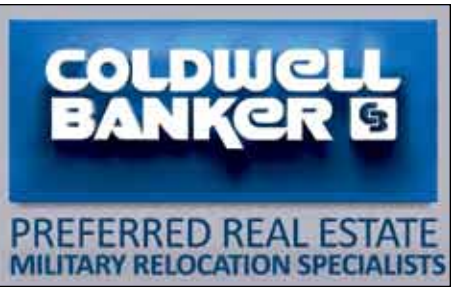




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November 8, 2017

THE VOXAIR

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



One Hundred years ago in October, 1917, the Canadian Corps, 100,000 strong, were ordered to the Passchendaele Front, east of Ypres. The battlefield that met the Canadians was a vast bog full of bodies, mud, and water-filled shell craters. Sir Arthur Currie, Commander of the Canadian Corps knew the battle would cost a large amount of Canadian lives, but he was ordered to attack anyway. Over 15,000 Canadians died in the battle. To remember those who gave all for Canada, please see our list of Remembrance Day services in the local area on page 5. Photo: Public Domain

SEXUAL MIS-CONDUCT RESPONSE CENTRE VISITS 17 WING Page 3	17 WING PLAYS DURING SPORTS DAY IN CANADA Page 4	TAKE YOUR KIDS TO WORK DAY PAYS OFF FOR FIRE CHIEF Page 7	GWCWC BALL HOCKEY TOURNAMENT BRINGS OUT ENTHUSIASM Page 14	TICKET SALES OPEN FOR YELLOW RIBBON GALA Page 17	REMEMBERING THOSE WHO GAVE EVERYTHING BUT THEIR LIVES Page 19
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Sexual Misconduct Response Centre Visits 17 Wing



Dr. Denise Preston, Executive Director of the Sexual Misconduct Response Centre addresses the RCAF Chaplains during her tour of 17 Wing on October 26th, 2017.
Photo: Pte Montpetit, 17 Wing Imaging

By Martin Zeilig, Voxair Photojournalist

Dr. Denise Preston, Executive Director of the Sexual Misconduct Response Centre in Ottawa, has a reassuring message for personnel in the Canadian Armed Forces worried about confidentiality: You have nothing to fear when sharing your story of sexual assault/misconduct with the people at SMRC.

Dr. Preston was at 17 Wing from October 24-26 to meet with DND/CAF employees to explain her role and mandate, to solicit feedback and address concerns from CAF members and DND employees, and to meet with local Command Teams to discuss organizational progress related to Operation HONOUR, noted information from 17 Wing Public Affairs.

Operation HONOUR is the Canadian Armed Forces' (CAF) mission to eliminate harmful and inappropriate sexual behaviour in the Canadian military, says the National Defence and the CAF website.

Operation HONOUR is based on the principles that: every man and woman who serves their country deserves to be treated with dignity and respect – anything less is simply unacceptable; any attitudes or behaviours which undermine the camaraderie, cohesion and confidence of serving members threatens the CAF's long-term operational success.

"The starting point for Operation HONOUR is taking better care of victims with responsive, individualized support across the organization," says the online source. "Commanders at all levels have been directed to be more vigilant in noticing issues as they happen, and more diligent in responding to those affected by it."

Dr. Preston was accompanied on her trip by three associates: Elizabeth Cyr, MSW, RSW, Senior Counsellor/Acting Team Leader at the SMRC, Emilie Faucher, Senior Communications Advisor, SMRC, and, Captain (N) Jill Marrack, Visit OPI (CAF Special Advisor to SMRC).

The Sexual Misconduct Response Centre (SMRC) was established to provide support to Canadian Armed Forces members who have experienced or witnessed inappropriate sexual behaviour, says its website.

SMRC also helps those members make informed choices on available options and provide resources to meet their individual needs.

"SMRC staff must also comply with the requirements of the Federal Privacy Act, which deals with the collection, retention, use, storage and disclosure of personal information," says the online information. "All SMRC employees must sign a confidentiality agreement at the beginning of their employment. "In addition to empathetic listening, emotional support, and assistance in the form of information and referrals to existing resources and complaint mechanisms, coordination of ongoing support with internal and external service providers is made available."

"The main message is that the Centre is available to support CAF members affected (by sexual misconduct); and, it's a confidential service," said Dr. Preston, a graduate of Queen's University, with a Ph.D. in Psychology, who was hired into her present position in May 2017. "There's no duty to report to the Chain of Command on our part. We operate outside the chain of command, within the Department of National Defence. Our Executive Director reports directly to the Deputy

Minister."

The SMRC team's concise PowerPoint presentations, given by Ms Cyr, dealt with, among other related information, certain prevailing Myths & Facts.

For example: "When a sexual assault occurs, it is usually committed by a stranger."

Fact: "In most cases of sexual assault, the offender is known to the survivor: an employer, co-worker, friend, boyfriend, girlfriend, spouse, neighbour, or relative.

"We tend to think of sexual assaults as occurring in a dark alley in the middle of the night, but in fact this type of sexual assault is rare."

This particular slide used information from a Statistics Canada (2010) report, The Nature of Sexual Offences.

"In 2007, police forces reported that in 82% of sexual assaults the victim knew the perpetrator and in 18% of incidents, the accused was a stranger or recent acquaintance to the victim," Ms Cyr said.

She pointed out that 31 percent of accused are family members; 28% are casual acquaintances; 8% were identified as friends; 6% were identified as an authority figures; 5% were current or former boyfriends/girlfriends; 4% were business acquaintances.

The SMRC offers confidential, personal, and bilingual assistance, Dr. Preston observed during an interview, along with her team, in the second floor Gold Room at Wing HQ on the afternoon of October 26.

"SMRC counsellors can help you obtain information, as well as provide reassurance, support, and referrals to the various services offered to CAF members," says the SMRC website.

"If you would like assistance with reporting or if you have questions about this, contact the SMRC and counsellors can, with your consent, facilitate contact with the Military Police Liaison Officer (MPLO). The MPLO can provide information on the reporting and investigation process, as well as on filing a report if you decide to do so. An investigation will not be launched unless you decide to formally report the assault.

"Access support as needed (CAF Member Assistance Program, Family Information Line, CAF Mental Health Services, chaplain, community resources)."

"People call us because of an incident that impacts them," said Dr. Preston, whose bio also notes that she has extensive experience conducting staff training, has taught college and university courses, and maintains an active interest in applied research. "Sexual misbehaviour falls along a broad continuum from inappropriate comments to sexual assault. The vast majority of people who call us describe behaviour that meets the criminal code definition of assault. We ensure that our counsellors are trained to work with male victims."

She also added that 22 percent of the callers are males.

"And, that's under reported," Dr. Preston said, noting that it's usually male on male sexual misbehaviour.

She stressed that Operation HONOUR is "doing the right thing."

But, it's a complex issue and there's no easy fix, confessed Dr. Preston, who worked as a Psychologist for the Correctional Service of Canada for 19 years, prior to joining the Board of SMRC, as well as having worked in low, medium, and maximum security institutions and in a psychiatric centre.

"There has to be a multi-pronged and sustained effort, such as our responses to victims in need," she said. "But, there are other parts of the strategy to do and more research (is required). There's a lot of work to be done."

Dr. Preston singled out the cardinal function of chaplains.

"They play a crucial role in supporting everyone, practical support to both sides (of the conflict)," she said. "We recognize them as key partners, and we want to better equip them to deal with it (sexual misconduct)."

Counsellors are ready 24/7 to support you with information and referrals. For this assistance, "we encourage you" to call 1-844-750-1648 or e-mail DND.SMRC-CIIS.MDN@forces.gc.ca.

Sports Trivia

The World Series

by Stephen Stone and Tom Thomson

1. In 1949 a group of New York baseball writers established the Babe Ruth Award for the MVP in the playoffs. Who was its first recipient?
2. In 1955 Sport Magazine created the World Series MVP award. Who was its first recipient?
3. Who are the only players to be World Series MVP twice?
4. Who is the only World Series MVP from the losing team?
5. Who was the first African-American manager to win the World Series?
6. Who was the only player to be the last out of a World Series by being caught trying to steal a base?
7. Which team did the Red Sox beat to break "The Curse of the Bambino" in 2004?
8. Prior to the 2017 World Series, who are the only players to have five hits in a single WS game?
9. Who holds the record for ejections from World Series games?
10. We all know the Yankees have won the most World Series. Which team has won the second most?
11. Who was the last triple crown batting winner be the last out of a World Series?
12. In the Blue Jays first World Series win, who was involved in the final Series out?
13. Who holds the MLB record for career grand slams?
14. The 1956 World Series is noted for Don Larsen's perfect game. Which Yankee pitcher also threw a shutout and beat Don Newcombe of the Dodgers in game seven by a 9-0 score?
15. Who was the Umpire behind the plate during Don Larsen's perfect game?
16. Who is the only player to break up a World Series no hit bid in the sixth inning or later?
17. Who was the last pitcher to win three games in the same World Series?
18. Who were the first Cy Young winners to face each other in the World Series? (hint: they did not know they were Cy Young winners until after the Series and the season were over.)
19. Since the World Series went to a best-of-seven competition, how many series went the full 7 games?
20. Which team has won the most game sevens?

Sports Trivia Answers on page 14

THE VOXAIR

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CO Aiming for Balance



New 402 CO, Lieutenant-Colonel John Schwindt with the 402 Squadron Display. Photo: Martin Zeilig, Voxair Photojournalist

By Martin Zeilig, Voxair Photojournalist

Lieutenant-Colonel John Schwindt brings a balanced and forward looking approach to his role as the new Commanding Officer of 402 "City of Winnipeg" Squadron.

A conversation with him proves the point.

LCol Schwindt assumed command of 402 Sqn in July 2017. He was previously at 2 Canadian Air Division as the Senior Staff Officer Air Operations Training.

"The demands to produce qualified personnel are

greater than ever, while modernizing training systems to keep them up to date with operational capabilities," LCol Schwindt said during a recent interview in his office at 16 Hangar. "I also want to have the right work-life balance in the lives of my personnel."

LCol Schwindt, who hails from the lower Fraser Valley in British Columbia, joined the Canadian Armed Forces after graduating from high school in 1989. He graduated from the Royal Military College in 1994 with a degree in Chemical and Materials Engineering notes his official biography.

After receiving his wings in October 1995, he was posted to 423 Maritime Helicopter Squadron in Shearwater, Nova Scotia. During his time he sailed on destroyers and frigates, was qualified on both the Alpha (dipping) and Bravo (passive acoustic) models of the Sea King, and deployed from both east and west coasts. In the summer of 2000, LCol Schwindt received his posting to 406 Maritime Operational Training Squadron as an instructor, where he spent the majority of his time instructing on the SENSO course for passive acoustics, continues his CV. In 2004 he was posted to the newly established 12 Wing Standards.

Over this period of more than ten years at 12 Wing, LCol Schwindt was part of various national and international exercises and operations such as Winnipeg flood relief, Swiss Air search and recovery operations, a NATO deployment as part of OPERATION ALLIED FORCE, and a WESTPLOY/RIMPAC that had a port

visit in China. In the latter half of this period LCol Schwindt was also a member of the Conseil International du Sport (CISM) soccer team and during his last few years at 12 Wing he also served as an Aide-de-Camp to the Lieutenant Governor of Nova Scotia.

LCol Schwindt was posted to 1 Canadian Air Division Headquarters in April 2006, where he served sequentially as A3 MH Readiness 2, A3 MH Rdns, and Deputy Chief of Staff Support. In 2010, he was posted to Supreme Headquarters Allied Powers Europe as Staff Officer Personnel and Plans National in the Canadian National Military Representative's Office.

On July 23, 2014, LCol Schwindt assumed command of HOTEF, awaiting the arrival of the CH148 Cyclone before being posted to 2 CAD.

"I've enjoyed the opportunity to see new places and experience new adventures," LCol, who's married with a daughter and son, ages 13 and 11, respectively, said of his 28 years in the RCAF. "It's humbling to be able to command this unit given its celebrated 85 year history. I'm looking forward to the future as we continue to evolve and meet the demands of the RCAF and the CAF. We're looking to continuously improve the capabilities on the aircraft and in the simulators. We want to train as effectively and efficiently as possible."

17 Wing Plays During Sports Day in Canada

By Martin Zeilig, Voxair Photojournalist

Clad in sweatpants, a T-shirt, and sneakers, 17 Wing Commander Colonel Andy Cook came prepared to play volleyball in the gym at the Fitness and Recreation Centre during Military Sports Day in Canada on October 20.

He was just setting an example on this fun day.

Col Cook was playing on a team comprised of both military and civilian employees. He was having a blast, as were his teammates and their opponents-- a team from Wing CE.

On the other half of the gym, two teams were set to play "blind volleyball" using a multi-coloured beach ball, and with white sheets draped over the net so the two squads couldn't see each other.

"I'm really pleased to take part in Sports Day in Canada," Col Cook said a few moments before play started. "It's a great turnout from 17 Wing. I hope all of our members take time out to enjoy fitness, fun and comradeship on this great fall day."

Canadian Armed Forces Sports Day is a great opportunity to celebrate the power of sport and all it can do to promote the culture of fitness in the CAF, says the Personnel Support Programs website.

Last year, over 11,000 people participated in over 200 Sports Day activities, it notes. This year, CAF Sports Day will culminate with the in CAF Sports Awards Ceremony

in Ottawa, a celebration of the year's most outstanding sports achievements. (RBC Sports Day in Canada is usually held in late November.)

Besides the volleyball, personnel could also participate in squash, geocaching, golf, Zumba, power yoga, fun curling, Glow Sky Zone Trampoline, wall climbing at Vertical Adventures, pickle ball and badminton. A number of the activities took place in Building 21, near 1 Canadian Air Division, at the 17 Wing Golf Club, as well as off base at private/public venues.

Marc Lavallee, 17 Wing Sports Coordinator was overall OPI for the day. He was assisted by fellow fitness staff colleagues, and others.

"It's all about having fun, physical activity, and meeting new members," said Lavallee. "It gets people out of the office for the day."

Master Seaman Justin Nadeau, who works at 23 Health Services, said playing blind volleyball during normal working hours was "pretty cool."

"You've got to guess where the ball is going," he added while standing on the side lines as the teams batted the beach ball back and forth over the net for sustained periods of time-- more than usually occurs in standard volleyball. "I think Sports Day is awesome. You get to meet people on the base that you don't have interaction with (on a regular basis). It kind of forces the camaraderie."

Corporal Tom Malinowski, who was on the CE volleyball squad, shared MS Nadeau's point of view.

"I think it's great to bring everybody together, and meet new people," he said.

"We're mandated to stay fit. So, this is for fun and camaraderie."

Down in the squash courts at Building 90, Ordinary Seaman Joanna Hermosura, Acting Sub-Lieutenant Jessica Tran and Leading Seaman Jacqueline Dormer, among others, were about to take some introductory lessons in the popular indoor racquet sport from experienced player Captain Dale Dieleman, OPI for squash on this day.

"I've never tried it before," said OS Hermosura. "I had a couple of friends who suggested it."

"I tried it once before, and it was fun," LS Dormer said. "It's a fun break from work."

Meanwhile, six geocache teams, of between three and four people each, were searching for "hidden treasures" (cached items) throughout the sports fields behind the base, and even on the front lawn of the Canex. One person on each team carried a Garmin Global Positioning System.

Sergeant Nathan Kachur, President of the Manitoba Geocaching Association, was OPI for Geocaching. He held an introductory session in the second floor conference room of the Canex Building.

"We found everything," said civilian employee Jacquie Dalke afterwards, adding that geocaching was an opportunity to get some outdoor exercise, be involved in teamwork and exploration on such a favourable day. "It was the first time for all of us. We'd do it again. We all got along together very well as a team. Sports Day is a good thing. It gives you an opportunity to try new activities. I'll try it again and tell my friends and family."



Members of 17 Wing participate in Sports Day in Canada at the Fitness and Recreation Centre.

Photo: Pte Montpetit, 17 Wing Imaging

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Remembrance Day Services 2017



RBC Convention Centre	375 York Avenue	Seated at 1015. Complimentary parking at the Millennium Library Parking Facility. Blood donor clinic following service.
Community Campus Aboriginal Veterans' Day-Nov 8	181 Higgins Ave	Service begins at 1030
Bruce Park	1966 Portage Ave	402 Sqn marches to Bruce Park from form up locaon for 10:40 hrs start
St James Legion Br 4	1966 Portage Ave	St James Legion marches to Bruce Park for 10:40 start-402 Sqn, Legion members, and all march back to St James Legion down Portage Ave following service
Brookside Cemetery School Tours Nov 6-10	3001 Notre Dame Ave	School tours at 0930 and 1230 hrs Nov 6-10 with veteran speakers
Minto Armouries	969 St Matthews Ave	Arrive at 1000 for 1030 service in main drill hall
McGregor Armouries	551 Machray Ave	Arrive at 1000 for service at 1030 in main drill hall
Royal Winnipeg Rifles Memorial	Vimy Park-Portage and Home	Arrive at 1000 for 1030 service
Valour Road Memorial	Valour Plaza-Sergeant Ave at Valour St	Arrive at 1000 for 1030 service
HMCS Chippawa	1 Navy Way	Seated for 1015
ANAVETS Assiniboia Unit 283	3584 Portage Ave	Seated for 1030 in main hall
Charleswood Legion Br 100	820 Charleswood Rd	Service held at Oak Park High School. Must be seated before 1030
Deer Lodge Centre	2109 Portage Ave	Service commences at 1415
Brooklands and Weston Legion Br 2	1613 Logan	Service commences at 1045
Ukrainian Legion Br 141	618 Selkirk Ave	Service commences at 1200
Winnipeg South Osborne Legion Br 252	426 Osborne St	Doors open at 1030 and close at 1045
West Kildonan Legion Br 30	1748 Main St	Doors open to hall at 1030 for 1055 service
Prince Edward Legion Br 81	Alphonsus Parish Hall 341 Munroe	Doors open at 1000, service commences at 1050
Norwood St Boniface Legion Br 43	134 Marion	Service to be held at St Phillips Church. Legion members to march from Legion at 1015 to church for service at 1045
Henderson Highway Legion	Eastview Community Church 3500 DeVries Ave	Seated for 1030
Elmwood Legion Br 9	920 Nairn Ave	Weather perming there will be a short service at Elmwood Cemetery at 1000 with a service at the Legion at 1100
Fort Garry Legion Br 90	1125 Pembina Hwy	Doors open at 0900 unl capacity reached. Commences at 1045
Transcona Legion Br 7	117 Regent Ave East	Parade forms up at branch at 1000 and marches to Transcona East End Arena, 517 Pandora for service
St Norbert Cenotaph	St Norbert Cemetery, Rue St Therese Ave	Service begins at 1045
Oakbank Baptist Church	26033 Springfield Rd	Service at 1030
Stonewall Legion Br 52	459 Main St	Doors open at 1030, service at 1100
Winnipeg Beach Legion Br 61	20 Hamilton Ave	Service begins at 1045
Selkirk Recreation Complex	180 Easton Dr	Service at 1030

Dress for military personnel is **DEU 1A** (medals), headdress Navy-service cap/bowler, Army-beret, Air Force-wedge. Please note-UN blue and MFO orange berets are **not** authorized for wear on Remembrance Day.

The Voxair confirms services with the Province of Manitoba, the City of Winnipeg, the Manitoba and Northwestern Ontario Command of the Royal Canadian Legion, the Wing Chief Warrant Officer's office, and 38 CBG before publishing but timings and locations are subject to change.

RCAF Helps Welcome New Citizens in Winnipeg



Citizenship Judge Dwight MacAulay, Winnipeg Mayor Brian Bowman, BGen Eric Kenny, and Angie Kenny greet new Canadians at a Citizenship Ceremony at Winnipeg City Hall on October 13, 2017. Photo by Bill McLeod, Voxair Manager.

By Bill McLeod, Voxair Manager

It was a lucky Friday the 13th for 25 new Canadians who took the Citizenship Oath at Winnipeg City Hall on the morning of October 13. Not only was Winnipeg Mayor Brian Bowman in attendance but a Royal Canadian Air Force brigadier-general also welcomed the citizens to their new country.

BGen Eric Kenny, Deputy Commander Force Generation, 1 Canadian Air Division, and his wife, Angie, gave Canadian flags and Canada 150 pins to each person as they came up to sign their certificate.

The Citizenship Ceremony in the lobby of City Hall, just outside the Mayor's Office, began with Citizenship Judge Dwight MacAulay speaking to the new Canadians about what values Canadians hold dear, women's issues and champions, and the fact that it was citizenship week.

"In the past several decades, Canada has become a very multinational, very multicultural country," MacAulay said. "There are literally over 100 different languages spoken in every major city across Canada and that certainly includes the city of Winnipeg. It is thanks to Canada's diversity, not in spite of it, that we have become a role model for the world."

After taking the Citizenship Oath, signing their citizenship documents, and watching a video welcome from Prime Minister Justin Trudeau, the new Canadians were addressed by other VIP guests.

Mayor Brian Bowman spoke about how Winnipeg was blessed with the diversity of its citizens.

"We are blocks away from the junction of the Red and Assiniboine Rivers," said Mayor Bowman. "The Forks, as I'm sure many of you have visited before, has been a gathering place for Canadians and Winnipeggers for over 6,000 years."

"Winnipeg is a healthy, thriving, diverse and vibrant community," he added. "You, our newest citizens, play an essential role in building a modern diverse city."

The speeches to Canada's newest citizens were concluded by BGen Kenny.

"I stand in front of you wearing a Royal Canadian Air Force uniform, part of the Canadian Armed Forces with 28 years of service," said BGen Kenny. "What I have been able to experience over those 28 years is the opportunity to live, travel, exercise and do operations from coast to coast to coast, and around the world."

"My takeaway from all of those different opportunities is that we have rights and freedoms and quality of life like no other, and that's why I know you want to be Canadian citizens."

"This is the first Canadian citizenship ceremony that I have ever attended and I can tell you unequivocally that this is the best moment I've ever had as a Canadian," said BGen Kenny. "To be here, to participate with you, on obviously a very special day for you."

Following the remarks, the 25 new Canadians, representing 19 different countries around the world, were hosted at a reception at City Hall.

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Kids Explore Parent's Jobs on the Wing



A young participant in Take Your Kids to Work Day extinguishes a virtual fire.
Photo: Supplied.

By Martin Zeilig, Voxair Photojournalist

For Major David Meister, Senior Public Affairs Officer, 2 Canadian Air Division, taking your child to work one day a year is a good way to give the child “a better insight” into where their parent works, especially if that young person decides to choose a career in the Canadian Armed Forces— or follow any other career path.

Maj Meister’s son, Jeremy Meister, 14, was one of 36 grade nine students from Sturgeon Heights Collegiate taking part in the annual “Take Our Kids to Work” on November 1.

The day is designed to give students a chance to

explore their future, help them “appreciate a parent’s role in making a living and supporting a family,” and to make them realize the importance of staying in school, said provided information, which noted that high schools provided the grade 9 students with a permission form for parents to fill out for program enrolment purposes.

The day began at 0800 - 0830 when parents dropped their sons or daughters off at Building 33, the Community Centre. They were taken on a tour of CFB Winnipeg units, including 435 Transport and Rescue Squadron, 402 “City of Winnipeg” Squadron, the Search and Rescue Technicians, and Emergency Ordnance Disposal— all of which are located in 16 Hangar— plus the Fire Hall. The students were then picked up by their parent/guardian at 1200-1215 hrs from the theatre in the Fitness and Recreation Centre. After lunch, the students shadowed their parents at their place of work.

“It’s a great opportunity to give the kids exposure to things they wouldn’t otherwise have the opportunity to do,” says Maj Meister just after he had come to collect his son, Jeremy Meister, at the theatre.

Jeremy said the morning spent touring 16 Hangar was good.

“It was fun seeing all the planes and how things work out,” said Jeremy, who played centre on his school’s junior varsity football team this year.

As a musician, who plays drums and trumpet in the

Sturgeon Heights school band, Jeremy said he’d like to be in the RCAF Band if he ever joins the CAF in the future.

Ryan Hausen, 13, who’s also in grade nine at Sturgeon Heights Collegiate, said he liked the bomb disposal robots (at EOD) and the SAR Techs. His father is Captain Ian Aastrom.

“They can jump out of planes and do so much,” he commented about the SAR Techs.

Similar to Jeremy Meister, Ryan said he’d consider a career in the RCAF Band since he already plays bass drum and the pipes for 407 Queen’s Own Cameron Highlanders Royal Canadian Army Cadet Corps.

“I thought it turned out well today,” said Major Justin Amundson, a visiting U.S. Instructor at the Canadian Forces School of Aerospace Studies, who was OPI for the event. “There seemed to be genuine interest in it, and they (students) were happy to be out of their regular routine. They were especially inquisitive about the SAR Techs and all their gear. There were lots of good questions.

“For me, this was about getting out to the base too. As a guest, I’m learning everything and getting to know the missions of all the units. It was my pleasure to arrange it, and happy that the tour was a good experience for the kids.”

Everyday Heroes: Inspirational Stories from Men and Women in the CAF

By Martin Zeilig, Voxair Photojournalist

Corporal David Fraser might not have realized it, but “After two decades serving this country, my greatest mission is to encourage Canadians to get to know the men and women wearing the Canadian flag on their shoulders,” writes Jody Mitic, in the Introduction to his new book. “This collection of inspiring stories is an invitation to do just that: to see beyond the uniform to the person. In these pages, you’ll read about daring acts of bravery but also the everyday sacrifices and unsung heroism characteristic of the men and women who have answered the call to serve.”

All the stories are told in the first person singular. This creates a sense of authentic and moving immediacy. A number of these candid first-person accounts are imbued with a sense of ironic humour; but, there’s always an underlying modesty and profound respect for their fellow CAF members.

“Whether it’s the young recruit eager to join a world war, the reservist called to respond to a disaster on our own shores, or the medic treating patients for Ebola in Sierra Leone, each one has dedicated him/herself to protecting our Canadian values at home and abroad,” writes Mitic, a twenty-year Canadian Armed Forces veteran and sniper-team leader, is the author of *Unflinching: The Making of a Canadian Sniper* (Simon and Schuster 2015)— a national best seller, who currently sits on the Ottawa City Council.

At the end of each story are a collection of photographs. This puts a face to, and, thus, helps personalize, each of these individual heroes. There is also a brief bio of that particular person.

Contributors from all regions of the country are included.

For example, in section about the Korean War (1950-53) Private Michael Czuboka (ret) talks about his experiences in a chapter called “Defending Hill 667, the Battle of Kapyong.”

A native of Brandon, Manitoba now living in Winnipeg, who was born to Ukrainian immigrant parents in 1931, Mr. Czuboka confesses that little did he know when he joined the CAF “the kind of adventure I wished for was just around the corner.”

He joined the 2nd Battalion, Princess Patricia’s Canadian Light Infantry (PPCLI) as a rifleman and was equipped with a Second World War vintage uniform and a .303 Lee-Enfield rifle. He took part in some momentous battles.

Although the Battle of Kapyong took place more than sixty years ago, Mr. Czuboka, whose battalion received the U.S. Presidential Citation for “extraordinary

heroism at Kapyong, Korea,” still vividly remembers his involvement as a 19 year old private.

“I remained in Korea until the fall of 1951 and then returned to Canada. I have a recurring dream that I am returning to Korea, that the Communists have invaded once again,” he recalls. “I am excited but not afraid because I know that I am going to survive and return home.”

After leaving the army, Mr. Czuboka went on to become a pilot, a teacher, a principal, and a superintendent of schools. He taught at the University of Manitoba and in Ukraine. At age 70, he completed a 500

kilometre solo canoe trip on the Assiniboine River from Brandon to Winnipeg in 14 days.

“I still feel a strong attachment to my regiment,” says Mr. Czuboka, who has published six books, including the Canadian bestseller, *Ukrainian Canadian, Eh?* “Even after many years, the PPCLI is something like a family to me. Once a Patricia, Always a Patricia.”

A sought-after motivational speaker and a respected advocate for wounded veterans, people with disabilities, and amputees, Jody Mitic agreed to a reporter’s request to be interviewed via email about his book.

The Voxair: How did you choose the people to be interviewed?

JM: Narrowing down the twenty-one stories we included in the book wasn’t easy, but ultimately, we wanted the book to represent the range of conflicts and operations that both active military personnel and veterans have participated in, from WWII to peacekeeping missions to Afghanistan. We also wanted to give a voice to Canadian servicemen and women from across our country, from the east coast to the west.

TV: How did you choose the people to be interviewed?

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TV: Did any of the stories surprise you in anyway, i.e. are there any that you can relate to based on your own circumstances as a former member of the CAF?

JM: I think that the Canadian Armed Forces are filled with some of the best people in the world, the strongest fighters and the most selfless. Hearing these stories confirmed that for me. All of the men and women in this book impressed me with their commitment to putting our country before themselves. A soldier is a soldier. I relate to that.

TV: How long did it take to get the book completed?

JM: About seven months. Canadians are a modest bunch and finding people to share, to convince that their stories were heroic and inspiring to fellow Canadians, took some time.

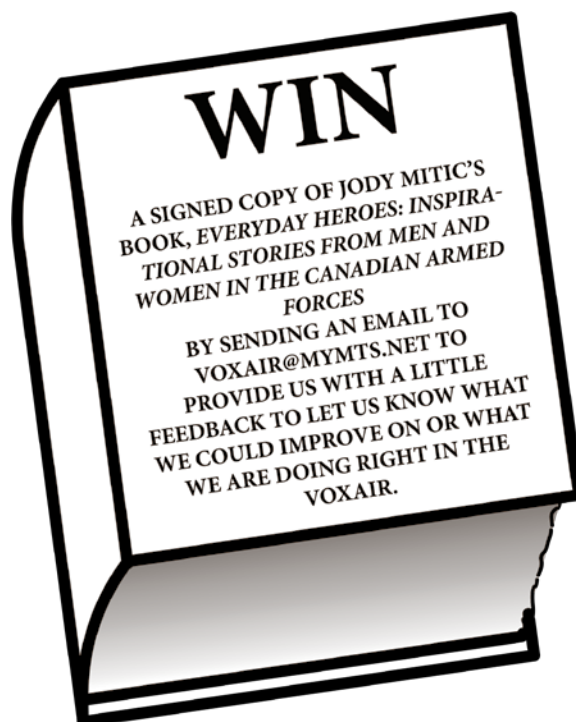
TV: Are you planning to write any other books, say a novel?

JM: One day at a time.

TV: How have you been enjoying your career as a civic politician?

JM: Of course. It allows me to continue to serve the Canadian people. It’s also a job that I think every Canadian should try to do once in order to truly understand what a privilege it is to vote. We are one of the privileged few countries in this world that is allowed to choose its leaders. We should remember that and take full advantage when there is an election.

An Afternoon with Jody Mitic took place Sunday, November 5 at 2:00 pm, at McNally Robinson Booksellers Grant Park. He spoke and signed copies of *Everyday Heroes*. The event was co-presented by the Winnipeg International Writers Festival. It also featured Michael Czuboka.



Fire Chief Joined CAF after Take Your Kids to Work Day



Take Your Kids To Work Day inspired a young MWO Benoit Laroche to change dreams and follow in his father's footsteps. Photo: Martin Zeilig, Voxair Photojournalist

By Martin Zeilig, Voxair Photojournalist

When Benoit Laroche, the new 17 Wing Fire Chief, decided to return to school a few years ago, he entered a program that, as he said during an interview, was something he was "passionate about."

That's what having life experience will do. It has, or should have, a maturing effect on a person.

MWO Laroche has a Masters of Arts in Disaster and Emergency Management at Royal Roads University, which is a public university located in Colwood, British Columbia on Vancouver Island.

"The idea of going back to school had been in my mind for a few years," MWO Laroche said recently. "The civilian world is so competitive in my field that you need a degree to be competitive. I decided to go with the Master's Program at Royal Roads because it was a two year commitment. I did the program online with two residencies of two weeks each at the university."

MWO Laroche, 36, who's married with two young children, spent his second year doing a major research project: Investigating the water distribution system for the Regional Capital District of Victoria.

"I was looking at how the system would react to a major disaster," MWO Laroche, a native of Jonquiere, Quebec (near CFB Bagotville), who was posted here in June from 12 Wing Shearwater where he was Deputy Fire Chief for the previous three years. "I highlighted areas for improvement based on my research."

His education was funded by the CAF, he emphasized.

When he graduated from high school, MWO Laroche said he decided to enter the CAF, even though he had already been accepted into the general science program at the University of New Brunswick.

"I wanted to gain some life experience first," he explained.

Although his father, who works for the Quebec Provincial Fire Academy in Laval, also was a firefighter in the CAF, there was no pressure on the son to join the military, MWO Laroche, whose mother was a civilian barber/hairstylist for many years, observed.

He first became interested in joining the military during the CAF's annual "Take Your Kids to Work Day" in 1997 while his father was based at CFB Borden.

"I started thinking that maybe I should join the CAF and become a firefighter or a (civilian) paramedic," CWO Laroche said.

Over the years, he has been posted to 3 Wing Bagotville, CFB Esquimalt, where he sailed onboard HMCS Regina, and afterwards spent time at Damage Control School teaching shipboard firefighting.

"On a ship everyone is trained to fight fires," CWO Laroche said. "It was great to work with a different element. I enjoyed my time on the ship."

Afterwards, he returned to Bagotville and then back to a ship, the HMCS Winnipeg, as a firefighter.

MWO Laroche complimented his co-workers at the Fire Hall: "This is a fabulous crew. We have a good young group of dedicated individuals."

He also noted that the FireFit team went all the way to the SCOTT National FireFit Championships in Ottawa this year.

"It shows the level of determination and leadership we have," MWO Laroche said. "While they were gone, everyone stepped up to fill the gaps (at work)."

He also lauded the cadre of reservists for helping to make the fire hall operate so smoothly, and for the "continuity" they bring to the workplace.

On a personal note, MWO Laroche, who was here once before to take a flight safety course, said, that so far, he and his wife love living in Winnipeg-- in particular the number of family friendly facilities and venues.

"We've been to a few Goldeyes baseball games," he added. "It's good family entertainment. We're looking forward to winter."

The First World War Diary of Fred Rowland Wagstaffe



Hilda Wagstaffe proudly displays the war diaries of her father and the first published story on her father Fred Wagstaffe. Photo: Martin Zeilig, Voxair Photojournalist

By Martin Zeilig, Voxair Photojournalist

"Only twice did I actually encounter gas. Once in March 1918 a gas shell burst near me and covered me in a white powder. By great good fortune I happened to be standing by the Regimental Aid post and was able to get immediate treatment and suffered no ill effects at all. The other occasion must have been in the last 2 months of the war for I had 3 stripes up and was marching at the head of the scouts with the Intelligence Officer Lieut. R.C.F. Besch on our way out of the line. We were marching along a straight road which crossed a series of parallel ridges with valleys in between (chalk country I think). As we surmounted one ridge we saw the valley on the other side filled with mist. Suspicious that only one valley should be filled Mr. Besch and I went forward. Detecting the characteristic smell of pear drops we returned to the scouts, ordered 'gas masks on' and marched through the valley to the ridge on the other side. None of us was any the worse. The gas must have come from shelling but not much sign of shell fire in the part of the valley we traversed." From the First World War diary of Fred Rowland Wagstaffe (1896-1987), born at Southport in Lancashire. Sergeant serving with the 2nd/5th Battalion, London Regiment and the 1st/28th Battalion, London Regiment (Artists'

Rifles), on the Western Front.

Fred "Rolly" Wagstaffe never talked much about his experiences as a British soldier in the First World War, according to his daughter, Hilda Wagstaffe.

It wasn't until some sixty years later that Mr. Wagstaffe wrote a multipage report on his experiences in the Great War – one that lasted 28 July 1914 to 11 November 1918. More than 70 million military personnel, including 60 million Europeans, were mobilised in one of the largest wars in history, notes Wikipedia.

"Over nine million combatants and seven million civilians died as a result of the war civilians (including the victims of a number of genocides), a casualty rate exacerbated by the belligerents' technological and industrial sophistication, and the tactical stalemate caused by gruelling trench warfare," says the online information. "It was one of the deadliest conflicts in history, and paved the way for major political changes, including revolutions in many of the nations involved."

"We didn't get the impression he was scarred (emotionally) by the war," said Ms Wagstaffe, who immigrated to Canada in 1959, during an interview in her comfortable high rise apartment in downtown Winnipeg.

"But, it was horrible. He did say in his account that none of the soldiers expected to live. He also said that he was so used to ducking at the sound of shells during the war that he was once going up the gangplank of a ship after the war and ducked when he heard a loud bang. He stood up and said, 'I feel like such a fool.'"

Ms Wagstaffe has a big black binder containing a photocopy of her father's multi-page typed diary, and related items, including family photographs. It also holds a special supplement (marking the 100th anniversary of the start of the war) of the Echo, a newspaper in Liverpool, England. The supplement, which is dated August 1914, contains a two page centre spread, with photos, about Rolly Wagstaffe's diary. It was written by reporter Catherine Jones.

"Roly Wagstaff's (sic) World War 1 diary is incredibly detailed – and incredibly surprising," writes Jones. "Because the Southport veteran penned the account of his time in the trenches six decades after the Armistice."

"He wrote it in 1977," says his great-niece Janis Hill, who owns a copy of the memoirs.

"He was really a very good storyteller. But it was his daughters who persuaded him to write it."

"The 80-year-old was the eldest of six siblings, and one of three brothers to fight in the war, the others be-

ing younger brothers Norman, and Janis' grandfather Bert, while at least one uncle also served in the forces.

"And Roly (sic)...noted many of the places he was stationed after landing at Le Havre on January 25, 1917, including Poperinghe, Poelle Capelle, Amiens and Baupaume.

"During his 21 months at the Front, he received only two weeks' leave, in February 1918.

"He had moved to London in 1912 to work as a temporary boy clerk in the Post Office savings bank in West Kensington, becoming an assistant clerk in 1914.

"Not yet 18, he records being 'pestered by recruiting sergeants and questioned by busy-bodies as to why one was in civilian clothes.'

"So, in December 1915, he 'went to Bunhill Row near Moorgate and enlisted in the London Rifle Brigade, for no better reason than it advertised for troops in tube trains.'

"It would be another 12 months before Roly (sic) and his comrades were deployed to France.

"In his diary he describes the journey in detail.

"The winter of 1916/1917 was the worst in living memory.

"It was a stormy crossing, we later heard another ship leaving at the same time had turned back on account of storms and submarines. We had no means of knowing whether this was true.

"There was no room to sit or lie down on the ship, and I spent the whole seven hours of the voyage with my little finger curled around a rivet in the ship's side trying to keep upright."

Jones also mentions that Rolly's "meticulously-indexed diary chronicles both the bursts of fighting 'up the line' and Army life away from the Front."

"Well there that was my war, no heroism, no glory, no deeds of valour," she quotes from his diary. "Danger in plenty yes, and many times in situations where reason said it was not possible to survive, but survive I did and unscathed, which is some kind of achievement.

"But not one I can take any credit for."

Ms. Wagstaffe says her father's diary gives experience of that war by an ordinary young man, maybe middle-class but from a working-class background.

"His father was a carpenter, and his mother was a domestic servant," she adds. "It's of value to our family, enabling his children, grand-and great-grandchildren to learn something of this ancestor, and of that particular war. It's very well written, and contains some humour."

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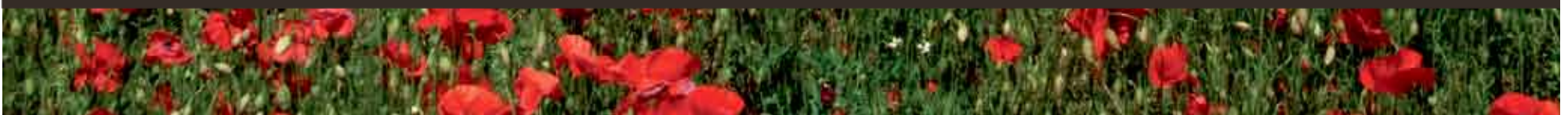
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GCWCC Ball Hockey Tournament



Canadian Armed Forces and Civilians from 17 Wing play ball hockey during the 2017 GCWCC Ball Hockey Tournament on November 3rd, Winnipeg, Manitoba.
Photo: Pte Montpetit, 17 Wing Imaging, Winnipeg, MB.

By Martin Zeilig, Voxair Photojournalist

By Martin Zeilig

The enthusiasm at the 2017 Government of Canada Workplace Charitable Campaign co-ed ball hockey tournament on November 3 in Building 21 was running high.

The shouts of contestants echoed throughout the high-ceilinged gymnasium during the "for fun" tournament.

A total of six teams were registered, said Antoni Kieloch, Fitness & Sport Instructor, the OPI for the tourney, which ran from 0800-1200hrs.

Games consisted of two 12 minute periods with a one minute break at half-time. Each team played four games. There were four players per side, plus a goaltender. Games, which were "self-refereed," ran consecutively in a half gym.

Players were forewarned about the rules.

"The rules are to ensure personal safety during the event while respecting other participants. It also maintains the integrity of the charity while having fun competing. Protective eyewear must be worn at all times while on the gym floor," said the advance information. "No eye wear, no play!"

"It's a smaller event than last year, but everyone is having fun," Kieloch confirmed to The Voxair reporter during a game between the Dead Rabbits (Canadian Forces School of Survival and Aeromedical Training) and the RCAF Band. "They're all out here today to have fun, get out of the office and raise money for charity-- and have some snacks. It's not a bad way to spend a Friday."

An added bonus was a silent auction held afterwards at which Winnipeg Jets and Manitoba Moose tickets were the prizes.

Warrant Officer Brian Comeau noted that his team from the Regional Cadet Support Unit Northwest squad was the oldest squad in the tourney.

"We're having fun, but we're getting tired," he admitted while taking a break from the fast paced game.

"We're getting exercise and having fun. It's all for charity too."

With sweat streaming down his forehead, Corporal Brandan Kane, a member of the Wing Foods team, Top Cheese, commented that he enjoyed being away from the busy kitchen and dining hall for at least part of the day.

"This is good for group cohesion amongst the military," he said, noting that he also plays ball hockey for the 17 Wing men's team and in a city wide ball hockey league. "It's all for a good cause."

Corporal James Whitaker, a defence man on the TEME Squadron squad, said participating in the tournament was better than being at work.

"It's usually at events like this where I come out to play," he added.

"This is my first time playing ball hockey," Corporal Caitlin Coppell, who plays French horn with the RCAF Band, acknowledged while taking a break on the bench.

Her teammate and band member colleague, Warrant Officer Matt McCrady observed that he was just out to have some fun.

"It doesn't matter if we win," said the trumpet player. "This is a good excuse to get out and get some exercise, and do some team building."

Meanwhile, Major Ken Cressman, who was wearing a number 87 Sidney Crosby hockey sweater, said he was "absolutely" having fun with his RCSU teammates.

"I've scored quite a few goals," he added, remarking that Crosby, the captain of the National Hockey League's Pittsburgh Penguins and a native of Cole Harbour, Nova Scotia, is his favourite hockey player.

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3. Tripping

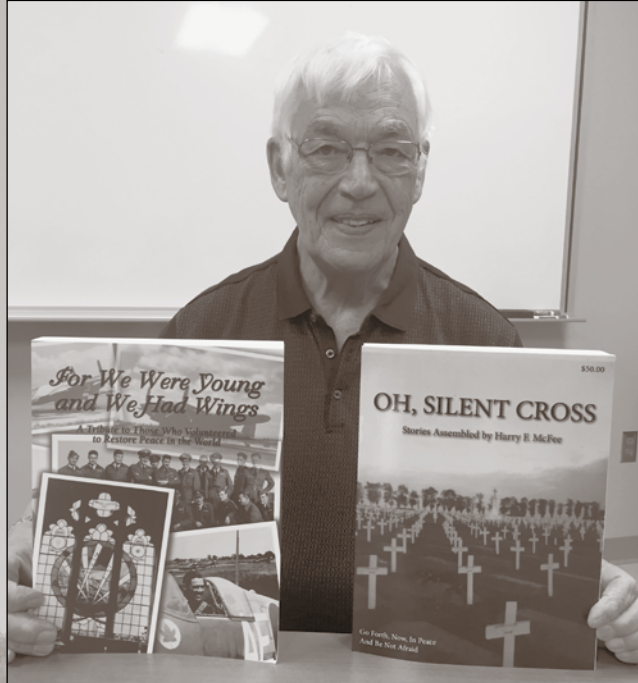
How many extension cords do you have running across your floors (heavily trafficked, common areas) right now? This is an accident waiting to happen!

The Solution: Place extension cords with extreme care, in areas that are not normally walked over. Run cords along baseboards or walls or thread them behind tables or other furniture where they are out of the way. (DO NOT put them under rugs or heavy furniture, or behind radiators or heaters, as this is a fire hazard).

Other Tips for Safe Extension Cord Use:

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- Don't leave prongs exposed, even partly, when the cord is in use
- Only use extension cords when they're absolutely necessary
- Pull the plug, not the cord, when disconnecting it from the socket
- Special "angle extension cords" can be used where furniture or beds may push against the plug
- Don't use staples or nails to attach extension cords to any surface
- Don't exceed the total wattage listed on the cord by plugging in too many appliances
- Try not to use them for long-term purposes
- Replace cords that are cracked or frayed.
- Don't overload cords or sockets.
- Don't run cords under rugs or near heaters or radiators.
- Only use exterior extension cords for outside use.
- Pay attention to cord quality and purpose -- don't use a light-duty extension cord for a job that really needs a heavy-duty variety, such as air conditioners or freezers.
- Feel the temperature of the cords when they are in use. If they are hot to the touch, unplug them immediately.

Collecting War Stories a Labour of Love for Local Writer



Author Harry McFee with his World War II offerings. Photo: Martin Zeilig, Voxair Photojournalist.

By Martin Zeilig, Voxair Photojournalist

"I love to gaze into the sky

To watch the clouds format on high
They turn my thoughts to other things
When I was young and I had wings
"Making our way back to base

With other battles soon to face
Our thoughts now turn to other things
For we were young and we had wings"

The first and last stanzas of *The Ruhr*, a poem by Sergeant Joe Dickinson "Dickie" D.F.M. Mid-Upper Gunner No. 7 Lancaster Pathfinder Squadron R.A.F. (from the book *For We Were Young and We Had Wings* by Harry McFee)

Although his father was declared medically unfit for military service during the Second World War, Harry McFee observes that his dad had two uncles who "volunteered and experienced front line service" for extended periods of time.

The author of *For We Were Young and We Had Wings: A Tribute to Those Who Volunteered to Restore Peace in the World* (Fine Line Design & McFee Enterprises 552 pg. \$39.45 2004) and *Oh, Silent Cross* (Fine Line Design & McFee Enterprises 726 pg. 2017), the 76 year old Mr. McFee, who worked for the Manitoba Teachers' Retirement Fund for 30 years prior to retiring, observed that he was never a member of the Canadian Armed Forces.

But, he was motivated to write his two oversized, soft covered books to remember those who did serve, some of whom paid the ultimate sacrifice, during wartime. Mr. McFee's first book contains 15 true stories of Air force fighters in the Second World War including photos, poetry and war. *Oh, Silent Cross* -- which is also a line in a poem -- tells the stories of over 20 members of the Canadian Army during the war and related chapters including, *World Events Between the Wars*, *Freemasons at War*, *Holland and the Canadians* -- *Capitulation and Celebrations*, among other topics.

"My dad discouraged any talk about the military when I was young," Mr. McFee, who lives with his wife, Darlene, in Charleswood, said during an interview. "I remember as a little boy the newsreels that were shown in movie theatres. We saw bombed out Europe and the

Berlin airlift."

He also had those two uncles who served during the war: Wing Commander Norman H. Bretz, D.F.C., and Major Howard Claud Bretz, Winnipeg Light Infantry Canloan Officer. WC Bretz flew for 402 "City of Winnipeg" Squadron, among other squadrons. He was in the first class of graduate pilots under the British Commonwealth Air Training Program, and one of the first pilots from Canada to go to England, Mr. McFee said, noting that his uncle piloted Hurricanes and Spitfires during the Nazi Blitzkrieg against England and afterwards.

"Norman, joined the air force, graduating in October 1940 with the first class of the BCATP and was immediately sent to England," says information on Mr. McFee's website. "His brother, Howard was an Infantry Officer who saw action from Normandy to Germany."

"As Norman was decorated with the Distinguished Flying Cross and Howard was wounded, it became obvious that these two had seen considerable action. No doubt, these experiences contributed greatly to their early deaths: Norman at age 43, and Howard at age 59."

"There was very little opportunity for Harry's family to become acquainted with the war veterans as Norman resided in Aurora, Ontario, just north of Toronto; and, Howard was a traveling salesman outside of Winnipeg. Howard was transferred to Vancouver and then Hamilton during the late 1950's and early 1960's and then back to Winnipeg. It was during this time that Harry was on the move to the Peace River and Calgary area and then back home to Winnipeg."

After his parents died, Mr. McFee inherited all the memorabilia of his Uncle Norman.

"I didn't know what to do with all this stuff," he admitted.

Then, after thinking about it for a while, he decided to write his first book.

In the forward to *For We Were Young and We Had Wings*, the author notes that because of his prairie birthplace, "I must focus on Manitoba/Saskatchewan which is at the heart of the country. As with other Canadian locations, we have a proud military history having participated in the wars of the twentieth century. As well, I have many acquaintances who volunteered for U.S. Army service in Vietnam and many others who have been peacekeepers in the Canadian military. To them we civilians should all give thanks for preserving our democratic freedoms."

In 1992 the 402 Squadron Association held a gala event at 17 Wing for the 60th anniversary of the formation of the Squadron, Mr. McFee said.

"A request was asked for my permission to use historical records of W/C Norm Bretz, DFC," he writes in the Preface to *OH, Silent Cross*. "I agreed, but the material was missing afterwards and a search was conducted. In April 2005, a parent (Major Mike Wolter) was leafing through a copy of the book at my wife's workplace. He knew where the material was in the basement of the hangar at 17 Wing and sent Sgt. Mark Rootes to retrieve and return it all to me. Thank you!"

Mr. McFee said it took him seven years to write the first book, and 25 years for his second book.

"If I live long enough, I'll write a book about the Navy too," he added.

For further information, see Harry McFee's website: <http://www.harrymcfec.com/index.html>

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The Voxair is seeking a talented but unpaid cartoonist to draw a funny cartoon on Wing events or everyday life on the Wing once every two weeks. A good example of what we are hoping for would be comparable to the works of WO1 Ray Tracy, the famous RCAF cartoonist of the 1950s. Please contact Bill McLeod at bill.mcleod@forces.gc.ca if you are interested.

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This course is course coded!
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MERCREDI 15 NOVEMBRE

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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!

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

THE BOXES ARE PREPARED MONTHLY!
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.

ORDERS CAN BE PLACED ONLINE AT www.pspwinnipeg.ca

Online order payment by credit card only. Orders are also accepted at the Rec Centre (Bldg 90) from desk with payment by cash, cheque, credit & debit.

Pick up between 1600 - 1730 hrs

Small Box \$18
Large Box \$28

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!

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.

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Upcoming MFRC Programs and Events

Make Ahead Meals and Lunch

Prepare some meals ahead of time for when you don't know what to make for dinner and you need it fast. Prior to the start of the program we will have lunch. You will make the following five recipes to freeze and save for a later date: Zesty Italian Melts; Taco Chile (V); easy baked spaghetti; Ham and Swiss Potato Gratin and Pizza Casserole.

Saturday, November 18

12:00 to 3:00 p.m.

Bring measuring spoons, measuring cups, bowls and a can opener. A cooler bag to transport meals home would be an asset.

\$50

Registration deadline: November 10

Adult Activity in French - BooTy®

BooTy® is a program inspired and created by Tara Newbigging. It is an inspiring women's only, barefoot fitness program designed to unleash your potential in body, mind and soul.

Must wear loose clothing.

Tuesday, November 28

6:30 p.m.

Free

Registrations deadline: November 17

Bring a yoga mat (We have a few available to borrow.)

Presented in French

Activité pour Adultes en français – BooTy®

BooTy® est un programme inspiré et créé par Tara Newbigging. Il s'adresse spécifiquement aux femmes et se fait nu-pieds pour assurer une connexion avec le corps et l'environnement, par le biais du mouvement.

Veillez porter des vêtements amples.

Mardi 28 novembre

9 h 30 - 11 h 30

Gratuit

Date limite d'inscription : 17 novembre

Présenté en français

Better than Before

Make the change you want to see in your life, with small steps and making (or breaking!) habits. Each group member will require a copy of 'Better than Before'.

*Preregister for childcare. Available for a fee.

Wednesday, November 22

6:30 to 8:30 p.m.

\$15 for book (if required)

Registration deadlines: November 8

Guest Speakers / Conférenciers invités
MARY ANNE JABLONSKI
&
MAJOR-GENERAL / MAJOR-GÉNÉRAL CHRISTIAN DROUIN

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Cocktails 6:00 pm ~ Dinner 7:00 pm
Cocktails à 18 h ~ Dîner à 19 h

Gala de charité des rubans jaunes
2018

Saturday
FEBRUARY 17 le samedi
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\$100 per person* or Table of 10 for \$900
\$75 for personnel of 17 Wing and Lodger units, and immediate family

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Join us for a drop in, play-based, emergent curriculum aimed at children ages 2-5 years old!
Children must be potty trained to attend

Where: 347 Doncaster Street
When: Mondays, Tuesdays, Wednesdays and Fridays
Time: 1:00pm-3:00pm
Cost: \$40.00/month

For more information please call 204-833-2500 x2491 or email Meagan.noonan@forces.gc.ca

Happiness Project

South Side Youth Centre
347 Doncaster St.
Based on the International bestseller 'The Happiness Project'. Discuss and share ways to make our lives more fulfilling. Each group member will require a copy of the book to read and reflect. Please register for each month separately.
Wednesday, November 22
1:30 to 3:30 p.m.
\$15 for book (if required)
Registration deadlines: November 14
Childcare is not provided.

« Happiness Project »

Centre Jeunesse - sud
347, rue Doncaster
Basé sur le bestseller international, « The Happiness Project », nous discuterons et partagerons des moyens pratiques pour épanouir notre vie. Chaque participant doit se procurer une copie du livre pour lire et pour réfléchir. Inscrivez-vous pour chaque session séparément.
Mercredi 22 novembre
13 h 30 - 15 h 30
15 \$ pour le livre
Date limite d'inscription : 14 novembre.
Présenté en anglais

MFRC To better meet the needs of our community, Occasional Child Care will be opening Monday-Friday from 7:30am-5:00pm starting on Tuesday, November 14th!

Age	7:30-12:00 Or 12:30-5:00	9:00-12:00 or 1:00-4:00	7:30-5:00	9:00-4:00	Hourly
6 months-23 months	\$25	\$15	\$50	\$30	\$7
24 months-5 years	\$20	\$12	\$40	\$27	\$5

Please call 204-833-2500 x2491 to register.



Sports Trivia Answers

1. Joe Page, New York Yankees.
2. Johnny Podres, Brooklyn Dodgers. Podres also won the Babe Ruth Award the same year.
3. Bob Gibson, Reggie Jackson, and Sandy Koufax.
4. Bobby Richardson, New York Yankees - 1960.
5. Cito Gaston, Toronto Blue Jays - 1992 and 1993.
6. Babe Ruth.
7. St. Louis Cardinals.
8. Paul Molitor, 1982 and Albert Pujols, 2011.
9. Bobby Cox with 2. 1992, when the Braves played the Blue Jays, and 1996, when the Braves played Cleveland.
10. St. Louis Cardinals with 11.
11. Miguel Cabrera, Detroit Tigers, 2012 - caught looking at strike 3 on a pitch down the gut by Sergio Romo of the Giants.
12. Otis Nixon of the Braves bunted to Jays pitcher Mike Timlin who threw the ball to Joe Carter for the game winning and Series clinching out.
13. Bill Mazeroski, Pittsburgh, 1960 - bottom of the 9th vs the Yankees.
14. Johnny Kucks struck out Jackie Robinson to end the game and the Series. It was Robinson's final at bat as he retired at the end of the season.
15. Ralph "Babe" Pinelli. It was his last plate appearance since he retired after the Series.
16. George Springer, Houston Astros - game 4, 2017.
17. Randy Johnson, Arizona Diamondbacks - 2001. Johnson won games 2 and 6 as a starter then came on in relief to win game 7.
18. Bob Gibson, St. Louis and Denny McLain, Detroit. Gibson won both games they faced each other but the Tigers won the 1968 Series.
19. 37.
20. St. Louis Cardinals - 8.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): You are fired up and focused on getting things done. The trick is to keep things moving forward and hold to your vision even when results aren't immediate obvious. The idea of perfection can keep you from doing anything. Instead enjoy the creative process of problem solving.

Taurus (April 20 – May 20): You've learned a lot in the last few years. You more readily see possibilities and opportunities. You can capitalize on the trends you see. Mentor others so they can reach their potential in the world that is developing. What you believe is possible, influences the end result.

Gemini (May 21 – June 21): You've arrived at a way-station on your journey. But there's still more adventure before the year ends. Look into possible investments. Consider how you can use what you've learned and what interests you want to explore further. You are wiser. People's games are obvious to you.

Cancer (June 22 – July 22): Be practical but allow for some frivolous fun as well. You've worked hard. Enjoy some rest and relaxation. Appeasing others by doing what they want will exhaust you. Staying away from needy people brings peace of mind. Honesty, with yourself and others, is the best policy.

Leo (July 23 – August 22): Life isn't fair. No need to dwell on it. Accepting this reality can alleviate stress. Live in the moment. If you have goals that motivate you to stay the course it's easier to push through challenging times. Seek out evidence of beauty and kindness to balance the tough stuff.

Virgo (August 23 – September 22): Life isn't fair. No need to dwell on it. Accepting this reality can alleviate stress. Live in the moment. If you have goals that motivate you to stay the course it's easier to push through challenging times. Seek out evidence of beauty and kindness to balance the tough stuff.

Libra (September 23 – October 23): You rediscover something you didn't realize you'd lost. Connections to friends and family need to be nurtured. Hurt feelings can be healed when everyone works at clear and respectful communication. Fill your life with vital people who bring warmth and wonder to your world.

Scorpio (October 24 – November 21): Look for the common ground that you share with others. There are some differences that shadow your relationship with a close friend but they rarely shows up. Enjoy when creativity and abundance flow. Opportunities come your way that allow you to get a few luxuries.

Sagittarius (November 22 – December 21): You are a blur of energy but when you lack focus it can be exhausting and may just be a distraction from things you don't want to consider. Expand your awareness of how your discontent colors your logic, emotions and expectations. Be responsible. Do not judge.

Capricorn (December 22 – January 19): Dwelling on missed opportunities can be disheartening and exhausting. The challenge then is to hold onto hope. When one door closes, others open. Trust is the key. You're rich in so many things. Focus on your blessings. Seeing yourself as a victim is counter-productive.

Aquarius (January 20 – February 18): Do you feel like you're a fidget spinner going round in circles and accomplishing nothing? The desire to live more fully can be intense but you don't have the ability to take everything in at break neck speed. Be more discerning. Enjoy each moment fully. Stop trying so hard.

Pisces (February 19 – March 20): Be the best you can be every day and the specifics will get taken care of automatically. Focus on beauty and creativity. When you're living in the grace of the concept of love you're like a flower opening up or a bird taking flight. Love everything and everyone including yourself.

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Friday 8pm-1am June-August
Every Saturday 7-11 pm
MEAT DRAWS
Friday 5-7 pm
Saturday 2-5 pm



Chaplain's Corner

Remembering the Unremembered, Too

by Padre Capt Greg Girard

The elderly gentleman in the chair next to me leaned over and quietly said, "This place is run by Nazis. They have kept me here, against my will, for a long time. I have tried to escape, but can't.

You have to help me. Please!"

I looked over at him, now an old man, having lived at Sunnybrook Hospital since almost the end of WW2, to see if he was serious. He was dead serious. "That nurse over there," he continued, "she works for them. I know, she looks nice and has a kind face, but do not let that fool you. I am a captive here. She and her team seem to always catch me. Will you help me?"

At the time I was training to be an officer (pastor) with The Salvation Army. The school was across from Sunnybrook, and one wing was for veterans. I was raised in the country, and now the "big bad city" was all around me, and someone was as serious as can be about needing my help. Likely, my Salvation Army uniform, and he being a soldier from WW2, knowing that The Sally Anne helped soldiers, motivated him.

It was my turn to participate in the Service the other students were leading, so I excused myself from his side, and the hand clenching my wrist, assuring him I would come back. When I was done my part and stood aside, the nurse made her way to me.

"He wants you to help him escape, doesn't he?" she said.

"Yes, he does." I replied, wondering just a tiny bit if I had betrayed a secret.

She continued, "For almost forty-five years his mind has been locked in a POW camp. It was so hard for him that his gentle soul simply could not cope with how people could treat each other that way. It is not the hospital he needs to escape from. It is his mind, still in the POW camp, still a prisoner, that he needs to be freed from."

How I looked at Veterans changed that day. The fields in Europe, row upon row of crosses, over the graves of oh so many young men (and women) whose lives were cut short by war, is a sobering sight now. They opposed an ideology that sought to enslave and re-engineer the minds of a whole continent, and from there the world, they hoped, would be taken over by German and Italian Fascism. For fighting that, their future was taken away.

And what of our man in the hospital: living, breathing, eating, and still walking around? Isn't he a part of those whose lives were taken away, also? The sweetheart back home, now a stranger to him. Children, and the grandchildren he would have had this forty-five years later, also died as POWs.

Daily, his "undercover Nazi nurse" cared for him with compassion and understanding. An unsung hero and patriot.

This Remembrance Day we owe respect to those who lost their lives for the freedom of Democracy. For me, as a CAF chaplain, I also remember those who lost not quite all their life, but a big percent of it, then and now.

17 Wing Chaplain Coxworth Promoted



DWComd, Lt Col Lehoux (left) presents Capt Laura Coxworth (right) with a promotion to Captain. Photo: Supplied

17 Wing Chaplain Team Photo



Left-Right: Lt(N) Lesley Fox, Capt Paul Gemmiti, Maj Hope Winfield, Capt Laura Coxworth, Capt Emanuelle Dompierre, Capt Greg Girard (Det Dundurn)

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)
ext 5272

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

17 Wing
204 833 2500



Administrative Assistant
ext 5087
17 Wing Military Community Chapel
2235 Silver Ave
(west off Whytefold/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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