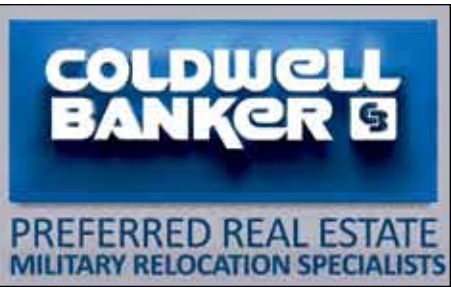




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THE VOXAIR

Celebrating 65 years as the 17 Wing Community news source 1952 - 2017



A Search and Rescue Technician (SAR Tech) from 435 Transport and Rescue Squadron based out of 17 Wing Winnipeg checks his supplies in front of a temporary shelter near McCaig Bay, Nunavut, on the morning of September 21 as he waits for a helicopter to transport everyone back to Hall Beach. Photo: MCpl Donovan Ball

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435 Sqn Locates and Assists Lost Caribou Hunter

by Martin Zeilig, Voxair Photojournalist

A CC-130 Hercules crew was preparing to fly out to Kenora, Ontario on a routine training mission with 435 Transport and Rescue Squadron at 1000 hours on September 21, 2017.

It quickly turned out to be anything but routine when they received a call to find a missing hunter in Hall Beach, Nunavut—2,267 kilometres northeast of Winnipeg on the eastern side of Melville Peninsula, part of the Canadian mainland.

“Initially hampered by weather conditions that reduced visibility on the ground and in the air, the aircraft from 435 Transport and Rescue Squadron based out of 17 Wing Winnipeg found the man on the third day of the search,” said a News Release from National Defence/Canadian Armed Forces. “Two search and rescue technicians parachuted out of the aircraft to render aid to the man and waited with him overnight until a chartered helicopter was able to transport them back to Hall Beach on the morning of Thursday, September 21.”

“The man, who had planned to hunt caribou, had limited food and fuel with him on his all-terrain vehicle (ATV) when he was reported missing. Although the man was known to be experienced in surviving off the land, local authorities initiated the search seeking aid from local boat owners and ground search and rescue teams when he did not return. When the man could not be found after three days of searching, the Emergency Management Office in Hall Beach, NU, requested assistance for the search from Joint Rescue Coordination Centre (JRCC) Trenton just after 6:00 a.m. Eastern Standard Time on Tuesday, 19 September.”

“Authorities credit the man’s survival skills for playing a significant role in the success of this rescue in light of the number of days he was missing.”

MCpl Donovan Ball, a Search and Rescue Technician (SAR Tech) with the squadron, noted that the flight to the area took four and a half hours. The search for the missing hunter continued until darkness that first day and then resumed at 0600 hrs the next day.

“We stayed at the airport in Hall Beach,” MCpl Ball said. “They were awesome to us.”

“We found him sometime after six that night,” said MCpl Ball, “Forty-five minutes before ‘Bingo’ fuel, which means there’s not much fuel left in the tanks.”

After dropping a two way radio, Major Tony Meikle,



Master Corporal Louis-André Labrecque, a Search and Rescue Technician (SAR Tech) with 435 Transport and Rescue Squadron based out of 17 Wing Winnipeg holds up the caribou hide blanket that a lost hunter made while waiting for rescue between Friday, September 15 and Wednesday, September 20 in the area of McCaig Bay, Nunavut. Photo: MCpl Donovan Ball

the Aircraft Commander, asked the missing hunter: “Can you hear me?”

“I love you,” was the response, MCpl Ball recalled with a smile.

“The plan was just to drop him some gear because he was gone five days. A helicopter was supposed to pick him up, but because of the weather and since it was late in the day, that wasn’t possible.”

Sergeant Steve Delage-Touchette, the SAR Tech leader, told MCpl Ball and MCpl Louis Labrecque to get suited up for a jump.

“For both us, it was our first operational jump,” said MCpl Ball. “The ground was all rock so there was a high risk of injury but we landed safely and hooked up with the missing hunter.”

“We found him because he had a smoke signal. The air crew dropped a toboggan with supplies so we could stay the night. I talked to the man to make sure he was

okay and (discover) what his primary concern was. He was a little hungry and wanted a hot coffee. The crew left to go fuel up the plane, and my partner and I set up a camp before dark.”

Their camp consisted of a tent and new warm gear for the hunter, he added, noting they also had a Coleman stove on which to prepare military rations.

MCpl Ball said that the missing man told them that he thought he knew the land better.

“He left without a two way radio,” MCpl Ball added. “Within a few hours he realized he was lost. He drove around all night before he hunkered down and built himself a mini cave. He then started the survival pattern.”

The 69 year old man shot a caribou and skinned and butchered the carcass. He put half of the caribou skin on the ground and added some moss for insulation and padding.

“He laid on it and used the other half of the skin for a blanket,” said MCpl Ball.

The man said that he’d be trying to survive and was hoping for a rescue and thinking about his grandchildren and other family members.

After refuelling at Hall Beach, the Hercules returned two hours later and dropped some winter gear because the temperature had fallen to minus five Celsius.

“We ate and slept,” MCpl Ball said. “The winds picked up and it began to hail. The next morning we woke up and made breakfast. We cleaned up the camp. I went to grab some fresh water from a small pond about half a kilometre away.”

While waiting, he had the hunter teach them a survival class.

“He showed us the shelter he’d made, which was more comfortable than our tent,” MCpl Ball admitted. “We hunkered down and the chopper showed up at 0940 hours. So, we packed up and left the area as we found it, without any garbage left behind.”

After their 53 minute transit to Hall Beach, the two SAR Techs handed the man over to his friends and family.

“We showered and had lunch at Hall Beach and flew back to Winnipeg,” MCpl Ball said. “As we were leaving, we gave him a hug. We were pleased that he was home. He was very thankful even when we were setting up the tents on the tundra, he said ‘Is this real? Are you guys really here?’ It’s one of the proudest moments in my life. It was a proud experience for all of us.”

“This is why we do what we do. I’m happy there was a positive outcome.”

The other crew members included Captain (Capt) Jeff Knight, First Officer; Capt Mélanie Rouillard-Lamy, Navigator; Lieutenant Kevin Prior, Second Navigator; MCpl Bryan Tremblett, Flight Engineer; Sergeant Kirby Pilgrim, Load Master; Warrant Officer Dereck Putnam, Loadmaster; Cpl Jean Laurin, Spotter; Master Seaman A.J. Homorodean, Spotter.

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DC/JFACC Learning to Stretch and Enjoy some Hockey



by Martin Zeilig,
Voxair Photojournalist

By Martin Zeilig
United States Air Force Brigadier General Christopher J. Ireland has a “shout out” for his new teammates at 1 Canadian Air Division.

“I have been extremely impressed with how quickly the RCAF can pivot from domestic to international missions,” said Brig Gen Ireland during an interview

on September 27. “The level of professionalism is no surprise; but the agility of the force, physically and mentally, is pretty amazing.”

Brig Gen Ireland is the Deputy Commander, Canadian North American Aerospace Defense Region, and Deputy Combined/Joint Force Air Component Commander for 1 CAD. He is the principal adviser to the Canadian Commander and assumes command of NORAD forces assigned to CANR in the commander’s absence.

He is responsible for ensuring that the region’s battle staff, air operations centre, flying units, radar sensors, intelligence and command-and control-assets provide airspace warning and control, and space and maritime warning, notes his resume. He is also the senior U.S. Air Force officer in Canada and is responsible for mission effectiveness and administration of U.S. Air Force units assigned to Canada.

“There is no better example of the special relationship we have with our U.S. partners than NORAD, in which we work together to defend North America,” Major-General Christian Drouin, Commander, 1 Canadian Air Division/Canadian NORAD Region, said in an

email. “As part of that relationship, we have an American brigadier-general and a United States Air Force detachment here in Winnipeg, serving not only their own country, but ready to fight beside us in service to Canada, as well. Brig Gen Ireland is a true warrior, and the leadership, experience and professionalism he brings to 1 Canadian Air Division and the Canadian NORAD Region will serve us very well.”

Brig Gen Ireland assumed the job earlier this summer. He is following in the footsteps of his immediate predecessor, Brig Gen Chad Manske, who was posted back to the U.S. after the requisite two years here.

Brig-Gen Ireland has a wealth of experience as a professional military officer.

He graduated from Virginia Tech earning his commission through the Reserve Officer Training Corps program, notes his resume. He has a Bachelor of Arts in Political Science, Virginia Tech in Blacksburg, Va., and a Master’s of Science in Aviation Management, Embry-Riddle University, Florida.

“Over the course of his career, he participated in multiple combat and contingency operations in Afghanistan, Haiti, Iraq, Kosovo and Colombia, including three command tours in combat,” continues the provided information. “Additionally, he fulfilled a staff assignment with the International Security Assistance Force (NATO) in Kabul, Afghanistan. As a staff officer, Brig Gen Ireland served with The Joint Staff’s Pakistan-Afghanistan Coordination Cell, and prior to assuming his current position, served at U.S. Special Operations Command as the Commanding General’s Special Assistant/Director of the Commander’s Action Group, and subsequently as the Strategy, Plans and Policy (J5) Deputy Director.”

Brig Gen Ireland is married and has two daughters, one attending university in the U.S., while the youngest girl is a high school student in Winnipeg.

He says that his family loves to follow the NHL, in particular the Washington Capitals.

“We found out with five weeks’ notice that we were moving here,” Brig Gen Ireland said. “Our daughter had tears in her eyes: ‘I’m so happy. They play hockey

in Canada.’ We’ll have to become Winnipeg Jets’ fans. But, when the Caps come to town, we’ll pull on our Caps sweaters.”

Brig Gen Ireland noted that when he was promoted to his current rank in July this year, he had a mentor who told him that he should look at general officer postings in two ways: “utilization tours” in an arena in a familiar situation/line of work; or, “a stretching tour” where you’re not familiar with the line of work, and where you’re expected to be “a general officer bringing your leadership skills to the table.”

This is a “stretching tour,” and that’s why he’s excited about being here.

“I’m embedded in someone else’s business,” explained Brig-Gen Ireland, who’s been honoured with numerous major awards and decorations, including three Bronze Stars for leadership in combat. “I get to see how the RCAF does their business. The NORAD function is one I’ve not spent time with at all, but I’m looking forward to it given that homeland defence is job number one for both our countries.”

Besides professional hockey, he and his family are also looking forward to sampling other aspects of Winnipeg’s diverse cultural environment, including attending a performance of the Royal Winnipeg Ballet’s upcoming Nutcracker Suite at the Centennial Concert Hall.

It’s a chance to continue a 15-year annual family tradition of Nutcracker performances, added Brig Gen Ireland, who’s a veteran of 25 years in the USAF.

He mentioned that 20 years ago he had an order to come to Winnipeg to be an exchange instructor at the Electronic Warfare School at the Canadian Forces School of Aerospace Studies, but he got picked for pilot training in the U.S. instead.

So, being here now could be deemed destiny or, as a Buddhist would say, karma.

“The Ireland family are excited to be here. We’re looking forward to seeing other parts of Canada, especially the west.”

Girls in Aviation Day 2017 Encourages Girls to Seek Heights



On Saturday, September 23, 2017, close to 300 people including 150 girls between the ages of 8 and 16 descended upon Red River College’s Stevenson Campus to attend the 3rd Annual Girls in Aviation Day.
Photo: Supplied

by Capt Bettina McCulloch-Drake, 17 Wing PAO

In 1784 a woman by the name of Marie Élisabeth Thible became the first woman to fly freely into the air when she made arrangements to board a hot air balloon in France. Since that time, girls and women have aspired to seek new heights in aviation and space related occupations.

On Saturday, September 23, 2017, close to 300 people including 150 girls between the ages of 8 and 16 descended upon Red River College’s Stevenson Campus (<http://blogs.rrc.ca/stevenson/>) to attend the 3rd Annual Girls in Aviation Day. A Women in Aviation, International, event hosted by the organization’s Winnipeg’s local chapter, Northern Spirit (<http://www.northernspiritwg.ca/>), Girls in Aviation Day is aimed at promoting aviation to girls and young women who may not have

previously considered careers in the industry.

This year, the Royal Canadian Air Force (RCAF) was well represented by 10 women from

17 Wing-based 402 “City of Winnipeg” Squadron (402 SQN), 19 Wing Comox’s 435 Transport and Rescue Squadron (435 SQN), the Canadian Forces School of Aerospace Studies (CFSAS), and 14 Wing Greenwood’s 415 Squadron. Ranging in rank from major to aviator, each woman engaged participants in interactive static displays and shared their experiences in RCAF occupations associated with aircraft command (pilot), air combat systems, aerospace engineering, aviation systems, avionics systems, and aircraft structures.

Event participants had the opportunity to explore the CT-142 Dash 8, which is used predominately to train air combat systems officers (ACSO) and airborne electronic sensor operators. Major Geneviève Dussault, an ACSO instructor with 402 SQN, asked girls to imagine that they were searching for a lost pet using the equipment found in the aircraft. Even without flashing up any of the training modules in the Dash-8’s belly, just sitting in one of the seats in front of a screen was enough to get a picture of what it might be like to be an ACSO.

Closer to the cockpit of the Dash-8, Captain Alexandria Sullivan, a former Aurora pilot newly arrived CFSAS, Captain Jennifer Bass, visiting from 415 SQN, and Capt Maxine Kapralik, an aerospace engineering officer with 402 SQN, explained how aircrew and the maintenance teams work together to meet the needs of today’s Royal Canadian Air Force and the Canadian Armed Forces as a whole. Also representing 402 SQN were Sergeant Eric Krievans and Corporal Kasmara Savard.

Nearby, onboard the CC-130 Hercules, Aviator Lynn Williams, an aviation systems technician (AVS) with 435 SQN and her squadron-mates Master Corporal

Amie MacDonald and Corporal Staci Foster invited event participants to explore the workhorse of the RCAF. A flexible aircraft capable of carrying out a variety of missions including search and rescue (SAR), air-to-air refuelling (AAR), and tactical transport, the Hercules first came to serve Canada in 1960. Although many of the legacy H/E models have since been replaced by the J-model, 435 SQN still flies the H-model. Airframe 305, retired from flight, now serves as a training platform for maintenance crews and a static display at local events.

Inside the hangar at Red River College’s Stevenson Campus, Corporal Katrina Currie, an aviation system technician (AVS Tech) with 435 SQN, spoke with girls curious about aircraft maintenance. A former member of the Royal Canadian Air Cadets, Cpl Currie emphasized that she did exactly the same job as the men in her occupation and there were no differences in her training or employment as an AVS Tech. “It was very exciting to actually see these girls... excited about our careers,” observed Cpl Currie.



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Manitoba Cadets Recognized with Hubbell Awards

by Gloria Kelly

Cadets is the best kept secret in this country when it comes to youth programs, BGen Kelly Woiden, Commander national cadet and junior rangers support group, told those attending the annual Hubbell Awards ceremony on 16 September at the Manitoba Legislature.

The Hubbell Awards annually recognize outstanding cadets with scholarships from the Hubbell Awards and bursaries from the Province of Manitoba. The event was hosted by Manitoba's Special Envoy for Military Affairs, Jon Reyes.

"These outstanding young men and women have worked hard to get to this point in their lives and they are continuing that hard work in their studies," said BGen Woiden. "We are all proud of what they have achieved. We also need to thank the support provided by parents, family members and all those who have stepped forward to help keep cadets strong."

Cadet WO2 Cody Lincoln from the 249 Beausejour RCACS who received the Lieutenant-Colonel (Ret'd)

James R. Popplow Award said the challenges created by cadets have given him tool for his tool box that will help him succeed as he moves forward with his life.



Mr. Bob Vandewater and BGen Kelly Woiden present the Surgeon Capt Gordon P. Fahrni Award to Cadet CPO 1 Riley Howells during the 2017 Hubbell Scholarships Awards Ceremony, on September 16, 2017 at the Manitoba Legislative Building, Winnipeg.

All Photos: Cpl Justin Ancelin, 17 Wing Imaging

The cadets received \$1100 scholarships from the Hubbell Awards and a \$100 bursary from the province.



Jon Reyes presents the 2017 Hubbell Awards certificate to Cadet CPO1 Riley Howells



Mr. James Bruce and BGen Kelly Woiden present the Manitoba League Division Award to Cadet PO1 Rheanne Lee Millet



Mr. Ivan Poitras and BGen Kelly Woiden present the Lt Laurence Gillmor Sherman Award to Cadet CWO Gisele Irakoze.



BGen Kelly Woiden and BGen David Cochrane present the Janice & Barry Rempel HCol Air Cadet Scholarship Award to Cadet WO1 Anson Chan.



Dr. Michael Poitras and BGen Kelly Woiden present the Flight Sergeant Fred Marean Award to Cadet WO2 Adam Daniel Gislason.



Dr. James Popplow and BGen Kelly Woiden present the LCol (Retired) James Popplow Award to Cadet WO2 Cody Jeffrey Lincoln.



Mrs. Arlene Van Ruiten and BGen Kelly Woiden present the HCol Ben Van Ruiten Award to Mr. & Mrs. Holod on behalf of Cadet FSgt Jefferson Holod.

2 CAD Works with Canadian Army to Improve Audio/Visual Support



ATIS QL3 students testing their CCTV installation.
All Photos Supplied

by Maj. Andrews, SO C&E Trg

Have you ever required audio/visual equipment for an event but had no clue how to set it up? Has it stopped working right before a big event? Would closed circuit television be your answer to security concerns?

These types of equipment are becoming standard in most work places and used on a regular basis thanks to our multi-media loving society. Installing and maintaining this expensive equipment can seem daunting to the untrained individual and that is exactly why aerospace telecommunications and information systems technicians (ATIS Techs) are now being trained how to service and support these systems.

Recently, 2 Canadian Air Division (2 CAD) updated the ATIS Qualification Level 3 (QL3) training requirement to include maintenance of audio/visual equipment in order to provide better support to this growing requirement. 2 CAD also provided funding support to help build the necessary lab within the Genet Building, at the Canadian Forces School of Communications and Electronics (CFSCE), in Kingston, Ont. CFSCE is a Canadian Army (CA) operated Training Establishment that provides the ab-initio training to ATIS Techs.

The Canadian Forces Crypto Maintenance Unit (CFCMU) agreed to complete the installation work with the assistance of recently graduated ATIS QL3 students. So essentially, the RCAF developed the training and provided the funding, whilst the army gave it a home. Collaboration was the key to provide ATIS Techs with the best training, which will in turn provide the Wings with the best audio/visual support. The new lab gave the Royal Canadian Airforce (RCAF) and CA an excellent opportunity to work together and demonstrated how a cooperative approach is effective in modernizing training.

The lab was designed to give future ATIS apprentice technicians a basic view of how audio video (AV), public address (PA) systems and closed circuit television (CCTV) could be installed in a communications equipment room. The students will be taught how to

wire, install and program the equipment and, on their final test, will be required to set-up a functioning mini communications equipment room un-aided. The Communications portion of the QL3 will take five training days to complete, making it a small but vital part of the 93 training days on the course.

Now that the RCAF and CA have worked hard to make this vision a reality, future ATIS Techs will have the training they require to excel at their first posting, where they will be required to install and maintain different types of audio/visual equipment for the Wing. This means, that next time you have an issue with your AV, PA and CCTV, an ATIS Tech will be able to fix it for you correctly and efficiently.

The first ATIS QL3 Course to receive the communications training will graduate later this month.



Audio/Visual Lab Installation Crew.

435 Sqn Members Recognized for Performance under Pressure



Nine members of 435 Sqn were presented Good Show awards for their outstanding actions that prevented a potentially fatal accident. The presentations were made at Namao Hall in 16 Hangar on Sept 18, 2017. The aircraft had a cargo area explosion and fire on Feb 12, 2012 but due to the quick actions of the crew all persons aboard survived. Photos Cpl Bryce Cooper

by Martin Zeilig, Voxair Photojournalist

"We lost the airplane," Captain Michael "Ruggy" Wolter, the 435 (Transport and Rescue) Squadron Assistant Flight Officer, emphasized. "But, that doesn't matter because we saved all the crew. That's what really matters."

Capt Wolter was speaking as the MC at an Honour & Awards Presentation, which included a slide presentation, before a capacity crowd of some 150 mostly military personnel in Namao Hall, located on the fourth floor of 16 Hangar, on September 18.

The early afternoon event was held to present Good Show Awards (Flight Safety Awards) to the nine crew members of 435 Sqn for their outstanding actions that prevented a catastrophic accident and saved the lives of all crew members as noted in the Flight Safety Investigation.

The incident occurred on February 21, 2012 at Naval Air Station Key West.

"The Good Show Award is given for an outstanding action or series of actions that averted in extremes a serious accident or reduced its severity," said Capt Wolter. "The actions of individuals nominated are such that without their involvement an aircraft would have been lost or much greater injuries or damages would have been sustained."

The CC 130342 crew consisted of: Major Scott Frost, Aircraft Captain; Captain Tom Doelman, First Officer; Captain Ryan Weavers, Aircraft Combat Systems Officer; Sergeant Kim Blake, Flight Engineer; MWO George Lake, Load Master; Sergeant Barry Martin, Load Master; Capt Alan Rydman, Crew Member; Master Corporal Darryl Jillett, Crew Member; Cpl Derek McKenzie, Crew Member.

Able to attend the Award Ceremony were Maj Frost, Capt Doelman, Capt Weavers, Sgt Blake, MWO Lake, Capt Rydman, Sgt Jillette, and Cpl McKenzie.

An inscribed plaque, mounted on a piece of the since scrapped Hercules, now hangs on a side wall in Namao Hall as a remembrance of the events at Key West.

Also present at the ceremony were Major-General J.H.C. Drouin, Commander 1 Canadian Air Division (1 CAD); Colonel Michael Atkins, Commander 19 Wing CFB Comox; Colonel Andy Cook, Commander 17 Wing; Chief Warrant Officer (CWO) Gerard Poitras, the RCAF CWO; CWO Boucher, 1 CAD CWO, CWO Jean-Claude Parent, the 19 Wing CWO; CWO Jerome Rossignol, 17 Wing CWO; Colonel JJ Alexander, the RCAF Director of Flight Safety and Airworthiness Investigation Authority (DFS/AIA); Lieutenant-Colonel Kevin 'Kozy' Kozak, Commanding Officer, 435 Squadron; and, Major Dennis Scharf, SO SAR Readiness at 1 CAD.

"In 2012, 435 Sqn was deployed to Florida with Hercules CC 130342 in order to provide air-to-air refuelling (AAR) support to CF188 fighter aircraft from 410 Tactical Fighter Squadron deployed to NAS Key West," noted provided information.

"On 21 February 2012, after the completion of an AAR sortie, a touch and go was planned at Naval Air Station Key West. At 08h58L, CC130342 with nine crew and passengers on board experienced a cargo area explosion and fire during the touch and go. Load Master MWO Lake was seated at his station in the rear

of the aircraft when the explosion and subsequent fireball occurred. As he reached for a fire extinguisher he became enveloped in an expansive fireball. The intense heat forced MWO Lake to rush forward while concurrently announcing the fire on the aircraft intercom.

"The aircraft itself was just airborne again after the touch and go; upon hearing the warning, the crew seamlessly assessed the situation and elected to immediately land the aircraft. Capt Doelman under the guidance of the Aircraft Captain, Maj Frost, carried out the landing and stopped the aircraft on the remaining runway. Load Master Sgt Barry Martin guarded the crew door handle to prevent egress while the aircraft was still moving and to initiate immediate evacuation when the aircraft would stop.

The aircraft came to a stop with 1500 feet of runway remaining and within 27 seconds of the outbreak of the fire. The crew evacuated the aircraft and emergency services responded within minutes.

"Results of the fire created damage to the aft section of the aircraft such that CC130342 would never return to service. It is highly probable that had the crew elected to continue the climb into the circuit the aircraft would have been compromised and aircraft control would have been lost."

Maj Frost noted that a lot of things happened during that short time frame on the runway at NAS Key West.

"We had a great crew and efficiency," he said after the ceremony, mentioning, too, the speed at which all the events happened. "I had never been in anything like that before. Even when you have an emergency with an engine, you, at least, have three more. We were lucky. If it would have been a minute earlier or five seconds later, we wouldn't have had any options of



1 CAD Commander MGen Christian Drouin presents the Good Show Award to 440 Sqn Capt Thom Doelman.

what to do."

He pointed out that it the entire sequence of events on that day happened in a mere 27 seconds-- from the time the fire started until the plane came to a dead stop, and less than 30 seconds to extinguish the fire, Maj Frost said.

"The whole support process from Flight Safety, 1 CAD and from 17 Wing happened the way it should have," he continued. "Within a week, it allowed the CO to make decisions with regard to the re-employment of the C-130 Hercules. It was a full crew effort from start to finish. When you see that things could have ended for all of us that day, you have a different perspective on life—how truly precious it is."

Sports Trivia

Baseball Pitching

by Stephen Stone and Tom Thomson

1. Name the pitcher with the best won-lost percentage of any hurler with at least 15 wins against the New York Yankees. Hint (but not a very good one): he was a 20-game winner twice with a lifetime .671 winning percentage.
2. This Hall of Fame pitcher, elected to the hall in 1937, accumulated 316 losses during his illustrious career.
3. As of 2017 he has the second most wins for a pitcher in the major leagues.
4. This retired pitcher has won a record seven Cy Young awards.
5. Who holds the Canadian record in the women's 100 metres?
6. Following Cy Young and Pud Galvin this Hall of Fame pitcher is third with 292 career losses.
7. This pitcher holds the record for hit batsmen by a Hall of Fame pitcher.
8. These two pitchers are tied for second for hit batsmen by a Hall of Fame pitcher.
9. This pitcher has the dubious record of having hit more batters than any other.
10. Who is the current active leader in hit batsmen?
11. This lefty has the record for most career wins by a southpaw.
12. What do the following pitchers in the majors have in common: Paul Foytack in 1963, Chase Wright in 2007, Dave Bush in 2010 and Michael Blazek in 2017?
13. Chan Ho Park of the Dodgers, playing against the Cardinals, has the dubious honour of giving up two (count 'em, two) grand slam homers to the same player in the same inning on April 23, 1999. Who was the beneficiary of Park's generosity?
14. Who is the only pitcher to hit two grand slams in a game?
15. Against the Padres on April 22, 1970, this pitcher set a record by striking out the final 10 consecutive batters.
16. This Hall Of Fame pitcher set records for most home runs given up in a season and in back-to-back seasons.
17. This pitcher holds the record for most home runs allowed in a career.
18. This pitcher holds the National League record for most home runs allowed in a career.
19. This pitcher holds the American League record for most home runs allowed in a career.
20. Who holds the single season and career records for home runs hit by a pitcher?

Sports Trivia Answers on page 14



MWO George Lake received the Good Show Award.



435 Sqn Maj Scott Frost received the Good Show Award.

Book Review: A Kite for Russell - Moving From Pain to Joy



Illustrated by Kasia Charko

Title: **A Kite For Russell**
ISBN: 1550392506, 9781550392500
Publisher: Sono Nis Press, 2016
Pages: 40
Illustrations: Colour

by **Capt Bettina McCulloch-Drake, 17 Wing PAO**

Meet Russell. He loves doing things with his mother, an engineer with the Royal Canadian Air Force. But one day, Russell's mom gets sick and their lives become increasingly difficult until someone connects them with a person who helps them move from a place of pain to a place where they can rediscover their joy in each other.

Written by Laurie-Anne Johnson, a former family liaison officer with the Military Family Resource Centre in Winnipeg, *A Kite for Russell* explores a child's experiences with a parent who is suffering from illness. Although the book is not specific as to what Russell's mom is suffering from, readers could make the assumption that she is experiencing some form of depression, anxiety or stress disorder. With greater attention being drawn to mental illness, this book is most certainly timely especially with Mental Illness Week (<http://www.camimh.ca/mental-illness-awareness-week/about-miaw/>) taking place from

1 to 7 October.

There are a few noteworthy points to be made about this book.

Instead of portraying a father who has served in operations overseas, it is a mother who is suffering from mental illness (again, this is the presumption that needs to be made). And while some readers may want to know what the mother's military service has exposed her to and why she seems to be raising Russell by herself, the story steers away from her inner thoughts and places the focus squarely on how Russell is affected and how he is eventually able to get help.

By following Russell through his journey the reader can almost feel his initial helplessness in not being able

to get through to his mother. Likewise, many parents can relate to those times when they may feel that they are incapable of taking care of their own children. In essence we come to witness the blame Russell and his mother place upon themselves for the situation. From self-blame comes a sense a shame, which only makes it more difficult for Russell and his mother to find a way out of their situation.

As the narrative progresses, we are shown that there is hope where there is help. All too often in the case of mental illness, it is someone close to the immediate family (e.g. a member of an extended family, a friend, a co-worker or a neighbour) that recognizes that a person is at a place of pain where no way out is apparent to the person suffering. It is often thanks to these "external" people that those with mental illness can get the help they need, enabling them to climb out of the darkness and into a place where joy be found again.

A Kite for Russell, published by Sononis Press (<http://www.sononis.com/>), is available for sale after October 6 at McNally Robinson Booksellers locations and online at <http://www.mcnallyrobinson.com>. The book was made possible thanks to the support of the Winnipeg Military Family Resource Centre <https://www.cafconnection.ca/Winnipeg/Home.aspx> and funding provided by the True Patriot Love Foundation (<http://truepatriotlove.com/>).

Individuals and families may meet the author, Laurie-Anne Johnson, during the book's Winnipeg launch being held at 7:00 p.m. on Friday, October 6 in the atrium of McNally Robinson's Grant Avenue location.

WIN

A SIGNED COPY OF JOHN CONRAD'S BOOK, AMONG THE WALKING WOUNDED BY SENDING AN EMAIL TO VOXAIR@MYMTS.NET TO PROVIDE US WITH A LITTLE FEEDBACK TO LET US KNOW WHAT WE COULD IMPROVE ON OR WHAT WE ARE DOING RIGHT IN THE VOXAIR. TO SEE OUR PREVIOUS REVIEW OF THE BOOK PLEASE GO TO THEVOXAIR.CA, CLICK ON THE ARCHIVES LINK, AND GO TO THE MAY 31, 2017 ISSUE.



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Ready, Set, Solo!

by Martin Zeilig, Voxair Photojournalist

“Ready, Set, Solo!

It sounds like something a flight instructor might say to a student pilot after many hours of intensive training.

But, it’s really a program designed to prepare children to stay at home by themselves. A workshop, which is designed for students age 11 and up, along with a parent(s)/guardian, will be held at the Military Family Resource Centre on Saturday, October 11, 9:00 am--12:00 pm. The cost will be \$25.00 for military and DND personnel.

The workshop covers safety, walking alone, and dealing with unexpected situations, strangers, and other emergencies, said Sherri L. Pierce, the MFRC’s registered social worker, who’s teaching the course.

The South Winnipeg Family Information Centre (800 Point Road-- Fort Garry United Church) developed the program over a decade ago, she added.

The SWFIC (originally known as Fort Garry Family Life Centre) was established in the fall of 1974 as a result of community interest, says information on the organization’s website. The basic aim of establishing a family centre at that time was to provide programs and information to enhance the quality of family life in the

community.

“Over 40 years later, we continue to be proud of the hundreds of volunteers who have contributed to the services of our Centre,” notes the online material.

“Together, you and your child create a plan for your child to stay home alone safely and confidently,” says specific information about Ready, Set, Solo! “Discuss concerns as they relate to your family, create guidelines, and increase communication between you and your child.”

Pierce, who has a Bachelor of Social Work degree from the University of Manitoba, noted that she’s been involved as a contract worker and board member at the SWFIC for several years now.

“I felt it was valuable for the MFRC and 17 Wing military families to have this workshop here too,” she said. “I’ll be facilitating the workshop.”

Pierce emphasized that in Manitoba children must not be left home alone until they are 12 years of age.

“This program is being subsidized by the MFRC for Defence team families,” she continued. “The workshop will see us learning through various modalities, including videos, discussion between children and parents. There will be large group discussions of 15 minutes each, and children’s problem solving activities.”

The two videos that will be screened are Every Dog’s Guide to Complete Home Safety (National Film Board of Canada) and a fire safety video developed for babysitting courses.

There will be other topics discussed during the workshop, Pierce said. These include “safe adults” and a brief session on first aid.

“The idea is to provide families with the opportunity to think about and discuss their plans for staying home alone before the child actually does so,” Pierce explained, mentioning that this workshop is being done on her initiative. “This is not a certification class, but a piece of the overall preparation that parents should be doing with their children. We don’t, though, recommend leaving children at home by themselves before age 12.”

She also said that children are walking to and from school and from other activities, so it’s important for them to have safe practises.

“There are also military families new to Winnipeg, who may be feeling unsettled about having their kids walking alone,” Pierce said.

For further information, contact Pierce at Tel: 204-833-2500 ext. 4056; email: sherri.pierce@forces.gc.ca

The Lost Expressionist: Nick Yudell’s Journey in Images

A hidden cache; a world seen through the daring eye of an unknown photographer

by Martin Zeilig, Voxair Photojournalist

“A woman touches her beret on a windy day, calming regarding us,” says the printed information next to the photograph of Ruby Rabinovitch.

Another portrait shows a 26 year old woman, Mary Ginsberg, seated on a patterned sofa reading a thick hardcover book with the contrasting images of a long white curtain and dark wall, separated by a partially rolled up dark drape, in the background.

The photo of Ms. Rabinovitch, who left home by 1928 to become a writer in New York City where she wrote for The New Yorker magazine (and later moved to Montreal), was taken “prior to 1930” at the Rabinovitch House, Morden, Manitoba; while the photo of Ms. Ginsburg, the photographer’s older sister, was shot in the winter of 1938 at 383 Alfred Avenue in North End Winnipeg.

Those are just two of the photographs in The Lost Expressionist: Nick Yudell’s Journey in Images. A hidden cache; a world seen through the daring eye of an unknown photographer-- an inaugural exhibition hosted by the Jewish Heritage Centre of Western Canada, located in the Asper Jewish Community

Centre at 23 Doncaster Street, just north of the South Site RHUs. A multimedia presentation was held in the Berney Theatre at the Asper JCC on September 26 by the exhibition’s curator, Celia Rabinovitch, Ph.D.

The free exhibition runs until October 11, 2017.

“Newly restored negatives from a concealed cache reveal a young photographer from Morden and Winnipeg, who became an RAF pilot, shot down in the Western Desert of World War II, who created a powerful legacy,” says information on a panel at the exhibition.

“Imagine opening a box of negatives shot before World War II by a young man from a small town in Manitoba, who died during the war. No one has seen these negatives since the 22-year-old enlistee closed the box he made for his life’s work in August, 1940, and left, first to Shilo, Manitoba, then to Alberta, to fly for the R.A.F. and to defend freedom. His fountain pen inks the surface of each aged brown envelope with the time, date, place, lighting conditions, and names of people in the negatives inside. Enclosed lives a world unseen, captured by a young Jewish photographer from rural Manitoba during the Dirty Thirties, whose work aspires to a modern vision that parallels the art emerging from Europe then.”

The photographer was Isador “Nick” Yudell-- born on June 16, 1916 to Russian-Jewish immigrant parents, Sophie (Netty) and Alexander Yudlutz (a former coronet player in the Czar’s army), 321 Dufferin Street in Winnipeg.

“Nick Yudell’s dramatic photographs capture aspects of life -- spanning the Jazz Age -- when he was twelve and received a camera -- and the Great Depression, bridging the 1920s through 1930s,” says information written by the curator, an artist and writer whose work has been exhibited in Canada, the United States, and Europe. “His works are rarely candid or documentary, yet he created stunning black and white images that make those times vivid. He depicted himself and others in striking filmic portraits. He anticipated avant-garde art with double exposures and experimental lighting. Nick Yudell is a lost artist whose images have been brought to life. His work is a major discovery.

“During the Depression, people made their own entertainment. Nick’s camera created exchanges with his subjects, shot in natural light or dramatic chiaroscuro. His work echoes German Expressionism and anticipates the development of film noir. They reflect the postures and gestures of men and women emulating gangsters or babes. Others pose with confidence, in portraits of singular power and expressive intensity, far from the stiff studio portraits taken then. He connected

with others through his lens, making images that strike the heart.”

Nick became a pilot and a Warrant Officer with an international group of Commonwealth airmen: British Squadron Leader, Ivan Cornelius Strutt, Tommy Lonsdale, and Australian gunner Geoffrey O’Keefe, said Ms. Rabinovitch, who was interviewed by The Voxair photojournalist at the exhibition on September 24.

“The squadron moved to numbered locations in the Western Desert from Egypt to Tunisia, enduring desert heat during day, cold at night, with little to eat,” she writes. “On January 6, 1943, Ivan Strutt and Nick Yudell piloted a Vickers Wellington II from Malta to Tunisia in the charge to stop General Rommel’s supply lines from entering the Mediterranean. Returning from their night mission to bomb the docks at Sousse, German flak hit their plane, igniting it. According to Operations Records, it appeared as a flare in the sky, 60 miles south of Sousse.

“Nick’s RAF attestation papers show he tried to enlist the previous year. After the war, he intended to open a photography studio. He played lacrosse, hockey, baseball, and built model airplanes. He excelled in all aspects of the interview, yet was ranked average, perhaps a result of the lingering antisemitism of the interviewing officer. Nick was one of nearly 500 Canadians soldiers of Jewish faith who died in World War II. Contrary to superficial ideas, Jews were not all victims in WWII, but heroic fighters. Nearly 20,000 Canadians of Jewish faith subscribed in the military.

“The RCMP in 1940 reported, ‘The Jewish community ... has subscribed generously, way out of proportion, not because they consider it a ‘Jewish’ war, but because they understand the clear-cut policy of decency versus brute force much better than people who take their freedom for granted.’”

Ms. Rabinovitch called Nick Yudell’s life and experience “a prism of everything” -- of all his many interests.

“Almost all his peers went to war, and a lot of them died in combat overseas while flying planes,” she said. “I think it’s important to remember these people. Nick’s photographs document the kind of freedom people had living in rural (and urban) western Canada at that time. He came from a more innocent time with little class structure. Here was someone who could make fine art photographs with little technical means and far away from major art world centres. He was a true original. He lost life in the Second World War defending freedom. It showed that he had a great deal of courage.”

“You feel like you know him personally after viewing this exhibition,” Rabinovitch remarked.

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 Silent Auction prizes and 50/50 draw

Around The Wing



17 Wing MSS served the ChiliLunch at the Mess on September 20. The Wing Food Svcs Lunch Specials will be held monthly to raise money for the GCWCC. Servers for the Chili Lunch were: Maj Amanda Ives – MSS DCO, PO2 Milburn – MSS Svcs SWO, CWO Todd – MSS CWO, LCol Quick – MSS CO, Maj K. Brown – MSS Admin Flt OC, MWO Pellifler – MSS TEMA SWO.



Captain Dan Rossi presents Corporal (Cpl) Alexandra Lampard with the Flight Safety award for Professionalism due to her identifying a fault in a CF188 aircraft prior to flight. Cpl Lampard received this award on September 25, 2017 at the Canadian Forces School of Aerospace Studies, 17 Wing Winnipeg. Photo: Cpl Bryce Cooper



Chaplain Capt Leslie Fox blesses Darren (the golden retriever) while Emily (L) and Olivia (R) hold the leash and watch. The Blessing of the Animals was held after services at the Wing Chapel on Sunday, Oct 1. The Blessing of the Animals is done as close as possible to the feast day for St Francis of Assisi, the patron saint of animals. Photo: Bill McLeod, Voxair Manager



17 Wing Commander, Colonel Andy Cook (Left) presents the Certificate of Service to Chief Warrant Officer Mike Robertson (Right) during his Depart with Dignity on September 28, 2017 at 17 Wing Winnipeg. Photo: Cpl Justin Ancelin, 17 Wing Imaging



17 Wing OSS Telecom Flight Commanding Officer, Major Peter Yip (Left) and 17 Wing OSS Telecom Flight Master Warrant Officer Darrell Bedard (Middle) present Master Corporal Dawn White (Right) a shadow box during her Depart with Dignity on September 28, 2017 at 17 Wing Winnipeg. Photo: Cpl Justin Ancelin, 17 Wing Imaging

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Around The Wing



Capt. Simone Cozzi; Maj. Joy McClure, 2 Canadian Air Division Headquarters Commanding Officer; and Capt. Patrick Pelletier attempt to remove the Firefighting Boots of Col. Michel Latouche, 2 Canadian Air Division's Chief of Staff, at the end of the timed Firefighting Challenge for 2 Canadian Air Division's Amazing Race. The Amazing Race took place on September 15, 2017 and was designed as a team building activity for personnel at the unit. The activities gave personnel a chance to get to know each other better and to learn more about 17 Wing. Photo: Sgt Jody Hudec, 2 CAD



2 Canadian Air Division (2 CAD) presents a cheque for \$1055.00 to the 17 Wing Padres, for their Care and Share Charity, on September 14, 2017. 2 CAD members raised funds for the worthy cause by donating money for the privilege of wearing civilian clothes to work on Fridays throughout January to August. Holding the cheque from Left to Right: Maj. Hope Winfield, 17 Wing Chaplain, Brig.-Gen. David Cochrane, 2 Canadian Air Division Commander, Maj. Joy McClure, 2 Canadian Air Division Headquarters Commanding Officer, CWO Miina Piir, Acting 2 Canadian Air Division Headquarters CWO. Photo: Cpl Justin Ancelin, 17 Wing Imaging

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The Flying Officer George Finkle Scholarship and Bursary is available to full-time University of Manitoba students who are Regular Canadian Armed Forces members, Primary Reserve Force members or immediate family members of a Regular Force member who live in Manitoba or Northwestern Ontario. The deadline for applications is December 1st, 2017.

For more information visit: http://umanitoba.ca/student/fin_awards/media/Flying_Officer_George_Finkle_Memorial_Bursary_and_Scholarship_2017-18.pdf.

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Get Booted on Oct 11

by MCpl Jason J Loboz, CD, Fire Inspector, 17 Wing Fire Services

For over 20 years now, the 17 Wing Winnipeg Fire Service has joined in with over 800 other Fire Departments across Canada collecting funds to help those living with one of the over 150 Neuromuscular disorders. We have been a small part of the over 3 million dollars raised annually by hosting our Boot Drive.

This year, the Boot Drive will be held on Wednesday, October 11 from 06:45-08:15 at all three CFB Winnipeg gates as well as Tim Hortons at 2117 Ness Ave. Funds raised stay right here in Manitoba and are used to purchase equipment to make life just a little bit easier for those living with these debilitating disorders, equipment such as a cough assist machine. Imagine how difficult it would be for you to not be able to cough. The things we take for granted!

Our Honourary Firefighter Crystal is hoping to be on hand for the event and we hope you will all be able to meet her. She has been a part of the 17 Wing Fire family now for over 15 years. Her charisma and strength are unparalleled; she has been a source of inspiration for the many firefighters who have been through our Fire Hall.

We realize that we hold up traffic a little bit on this one (usually cool) morning in October every year, but we also know that it is very much worth the effort.

When you see the smiling faces of your local firefighters holding their boots out that morning, please donate what you can knowing it is going directly to those who need it most.

Thank you from all of us at the 17 Wing Fire Services

17 Wing Flies at Plane Pull



The 17 Wing team had the best time at the 14th Annual Plane Pull and Kickoff for United Way Winnipeg on September 15. They were able to fly the Boeing 727 20 feet in 7.75 seconds. All Photos: United Way Winnipeg



The 17 Wing team had the best time of 7.75 seconds and helped United Way Winnipeg raise \$60,000 at the event.

Walk the Talk FACING FAMILY VIOLENCE ONE STEP AT A TIME
Joignez le geste à la parole FAIRE FACE À LA VIOLENCE FAMILIALE, UN PAS À LA FOIS

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throughout Family Violence Prevention & Awareness Week
for members of 17 Wing and the public.

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à la violence familiale pour les membres de la 17^e Escadre et le public.

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MFRC CRFM WINNIPEG

Opening Ceremony 1200 hrs at the MFRC - 102 Comet St. MONDAY • LUNDI
Cérémonie d'ouverture 12 h au CRFM - 102, rue Comet 16 OCT 2017

Project New Hope Canada Golf Tournament Results

On Friday 15 Sep 17, Project New Hope Canada (PNHC) held a fund raiser Golf Tournament at the CFB Winnipeg Golf Course. Thirty-Three dedicated golfers attended the tournament in spite of cool temperatures and a threat of rain. They participated in nine holes of golf as well as putting and chipping contests. Two teams were tied for top place. After applying the count back tie breaking procedure, the first place team was John Kamperman, Claude Parent, Bob Shaer, Lem Compton and second place team was Tom Whitburn, Ron Martin, Al Mulvenna, Mo Barriault. Prizes were handed out to the top two teams as well as a random draw team. Individual prizes were given out to winners of: putting contest - Pat Parigo, chipping contest - Al Mulvenna, straightest drive (closest to the line) - Eldrin Thuen, closest to pin (female) - Kandia Salides, closest to pin (male) - David Bungay. In addition to tournament, a silent auction was set up with approximately twenty donated prizes and a 50-50 draw. After the tournament a Buffet Lunch was enjoyed by all. Over all, this successful event raised approximately \$900 to be used by PNHC for sponsorship purposes.

The success of this event is attributable in a large part to our sponsors: Birchwood Toyota, Golf Dome, CFB Winnipeg GC, Assiniboine GC, M&M Foods, Boston Pizza, Reliant Action and 17 Wing PSP as well

as PNHC Board Member donations. A special thank you goes out to Jackie Kurceba Club Mgr and her staff for all the help in setting the tournament up. Finally, thank you to all the golfers who stuck with us in spite of the weather.

PNHC is a South Interlake based organization that supports Veterans with combat related operational stress injuries (OSI) and their families. Over the last several years PNHC has supported several spousal retreats which have benefited approximately 75 spouses of Veterans. A fourth such sponsored retreat will be taking place at Russell MB on 29 Sep - 1 Oct 2017. Additional info on this and future retreats can be obtained from Angie Duda, OSISS Family Peer Support Coord for Winnipeg.

This Golf Tournament was the second of three fund raisers being sponsored by PNHC this year. The previous weekend a Motorcycle Ride-In Rally and Family day was held in Teulon MB featuring approximately 70 Motorcycles and their riders from all parts of the province who participated in a variety of Motorcycle games. Coming up on Sun 22 Oct 17 an Old Time Dance and Fall Supper will be held in Meadow Lea Hall (near Marquette MB). Contact Carolyn at 204-383-5223 or visit www.projectnewhopecanada.com for info.

17 WING FIRE CHIEF'S CORNER



Stop, Drop & Roll

Each year people are seriously burned when their clothes catch on fire. When a person's clothing catches on fire, action must be instinctive and immediate. There is no time to think, when your clothes catch fire, **STOP, DROP and ROLL.**

STOP: Where you are. Do not run!

DROP: Drop down to the ground, lay flat with your legs straight and cover your mouth and eyes with your hands.

ROLL: Over and over, back and forth until the flames are out! Flames can also be smothered by towels, blankets or coats.

If you are near someone whose clothing catches on fire, be sure to stop them from running and make them **STOP, DROP and ROLL.**

- Once the fire is out.
- **Call 9-1-1.**
- Cool the burns

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FRIDAY 20 OCTOBER 2017

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SPORTS DAY

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EVENT	OPI	LOCAL
Fun Volleyball	Rick Phillips	5871
Golf	Jackie Kurceba	6909
Try Squash	Capt Dieleman	5409
Geocaching	Shalynn Froelich	4150
Zumba	Dawn Redahl	7013
Power Yoga	Lee-Ann Brookes	2455
Fun Curling	Capt Loyd Olson	4349
Glow Skyzone Trampoline	Joanna Jarrett	2055
Vertical Adventures	Stefan Dowhayko	4833
Pickle Ball/Badminton	Sean Kochalyk	2455

To register, please go to <http://bk.cfpsa.com/winnipegpub/courses/index.asp>
Space is limited for Glow Skyzone Trampoline and Vertical Adventures so register today. Please contact the OPI of the sport that you are interested in if you require further information. For more information contact Marc Lavallee at local 5511.

17 Wing Flying Tigers Swim Team Positions Available: President and Vice-President

Position Term is for the 2017-18 Swim Year (September 2017 to July 2018) with potential for re-election. Preferred candidate will have a swimming background and/or positional experience from a Base Recreational Club, although all interested personnel are encouraged to apply.

Positions must be filled by Regular Members defined as "members of the Regular CAF and their dependents, foreign military personal on duty with the CAF and their dependents, and members of the Reserve Forces while on Class "B" or "C" Reserve service and their dependants.

For more information or to apply for a position, please send a detailed email to: FlyingTigersSwimTeam@hotmail.com

L'équipe de natation de la 17e Escadre, les Flying Tigers, est à la recherche pour les postes de président et vice-président

Ces postes ont un mandat d'une durée d'un an, pour l'année de natation 2017-2018 (de septembre 2017 à juillet 2018), avec des possibilités de réélection. Les candidats idéaux auront de l'expérience en natation ou de l'expérience à un poste au sein d'un club récréatif de la base, mais toutes les personnes intéressées sont encouragées à postuler.

Ces postes doivent être remplis par des membres réguliers, définis comme suit « des membres de la Force régulière des FAC ou leurs personnes à charge, des militaires étrangers en poste avec les FAC ou leurs personnes à charge, et des membres de la Force de réserve en service de classe B ou C ou leurs personnes à charge. »

Pour plus d'information ou pour poser votre candidature, veuillez envoyer un courriel détaillé à l'adresse : FlyingTigersSwimTeam@hotmail.com

JOURNÉE DU SPORT MILITAIRE
LE VENDREDI 20 OCTOBRE 2017

Tous les participants auront la chance de gagner une paire de billets des Jets de Winnipeg



JOURNÉE DU SPORT

LES FORCES ARMÉES CANADIENNES DONNENT L'EXEMPLE

ACTIVITÉS	BPR	POSTE
Volleyball à l'improviste	Rick Phillips	5871
Golf	Jackie Kurceba	6909
Essayer Squash	Capt Dieleman	5409
Géocachage	Shalynn Froelich	4150
Zumba	Dawn Redahl	7013
Power Yoga	Lee-Ann Brookes	2455
Curling à l'improviste	Capt Loyd Olson	4349
Trampoline à Glow Skyzone	Joanna Jarrett	2055
Vertical Adventures	Stefan Dowhayko	4833
Pickle Ball/Badminton	Sean Kochalyk	2455

Pour s'inscrire, veuillez visiter <http://bk.cfpsa.com/winnipegpub/courses/index.asp>
Le nombre de places est limité pour le trampoline à Glow Skyzone et pour Vertical Adventures alors inscrivez-vous dès maintenant. Veuillez contacter le BPR du sport qui vous intéresse pour de plus amples informations. Veuillez contacter Marc Lavallee au poste 5511 pour de plus amples informations.

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garryol@shaw.ca

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GOOD FOOD BOX PROGRAMME DE LA BOÎTE VERTE

A community-based program designed to encourage healthier eating through the promotion of fresh fruits & vegetables!

Il s'agit d'un programme communautaire qui a pour but d'encourager une alimentation saine grâce à une plus grande consommation de fruits et de légumes frais!

It is a bulk-buying program that aims to lower your grocery bill by buying bulk, fresh fruits & vegetables from local farms & distributors.

Afin de diminuer le montant de votre facture d'épicerie, les fruits et légumes sont achetés en grosses quantités auprès des fermiers et des distributeurs locaux.

THE BOXES ARE PREPARED MONTHLY!

LES BOÎTES SONT PRÉPARÉES CHAQUE MOIS!

Each box contains a variety of high-quality, fresh, nutritious fruits & veggies. Stock depends on which are in season or available at the best value.

Chaque boîte contient divers fruits et légumes frais, nutritifs et de qualité. Le choix dépend de la saison et des occasions d'achat au meilleur prix.

ORDERS CAN BE PLACED ONLINE AT www.pspwinnipeg.ca

PASSER SA COMMANDE PAR INTERNET À www.pspwinnipeg.ca

SEPT	OCT	NOV	DEC
ORDER BY / DATE LIMITE 22 SEPT 2017	ORDER BY / DATE LIMITE 20 OCT 2017	ORDER BY / DATE LIMITE 17 NOV 2017	ORDER BY / DATE LIMITE 8 DEC 2017
PICK UP / RAMASSER 27 SEPT 2017	PICK UP / RAMASSER 25 OCT 2017	PICK UP / RAMASSER 22 NOV 2017	PICK UP / RAMASSER 13 DEC 2017

Pick up between 1600 - 1730 hrs / Ramasser entre 16 h à 17 h 30

Small Box \$18 / Petite boîte 18 \$
Large Box \$28 / Grande boîte 28 \$

ALL PRODUCTS GO BACK TO THE PARTICIPANTS. / TOUS LES PRODUITS RETOURNENT AUX PARTICIPANTS.

NO ORDERS ACCEPTED AFTER THE DEADLINE. / AUCUNE COMMANDE NE SERA ACCEPTÉE APRÈS LA DATE LIMITE.

PLEASE BRING YOUR OWN BAGS/BOXES TO CARRY YOUR PRODUCE HOME. / S'IL VOUS PLAÎT APPORTER VOS PROPRES SACS / BOÎTES POUR TRANSPORTER LES PRODUITS CHEZ VOUS.

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A FREE skills building course designed to IMPROVE personal communication skills

Un cours GRATUIT de développement des aptitudes de communications interpersonnelles

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THURSDAYS 12 October - 2 November 1630 - 1930 hrs

LES JEUDIS 12 Octobre - 2 Novembre 16 h 30 - 19 h 30

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REGISTRATION DEADLINE: 5 OCTOBER 2017 / DATE LIMITE D'INSCRIPTION: 5 OCTOBRE 2017

A MEAL IS AVAILABLE FOR A COST OF \$10 PER EVENING. (Paid in advance) / REPAS DISPONIBLE MOYENNANT DES FRAIS DE 10 \$ PAR SOIRÉE. (Payé à l'avance)

FÊTE d'HALLOWEEN PARTY!

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SATURDAY 28 OCT LE SAMEDI

1 PM - 4 PM / 13 H à 16 H

BLDG 90 - 680 WIHURI RD. / BÂT. 90 - CH, 680 WIHURI

Hamster Ball • Crafts
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Bouncers • Games • Canteen
& TONS OF OTHER FUN ACTIVITIES FOR ALL AGES!

boûles à hamster • artisanat maison hantée • décoration de biscuits
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\$3 MILITARY/WITH MEMBERSHIP / 3\$ MILITAIRES/MEMBRE ADHÉRENT
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\$5 NON-MEMBERSHIP / 5\$ NON-ADHÉRENTS
\$12 FAMILY - NON-MEMBERSHIP / 12\$ FAMILLES - NON-ADHÉRENTS

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Free! MOVIE NIGHTS 2017

WEDNESDAY 25 OCTOBER
Doors Open - 1830 hrs • Show Time - 1900 hrs
BLDG 90 THEATRE
SNACK AVAILABLE FOR PURCHASE • \$1 EA.

For more information contact: deanne.bennett@forces.gc.ca • Ext. 7013

2017 Gratuit! SOIRS AU CINÉMA en famille

BÂT. 90 - THÉÂTRE
MERCREDI 22 OCTOBRE
les portes ouvrent à 15 h • 15 h 30 au cinéma

PLUS de soirs au cinéma GRATUITS à venir!

MAÏS SOUFFLÉ ET BOISSONS « SLUSHIES » EN VENTES À 1 \$ CHACUN

2017 Free! Family MOVIE NIGHTS

BLDG 90 THEATRE
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Doors Open - 1500 hrs • Show Time - 1530 hrs

More FREE family movies to come!

POPCORN & SLUSHIES AVAILABLE FOR PURCHASE • \$1 EA.

IN-SERVICE DAYS

Swimming, movie, indoor activities and a trip

FRIDAY OCT 20 BOONSTRA FARMS
FRIDAY NOV 10 ACADEMY LANES
FRIDAY NOV 24 SPRINGERS GYMNASTICS

Drop-off 0730-0900 hrs
Pick-up 1600-1715 hrs
With membership \$26.25 per day/per child
Without membership \$31.50 per day/per child

JOURS PÉDAGOGIQUES

piscine, cinéma, des activités intérieures et un voyage

VENREDI 20 OCT BOONSTRA FARMS
VENREDI 24 NOV SPRINGERS GYMNASTICS
VENREDI 10 NOV ACADEMY LANES

déposer : 0730-0900 hrs
ramasser : 1600-1715 hrs
avec l'adhésion 26.25\$ par jour/par enfant sans adhésion 31.50\$ par jour/par enfant

Alcohol, Other Drugs and Gambling: Supervisor's Training

7 & 8 November 2017
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

7 et 8 novembre 2017

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

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

To register, contact Health Promotion at (204) 833-2500 ext.4150 or healthpromo@forces.gc.ca

Pour s'inscrire, composez Promotion de la santé le (204)833-2500 poste 4150 ou healthpromo@forces.gc.ca



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204-833-2500 extension / poste 4500

www.cafconnection.ca

www.facebook.com/WinnipegMFRC

www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

Zoo Sleepover

Assiniboine Park Zoo

Join us for a fantastic evening adventure at the Zoo. Grab your flashlight and explore the nocturnal side of the animal kingdom, get up close and personal with one of the zoo's ambassador animals, and much more!

Friday, Oct. 13 6:00 p.m. to Saturday, Oct. 14 9:00 a.m.

\$60 per participant

Registration deadline: October 6

Ready, Set, Solo!

Together, you and your child create a plan for your child to stay at home alone safely and confidently. Includes: home safety, family rules, emergencies, and strangers.

In Manitoba, children must not be left home alone until they are 12 years of age.

Saturday, October 21

9:00 a.m. to 12:00 p.m.

\$25 (per child)

Registration deadline: October 13, 2017

Parent(s) must attend with child (11+).

« Ready, Set, Solo ! »

Ensemble, vous et votre enfant créez un plan pour que votre enfant puisse rester seul et en toute sécurité à la maison. Comprend : sécurité à la maison, règles familiales, urgences et inconnus. Au Manitoba, les enfants ne doivent pas être laissés seuls à la maison avant l'âge de 12 ans.

Samedi le 21 octobre

De 9 h à 12 h

25 \$ par enfant

Date limite d'inscription : 13 octobre

Les places sont limitées. Un parent doit participer avec son enfant âgé de 11 ans et plus.

Family Deployment Preparedness Information Session

Preparation, education and skills are not only important for your military loved one's success during the deployment, they are also important for the family. This session will include valuable information for the family and also focus on the tools to help you and your family prepare for a successful deployment.

Monday, October 16

6:00 to 7:30 p.m.

Tuesday, October 24

10:00 to 11:30 a.m.

Thursday, November 26

10:00 to 11:30 a.m.

6:00 to 7:30 p.m.

Free

Registration deadline: October 11, October 12 and November 27

*Preregister for evening childcare



A TRADITIONAL
Thanksgiving Dinner
Un repas  TRADITIONNEL de
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MONDAY **9 OCT** LUNDI

4 pm  à 16 h

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Roast Turkey	Dinde Rôtie
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Honey Glazed Carrots	Carottes glacées au miel
Mashed Potatoes	Purée de pomme de terre
Gravy	Sauce
Cranberry Sauce	Sauce aux canneberges
Homemade Biscuits	Petit pain
Fountain Drink, Coffee or Tea	Breuvage fontaine, café ou thé
Pumpkin Pie	Tarte à la citrouille

Specially made for military families! *Préparé spécialement pour les familles du CRFM!*

\$14.25 Adults	14,25 \$ adultes
\$7.25 Children	7,25 \$ enfants

Children under 2 yrs eat **FREE** Les enfants de moins de 2 ans **GRATUIT**

Taxes & gratuity not included. Taxes et pourboire en sus.

Travel to the restaurant and meals are the individual's responsibility. Le transport et le coût du repas sont aux frais des participants.

REGISTER IN PERSON AT THE MFRC UNTIL SEPT 22
A refundable deposit of \$5 per person is required at the time of registration. Deposit will be refunded at the event.

INSCRIPTION EN PERSONNE AU CRFM AU PLUS TARD LE 22 SEPT
Un dépôt de 5 \$ est exigible au moment de l'inscription et sera remboursé lors de l'événement.



South Side Parent Group

A 'community' of parents discuss topics related to all the trials and tribulations of being a parent to kids of all ages. Drop in and have coffee and snacks and get to know your neighbours, as your kids play and socialize with others.

Thursday, October 19

9:30 to 11:30 a.m.

347 Doncaster St.

South Side Youth Centre

Free

Drop-in program

InterComm

A skills building course designed to improve individual personal communication skills and help deal with conflict. This program can help you maintain healthy relationships and build new ones. Advise if childcare is needed.

Thursdays

October 12, 19, 26

November 2

4:30 to 7:30 p.m.

Location TBD

Dinner is available for \$10 per meal. Program is free. Registration deadline: October 5

Common misperceptions about PTSD

Supporting a loved one with PTSD can often be stressful. Gain a deeper understanding of PTSD and how it may impact you, your partner and your ability to communicate with each other.

Saturday, October 14

9:30 to 11:30 a.m.

Free

Registration deadline: October 2

Adult Activity in French - "Play" date

We are going to see the play "De mère en fille" presented by Le Cercle Molière. Three women. Three generations. Three perspectives. Of the same family, each woman, influenced by the social context of her generation, will tell her story, her vision of the world, her beliefs, her dreams.

Wednesday, October 18

7:30 p.m.

Centre culturel franco-manitobain

340 Provencher Blvd.

\$25

Limited tickets

Registration deadline: October 6

Presented in French. *English subtitles available upon request.

Activité pour Adultes en français - On s'en va au théâtre!

Nous irons voir la pièce de théâtre « De mère en fille » qui sera présentée par Le Cercle Molière. Trois femmes. Trois générations. Trois perspectives. Issues d'une même famille, chacune d'entre elles, influencée par le contexte social de son époque, racontera sa vision du monde, ses croyances, ses rêves. *Sous-titrée en anglais (sur demande).

Mercredi 18 Octobre

19 h 30

Centre culturel franco-manitobain

340, boul. Provencher

25 \$

Date limite d'inscription :

6 octobre

Quantité limitée. Premier arrivé, premier servi.

Présenté en français (sous-titre anglais sur demande)

Learn to...Fall Veggie Info

Come out and learn about Fall vegetables: how to store them, how to cook them and how long they last. We will also be trying to incorporate some of the items from PSP's Good Food Box.

Monday, October 23

6:30 to 8:30 p.m.

Free

Registration deadline: October 18

Sports Trivia Answers

1. Babe Ruth - 17-5 - .773 percentage against the Yankees when he played for the Red Sox. Ironic, eh?
2. Cy Young. Young also holds the record for the greatest number of wins with 511.
3. Walter Johnson - 417.
4. Roger Clemons.
5. Pud Galvin - 310. In 1883 Galvin went 46-29 setting records in wins, games started (75), complete games (72) and innings pitched (656.1) in a single season.
6. Nolan Ryan. Ryan holds the record for no-hitters with seven.
7. Walter Johnson - 205.
8. Eddie Plank and Randy Johnson - 190.
9. Gus Weyhing - 277.
10. John Lackey - Chicago Cubs - 133.
11. Warren Spahn - 363.
12. They all gave up four consecutive home runs in a single inning.
13. Fernando Tatis is the only player to hit two grand slams in the same inning. Tatis's feat set the record for most RBI's in an inning with eight.
14. Tony Cloninger - Atlanta Braves - July 3, 1966.
15. Tom Seaver - New York Mets.
16. Bert Blyleven - Minnesota Twins - 50 in 1986 and 96 in 1986-87.
17. Jamie Moyer - 522.
18. Warren Spahn - 434.
19. Frank Tanana - 422.
20. Wes Ferrell - nine homers in 1931 and 37 in his career.

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Taroscopes

BY
NANCY

Aries (March 21 – April 19): If you get a hunch that something isn't right, check into it. Your instincts are in overdrive. Assert yourself. Demand answers if necessary. Go to bat for a loved one regarding health concerns. Insist on addressing an issue. Things will only get better with focused, cooperative effort.

Taurus (April 20 – May 20): Discuss things with an expert and/or partner before making a major life decision. Consider where you expect to be in a few years to determine how realistic it is to opt into any long term obligations. Assess the current global reality. Consider probable trends and developments.

Gemini (May 21 – June 21): Once final arrangements are made your energy returns. Re-evaluate key aspects of your situation. What is best for you? There will always be rough spots. Ultimately if you know yourself and know what you want and use this as your guide, you will be happy. Find joy in the journey.

Cancer (June 22 – July 22): You'd like to be assertive and act promptly but you don't want to risk making matters worse. Brainstorm with friends and family. You don't have to come up with solutions by yourself. You are entitled to your feelings and opinions. Staying active helps keep your spirits up.

Leo (July 23 – August 22): Pay attention to your emotional response to volatile issues. What ignites your passion? Sharing sincere thoughts with another can be healing. Being an advocate or intermediary is rewarding. Help others understand a variety of cultures through appreciation of art, music and food.

Virgo (August 23 – September 22): Expect an increase in your workload. It's just one thing after another with no down time in between. Unexpected expenses would really add to the stress. So if you're signing a contract, read the fine print to avoid costly surprises. It's time to delegate before you burn out. Do it now.

Libra (September 23 – October 23): Being able to communicate your thoughts and feelings with those you care about is the basis for a healthy relationship. Bottling things up inside and staying calm at all cost won't serve you well in the long run. Pick your words with care and you'll come across as kind and wise.

Scorpio (October 24 – November 21): If you have to defend your actions and beliefs to others, be specific. Avoid assumptions and be clear about the difference between a want and a need. You know you can't always get everything you want. Identify your needs and then determine how you can meet them.

Sagittarius (November 22 – December 21): The sense of urgency you feel is an illusion. Life is not passing you by. Appreciate what you have. Starting a new venture or project diverts your energy away from what needs to be dealt with. Aiming for the impossibility of perfection creates unnecessary stress.

Capricorn (December 22 – January 19): If you crave something that is lost consider a new perspective. Break out of a pattern of limiting beliefs and assumptions. Think outside the box. Be honest with yourself. You have options you've not considered. Creative activities can help you understand yourself.

Aquarius (January 20 – February 18): Sometimes your best efforts go unnoticed. Waiting for the right time you may miss an opportunity. But rushing into things isn't always wise either. Your inner knowing can guide you. Listen. Reconnect with people you enjoy being with. Be proactive. Live in the moment.

Pisces (February 19 – March 20): Contemplation can lead to a greater understanding of yourself which in turn can help you identify and reach life goals. A new idea requires research. Write an action plan or outline. Organize for efficiency. Contact people who could assist you in giving birth to something special.

FOR APPOINTMENTS with NANCY CALL 204-775-8368

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SEPT 29 & 30 – Vox Phantom

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Every Saturday 7-11 pm
MEAT DRAWS
Friday 5-7 pm
Saturday 2-5 pm



Lt (N) Lesley Fox Capt Paul Gemmiti Capt Greg Girard Maj Hope Winfield Capt Emanuelle Dompierre

Chaplain's Corner

Celebrating Our Families



Modern family, from left to right: Joseph Dakin-Sas, Robert Dakin-Sas, Padre Fox, MCpl Matt Dakin-Sas, at the most recent Family Day.
Photo: Supplied

by Padre Lesley Fox

On Sunday, August 27, I had the privilege of baptizing Joseph Dakin-Sas, son of MCpl Matt Dakin-Sas and Robert Dakin-Sas. Joe literally plunged into his baptism by dunking his whole hand in the consecrated oil. My baptismal book will never be the same! There is an old Spanish proverb that says, "tell me who you live with and I will tell you who you are." Our families are part of our defining identity. They tell us who we are, what we are about, and how we are led; and, clearly, some members are more gregarious than others! At our most recent Family Day in 435 Squadron, one of our organiz-

ers, Capt Park, sent out an invitation that included all to attend:

"whether you are single (bring a friend, girlfriend or boyfriend), common law, married with kids, married without kids, married with soon to be kids, or any other possible combination." It was a heart-warming, inclusive understanding of what our families genuinely look like at 17 Wing.

Healthy and whole families have much to contribute to our well-being. Blaise Pascal, when speaking about the universe, confessed that it was the silence of space that most terrified him. The more we understand exactly how vast our universe actually is, the more we may feel utterly and wholly insignificant, and it can leave us feeling cosmically alone. This is where our families, grounded in healthy constructs, come in and lift us out of the darkness. Good families will provide us with affirmation, confidence, forgiveness, reassurances, empathetic ears, hope, understanding, and safe places to actualize personal growth.

Having said all of that, it then behooves us to enhance our time within our families, because it becomes so important for our spiritual, mental, and emotional health. Your unit or your squadron is another branch of family. One member told me they were hesitant about going to Family Day events at work, because they had no family. I told them that I was their family, along with every other member of the unit. Families are marked by working together, playing together, and sharing meals together. We do all of that at 17 Wing. Each of us contributes something to the workplace, and there are untold opportunities to share meals and share lives together.

Baptism is a rite of passage in my holy tradition

that marks an individual's entry into the family of faith. We have many rituals in our different religious traditions that fulfill the same function, and there are many branches of family that exist in our world: work families, faith families, community families, and nation families.

You are not alone here at 17 Wing. Know that. You are a member of my family, and I am a member of yours! All forms of family are celebrated and uplifted here, and, yes, all are welcome!



Glorious Gifts
Holiday Craft and Vendor Fair
in support of the St. Marguerite Bourgeoys Catholic Women's League
Saturday November 4, 2017
St Marguerite Bourgeoys Chapel
Tables are \$20 each
Contact gloriousgiftsfair@gmail.com for a registration form and more information

Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE: (English Only) 1100 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 Wednesday of the month at 1300 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

Padre Lesley Fox
(United Church)
- Faith Community Coordinator
ext 5785

Padre Laura Coxworth
(Pentecostal)
- Det. Dundurn
ext 5272

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



Administrative Assistant
ext 5087

17 Wing Military Community Chapel
2235 Silver Ave
(west off Whytewold/Wihuri Road)

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

SUNDAY MASS: (Bilingual) 1600 hrs

CHAPLAINS

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

Padre Paul Gemmiti
(Roman Catholic Priest)
- Faith Community Coordinator
ext 4885

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

TBD
ext 6914

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
Contact MP Dispatch ext 2633.

INFO PHONE NUMBER
For chaplaincy services and related information, phone ext 6800 and follow the prompts.

WEBSITE
Those with access to the DIN can visit 17Wing.winnipeg.mil.ca, then click '17 Wing', then 'Services'.

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

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