



LEST WE FORGET



The Winged Victory statue in front of Deer Lodge was created by Montreal sculptor Coeur de Lion McCarthy and dedicated to employees of the Canadian Pacific Railway killed in the First World War. It was originally unveiled on 28 April 1922 in front of the CPR Station on Higgins Avenue, moved in 1989 to the CPR office building on Martha Street and the Intrepid Society donated a new base and moved the monument to its present location in 2003. Photo: Bill McLeod, Voxair Manager

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Halloween Howl a Hit



Dressed as Rey and BB-8, Sheena and son Erik pose with her mom Nancy, dressed as a minion.

Photo: Becky Major, Voxair Photojournalist

by Cpl Becky Major, Voxair Photojournalist

Where would you go to decorate cookies with Pikachu, Iron Man and The Flash? The Annual Halloween Howl of course! Held in the 17 Wing Base Gym on Saturday, October 29th, this event brought out creative costumes from kids and parents alike. Activities included a haunted house, bumper balls, and Halloween movies to name a few.

Sheena Labossiere attended the event with her son Erik, one and a half years old, and her mother Nancy Holland who was visiting from Vancouver. Sheena and Erik had Star Wars themed costumes which she made

herself. Sheena was dressed as Rey, and handmade a droid BB-8 costume for Erik, nicknamed "Baby-8." Sheena was a first timer at the Hallowe'en Howl, as her family was just posted here from Comox, BC. "We're new to Winnipeg and we're trying to get out as much as we can. This event seemed like a great opportunity." Erik's favourite part of the day was his orange balloon sword which he did not let go of all afternoon.

Ashley McGraw, who works as Senior Recreation Leader at PSP, was ensuring everything ran smoothly. She got into the Halloween spirit by dressing as Snow White and had a glitter tattoo of an apple on her hand to go with the outfit. Ashley said the glitter tattoo station had been busy all day and almost all the kids had some sparkle on their faces.

The highlight of the day was the Costume Parade. Kids had the chance to march across the theatre stage one by one to show off their costumes while an announcer read out their name, costume and why they chose their characters. The participants were cheered on by the other children and enthusiastic parents took plenty of photos.

One especially confident parade member was Kennedy, age 6, who was dressed as a policewoman. "I want to be a policewoman and fight crime when I grow up," she explained while showing off her handcuffs. Her parents, Stacey Grocholski and Andrew Gandier, have come to the event for the past two years and were also there supporting Liam, age 7, dressed as The Flash.

Correction: The Voxair would like to apologize for 3 captions in the 1 Canadian Air Division Honours and Awards section in Issue 19 that incorrectly identified Major-General Christian Drouin, OMM, MSC, CD, 1 CAD Commander, as a Brigadier-General.

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A Lasting Legacy

People often can't help but smile when they see six-year-old Kamryn Bond lay a wreath with her friend, Shannon Krasowski, 40, at their local Remembrance Day ceremony. Although an unlikely pair, they are both amputees and are part of a legacy that goes back nearly 100 years.

Kamryn is a member, and Shannon a graduate, of The War Amps Child Amputee (CHAMP) Program. It was war amputee veterans returning from the First World War who created The War Amps in 1918, its Key Tag Service in 1946, and later, the CHAMP Program. Since 1975, thousands of child amputees across Canada have received financial assistance for their artificial limbs through CHAMP and attended regional seminars where they learn about growing up as an amputee.

When Kamryn was 11 months old, both of her legs, right hand, and several fingers on her left hand, were amputated due to a respiratory illness. Shannon's left leg was amputated when she was 13 years old due to bone cancer.



Kamryn Bond (left) and Shannon Krasowski lay a wreath in Grand Prairie, AB. Photo: Supplied.

They met three years ago at their local Remembrance Day ceremony in Grande Prairie, Alberta. That year, Kamryn watched Shannon lay a wreath on behalf of The War Amps Operation Legacy, but ever since, it has been a tradition they share.

While growing up as a Champ, Shannon met many war amputee veterans and heard their firsthand accounts of the devastation of war. "They passed this legacy to us younger amputees and now it's our turn to share their stories, so that we never forget their sacrifices," she says.

Although Kamryn is still quite young, her mom, Dale, says it is important for her daughter to lay a wreath on Remembrance Day. "It builds the foundation for her to understand how much our war veterans gave up for our

Sports Trivia

Lest We Forget

by Tom Thomson and Stephen Stone

1. This stadium in Montreal is named after a Canadian Olympian and Stanley Cup champion killed in the First World War.
2. This Canadian Olympian, killed in the First World War, was Canada's aboriginal police officer.
3. This Canadian Olympian, killed in the First World War, won 2 bronze medals for rowing in 1908.
4. This Canadian Olympian, killed in the First World War, was the winner of the 1914 Boston Marathon.
5. This Canadian Olympian, killed in the First World War, captained Canada's Davis Cup tennis team in 1913.
6. How many Olympians are known to have been killed in the First World War?
7. This Canadian Battalion of the Canadian Expeditionary Force (CEF) was known as the Sportsmen's Battalion.
8. This champion swimmer served in the Canadian Women's Army Corps in the Second World War and was the first Canadian to swim the English Channel.
9. Which Canadian Major League Baseball pitcher served in the Royal Canadian Air Force and was a POW in the Second World War?
10. Which members of the baseball hall of fame saw military service in more than one conflict?
11. This Canadian Olympian earned the nickname "Man of Bronze."
12. This Canadian Olympian, killed in the Second World War, competed in rowing at the 1932 Olympics in Los Angeles.
13. This Canadian Olympian, killed in the Second World War, competed in five events in fencing at the 1936 Olympics in Berlin.
14. This Canadian Olympian, killed in the Second World War, was a Canadian Amateur Bantamweight Boxing champion.
15. This Canadian Olympian, killed in the Second World War, was B.C. mile champion in 1936.
16. This Canadian Olympian, killed in the Second World War, won a bronze medal in rowing at the 1928 Olympics in Amsterdam.
17. This team won the gold medal in ice hockey at the 1920 Olympics in Antwerp.
18. This team won the gold medal in ice hockey at the 1958 Olympics in St. Mortiz.
19. This Canadian Olympian, killed in Afghanistan, competed at the 1992 Olympics in Barcelona.
20. What are the Invictus Games?

Sports Trivia Answers on page 18

freedom."

When Shannon was younger, she shared a close bond with one particular war amputee veteran. He gave her a lion statue because he said that she had the courage of a lion. Shannon says, "I have since passed this statue down to Kamryn to recognize her courage, and I hope that one day she will pass it down to another young amputee, who looks up to her."

According to Shannon though, Kamryn is already a role model to many people. "Kamryn epitomizes what CHAMP is all about. She has such a great attitude and her positivity makes everyone smile. You can't help but be in a great mood when you're around her."

Dale says that because Kamryn and Shannon are both amputees, they share a unique bond. "It's important for Kamryn to have someone who understands what it's like to be an amputee, especially as she gets older, because she will have questions that I won't always know the answers to."

Dale adds, "We will always be appreciative of the work of the war amputee veterans and the message they have left for young amputees like Kamryn to carry into the future. It is for this reason that she lays a wreath every year in their honour, and will do so for many years to come."

VOXAIR

OFFICE HOURS

Monday to Friday
0830 -1500 hrs

CONTACT

Ad Sales/Main Office
(204) 833-2500 ext 4120

Accounting
(204) 833-2500 ext 4121

Submissions/Reporter
(204) 833-2500 ext 6976

voxair@mymts.net
+VOXAIR@PersSvc@Winnipeg

VOXAIR STAFF

LCol Genevieve Lehoux
Dep Wing Commander
(204) 833-2500 ext 5281

Rick Harris
Managing Editor
(204) 833-2500 ext 4299

Bill McLeod
Voxair Manager
(204) 833-2500 ext 4120

Martin Zeilig
Photojournalist
(204) 833-2500 ext 6976

Maureen Walls
Sales Coordinator
(204) 895-8191

Capt McCulloch-Drake
Wing Public Affairs Officer

Broose Tulloch
Layout/Ad Design

Misra Yakut
Accounting

Traci Wright
Proofreading

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Teams Battle at GCWCC Ball Hockey Tournament

by Cpl Becky Major, Voxair Photojournalist

Friday, October 28, 2016 marked the 11th Annual Ball Hockey Tournament at 17 Wing. Eight teams from different units all over the base came out to get fit and have fun while also supporting the Government of Canada Workplace Charitable Campaign. Registration fees for each team raised \$200 for the campaign. The round robin tournament offered 25 minute games between 8am-1pm, with intermittent breaks for each team.

Opening ceremonies began at 0745 hrs with the Wing Commander, Col Andy Cook, accepting a cheque from John Clarey, manager of SISIP Financial Services, which represented a combined donation from Canex and SISIP. "Canex and SISIP donate to the 17 Wing Fund because it is an investment back into the community, and we want to provide support for activities that encourage morale and welfare."

The cheque, in the amount of \$105,481.00, was en-



John Clarey (second from left), presents a cheque on behalf of CANEX and SISIP Financial Services to 17 Wing on October 28. (L-R) Snr Mgr PSP, Rick Harris, John Clarey, WComd Col Andy Cook, and WCWO Mike Robertson. Photo: Cpl Paul Shapka.

thusiastically received by Col Cook, who expressed the importance of working together with SISIP and Canex. "We often promote these two organizations among our members and this is a great example of why we do that. They like to give back, and help us do things like this tournament here today." CWO Robertson, Wing Chief, mentioned Tim Hortons as a company that works to support 17 Wing as well, including the coffee and muffins available to participants that morning. Finishing off his speech, Col Cook told participants to have fun, get fitter and have a great day.

Some of the participating teams came up with creative names for the day including "Grease Pigs" (TEME), "The Beefy Bisons" (FireHall) and "Deez Wingnutz" (WTISS). One team from CFSSAT, "The Dead Rabbits" even made up matching team shirts. Although there was some competitiveness in the air, members were mostly there to have a good time and promote team building

Importance of Hearing Lecture at the Learning and Career Centre

by Martin Zeilig, Voxair Photojournalist

Andrea Richardson-Lipon (Au.D., Aud (C)), Doctor of Audiology at HearingLife Canada, maintains that having your hearing checked regularly should be part of your overall health maintenance routine.



Dr. Andrea Richardson-Lipon at Lunch and Learn. Photo: Martin Zeilig, Voxair Photojournalist.

She observes that the topic is very relevant for members of the CAF. Personnel can have their hearing damaged by explosions and gunfire when posted in war zones, or due to other loud noises such as aircraft engines, without wearing proper ear protection. On November 1, Richardson-Lipon gave a presentation on The Importance of Hearing to a group of civilian and CAF personnel, at a Lunch and Learn session at the Learning and Career Centre (LCC), Bldg 135.

HearingLife Canada (located in the Medical Arts Building downtown) is part of the largest hearing health-care network in Canada, with over 200 clinics located throughout British Columbia, Alberta, Saskatchewan, Manitoba and Nova Scotia, according to the company's

website.

"We brought her in because I never realized how important your hearing is until after I had my hearing checked in August at the HearingLife Canada," said Mary Jane Fisher, Learning Advisor at the LCC. "I started talking with Andrea, and then I came to realize how important one's hearing is. You generally take it for granted."

Captain Dave Fouts, recently retired from the CAF after 42 years of service, said Richardson-Lipon's presentation was worthwhile. "When you're young, you don't think of these things," he said. "But, it's really important to be aware of your sight and hearing, and other functions, as you age." He noted that he has hearing loss in both ears due to having been in the infantry for many years, and later working in an office near the runway at 3 Canadian Forces Flying Training School (3 CFPTS).

Richardson-Lipon pointed out that people get their eyes and teeth checked on a regular basis, and visit their family physician for a yearly checkup. "So, why not have your hearing checked too?" she suggested. Richardson-Lipon obtained her Doctor of Audiology (Aud. D.) from Idaho State University.

Richardson-Lipon points to telling statistics from the Canadian Health Measures Survey of 2012 and 2013. According to the surveys, 20% of adults aged 19 to 79 have at least mild hearing loss in one or both ears. The prevalence of hearing loss also increases with age: 47% of adults aged 60-79 experience hearing loss, compared to 16% of adults aged 40-59, and only 7% of those from 19-39.

According to the HLC website, our hearing system is divided into four key areas: the outer ear, the middle ear, the inner ear and the central auditory pathways. "All four components work together to allow us to hear as we do," notes the online material. "The sound first enters the ear at the pinna where it is funnelled down the ear canal. The ear canal has hairs and glands that produce wax called cerumen. Cerumen keeps the ear canal moist and lubricated. Sound travels through the ear canal where it meets the tympanic membrane or eardrum."

"The vibrations at the eardrum set the bones of the middle ear into motion. The three bones are called the ossicles which include the malleus, incus and stapes.

These three bones are the smallest bones in the human body. The third bone, the stapes, transmits the vibrations of the middle ear to the inner ear through the stapes footplate."

Damage or impairment to any one of these components that make up our hearing system can contribute to hearing impairment, notes the HLC website. "Hearing loss can mislead our brain with a loss of audibility and distortion in the message that is trying to reach the brain," it explains. "The ears and the brain work together in a sophisticated manner to process sound and allow us to hear as we do."

Having your hearing checked regularly can lead to early intervention and detection of the problem, Richardson-Lipon emphasized. She said that a hearing exam begins by a client first filling out a case history form, after which she discusses it with you. "Then, I look in your ears to make sure there's no (excess) wax," Richardson-Lipon noted. "I look inside at your eardrum and I do a middle ear test to make sure there's no fluid buildup behind the eardrum."

Then she does a hearing test, which includes a speech understanding assessment. "I say words into each ear separately, and then you repeat them back to me," Richardson-Lipon said. "After that, I explain all the results and any recommendations are given at that point. The whole process takes about 45 minutes."

She also mentioned that tinnitus (ringing in the ears), which often occurs in people with hearing loss, can lead to depression and anxiety. Our hearing health is closely connected to our brain's health, notes a pamphlet from the National Campaign for Better Hearing.

"When we have hearing loss, people don't want to go out and socialize because they're fed up just nodding and smiling (rather than understanding what is being said when someone is speaking to them)," Richardson-Lipon said. "So have your ears checked before it's too late, and you do lose your hearing. Getting your hearing checked is important for your overall well-being. Early detection may not prevent hearing loss, but it could help reduce some of its effects."

For further information, speak to your doctor, or visit online at campaignforbetterhearing.org.



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MFRC Holds Coffee Break to say Farewell to Don Brennan

by Martin Zeilig, Voxair Photojournalist

"On behalf of all Manitobans, it is my sincere pleasure to extend congratulations to you on the occasion of your retirement as Executive Director of the Military Family Resource Centre (MFRC), said the official letter from the Premier of Manitoba, Brian Pallister.



Outgoing Winnipeg MFRC Executive Director, Don Brennan cuts the first piece of his cake as part of his retirement ceremony at the MFRC on November 3rd.
Photo: Cpl Beaudin 17 Wing Imaging

Big bold underlined lettering at the top of the text said A Message from the Premier of Manitoba to Don Brennan.

That letter was read by Jon Reyes, MLA for St. Norbert and Manitoba's Official Envoy for Military Affairs, to a gathering of about 75 people-- military personnel and civilians (including Brennan's family members)-- at the MFRC Coffee Break-- Farewell to Don Brennan in the Multipurpose Room at MFRC.

"It's difficult to leave after 23 years here, Brennan said during an interview with The Voxair. "But, I'm dealing with it. There were some things I wanted to do to ensure that I left a professional organization with lots of credibility and that was financially solvent and had an outstanding staff."

He also called his replacement, Colonel (Retd) Joel Roy, a good choice for the job.

"But, it's difficult to leave a job you love," Brennan continued. "But, I'm looking forward to a new adventure. I'm going to head south (with his wife to their winter home in Phoenix, Arizona) and continue with my sports, especially squash. I have plans to win some age group squash championships."

Lois Mallet, Chairperson of the Board of Directors of the MFRC, called Brennan's leaving "a bittersweet" occasion.

"We're going to miss Don so much," she said, in her brief remarks to the gathering. "He deserves his retirement. He has left big shoes to fill. But, the sweet part is we half a wonderful new Executive Director, Joel Roy. We're so lucky to have him. We'll do everything to keep Joel as long as we kept Don. Don has been the epitome of loyalty, dedication and professionalism."

Roy, who began his new job on November 1, said Brennan was very helpful during the transition period.

"He's been trying to pass on 23 years of experience," he said. "You can just hope that you'll grow into this job. Don has been the first one to praise his own staff for the work they do for the military families. I have a very strong team."

Roy also called his 29 year career in the CAF, which included being a career officer, CF-18 pilot, Commanding Officer, Wing Commander at 17 Wing (2013-2015), and Deployment Officer at 1 Canadian Air Division,

good preparation for his current job.

"I'm very happy to see so many people here to say goodbye to Don after his long career as E.D. at MFRC," said Wing Commander Colonel Andy Cook. "The turn-out is a testament to his outstanding leadership; and, while we're sad to him go, his replacement will work to improve on all of Don's successes. I'm confident that the Winnipeg MFRC will continue to be the (CAF's) finest. We're in the house that Don built."

Other honours bestowed upon Brennan were a plaque dedicating the MFRC library as the Don Brennan Room; an official letter on Department of National Defence stationery from Col Cook thanking Brennan, and the Bison Award (a small soapstone carving of a bison) which is presented by the MFRC to those individuals who "have gone the extra mile" to help military families.

"Under your leadership over the past 21 years, the MFRC has grown to become a vital component of Manitoba's military community," said the letter from Premier Pallister. "It has provided exemplary support to the parents, spouses and children of Canadian Armed Forces members and has enriched the lives of Canadian Armed Forces (CAF) families and individuals through positive action, education and support.

"It is a tremendous honour to acknowledge the contributions made to our Canadian Forces team by individuals who have called Manitoba home. It is an even greater honour to acknowledge an individual who, following his retirement from the military, has contributed so much to serving the needs of CAF families.

"I join these province's citizens in saying how proud we are of the commitment you have shown to your country and the families of those who defend it."

Family Program Connects Newcomers to Winnipeg

by Martin Zeilig, Voxair Photojournalist

The 17 Wing Family Sponsor Program is a new program for families who are posted to Winnipeg or those managing a separation for service reasons.

It was initiated by the RCAF a year ago on a trial basis for the Active Posting Season, said Barb Thuen, Coordinator of Volunteers for the Military Family Resource Centre, during an interview which included Adrienne Lagace, Coordinator, Newcomer Services and Outreach to Reserve Units, at the MFRC.

Participation in this program will connect the posted family with another family associated with 17 Wing, who can introduce the newcomers to the city and help them get settled in. The Family Sponsor can help connect the family with organizations and services that matter to them and facilitate an introduction to other families in Winnipeg.

"This is a great way for Defence community families moving to Winnipeg to have an easier time integrating into the community," Adrienne Lagace said. "It's all about making connections."

"There's so much happening when you move", said Barb Thuen. For example, families have to look for new schools or daycares for their children, and to find new medical doctors, she added.

"You don't know what the good places are here, such as parks," Thuen continued, calling those sites the "secrets of Winnipeg."

"You can move into your house, unpack and, then,

ask 'Now what?' The aim of this program is to make connection between families."

Lagace pointed to a recent example of how this program helped a military member, who was posted here earlier this year.

"Their pets were like family to them," she said. "So, we matched them up with a voluntary family who could relate in that sense. It's worked out well."

Thuen observed that a newly posted military family with children will move into a community where other families have kids of similar ages.

"We've put out a call for volunteer families," she said. "These families will undergo orientation and training so they understand the goals of this program. They undergo some training in interpersonal communication and cultural diversity. We try and match families with similar backgrounds and circumstances. We've been really close in matching."

There's currently a pool of 25 volunteers, Thuen added.

"When a newly posted person arrives, we give them a heads up about this program," Thuen said. "They can connect with a volunteer family even before they get here. The volunteers, themselves, have a good understanding of the MFRC, our services and programs."

She noted that this program started a year ago after 17 Wing Honorary Colonel Loreena McKennitt, (a Manitoba born composer, harpist, accordionist and pianist who writes, records and performs world music with

Celtic and Middle Eastern themes), met with 17 Wing Commander Colonel Andy Cook.

"Her vision was to include the community in welcoming military newcomer families," Thuen said.

"Loreena had heard about this program elsewhere (in the RCAF) and wanted to try it in Winnipeg," Lagace added.

So, the MFRC adapted McKennitt's idea and the guidelines from the RCAF Family Sponsorship Program to come up with their own program, Thuen explained.

"We also took some of the guidelines from the RCAF pilot program and melded it with our own vision into the program we're doing," she said. "Everybody who's volunteered here has said, 'This is so important. I wished we had it when we moved in here.' They all recognize its value. That's why they're such awesome volunteers. We'd like to see it grow, and have more volunteers working with new families."

"Any new families can still be matched with volunteers. There's no cut-off date. This helps to ease the transition into the new community."

Lagace added: "This program has been done informally over the years. But, we've implemented this particular program to make sure fewer families fall through the cracks when it comes to integrating into the community."

For more information, contact 204-833-2500 ext. 4506

Koats For Kids Campaign 2016

by MCpl Jason Loboz, Voxair Photojournalist

Winnipeg is not really a place known for having mild winters. Sure, we've had a few in the past thanks to weather phenomena like El Nino, but even those winters we see as a "nice" one are still pretty cold if you're not properly outfitted. Not to mention, there is always that few weeks where even El Nino can't fight off those famous Manitoba cold snaps.

We try to encourage our youth to go outside and play as much as possible. It's good for them to breathe in the fresh air, socialize and play with others in their community.....and it gives us a break as well. Many children across Canada and specifically in Manitoba would love

to be able to go outside year round and do exactly that -- play, but are unable to simply because it is too cold.

For over 25 years, United Way of Winnipeg has run what is known as the Koats for Kids Campaign. Donations of lightly used children's winter clothing have been dropped off at Winnipeg Fire Department stations and Perth's Drycleaners since 1989. Some other local businesses, agencies and groups have jumped on board since that time, including our own 17 Wing Fire Department, who have been collecting donations now for over 10 years.

If you would like to donate lightly used winter outerwear, please drop them off anytime at the Fire

Hall (Bldg 88) between October 15th and the March 15. Please remember, this is not a general clothing donation bin, but specifically a winter outerwear drop off. There are many bins around the city representing several local charities of your choice that will collect items such as jeans, shirts etc. We gladly accept parkas, snow/slush pants, winter boots, mittens/gloves, tuques and scarves.

Please keep Koats for Kids in mind when and if you are replacing your children's winter clothing or even your own as many larger sizes can be distributed to older children as well.

On behalf of all of our 17 Wing Firefighters..... Thankyou!

The Wrong McLeod-a 100 Year Old Mistake

by Bill McLeod, Voxair Manager

One hundred years ago the Scottish parents of a Canadian soldier on the tiny Hebrides island of Beinn na Faoghla, otherwise known as Benbecula, made an unexpected and astonishing discovery. The casket supposedly containing the remains of their son instead contained someone else.

The Canadian government had made a mistake and not only notified the wrong family of the death of their son but also sent them a body.

Earlier, in 1909, a young man named Donald McLeod left his home in Benbecula and worked his way across the Atlantic Ocean on a cattle boat, one of the estimated 1,000,000 total Scots-

men and women who had begun arriving long before Canada was even a country. He worked for a time on the Hugh McLeod farm at Mather on the southwestern Manitoba prairie before heading further west to briefly become a teamster in beautiful Banff in the new province of Alberta.

When war broke out in 1914, Donald McLeod did what good British subjects did. He signed up to join the Canadian Expeditionary Force. According to a story his son and my father, Norman, told me, there was a strong hint involved. In his story, everyone working in Banff was fired and given a ride to Calgary where they were dropped off in front of the recruiting centre.

Attestation papers available online from Library and Archives Canada from the Great War show that my grandfather joined the 31st Canadian Battalion on 16 November, 1914, in Calgary and was given the regimental number of 79119.

The online attestation papers also show something else. Another young man, also named Donald McLeod, one year younger than my grandfather, also joined the 31st Canadians in Calgary earlier the same day and was given the regimental number of 79110.

He was from the Isle of Lewis, also in the Outer Hebrides, a larger island north of tiny Benbecula.

We can only speculate, but in the chaos of war, especially a war with so many mass casualties, it's not surprising that mistakes could have been made. A clerk at-



Florence McLeod, nee McLeod, first grandchild Marilyn McLeod, and Donald McLeod in a rare photo. Photo: unknown.

tempting to find out who should be notified following the death of Private Donald McLeod of the 31st Canadians on August 4, 1916, may have come across an index card or a document with all the details of a Donald McLeod, but if he noticed the regimental number was wrong he may have assumed it was mistakenly recorded. A hand-written 9 can look a lot like a 0.

In any case, the body of the other Donald McLeod was shipped to my great grandparents, Alex and Christy McLeod, in Benbecula where the mistake was immediately discovered.

According to contemporaneous news reports when attempts were made to contact the young Canadian soldier's next of kin on Lewis they were unable to locate any.

It was then that the McLeods and the other islanders of Benbecula did a remarkable thing. Instead of shifting the problem back to the Canadian government, they took up a collection and buried the young Private in the Nunton Old Churchyard on Benbecula.

There is a legend in the family, related by my father in *Crocus Country, A History of Mather and Surrounding Districts*, that Donald McLeod ran into his own brother on a train. The story goes that Donald was returning home to Benbecula and didn't recognize his brother Angus until Angus told Donald he was going home for Donald's funeral. It is a fact that Donald was first wounded by shrapnel in September of 1916 and may have returned to the family home around the same time as the body was being shipped there.

A hundred years later it is hard to know if there has been any exaggeration of the story, but the attestation papers are easily found at Library and Archives Canada using the name and regimental numbers of the two Donald McLeods and a *Toronto Evening Telegraph* article from March 28, 1918 relates how the wrong man was buried on Benbecula.

My grandfather, Private Donald McLeod, 31st Canadian Battalion, regimental #79119, finished the war as a Company Sergeant Major in the 31st Canadians and received the Distinguished Conduct Medal. The narrative reads: For conspicuous gallantry and devotion to duty on the night of the 24/25th June 1918 at Neuville Vitasse. During a raid on the enemy defences this NCO took charge of the party (immediately after his officer fell) and successfully led the party to their objective. At the objective he personally pushed ahead down a small trench and came across some of the enemy. He at once bombed them, inflicting casualties and returned with 2 prisoners. He personally waited at the objective until every man in his company had withdrawn and personally

satisfied himself that all was clear. He personally took a hand in the withdrawal and organized stretcher parties under machine gun fire. He displayed great courage, judgement, skill, and leadership.

Although he escaped the Great War with his life, three months before the end of the war in 1918, he was struck in the left shoulder by a bullet which caused some permanent damage and which my father was convinced was responsible for his eventual death, although he lived another 34 years.

After the war, Donald McLeod moved back to the small hamlet of Mather, Manitoba, and purchased his own farm near where he had first worked as a farmhand. He married Florence McLeod, the daughter of another McLeod family in Mather, and raised a family of 3



Grave Marker – Private Donald McLeod's grave marker at Nunton Old Churchyard (Baile na Cailleach), beside the B892 road, just South of the town of Balivanich on the Island of Benbecula in the Outer Hebrides, Scotland. Photo: Canadian Virtual War Museum.

boys and 1 girl. He died at age 63 in 1952. Two of their sons and six of their grandchildren have served in the Canadian Armed Forces.

The unfortunate mistake has always had some interest from the media but I had never heard the story until this year, the 100th anniversary of the death of the other Donald McLeod. Annela Macleod, a reporter with BBC Alba (Gaelic), contacted my cousins earlier and was able to supply some information about wrong McLeod.

The BBC reporter was able to discover that the Donald

McLeod buried on Benbecula was from Knock Point on Lewis and had been orphaned when both his parents died in 1894 and that he and his 6 siblings were originally sent to the Quarriers Children's Home, an orphanage, in the mainland village of Bridge of Weir, before they were all sent to separate foster homes in Canada. This is the reason no next of kin was available in the Hebrides.

The McLeods and the people of Benbecula who took care of the Canadian soldier with no next of kin have made sure the final resting place of the wrong McLeod is marked, maintained, and remembered.

Cross Marks Each Grave of Our Dead in Old Land

(Special Correspondence to the London Evening Telegraph - March 6, 1918)

Neatly turfed mounds mark last resting places of Canadian soldiers, Hebrides to Channel Islands

by Douglas S. Robertson

Hanging on the walls of an office at Canadian headquarters here, is a large map of the British Isles. Dotted across it, scattered to every point of the compass are little red headed tacks. They represent 493 cemeteries and churchyards, many containing but a single Canadian grave. In all of these god's acres our soldiers are buried.

Starting from the storm-swept isles of the Orkneys the red dots stretch south, mostly along the east coast of Scotland, extending west ward to Glasgow. In England they vastly increase, thickening in Yorkshire, Lancashire, and the Midlands, swelling to their highest number in the London district and southeast counties; some rest in the Channel Isles. Ireland too, has its share, mostly in the north, with one at Dublin and one or two in the extreme southwest at Kerry. But among these map monuments of the men who have laid down their lives for Canada, one catches the eye in particular. All by itself it stands lonely and isolated on the little island of Benbecula, in the Hebrides. This red dot on the map, far out in the Atlantic off the western shores of Scotland, marks one solitary grave. A strange story is connected with it.

It was the wrong man

In the earlier days of the war two young Highland

Scotsmen, not long settled in Canada, enlisted in the Canadian Expeditionary Force. They were both of the same name; that of a great Highland clan. Moreover, their Christian names were the same. They enlisted in the same battalion, were wounded together and sent back to England to the same hospital. One of them died of his wounds.

Now, while their names were alike the duplication was not carried further by their both coming from the same town. One had been a native of Stornoway, the other came from Benbecula, not far away. The Benbecula family one morning received the sad tidings that their boy had died. In answer to their request the body was promptly shipped to them at the Canadian government's expense. Great was the shock when on viewing the face of their supposed son, they discovered it to be that of another man. But greater their joy, for now they knew their lad must be alive.

Buried by islanders

Under the circumstances and in the rush of war a pardonable mistake had been made, and the wrong relatives notified. They kept the body and wired back, whereon the Canadian authorities did their utmost to locate the Stornoway man's relations. But the post office could never locate them. Meanwhile the good Scots crofters of Benbecula made up a collection among themselves and laid the mortal remains of the friendless young sol-

dier to rest. There was no cemetery on the little island, so they dug a grave on the moors, on the farm of an Islander, made a mound over it, and in the centre of the rough stone cairn they erected among the heather, later planted the cross sent to them by the Canadian military authorities. These kind-hearted Highlanders firmly refused to accept any compensation for the expense they had been put to. In due course the namesake of the man who died returned on sick furlough to the hills and glens of his native island to spend a well-earned holiday with his own people.

Cross on each grave

To date the number of Canadian graves in the British Isles amounts to 1,753. Some 100 of these are in private plots and under the care of relatives. Of the balance, 1,643 have been marked with crosses, 51 have crosses waiting, and the remainder will receive immediate attention. Some 1,557 graves of Canadian soldiers have been built up and turfed at the expense of the Canadian Red Cross. This turfing is done annually and will be renewed next month. Special committees under the Graves Registration Department of the Canadian Expeditionary Force are looking carefully after the larger Canadian cemeteries of which there are several, and special outlays will be made for the beautification by shrubbery and flower-planting of these last resting places of Canada's heroes.



Lest We Forget
Friday, November 11, 2016

*On Remembrance Day
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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

To Those Who Served
and paid The
Supreme Sacrifice
We Will Remember Them
Lest We Forget



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In Memory Of Our Fallen Comrades



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Wally, Becky, and Terri were a frightening sight on Halloween at the Hair Force Barbershop in the Canex building. Photo: Cpl Paul Shapka.



17 Wing PSP Fitness Instructors got into the spirit for a circuit they held on Halloween at Building 21. (L-R) David Chung, Lee-Ann Brookes, Stefan Dowhayko, Dawn Redahl, Marc Lavallee, and Antos Keiloch. Photo: Bill McLeod, Voxair Manager.

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The Military Family Resource Centre in Winnipeg put on A Family Fireworks Event October 27th with fire pits, chili, and fireworks. The event gave the residents on the south side a chance to enjoy some seasonal weather. Photo: Bill McLeod, Voxair Manager.

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2 CAD Hosts Grade 9 Students at Their Work



A group of students participating in Take Your Kids To Work Day stand in front of a CT-142 Dash 8 aircraft. Photo: Martin Zeilig, Voxair Photojournalist.

by Martin Zeilig, Voxair Photojournalist

Aaya, a grade nine student at St. Mary's Academy whose mother is a civilian employee at 17 Wing, said volunteering for an hour at the Military Family Resource Centre was "fun."

Aaya, 13, was in a group of 11 students taking part in Take Your Kid to Work Day on November 2. There were over 75 students in total, broken up into different groups, taking part in the day's activities.

Every year, for one day in November, grade 9 students from across the country join a parent or guardian at their work place for "Take Your Kid to Work Day." This is done to provide the student with an understanding of the work environment and offer insight into potential jobs in order to permit him/her to plan for any future education they will require after secondary school.

The day began at 0815 hrs with the students being greeted at 2 Canadian Air Division Headquarters second floor conference room. They then travelled over to the Canadian Forces School of Survival and Aeromedical Training for a 90 minute information and entertainment session which included a tour, sitting inside the flight simulator, the disorientation trainer, experiencing the night vision trainer, and more. The students also got to watch a short United States Air Force video on the effects of hypoxia (lack of oxygen) on a person's mental abilities at high altitude.

Sergeant Brent Conway and Sgt Kevin MacAulay were the two main instructors at CFSSAT for the day.

Later, over at the Canadian Forces School of Aerospace Studies, the students were provided with a hands on demonstration of the capability of the SimLab for about 15 minutes.

"It was pretty cool," said Jesse Porteous, 14, a grade nine student at Westwood Collegiate, of the SimLab. His father is Warrant Officer Trevor Porteous, 2 CAD, and his mother is the Canex manager, Rhonda Porteous. "I can actually get troops to go into battle. It's kind of hard to get the hang of it because there are so many controls.

But, I think if I hit the start button, I could get them to go into combat."

Porteous and his group, which included Aaya, were seated at long wooden computer tables in the SimLab. They were paying attention to the instructions of civilian lab instructor Greg Linton, who was standing before a wall sized flight simulator.

"What these kids are doing now is an introductory scenario on how to set up war games," said Linton, who has a Master's Degree in Electrical and Computer Engineering with a specialty in satellite communications from the University of Manitoba, to a reporter as the students were focussed on their desktop computers. He was assisted in the SimLab by 2Lt Ilia Prudius and Warrant Officer Sebastian Dumont.

Afterwards, the students travelled over to 16 Hangar for an information session with Corporal Jim Bell, an aviation technician, about the CT-142 Dash 8 aircraft at 402 Squadron.

"It was a very successful day," said Second Lieutenant Sekwan Oh, the organizer for TYKWD.

"The fact that CFSSAT and CFSAS were able to show us what they do was a really new experience for the kids. This helps them to understand the technology we're using and what the parents of some of them are doing."

Meanwhile, Aaya admitted that the entire morning's experience was "pretty cool."

"I got to see what they do here, and got a better perspective," she said.

Remembrance Day Services 2016



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	Arrive at 945 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 Steele Legion Branch 117	376 Salter Street	Service at 1030 hrs.
St James Legion Branch 4	1755 Portage Ave	Service at 1045 hrs at Bruce Park then march back to Legion
Charleswood Legion Branch 100	820 Charleswood Road	Seated before 1030 sharp. Service will be at Oak Park High
Fort Rouge Legion Branch 97	426 Osborne Street	Service at 1045 hrs at the Legion
Transcona Legion Branch 7	117 Regent Avenue East	Parade forms up at 1000 for march to Blessed Sacrament for service
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	Doors open 1000 hrs for service at 1030 hrs in the main drill hall
Valour Road Ceremony	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 10:30 hrs
West Kildonan Legion Branch 30	1748 Main Street	Doors open 1030 hrs for 1055 service at the Legion Banquet Hall
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	Doors open at 10:00. Service at 1050 hrs
Fort Garry Legion Branch 90	1125 Pembina Highway	Doors open 0900-1045 for start at 10:50.
Elmwood Legion Branch 9	920 Nairn	Meet at Elmwood Cemetery with at 1000 hrs, service to follow at the Legion at 1100 hrs
Winnipeg South Osborne 252	426 Osborne	Doors open at 1000 hrs and close at 1045
Henderson Highway Legion 215	3400 DeVries Avenue	Seated by 1030 hrs.
Ukrainian Canadian Legion 141	618 Selkirk Avenue	Service at 1200-1230 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.**

www.pspwinnipeg.ca

ALCOHOL, OTHER DRUGS AND GAMBLING: Supervisor's Training

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

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

17 et 18 novembre 2016

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

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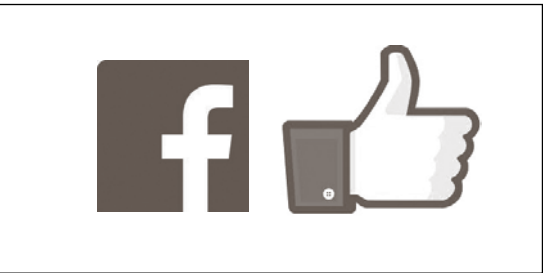
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Mental Fitness & Suicide Awareness: Supervisor Training

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23 November 2016
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For more information or to register, contact Health Promotion at (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca

Force Mentale et Sensibilisation au Suicide

– Formation du Superviseur

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23 novembre 2016

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Upcoming MFRC Programs and Events

CHRISTMAS CHOCOLATE MAKING

Spend the evening making some delicious chocolates with the family.

Tuesday, December 13

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

For 2 - 5 y.o.

Westwin Children's Centre, 642 Wihuri Rd.

\$10 per family

Parent participation required

Registration deadline: December 8

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Mardi 13 décembre, de 18 h à 19 h 30

Pour les enfants âgés de 2 à 5 ans

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La participation d'un parent est requise.

Date limite d'inscription : 8 décembre

Présenté en anglais

CARE FOR THE CAREGIVER

Are you living with a loved one dealing with a psychological and/or physical illness/injury? Is your partner experiencing prolonged medical issues? Is your partner being medically released? The Care for the Caregiver group provides peer support and education about the special challenges and unique issues facing caregivers. An opportunity to share, find support, learn about resources, enhance coping strategies and socialize. The group generally meets on the fourth Wednesday of the month. Contact Laurie Jackson for more information at 204-833-2500 ext 4478.

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Le groupe se réunit généralement le quatrième mercredi du mois. Contactez Laurie Jackson pour plus d'informations au 204-833-2500, poste 4478.

Présenté en anglais

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

LEARN TO...

WRAP

Join us this month as we learn to wrap. We will be learning how to make our own gift bags, gift tags, and how to wrap presents and packages easier. We will also learn how to make bows and beautiful decorations for your presents.

Tuesday, November 22

6:30 to 8:30 p.m.

Free

Registration deadline: November 18

APPRENEZ À... EMBALLER

Joignez-vous à nous pour apprendre à... emballer !

Vous allez apprendre à fabriquer vos propres sacs et étiquettes-cadeaux ainsi que d'emballer les cadeaux facilement et rapidement. Vous allez également apprendre à faire des choux et à créer de belles décorations pour vos cadeaux!

Mardi 22 novembre

De 18 h 30 à 20 h 30

Gratuit

Date limite d'inscription : 18 novembre

Présenté en anglais

FRANCOPHONE ACTIVITY

Axe Throwing

Let your inner lumberjack out for one night of fun with fellow Francophone men. No previous experience required. Coaches will teach you technique and form. Come for a friendly competition and grow some chin hair. Winner gets bragging rights and maybe a full beard.

Please note: no alcohol is served or allowed on site.

However, beverages and snacks will be provided.

Friday, November 25

8:00 p.m.

Bad Axe Throwing, #6-1393 Border St.

www.badaxethrowing.com/axe-throwing-winnipeg

\$20

Registration deadline: November 23

ACTIVITÉ POUR FRANCOPHONES – SOIRÉE MOUSTACHE

Le lancer de la hache

Laissez votre bûcheron intérieur ressortir à cette activité pour hommes francophones. Aucune expérience requise. Des instructeurs vous enseigneront les techniques et la forme. Participez à une compétition amicale et qui sait, vous en ressortirez un peu plus poilu. Le gagnant se mérite le droit de se venter et peut-être une grosse barbe! Aucune boisson alcoolisée permise sur les lieux. Par contre, nous vous fournirons des breuvages et des collations.

Vendredi 25 novembre à 20 h

Bad Axe Throwing, #6-1393 Border St.

www.badaxethrowing.com/axe-throwing-winnipeg

20 \$

Date limite d'inscription : 23 novembre

THE MASK YOU LIVE IN

What are the messages that boys receive in our society? What do they learn about women, relationships, violence and being a man? Join us for a screening of this film, followed by a discussion about sending healthier messages to our boys and young men.

Wednesday, November 30

9:30. a.m.

Free

Childcare is available for children ages 18 months to 5 years old.

« THE MASK YOU LIVE IN » - FILM

Quels messages les garçons reçoivent-ils dans notre société ? Qu'apprennent-ils sur les femmes, les relations, la violence et être un homme ? Joignez-vous à nous pour la projection de ce film, suivi d'une discussion sur l'envoi de messages sains pour nos garçons et nos jeunes hommes.

Mercredi 30 novembre à 9 h 30

Gratuit

Le service de garde est offert pour les enfants de 18 mois à 5 ans.

Présenté en anglais

Drop 'N' Shop

Need some time to finish some last minute Christmas shopping? Leave your child(ren) ages 6 months-6 years with us for the morning/afternoon or full day .

Saturday

December 17th

9:30am-4:00pm

Kids Care 630 Wihuri Road

Special drop 'n' shop rate: \$10/half day/child; \$20/full day/child

December 15, 2016

Please call 204-833-2500 x2491 to register.

Children ages 6-12 may wish to register for the PSP Drop 'n' shop by calling 204-833-2500 x5139 or x2057.

Service de garde « Drop 'N' Shop »

Avez-vous besoin d'un peu de temps pour faire vos achats de Noël de dernière minute ? Déposez vos enfants âgés de 6 mois à 6 ans avec nous pour la matinée, l'après-midi ou pour toute la journée.

Samedi

17 décembre

De 9 h 30 à 16 h

Salle Kids Care, 630, ch. Wihuri

Tarif spécial : 10 \$/demi-journée par enfant ; 20 \$ pour la journée par enfant

15 décembre 2016

Contactez le 204-833-2500, poste 2491 pour l'inscription.

Les enfants âgés de 6 à 12 ans peuvent être inscrits au programme « PSP Drop 'n' Shop » du PSP en composant le 204-833-2500, poste 5139 ou 2057.



Today's Trivia Answers

1. Percival Molson (PPCLI, killed by an artillery round at Avion, Pas-de-Calais, on July 5, 1917).
2. Alexander (Alex) Wuttunee Decoteau (49th Canadian Infantry Battalion, killed by sniper at Second Battle of Passchendaele on October 30, 1917).
2. James (Jimmy) Duffy (16th Battalion, CEF, killed in a charge against the Germans at the Second Battle of Ypres on April 23, 1915).
3. James (Jimmy) Duffy (16th Battalion, CEF, killed in a charge against the Germans at the Second Battle of Ypres on April 23, 1915).
4. Geoffrey Taylor (15th Battalion (48th Highlanders of Canada), CEF, killed at the Second Battle of Ypres on April 24, 1915. His body was never recovered and his name is engraved on the Menin Gate Memorial to the Missing at Ypres).
5. Robert (Bobby) Powell (48th Canadian Infantry Battalion, killed at Vimy Ridge on April 28, 1917).
6. 138 – 70 competed at the 1912 Olympics in Stockholm.
7. The 205th (Tiger) Battalion earned the designation because many of its early recruits were members of the Hamilton Tigers athletic club. The Tigers were the last team to win the Grey Cup before play was suspended for the duration of the First World War.
8. Winifred (Winnie) Roach-Leuszler. She dominated competition in swimming and softball during her service and was inducted to the Canadian Forces Sports Hall of Fame in 1996. She swam the English Channel on August 16, 1951.
9. Phil Marchildon, Philadelphia Athletics.
10. Ted Williams (outfielder, Boston Red Sox – United States Marine Corps, Second World War and Korea) and Larry MacPhail (executive, Cincinnati Reds, Brooklyn Dodgers, New York Yankees – United States Army, First and Second World War).
11. Philip Aaron (Phil) Edwards (Canadian Army Medical Corps, Second World War. Edwards won a total of five bronze medals at the 1928, 1932, and 1936 Olympics. He still holds the record for most successful Canadian summer Olympian in Athletics).
12. Frank Courtney (West Nova Scotia Regiment, killed at Basse-Normandie, France on August 28, 1944)
13. Donald (Don) Collinge (RCAF, killed at Grantham, Lincolnshire, Great Britain, in a flying accident on June 7, 1944).
14. Harvey Lacelle (405 Squadron, RCAF, killed during a bombing raid over Berlin on June 28, 1942).
15. Hugh (Red) Thompson (joined the RAF in England at the outbreak of hostilities and was killed in a flying accident in 1942).
16. John Lawrence (Jack) Murdoch (killed in action in the Netherlands on October 10, 1944).
17. Winnipeg Falcons. Seven members of the Falcons enlisted and went overseas, two were killed. In 1919, the remaining five members re-established the team.
18. Ottawa RCAF Flyers. The team was made up of active and former RCAF members and some army personnel.
19. BMark Graham (1st Battalion, Royal Canadian Regiment, killed in a friendly fire incident when two USAF A-10 Thunderbolts fired on his platoon on September 4, 2006).
20. The Invictus Games are an international Paralympic-style multi-sport event in which wounded, injured or sick armed services personnel and associated veterans participate. Toronto will host the 2017 games from September 23-30 as part of Canada's 150th anniversary celebrations.

Taroscopes

BY NANCY

Aries (March 21 – April 19): Appreciate when you have a brief time of relaxation. You are in charge of your own choices. If you opt into things, take responsibility. If you opt out, accept when you're not included. If you want to get back in the game – let people know. You're entitled to change your mind.

Taurus (April 20 – May 20): When things seem to be falling apart all around you, resist the urge to judge, as you don't have all the facts. Wait to see how things unfold. Sometimes before something really great can happen, challenges must be met. Define your success by how you feel not by what others see and say.

Gemini (May 21 – June 21): Stay focused on your goal. It can be exhausting to deal with all that is required to get the job done, especially when some tasks seem illogical. Glitches slow you down. Stick it out. Take short breaks with friends to get you through the last of this phase. Imagine a brighter future.

Cancer (June 22 – July 22): Do what is needed to get things organized and finalized. Take time to reflect on what you've accomplished so far. Set priorities for the next three months. Consider the impact of your actions. Ask for what you need. Let others manage their own lives. Make self-care your priority.

Leo (July 23 – August 22): Show gratitude for all that you have. Thank those who have helped you. Paying up a debt is a good investment in the future. Be impeccable with your words and actions. If you've crossed the line with someone, apologize. If you're asked to explain yourself, honesty is the best policy.

Virgo (August 23 – September 22): A respite, even a small one, should be enjoyed to the fullest. Work to stay in contact with people if their decisions will affect your life. Make arrangements for emergencies and they won't have as radical an impact. Consider your options ahead of time instead of at the last minute.

Libra (September 23 – October 23): Other people's decisions and action bring big changes. The havoc that results will force you to reassess your relationships. New friends will be a big part of your future. Document all your work so you get credit for it. Slacking off is tempting but it's a bad habit to form.

Scorpio (October 24 – November 21): It's not always true that what you give you get back. Still, strive to give unconditionally. And only accept the same in return. In time what doesn't seem promising will turn out to be a positive experience. Exercise because when you feel strong and able you enjoy life more.

Sagittarius (November 22 – December 21): Staying true to yourself is important but it's also good to listen to and learn from other people. Let go of the need to control everything. Embrace change. Make plans to travel. Meet old and new friends. Logic and luck go hand in hand for you right now

Capricorn (December 22 – January 19): You have an air of surety about you which encourages people to ask for advice. If you feel restless, but can't get away, try making some changes to your home or work environment. Allow for a few detours in your days. This will have surprising and positive payoffs.

Aquarius (January 20 – February 18): Letting go of what's held you back. Finding things you've lost. Life does have a check and balance system even if it's not always evident. Work at developing functional relationships. Commit to constructive actions that reap rewards. Spend time with positive people.

Pisces (February 19 – March 20): Do what you can do easily, then tackle the more challenging tasks. Think positive. You will manage. You have good problem solving skills. Be creative. Don't quit just before you reach your goal. You have a flare for explaining complex concepts so others understand them.

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Chaplain's Corner

"The Maple Leaf on Remembrance Day"

by Padre Kevin Olive

The Maple Leaf. A red field, a white square and an 11-pointed red, maple leaf, probably one of the most easily recognizable flags in the world.

A flag says a lot about a nation. For example, when you look at the flag of our great neighbour to the south, the Stars and Stripes, what immediately flashes across your mind? Liberty? The Constitution, Abraham Lincoln. When you see the Canadian Flag, what comes to mind? Maple Syrup? Ice Hockey?. Mountains, lakes and massive forests? People who say "sorry" a lot?

But if you look deeper, you might be surprised, even shocked to discover that who we truly are and what we truly stand for as a nation first revealed itself, not on our mountains, nor on our pristine lakes nor our vast expansive prairies, but rather, in the trenches of The First World War. Our sense of nationhood rose up out of those trenches and we, along with our allies discovered that much like the line from our national anthem, Canadians were and are the Truth North, Strong and Free.

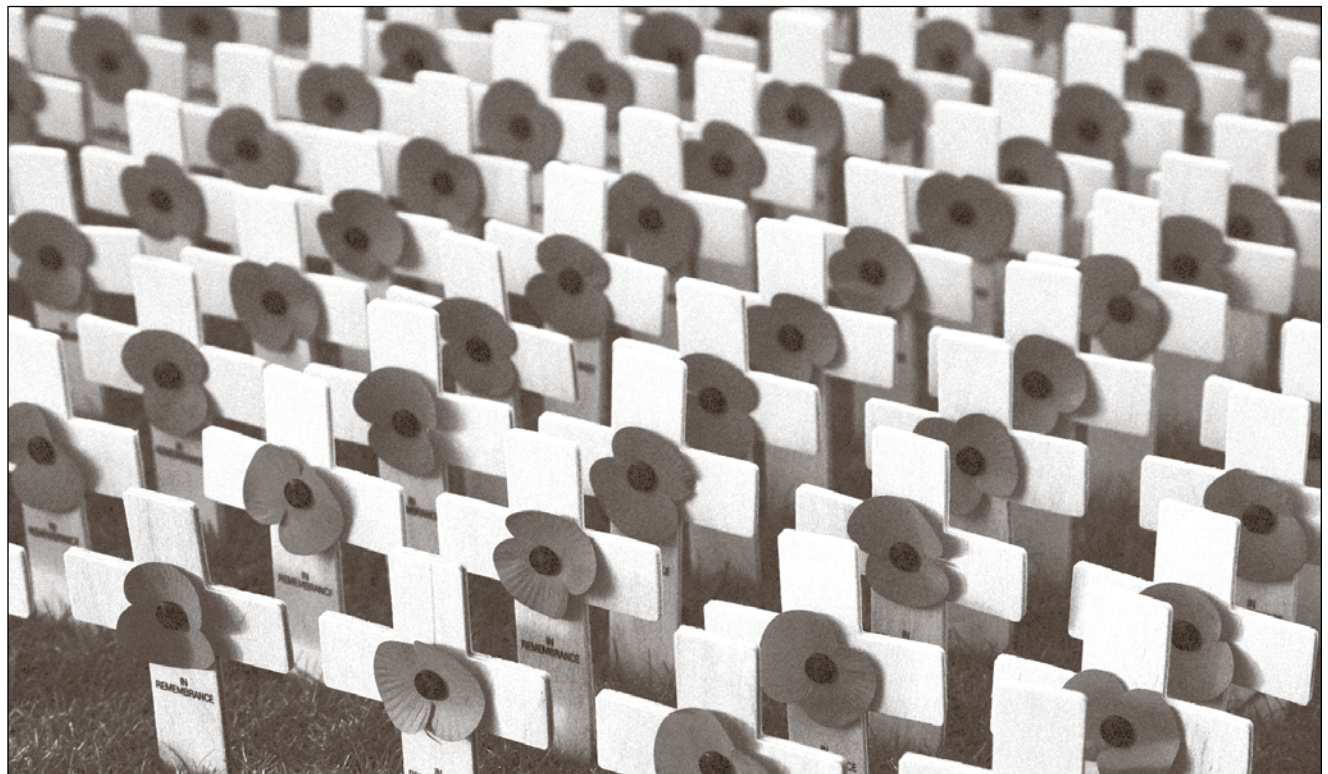
Our troops expressed a valor and courage that had

been birthed in them by all Canadians.

The EMPIRE'S HIGHEST AWARD, THE VC, was awarded to young men like Corporal Jean Brilliant of the Vandoos, and 17 year old Royal Newfoundland Regiment Private Thomas Ricketts who, in the paraphrased words of our current Governor General, "showed the world that a young nation had the will and determination to change the course of battles where larger nations were stalemated."

When another VC recipient, Sgt George Mullin of the Princess Patricia's Canadian Light Infantry charged the enemies' machine gun nest, saving countless Canadian lives, places like Passchendaele were forever woven into our collective narrative of courage under fire.

The sacrifice and service of the brave men and women of the Canadian Forces have helped to re-enforce our values as a nation. From Passchendaele in Belgium, to the Panjwai of Southern Afghanistan, from Kapyong in Korea to Erbil in Kurdistan, all the way up through history this is the unseen highway of Heroes.



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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 250017 Wing Community Chapel
2235 Silver Avenue
(Near Whytewold)Administrative Assistant
ext 5087

CATHOLIC

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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.CARE & SHARE
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BFC WINNIPEG

14 AU 18 NOVEMBRE 2016

Canada

All Canadian Armed Forces Regular and Reserve force members, military families and DND civilian employees are encouraged to attend a series of public town halls with the Ombudsman.

The focus of these meetings will be to explain the Ombudsman's role as well as to discuss your concerns and answer your questions.

Jnr Ranks (MCpl and below): 15 Nov @ 0945-1045, Netherlands Theatre, B135

Snr Ranks (Sgt and above): 16 Nov @ 0945-1045, Netherlands Theatre, B135

Officers: 16 Nov @ 1330-1430, Netherlands Theatre, B135

DND Civilians: 17 Nov @ 1030-1130, Netherlands Theatre, B135

Families: 17 Nov @ 1700-1900hrs @ MFRC 102 Comet Rd. (Pizza dinner and baby-sitting services will be provided.)

Tous les membres de la Force régulière et de la Réserve des Forces armées canadiennes, les membres des familles des militaires et les employés civils du MDN sont invités à participer à des assemblées générales qui auront lieu avec l'Ombudsman.

L'objectif de ces assemblées sera d'expliquer le rôle de l'Ombudsman, de discuter de vos préoccupations et de répondre à vos questions.

Caporaux et soldats (cplc et grades inférieurs) :
15 novembre, de 9 h 45 à 10 h 45, dans l'amphithéâtre des Pays-Bas (bâtiment 135)

Grades supérieurs (sgt et grades supérieurs) : 16 novembre, de 9 h 45 à 10 h 45, dans l'amphithéâtre des Pays-Bas (bâtiment 135)

Officiers : 16 novembre, de 13 h 30 à 14 h 30, dans l'amphithéâtre des Pays-Bas (bâtiment 135)

Employés civils du MDN : 17 novembre, de 10 h 30 à 11 h 30, dans l'amphithéâtre des Pays-Bas (bâtiment 135)

Familles : 17 novembre, de 17 h à 19 h au CRFM, 102, Comet Rd. (De la pizza sera servie et des services de garde d'enfants seront fournis.)

Ombudsman

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