply a series of classes designed around the belt levels attending. There can be specific belt classes, mixed belt or instructor classes. The lessons can be led by a provincial level Sensei, a special invitee (i.e. some official visiting from another province), or in our case, a senior representative from ISKF. For the three days on the Wing, Sensei Yaguchi was joined by Sensei Joe Dixon, ISKF British Columbia and Sensei Larry Loreth, ISKF Manitoba, as well as a number of Manitoba based sensei. True to his style, Master Yaguchi took the time to explain why certain moves had to be made in a specific way, and the advantages of moving in that fashion. He then gave the students time to practice the techniques while the other sensei provided hands-on guidance. "I am still amazed at his ability to spot something amiss with the way a student is performing a move, even in a crowd of students three or four rows deep," added Maj Dave Treanor, President 17 Wing Shotokan Karate Club. The three days were truly special for many of the attendees, as Sensei Yaguchi and the other VIPs personally connected with the students, who came from around Manitoba, across Canada and the United States. The turnout for the farewell seminar exceeded expectations. When the brown and black belt class was held on Saturday there were over 100 people on the floor.

"Karate is one sport that you can become involved with at any age," said Treanor, who holds a brown belt. "I got into karate thanks to my granddaughter, who was taking classes here in Winnipeg. Instead of sitting on the sidelines, as I was doing, I tried a few classes four years ago and have been enjoying the challenge ever since". Sensei Ingrassi has a similar story regarding why she began studying the martial arts, "I began my study of karate 20 years ago after two of my children expressed an interest; and, I have been honoured to have taken all of my black belt testings under Sensei Yaguchi."

"It was a great honour for the 17 Wing Shotokan Ka-

rate Club to have been asked to host Sensei's final seminar in Winnipeg, to welcome karateka from around Manitoba and across Canada and to say thank you to Master Yaguchi for his years of devotion and teaching. We wish him well in his upcoming retirement," Sensei Ingrassi. ISKF Manitoba, the 17 Wing Shotokan Karate Club and the attendees would like to thank the PSP staff at 17 Wing for their support in making this amazing event happen.

Finkle Scholarship Now Accepting Applications

For the 21st year, the University of Manitoba and the Finkle family are offering the Flying Officer George Finkle Scholarship and Bursary. These awards are open to Regular Force Personnel and Reserve Force Members (and their immediate families.) Applicants should be based in Manitoba or Northwestern Ontario and enrolled in a Degree program at the University of Manitoba. The current deadline is October 31, 2014 and the letters of reference, etc. to be completed.

Flying Officer George Finkle was a north-end Winnipegger who was a master Navigator on Mitchell Bombers with the RAF 180 Squadron. He flew 60 missions against Nazi targets in WWII. During the 1950's, he was a member of 2402 Squadron of the RCAF as a Reservist Fighter Controller. Flying Officer Finkle passed away in 1993. These awards are dedicated to him and the Finkle Family's commitment to Canada and the Canadian Forces.

For more information please visit http://umanitoba.ca/student/fin_awards/media/Flying_Officer_George_Finkle_Memorial_Bursary_and_Scholarship_2016-2017.pdf

17 Wing Honours and Awards



17 Wing Commander Andy Cook (l) and Wing Chief Warrant Officer Mike Robertson (r) present MCpl D'eon with the Special Service Medal (Alert Bay) at the Wing Commander's Honors and Awards ceremony held at 17 Wing, Winnipeg on October 11, 2016. All Photos: Corporal Paul Shapka



CWO Robertson received the CD2.



Capt Kinley received the CD2.



Capt Wolter received the CD2.



Sgt Bugden received the CD2.



Cpl Gebauer received the CD2.



Cpl Lemoine received the CD2.



Cpl Morton received the CD2.



LCol Rosenlund received the CD1.



Sgt Kachur received the CD1.



PO2 Mossman received the CD1.



Sgt Pitawanakwat received the CD2.



MCpl Briggs received the CD2.



MCpl Gauthier received the CD2.



MCpl Longworth received the CD1.



2Lt Hines received the CD.



2Lt Wolak received the CD.



Sgt Borkofsky received the CD.



MCpl Morris received the CD.



Cpl Lunam received the CD.



Cpl Popescu received the CD.



Mr. Young received the 35 Yr Recognition Cert.



PO2 Mossman received the 17 WComd Commendation.



Sgt Coyle received the 17 WComd Commendation.



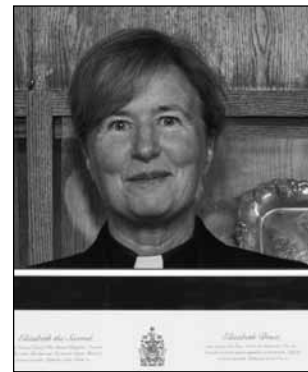
MCpl Boudreau received the 17 WComd Commendation.



Cpl Olson received the 17 WComd Commendation.



Cpl Boucher received the 17 WComd Coin.



LT (N) Fox received the Commissioning Scroll.



PO2 Mossman received the 17 WComd Commendation.

17 Wing Honours and Awards



LEFT: Col Andy Cook receives a gift from Maj McDonald and members of the 17 Wing Nijmegen Team with CWO Mike Robertson during the Honours and Awards ceremony held at 17 Wing, Winnipeg on October 11, 2016.



RIGHT: Personnel Support Programs members were honoured to have the Senior Vice President of PSP, Peter Atkinson, in Winnipeg to present their Long Service Awards. (L-R) Joanna Jarrett, Facility Coordinator, 15 years, Deanne Bennett, Community Recreation Coordinator, 10 years, Peter Atkins, Snr VP PSP, Misra Yakut, Voxair Accounts, 15 years, and Lee-Ann Brookes, Fitness and Sport Instructor, 5 years. Photo: Bill McLeod, Voxair Manager

1 CAD Honours and Awards



MGen Christian Drouin, Commander of 1 CAD, presents Capt Van Zyl the General Service Medal-Expedition during the 1 CAD Honours and Awards Ceremony, on October 14, 2016, Bldg 25, 17 Wing. All Photos: Cpl Darryl Hepner, 17 Wing Imaging



Cpl Lunn received the GSM-Expedition.



CWO Stewart received the CD2.



MWO Angelini received the CD2.



MCpl Sanheim received the CD2.



LCol Sabourin received the CD1.



WO Kirkup received the CD1.



Capt Gunner received the CD.



MCpl Coleman received the CD1.



MGen Drouin, assisted by 1 CAD CWO Scarcella, presents CWO Forward with the CWO Scroll.



CWO Frechette received the CWO Scroll.



Col Sabourin received the Comd CJOC Comm.



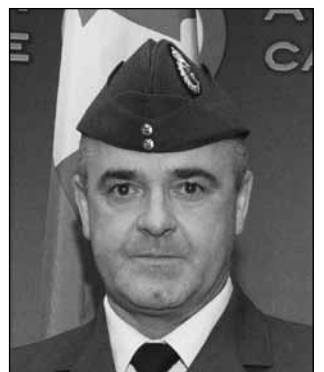
LCol Ash received the Comd CJOC Comm.



Maj Hanna received the Comd CJOC Comm.



Sgt Coutts received the Comd Comm.



MWO McDonald received the NORAD Award.



MS Breadner received the 1 CAD Coin.



LS Robinson received the 1 CAD Coin.



MGen Drouin promotes Lt Graeme Scott to Captain, assisted by Capt Scott's wife and CWO Scarcella.



MGen Christian Drouin, Commander of 1 CAD, addresses the audience during the 1 CAD Honours and Awards Ceremony, on October 14, 2016, Bldg 25, 17 Wing.

A Fire Fighter is Never Off-Duty



MCpl Boudreau safely extricates accident victims with assistance from other motorists. Photo: Supplied by witness

by MWO John Pereira, 17 Wing Fire Chief

When you're a Fire Fighter, your sense of vigilance is always at a heightened state whether you are on duty or just carrying out regular day to day activities. MCpl Jonathan Boudreau (then Cpl) from 17 Wing Winnipeg Mission Support Squadron's (MSS) Fire Hall found this

out first hand on 2 Jul 16 on what seemed like a normal summer day while returning from Annual Leave from Ontario to Winnipeg. While he was travelling Westbound on Highway 17 in Baker Creek, ON, he observed an RV overturning on its side while travelling in the opposite direction. MCpl Boudreau carried out an immediate U-turn to provide assistance to the occupants.

Foreseeing motor vehicle and traffic hazards such as onboard propane and opposing traffic, MCpl Boudreau immediately climbed onto the driver side that was facing up and pleaded with occupants to exit the vehicle. When this could not be performed by the occupants, he successfully forced the door open after multiple attempts. After both occupants were safely extracted and then escorted to a safe location, he commenced with medical assessment. Occupants were conscious but in a relatively high state of shock from the ordeal.

Not one to leave a patient behind, MCpl Boudreau

remained with the vehicle occupants, used his own cellular telephone and did not leave the incident, until the OPP arrived on scene an hour after the incident. Testimony from both OPP official and the occupants indicated that MCpl Boudreau remained calm, collected and very professional when interacting with both entities throughout, providing a calming effect to the vehicle occupants. OPP testimony went further on to praise MCpl Boudreau for his interaction with the occupants to reduce the medical shock of the ordeal and also his actions in safely directing traffic until OPP authorities arrived on the scene.

As a result of these actions MCpl Boudreau was awarded the Wing Commander's Commendation at 17 Wing on 12 Oct 16. The National Defence Fire Service and Canadian Military Engineering Branch are proud to have MCpl Jonathan Boudreau amongst their brethren and congratulate him on this outstanding achievement.

CHIMO!



MCpl Boudreau in fire fighter gear when he was based in Shearwater. Photo: MWO John Pereira, 17 Wing Fire Chief



Sgt Jonathan Gervais serves a dollop of beans to a Master Corporal at the Transport, Electrical, Mechanical Engineering GCWCC Breakfast on October 20. Photo: Bill McLeod, Voxair Manager



A good turnout early in the morning at the TEME Breakfast on October 20. Photo: Bill McLeod, Voxair Manager

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Around The Wing



Sgt Marleau Belanger of the RCAF Band plays the Last Post at the Winnipeg Jets "Kroppy" Tribute at their season opener. Superfan Len Kropioski aka "Kroppy" was honoured by the Jets on October 13. Photo by Jon Kozub.



Colonel Joel Roy and Lieutenant-Colonel Aaron Spott drag a simulated body at the 1 CAD Sports Tabloid on October 12. Photo by Bill McLeod, Voxair Manager.



Geocaching turned out to be a popular event on the Wing during CAF Sports Day in Canada. Sgt Nathan Kachur explains the event to participants prior to beginning on October 21. Photo by Bill McLeod, Voxair Manager.



Geocaching turned out to be a popular event on the Wing during CAF Sports Day in Canada. Sgt Nathan Kachur explains the event to participants prior to beginning on October 21. Photo by Bill McLeod, Voxair Manager.

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Trying New Things at CAF Sports Day in Canada

by Martin Zeilig, Voxair Photojournalist

Corporal Jules Darlin, who works at Wing Construction and Engineering, was smiling broadly as he sat on a bench waiting to be called into the co-ed volleyball game in Building 21.

It was Military Sports Day in Canada on October 21. At 17 Wing, the day was organized by Chris Merrithew, Sports Coordinator, Personnel Support Programs.

Sports Day in Canada is a celebration of sport at all levels, according to a brochure from PSP Sports. Sports are considered an integral part of the continuing and development of CAF members because they teach teamwork and leadership. A sports program can help to improve physical and mental health, promote community, and build relationships.

Last year, over 16,000 people participated in over 200 Sports Day activities worldwide within the CAF Community, says the CAF Sports Day website.

"It's not a high level of volleyball," said Cpl Darlin, a member of the 17 Wing base volleyball team. "It's fun. I only know one other person on the team. You sign up for the sport and they (the organizers from PSP Sports) put you on a team. There's no smashing of the ball."



John Bailey (right), MFRC Employment Coordinator, and CWO Graham James (left), 17 Wing MSS CWO, participate in the squash during the 2016 Sports Day in Canada, at 17 Wing. Photo: Sgt Daren Kraus

He also said that the relaxed nature of the game gave him an opportunity to work on body positioning in volleyball.

Besides volleyball, military and civilian personnel could participate in a Bubble Ball Soccer Challenge, Zumba, Power Yoga, Squash, Geocaching, a curling fun spiel, trampolining, and wall climbing. The events took place at locations throughout the Wing and city.

"It was great," said a beaming Major Audrey Bourassa, an Aircraft Maintenance Engineer at 435 Squadron, after the high energy, low impact 45 minute Zumba class. The class included hip-hop, salsa, samba, and other music blasting from two large amplifiers and was led by Cristian Sadeh in Building 21. "The day is fantastic because we get to try things we don't normally do."

She enjoyed the Zumba, a dance fitness program created by Colombian dancer and choreographer Alberto "Beto" Perez during the 1990s, because, as Maj Bourassa said, "I like to dance and have fun."



Members of 17 Wing participate in the Bubble Ball soccer challenge during the 2016 Sports Day in Canada, at 17 Wing. Photo: Sgt Daren Kraus

"Zumba is a fun workout, but it feels like a party," said Sadeh, a native of Brazil who is married to a RCAF member. "It helps promote a healthy lifestyle and deal with the stress of life."

"It's a good day for people to come out and participate in sports, try new activities, and build relationships and team work with your co-workers," said Stefan Dowhayko, a PSP Fitness and Sports Instructor who helped organize the events in Building 21.



Members of 17 Wing participate in the Bubble Ball soccer challenge during the 2016 Sports Day in Canada, at 17 Wing. Photo: Sgt Daren Kraus

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GG Presents MSM to RCAF 1 CAD Member



Governor General David Johnston presents the Meritorious Service Medal (Military Division) to Major Stéphane Grégoire on October 6, 2016 at Rideau Hall. Photo: MCpl Vincent Carbonneau

Major Stéphane Grégoire, a member of the Royal Canadian Air Force, received the Meritorious Service Medal (Military Division) on the morning of October 5, 2016.

Governor General David Johnston presented the decoration during a ceremony held at the Residence of the Governor General at the Citadelle in Québec City.

More than 60 Canadians were recognized during two ceremonies for their excellence, courage or exceptional dedication to service with one of the following honours: an Order of Merit of the Police Forces, a Decoration for Bravery, a Meritorious Service Decoration, a Polar Medal or a Sovereign's Medal for Volunteers.

Major Grégoire, who hails from Montreal, Quebec, currently works at 1 Canadian Air Division, which is headquartered in Winnipeg, Manitoba. His citation reads as follows:

"From June 2008 to March 2015, Major Grégoire distinguished himself as a key executive and visionary with 2 Air Expeditionary Wing in Bagotville, Quebec. His innovative approach, leadership and dedication helped to bring about a remarkable evolution in the expeditionary capacity of the Royal Canadian Air Force (RCAF). A proactive leader, Major Grégoire established the first operations-support element, a vital tactical element of the RCAF's air expeditionary operations, all to his credit."

The other recipients of the Meritorious Service Medal (Military Division) were eight members of the Royal Canadian Navy who battled a catastrophic and potentially

fatal engine room fire on board Her Majesty's Canadian Ship Protecteur in February 2014.

"Today, we recognize hard-working police officers; brave Canadians; military personnel and civilians; experts on Canada's North; and generous volunteers," said the Governor General. "All of you are great Canadians, making this a better country, one day at a time, one remarkable act at a time. Canadians join me in saying thank you for your compassion, for your excellence, for your sacrifices."

"These honours—but more importantly, your actions—inspire others to get involved in their communities. What you've done has a remarkable side effect, as when a drop of dye is added to a glass of water. The effect is transformative."

"Your actions encourage us to strive for greater things and to pursue excellence."

The Governor General presents honours on behalf of all Canadians in communities across the country to help share inspiring stories, celebrate tremendous contributions to our society and connect with Canadians. From community volunteers to astronauts, from actors to members of the military, from scholars to everyday citizens, hundreds of Canadians earn our applause and gratitude

Nursing Students Intern at Health Promotion



PSP Health Promotion nursing students Hayley Clyne (left) and Krista Stuhldreier (right). Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

For Diane Brine, 17 Wing PSP Health Promotion Specialist, having the help of fourth year students from the Faculty of Nursing University of Manitoba, will enable PSP Health Promotion to, in her words, "enhance" its programs.

Krista Stuhldreier, Hayley Clyne, Madison Watts and Janelle Perron are the four students doing a mandatory nine week clinical rotation for community health at Health Promotion. The students are working in units of two-- Stuhldreier and Clyne are together, while Watts and Perron are partnered -- for two days a week at Health Promotion.

PSP Health Promotion has been getting students from the Faculty of Nursing for the past eight or nine years, Brine not-

ed, adding that the Faculty places students in different agencies throughout Winnipeg to do their clinical placements.

"We may provide suggestions as to what they want to do here; but, it's better if they have ownership (of a project)," she said, during an interview with The Voxair recently. "When they come here, we show them our calendar of programming."

The students are allowed some leeway to develop their own projects, Brine explained.

For example, she pointed to the work the students are doing in preparation for the Addictions Awareness Campaign at the end of November, and the workshop they will run for personnel around the Christmas holiday season.

"We're looking forward to working with the Addictions Awareness Campaign and Managing the Angry Moments Mental Fitness (workshop)," said Clyne 24, who noted that, while she was born in Winnipeg, her family is from Brokenhead Ojibway Nation, a Treaty 1 Nation located northeast of the Winnipeg on Hwy. 59.

She pointed out that she was inspired to study nursing because of the care she received from nurses during her stay in a hospital as a child.

"I watched them hanging the I.V. (intravenous) lines," Clyne said. "They all seemed happy and enjoyed their work; and, I thought it was something I could do."

In a similar vein, Stuhldreier, 21, said she was influenced by the nurses in her family.

"I enjoy working with people," she added, mentioning that she'd like to work in Burn Units or be a Travel Nurse after graduation.

Stuhldreier said she's been learning a lot about the Canadian Armed Forces since beginning her clinical rotation here at the end of September.

"I didn't know much about them before," she acknowledged.

"I can see a very strong sense of community on the base," Clyne observed. "Everyone seems to respect each other. It's quite a positive experience. I thought it was interesting all the resources available (to personnel here). It's like a city within a city."

Stuhldreier said that doing her clinical rotation at 17 Wing is

a "productive use" of her time.

"There's always a need for Health Promotion, especially within such a tight knit community where there's a need to take care of themselves," she explained.

Clyne commented that there are areas of Health Promotion that apply to every community whether it is at 17 Wing or the inner city.

"There's always opportunities to promote health," she emphasized.

Meanwhile, Watts commented that PSP staff are very open to questions and comfortable in this milieu.

"I was so surprised that there was a whole community here," she said. "I didn't realize they have everything here."



PSP Health Promotion nursing students Madison Watts (left) and Janelle Perron (right). Photo: Martin Zeilig, Voxair Photojournalist



**17 WING
JUNIOR RANKS**

MONDAY – THURSDAY

Lunch 1130 – 1300 hrs
Afternoon 1500 – 1900 hrs

(Hours may be extended to 2200 hrs depending on attendance)

FRIDAY

Lunch 1130 – 1330 hrs
Afternoon 1500 – 2400 hrs

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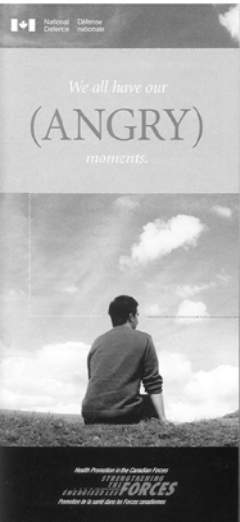
Men's Clothing, Main Floor, at the Bay.





... May 30th, 1952, Volume 1, Issue 1.

In 1952 a good tailored uniform at Hudson's Bay Company could cost you \$115, which doesn't seem like much until you realize that it was probably two weeks or more salary.



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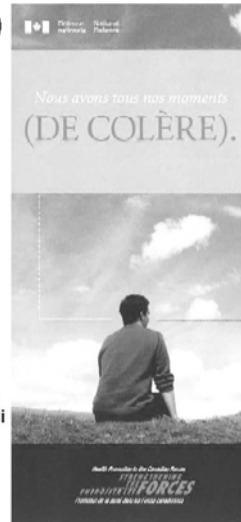
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Through education, MAM aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.


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17 & 18 November 2016
0800-1600 hrs & 0800-1200 hrs

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

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

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17 et 18 novembre 2016

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

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Tuesdays, November 8, 15 & 22

1:30 to 3:00 p.m.

For 3 - 5 y.o.

Westwin Children's Centre, 642 Wihuri Rd.

\$15 per child

Registration deadline: November 1

« BRAIN BUILDERS » MACHINE SIMPLE

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Les mardis 8, 15 et 22 novembre

De 13 h 30 à 15 h

Pour les 3 à 5 ans.

Centre pour enfants de Westwin – 642, ch. Wihuri

15 \$ par mois

Date limite d'inscription : 1er novembre

Présenté en anglais

MAD SCIENTIST FAMILY NIGHT

Spend an evening creating some hands on science experiments with your family.

Thursday, November 17

From 6:00 to 7:30 p.m.

For 2 - 5 y.o.

Westwin Children's Centre, 642 Wihuri Rd.

\$5 per family

Parent participation required

Registration deadline: November 10

SCIENCES FOLLES EN FAMILLE

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Centre pour enfants de Westwin – 642, ch. Wihuri

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La participation d'un parent est requise.

Date limite d'inscription : 10 novembre

Présenté en anglais

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6:00 to 7:00 p.m. or

7:00 to 8:00 p.m.

\$20 per session

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De 18 h à 19 h

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Holiday Card Making Workshop

Finding holiday cards in French in Winnipeg can be a challenge. At this workshop you will make 12 hand-made Holiday cards in 4 designs. You will follow easy instructions and all the materials will be supplied.

Monday, November 14

6:00 p.m.

\$10

Registration deadline: November 10

Dinner is included.

GRUPE DE FEMMES FRANCOPHONES

Atelier de fabrication de carte de Noël et des Fêtes
Trouver des cartes de Noël en français ici à Winnipeg peut s'avérer difficile. Lors de l'atelier, vous fabriquerez 12 cartes en 4 modèles différents. Vous n'aurez qu'à suivre les instructions faciles et tout le matériel sera fourni.

Lundi 14 novembre à 18 h.

10 \$

Date limite d'inscription :

10 novembre

Un repas sera servi.

MAKE AHEAD MEALS

Come out and prepare some meals ahead of time for those busy days. We will be making meals that you can prepare in the slow cooker or the oven. We will be making Lazy Lasagna; Zesty Italian Melts; meatless Taco Chili; Bruschetta Chicken and a taco seasoning blend. Please bring your own mixing bowls, cups, spoons and an apron if desired.

Saturday, November 19

1:00 to 3:00 p.m.

\$40

Registration deadline: November 14

REPAS PRÉPARÉS À L'AVANCE

Venez préparer des repas à l'avance pour les jours les plus occupés ! Nous allons préparer des repas que vous pouvez cuisiner dans la mijoteuse ou au four. Le menu comprend : une lasagne facile à préparer, des sandwichs grillés au fromage fondant style italien, un chili mexicain (sans viande), du poulet à la bruschetta et un mélange d'assaisonnement à tacos.

Samedi 19 novembre

De 13 h à 15 h

40 \$

Date limite d'inscription :

14 novembre

Veillez apporter vos propres bols à mélanger, tasses et cuillères à mesurer et un tablier (si désiré).

Présenté en anglais

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Sign up at MFRC by **Monday 12 December** Limited space available

FOR INFO: Adrienne Lagace, Reserve Outreach Coordinator, Winnipeg MFRC
Ph. 204-833-2500 ext. 4506 • email: adrienne.lagace@forces.gc.ca

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Today's Trivia Answers

- 1903.
- The Boston Americans (later Red Sox) beat the Pittsburgh Pirates 5-3 in a best of nine series.
- Don Larsen of the New York Yankees pitched the first, and so far only, perfect game in World Series history. In game five he struck out pinch hitter Dale Mitchell of the Brooklyn Dodgers with his 97th pitch for the 27th consecutive out.
- Yogi Berra, New York Yankees – ten (1946-1965).
- Joe DiMaggio, New York Yankees – nine (1936-1951).
- In game six of the Series, Jackson hit three home runs on the first pitch off three different Los Angeles Dodgers pitchers.
- Babe Ruth, New York Yankees – 1926. Ruth did it again in 1928 and is the only player to accomplish the feat twice.
- Babe Ruth pointed to the centre field bleachers supposedly calling where he would hit the next pitch off Chicago Cubs pitcher Charlie Root. The home run was estimated to have travelled over 500 feet.
- Joe Carter, Toronto Blue Jays – 1993. Carter's three-run shot beat the Philadelphia Phillies 8-6 to win the Series 4-2 and give the Blue Jays their second consecutive World Series title.
- Second baseman Bill Mazerowski hit the blast in the bottom of the ninth inning off Yankees pitcher Ralph Terry to break a 9-9 tie game. It was the first time a home run ended the seventh game of a World Series.
- In game five, second baseman Bill Wambsgass made an unassisted triple play. Statistically, an unassisted triple play is rarer than a perfect game.
- Cleveland's Elmer Smith hit the first World Series grand slam home run and the Indians' Jim Bagby Sr. hit the first World Series home run by a pitcher.
- Lew Burdette.
- 1976.
- Cincinnati Reds defeated the Yankees in four games.
- Mickey Lolich of the Detroit Tigers.
- New York Yankees – five (1949-1953).
- 1969 – 4-1 over Baltimore Orioles.
- Boston Red Sox. After the Red Sox sold Babe Ruth (the Bambino) to the New York Yankees in the off-season of 1919-1920, the Red Sox went for 86 years from 1918 to 2004 without winning a World Series.
- Chicago Cubs. Billy Goat Tavern owner Billy Sianis used to bring his pet goat (named Murphy) to the Cubs' home games at Wrigley Field. During game four of the 1945 World Series against the Detroit Tigers, Sianis was asked to leave the stadium because some fans objected to the smells emanating from the goat. Sianis was outraged and allegedly declared, "Them Cubs, they ain't gonna win no more." The Cubs have not won a World Series since 1908 nor played one since 1945.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Renew your commitment to your own priorities. Give up what is no longer working. Use your own unique method to tackle a challenge. Success is a given. Still, when you are in charge, be respectful of others for in the end you will need to be proud of how you achieved success.

Taurus (April 20 – May 20): Methodically organize people and tasks when planning a big event. Share the joy of your home with others. Celebrate when things are going well. Yes there are bumps in the highway of life but it would be boring without them. Onward and up. Embrace innovation and flexibility.

Gemini (May 21 – June 21): The end is in sight and it all looks good. It's time to relax with friends who helped support you through a challenging period. You'll have more spare time to help others manage their own stuff. And you've learned so much you have helpful insights to share. Find your "happy place."

Cancer (June 22 – July 22): Learn how to use technology and tools to simplify tasks. Schedule equal amounts of work and fun if possible. Do less of what others expect of you and more of what you want to do. Leisure activities and recreation are beneficial. Contact loved ones and share quality time with them.

Leo (July 23 – August 22): Find a way to integrate what you enjoy doing into your work life. Or look for jobs where you can express your creativity and be innovative. You need to feel heard. When you find your niche work isn't really work. And the paycheque provides for the luxuries; a rewarding bonus.

Virgo (August 23 – September 22): Prepare for the possibility that someone could hijack your plans. You've done your part so don't feel you have to cave to pressure. Review your work and document the key points so that you have this reminder if you doubt yourself or have to defend your actions.

Libra (September 23 – October 23): Writing and talking about a cause that concerns you is highlighted. You are seeking fairness for yourself and others. It's easier to get something done when you have help so invite your friends to do so. Never mind the naysayers. Standing up for your beliefs counts. Just do it.

Scorpio (October 24 – November 21): Your energy increases as you make changes. Fill your calendar with exciting new adventures (big and small). Spend time with upbeat individuals. More isn't necessarily better. Live life from the heart, enjoying what you have, not just living from bill payment to bill payment.

Sagittarius (November 22 – December 21): You're reaping the rewards of all that you have done. Reality can be joyful but also harsh at times. Keep to yourself when times are tough, but use the time wisely don't just drift along during "time outs." Researching and planning how to meet new goals is calming for you.

Capricorn (December 22 – January 19): Don't try and maintain the status quo. Past efforts brought you to this point but you can't stop life where you like it. Meet new people as those you know start to drift away. You need alone time though so don't over-crowd your living and work space or your schedule.

Aquarius (January 20 – February 18): You might feel overwhelmed but be patient with yourself and others. Wait for the proper tools to be available and the right supports instead of "making do." Follow the instructions. You'll feel more comfortable when you go with the flow instead of trying to force things.

Pisces (February 19 – March 20): The daily grind might feel exhausting but stick with it. See it as a dance to transform how you feel about it. Stay open to the flow of life. Completing things is rewarding. You're entering a new life phase. Meet your needs by assisting others and sharing your knowledge. Network.

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Chaplain's Corner

Keep Hope in Your Heart

by Padre Lesley Fox

There are all times in our lives when we feel our hope waning. At its lowest ebb, living without hope will lead us to despair, and despair will lead us to those black thoughts, and those black thoughts can lead us to places where we need not go. Hope is a theological word. It is not the same thing as optimism, wishful thinking, or even coping. It is also a word filled with paradox, since it is possible to have everything that you could possibly need in life and still feel hopeless, or you can be in the worst life conditions possible and still have hope. Much like love, it is a word that should be viewed not as a noun but as a verb. We need to find hope, keep hope alive, and build hope into our lives on a daily basis.

One of the courses I took in my doctoral program was on hope based counselling techniques, in other words, helping people find hope in their lives in order to continue, because it is an essential quality in our humanity tool box, and even though you cannot pin it down, you certainly can feel it when your hope is waning. Some of our most gifted writers who lived through the horrors of the Holocaust were people like Elie Wiesel who chose to keep their hope alive in the worst of circumstances, and lived through those circumstances when others did not. In my class, each student was asked to bring in an image of hope to our Professor. I chose Manitoba's "sun dogs"

which was a new natural phenomenon for those in more moderate climes! In the coldest, most frigid temperatures, often rainbows will light our skies.

There are ways to build more hope into your lives, in spite of the circumstances you may have to endure in the present. Others can keep hope alive for you, if you are low on hope, so your friends can be keepers of hope in your lowest times. Artistic expression, finding ways to be closer to nature, acts of service, seeking out comedy are some of the many ways we can reignite hope in our lives, and there are many other tools.

I remember once working with a palliative patient who kept her hope alive in unique and manifold ways. She wrote letters and talked to her loved ones about how they would move forward when she was gone, in effect, she gave her strength over to others before she died. She firmly believed in a life beyond life, and this reality helped her close one door successfully before opening the next one.

Emily Dickinson once wrote, "Hope is the thing with feathers that perches in the soul – and sings the tunes without the words – and never stops at all." Always keep hope alive in your hearts, practice hoping, and know that you are never alone in whatever circumstances you may find yourselves.

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RC Chapel Announcement / Annonces de la Chapelle CR

Bilingual RC Children's Liturgy:

During the 1100 hrs Sunday Liturgy, children ages 3-10 are invited to join Padre Lamarre frederic.lamarre@forces.gc.ca) and our catechetical team for Children's Liturgy. The readings of the day will be explained in an age appropriate level in both French and English. No registration necessary, but a parent/ guardian must stay for the Sunday 1100hrs Mass!

Sacramental Preparation:

Roman Catholic Sacramental Preparation for First Reconciliation (must be at least age 7) will begin 30th October 16 at 0930 in the annex. Please register in advance via email to Padre Dompierre emanuelle.dompierre@forces.gc.ca.

Liturgie bilingue CR pour les enfants

Au cours de la liturgie de 11 h le dimanche, les enfants âgés de 3 à 10 ans sont invités à se joindre au Lt(v) Lamarre (frederic.lamarre@forces.gc.ca), aumônier, et à notre équipe catéchistique pour la liturgie des enfants. Les lectures de la journée seront expliquées en français et en anglais en tenant compte de l'âge des enfants. Aucune inscription n'est nécessaire, mais un parent/gardi-en doit assister à la messe de 11 h du dimanche.

Préparation aux sacrements

La préparation aux sacrements de l'Église catholique romaine pour la première célébration du pardon (âge minimal de 7 ans) commencera le 30 octobre 2016 à 0930 dans l'annexe. Veuillez vous inscrire à l'avance auprès du padre Dompierre par courriel, à emanuelle.dompierre@forces.gc.ca.

Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE (English Only) 0900 hrs
COMMUNITY SERVICES

Sunday School: It is held during the service for children ages 3 to 12. Childcare is provided on an as-required basis for children under 3 years of age.

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 Lesley Fox
(United Church) - *Chapel Life Coordinator*
ext 5785

Padre Kevin Olive
(Pentecostal)
ext TBA

Padre Greg Girard
(Christian Reformed) **Det. Dundurn**
306-492-2135 ext 4299

17 Wing
204 833 2500



17 Wing Community Chapel
2235 Silver Avenue
(Near Whyteford)



Administrative Assistant
ext 5087

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

CHAPLAINS

Padre Hope Winfield
(Roman Catholic Pastoral Associate)
- *Wing Chaplain*
ext 5417

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

Padre Emanuelle Dompierre
(Roman Catholic Pastoral Associate)
- *Mental Health Chaplain*
ext 5086

Padre Frederic Lamarre
(Roman Catholic Pastoral Associate)
ext TBA

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.*

MAIN OFFICES
Building 64,
Lower Level, North End.

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.

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