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THE VOXAIR

The Winnipeg Military Community News Source Since 1952

Winnipeg Remembers



402 'City of Winnipeg' Pipes and Drums leads the squadron, veterans, and Legion members marching from Bruce Park to the St James Legion following the service at the park on Remembrance Day, Nov 11, 2018. Please see our article on the service at the RBC Convention Centre on page 2. Photo by 17 Wing Imaging.

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Winnipeg Remembers Fallen Canadians



17 Wing Commander, Colonel Eric Charron, and 17 Wing Chief Warrant Officer, Jerome Rossignol, lay a wreath during the Remembrance Day Ceremony at the RBC Convention Centre on November 11th, 2018 in Winnipeg, MB. Photo: Cpl Angela Gore

by Martin Zeilig, Voxair Photojournalist

For 17 Wing Commander Colonel Eric Charron, Remembrance Day has “changed a lot” since he first joined the Canadian Armed Forces.

That change occurred after he was deployed to Afghanistan in 2010.

“On the day that I landed in Kabul to start my mission, we were doing a commemoration ceremony for the loss of Colonel Geoff Parker who had died in a tragic way from a vehicle based IED,” Col Charron commented. “From that time on, when it comes to Remembrance Day, I think of our fallen. That’s what it means to me now.”

Col Charron made his remarks to The Voxair following the Remembrance Day Service, which commemorated the 100th Anniversary of the Armistice which ended the First World War on the 11th hour of the 11th day of the 11th month 1918, at the RBC Convention Centre on Sunday, November 11.

An estimated 4000 people, including many serving military members, veterans, and cadets, along with the

general public were in attendance.

Master Warrant Office Craig Frost, CD, from 1 Canadian Air Division, served as Master of Ceremonies, as he did the previous year.

The Invocation and Prayer of Remembrance were read by Padre Hope Winfield, the 17 Wing Chaplain, as well as the Scripture Reading. The RCAF Band played the National Anthem, sung in both official languages by band member Sergeant David Grenon, who also sang the hymns, O God Our Help in Ages Past and O Valiant Heart.

There was also a reading by two cadets of the poem, In Flanders Fields by Major John McCrae, a field surgeon in the Canadian artillery, in the midst of the Second Battle of Ypres, in Belgium, in May 1915. The Very Reverend Paul N. Johnson of St. John’s Anglican Cathedral gave the Address and the Benediction.

Representatives from the three levels of government including Manitoba’s Lieutenant Governor, the Honourable Janice Filmon, were among those taking part in the laying of wreaths. Juliette Utta Essig, Honorary Council of Germany, and Jean-Eric Chia, Honorary Council for France, also placed a wreath together.

“One hundred years ago today, the Guns of August fell silent, and the bells of November rang out,” Rev. Johnson said in his speech. “There were still bells left to ring. They rang far and wide. For the first time in more than four years they rang as they will ring again this evening at sunset, from St. John’s Newfoundland to Victoria, British Columbia, four hours later.

“All of Europe and much of the world was completely exhausted, battered and tattered and shattered by war, and fed up with all who had inflicted it upon them, who had failed utterly in leadership, both before and during the war. They hoped. They dared to hope for a better life; yes, a better world.”

Warrant Officer Matthew Keddy, Chief Cook for 1 RCHA at CFB Shilo, the former Chief Cook at 17 Wing Food Services, was at the Service with his wife, Becky, and children, Jacob and Olivia.

“It was a very good ceremony,” WO Keddy said. “I was very pleased with all the presentations of all the people that spoke. It was really nice. I always like hearing the stories of the soldiers that served overseas during the First World War. It puts things into context. It makes you feel proud of being in Canada.”

Mr. Ralph Wild, a 100 year old Royal Air Force vet-

eran of the Battle of the Britain during the Second World War, received a standing ovation when he was introduced to the audience by MWO Frost.

“Wars don’t do anybody any good,” Mr. Wild said to The Voxair later. “There’s a solution by war. You’ve got to abolish wars. If you have an argument you’ll have wars. If you have a discussion then you have somebody who will say they disagree with you. But, if you have a discussion, they may say ‘Oh, he does have a good point.’ A discussion will help sort things out. Then, you don’t need armed forces. Just think what everybody in the country is going to save. ‘Do unto others as they would do unto you,’ as my father said.”

Sergeant (Ret’d) Devin Beaudry, who served for 35 years in the CAF, was one of several aboriginal veterans in attendance.

“It’s nice that as Aboriginals we can celebrate on November 8, Aboriginal Veteran’s Day, and also on November 11 when we can celebrate with the rest of our comrades,” he said.

Adam Cissoko, 13, a member of the 199 St. Vital Royal Canadian Air Cadets Cadet, said Remembrance Day was a time to remember all those who gave their lives to protect our country and our freedom.

“It was a nice event because it was really well organized and meaningful,” said the grade eight student, who was with his parents, Aboudoulaye Cissoko and Salwa Meddri “I really learned a lot.”

“This was my first time participating in a Remembrance Day ceremony,” said Aboudoulaye, 52, a native of the Islamic Republic of Mauritania, who immigrated here with his family 10 years ago. “It was very emotional. I think Canada is doing very well to educate young people about the two wars. We left our people, too, in wars. I’m very emotional about what we are educating young people about the wars.”

Ms. Meddri, a native of Morocco, said she was also affected by the Service.

“It’s a symbol of our society,” she observed. “We see people from other religions and faiths they are coming together and defending these values that unite all of us. That’s beyond where we come from or our background--to learn how to live together in peace and respect. All these people sacrificed their lives to enable us the opportunity, chance and privilege to be new Canadians and citizens to belong proudly to this country.”

Lieutenant Alan Arnett McLeod, V.C. Remembered

2Lt Becky Major, 17 Wing Public Affairs

This year, Remembrance Day held a special significance as it marked the 100th anniversary of armistice. Along with this comes many other important anniversaries, including that of the death of Lieutenant (Lt)

Alan Arnett McLeod, a Victoria Cross recipient from Stonewall, Manitoba who died near the end of the First World War. On 6 November, a memorial service was held to remember this soldier’s incredible story at the Kildonan Presbyterian Church.

Alan McLeod wanted to join to military as soon as war was declared in 1914. However, he was too young and had to wait until his 18th birthday on 20 April 1917. He trained as a pilot in Toronto and was shipped overseas to France on 20 August 1917. It was less than a year later he would be awarded the Victoria Cross for the following heroic actions.

On 27 March 1918, McLeod and his observer Lt Arthur Hammond were flying in an Armstrong F.K.8 over France when they shot down an enemy aircraft. They were immediately engaged by eight more enemy planes. Their



Lt Alan Arnett McLeod was born in Stonewall, Manitoba, on April 20, 1899. After being attacked by eight enemy planes, being wounded several times, yet pulling his wounded observer from the wreckage, earning the Victoria Cross, he returned to Manitoba to recuperate from his wounds and died of influenza on Nov 7, 2018. Photo: Archives of Manitoba

fuel tank was hit and their aircraft burst into flames. McLeod tried to keep the flames away from his observer by side-stepping. They crash landed in No Man’s Land, and McLeod, with no regard for his own safety, pulled Hammond out of the burning wreckage.

Lt. McLeod returned home to Canada to recuperate later that year, but tragically died of the Spanish flu in Winnipeg, Manitoba on 6 November 1918, at the young age of 19.

17 Wing Commander, Colonel Eric Charron, and 17 Wing Chief Warrant Officer, CWO Jerome Rossignol attended the memorial. “Lt McLeod showed extraordinary courage when he could have walked away from a dangerous situation and no one would have blamed him for doing so but instead, he chose to put his life at risk to save the life of another,” said Col Charron during his presentation. “Next time you have the chance to help someone else, think about Lt McLeod’s story and find the courage to do the right thing.”

Local Second World War veteran and centenarian Ralph Wild was also in attendance. Mr. Wild read a poem by Pilot Officer John G. Magee Jr., who was killed in action on 11 December 1941, titled “High Flight”.

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Winnipeg Aboriginal Community Honours their Veterans

by Martin Zeilig, Voxair Photojournalist
Remember When

Remember When - They marched away one cold and dreary day

Remember When - Their loved ones cried for those who fell and died.

Remember When - The sun had set our freedom came at dawn.

Remember When - The trumpets blew for the ones who stood and fought for you

Remember When - You shed a tear for their unselfish act is why you're here

Remember When - The poppies bloom for it was them that bled for you

Remember When,

Remember Now,

And Remember Always



Dene Elder/Military Veteran, Joe Meconse salutes during the Aboriginal Veteran's Day Service Ceremony on Nov 8th, 2018 at Neeginan Centre Rounda, 181 Higgins Avenue, Winnipeg. Photo: MCpl Justin Ancelin, 17 Wing Imaging

Wendy Mink -Neeginan Literacy and Learning Centre, 2018

17 Wing Commander Colonel Eric Charron and 17 Wing Chief Warrant Officer Jerome Rossignol, were amongst numerous members of the Canadian Armed Forces and government officials at the Aboriginal Remembrance Day at Neeginan Centre, 181 Higgins on November 8th. The event, which attracted about 400 people, marked its 25th anniversary this year.

Welcoming comments were made by Bill Shead, Chairperson, Neeginan Centre Board of Directors and

a retired Lieutenant-Commander Royal Canadian Navy. Among the other speakers were: Charlotte Bastien, Acting Deputy Minister, Strategic Oversight and Communications, Veterans Affairs Canada; Eileen Clarke, Minister of Manitoba Indigenous and Northern Affairs; and Col Charron.

The "Grand Entry" of the Colour Party was led by Whitehorse to the pounding sound of a four person First Nations drum group.

A laying of the wreaths took place, along with the reading of In Flanders Field, the playing of Last Post, two minutes of silence, Lament and Reveille/Rouse.

A delicious free meal of bison stew and bannock, prepared and served by the centre's restaurant kitchen staff, was provided afterwards.

Randi Gage, a Saginaw Chippewa from Michigan and a United States army veteran, organized the first Aboriginal Veterans Day in Manitoba in 1993. According to Gage, quoted in a Toronto Star article, November 8 was chosen because the number turned sideways is the Metis infinity symbol and it's connected to some First Nations teachings.

Indigenous people in Canada have reason to be proud of their wartime contributions, states the Veterans Affairs Canada website.

"More than 7,000 First Nations members served in the First and Second World Wars and the Korean War, and an unknown number of Inuit, Métis and other Indigenous people also participated," it continues. "One Veterans group estimates that 12,000 Indigenous men and women served in the three wars."

Following the ceremony, Col Charron recalled the death of Colonel Geoff Parker, the highest ranking Canadian to be killed in Afghanistan. He was killed by an improvised explosive device during Col Charron's tour.

Five U.S. soldiers and 12 Afghan civilians also died in the blast. Col Parker had been the commanding officer of the 2nd Battalion of the Royal Canadian Regiment, a mechanized unit based at CFB Galetown.

A survivor of that explosion, Reservist Master Corporal Whitegrass, a First Nations woman and a Mobile Equipment Support Operator, was in the following vehicle, Col Charron said.

"She courageously slammed on the brakes in her vehicle, put it in reverse and saved the lives of her passengers," he said. "She was nominated for an award for her bravery."

Corporal Patrick Laurin, OSS Telecom Flight, a member of the Defence Aboriginal Advisory Group, also stressed that it's important to remember our Aboriginal veterans who have served Canada.

"They've contributed just as much as anybody else at

a time that wasn't a good time for us," said this member of the Metis nation, who's been in the CAF for the past nine years and is the first member of his family to serve in the military. "So, it's important to remember their sac-



17 Wing Commander, Col Eric Charron & 17 Wing Chief Warrant Officer, Jerome Rossignol, lay a wreath during the Aboriginal Veteran's Day Service Ceremony on Nov 8th, 2018 at Neeginan Centre Rounda, 181 Higgins Avenue, Winnipeg. Photo: MCpl Justin Ancelin, 17 Wing Imaging

rifices for us and what they've done."

Master Corporal Holly Young, a First Nations member, who works at 17 Wing and is also a member of the DAAG was pleased at the large turnout.

"I'm very impressed with the students here at the centre for their ability to MC the event, and take part in carrying forward the Remembrance Day services," she said.

MCpl Young was also moved by Wendy Mink's poem.

"It was a beautiful poem," she said.

Reanna Marinko, who was the co-MC, along with Greg Kinistino, said she was a bit overwhelmed at first, especially since this was her first time acting in such a capacity.

"It was an honour for me to be here and show my respect and have other people here to show their respect," she said following the ceremony. "I can teach my children to be more appreciative and more respectful to our veterans and Aboriginal Veteran's Day, and honour them for what they've done for us and the freedoms we have now."

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The Final Frontier Taught at Barker College



Sergeant Gillis, an instructor in the Spaces Courses program, RCAF Barker College, and Captain Glenn Dean, Space Courses Director, are specialists on low Earth orbit satellites for military applications.

Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

When it comes to a discussion on debris in Low Earth Orbit (LEO), Captain Glenn Dean, Space Courses Director at the RCAF Barker College, has a ready response: the Kessler Syndrome.

Capt Dean was interviewed recently in the second floor lounge of Barker College. The conversation covered a number of topics related to his work.

A former NASA scientist, Donald Kessler, envisioned a scenario where the density of objects in LEO is high enough that collisions between objects could cause a cascading effect that will make it impossible to operate in space, states information from the Basic Space Operations Course: Space Surveillance Network, used by students for distant learning.

"We have so much up there and we keep putting more and more up there," Capt Dean offered. "I feel like there will be a time when we will not be able to use space as freely as we like. There will be a time when we will be surrounded by a cloud of debris that we can't even explore our own moon because of that debris."

Apart from topics like space junk, Capt Dean, Sgt Gillis and his colleagues teach a number of different, but, related topics.

"I teach some general space aspects to the Advanced Electronic Warfare course," Capt Dean commented.

He noted that he will be going to the NATO school in Oberammergau, Germany in the first week in December. Since NATO doesn't have any "space expertise", it relies on both Canada and the United States to teach their basic Space Operations Course, Capt Dean explained.

"We cover everything from orbitology (the regular, repeating path that an object takes in space around another one, notes online information) to space situational awareness to some missile warning to satellite design, launch theory," he said. "Then, we give it a NATO flavour. So, any member of NATO can come on this course and learn the basics of space operations."

Capt Dean, who was originally stationed with the Canadian Forces Aerospace Warfare Centre in Trenton, Ontario, first studied the space course which he now teaches, in 2010. Afterwards, he was sent down to the 553rd Space Wing at Vandenberg Air Force Base, California where he "learned how to use" the missile warning system in Initial Qualification Training.

"I was sent to Clear, Alaska for a year where they have a ground based phased array radar, which is used primarily for missile warnings for NORAD," Capt Dean said. "I spent a year up there doing missile warning. Our joke up there was 'Did a missile fall on your head last night? You're welcome.'"

There are Canadians and Americans on duty now 24/7 watching for inbound missiles all around the continent, he emphasized.

There are two Canadians posted in Clear, Alaska (just outside of Fairbanks), and two in Thule, Greenland.

"We have two Canadians in Cape Cod, Massachusetts," Capt Dean continued. "We have two Canadians at Beale Air Force Base in California, just outside of Sacramento; and we have two Canadians in Cavalier Air Force Station in North Dakota."

Thule and Clear are in remote locations, so it's only one year unaccompanied, he said.

"The others are upwards of three years, so those posted can take their families there," Capt Dean pointed out.

The Basic Space Operations Course, also includes another distant learning module entitled Missile Warning.

"Missile warning is a defence measure that countries employ to determine if they are under missile attack," says the introduction to that particular module's PDF. "With current technology it takes only minutes to launch a ballistic missile halfway around the world, so early warning is critically important. Satellite-based detection systems can warn of missile launches in half the time that older ground-based radar systems could achieve. This rapid warning can provide enough notice for a country to mobilize forces to defend against such an attack."

Students learn at their pace over a three month period, Capt Dean said. "There are 19 modules covering all aspects of space from history right through to missile warning, satellite design, lift capabilities, policy, law, and everything else that's space based."

"All occupations and all ranks are eligible to take the space course but generally we see folks that have an interest in space who want to take it," Capt Dean said. "Some take it just for professional development, to get that checkmark in the box, and some take it because they have to in order to take our follow-on course, which we teach in-person-- our week long Space Operations Course, which we teach five times per year, once here in Winnipeg and four times on the road."

Crashing CFSSAT's Virtual Reality Flight Simulator



Moments before The Voxair reporter crashed his virtual reality CF-18 Hornet into the side of a Swiss Mountain. He walked away unscathed, but still shaken by the incident. Corporal Myles Mohr, Aviation Physiology Technician, offering supportive words. Photo: Maj Lianne Anderson

by Martin Zeilig, Voxair Photojournalist

"Pull up. Pull up."

But, it was too late.

The overwhelming stresses caused by gravity had taken over the CF-18 Hornet I was piloting, resulting in a death spiral into the side of a mountain in the Swiss Alps at almost 1700 kilometres miles per hour.

My eyes were shut tight in the last two seconds of the inevitable.

I survived because this all took place inside the Virtual Reality Flight Simulator at the Canadian Forces School of Survival and Aeromedical Training.

To be honest, it was a relief as I pulled off the Oculus Rift VR headset and handed it back to Master Corporal

Myles Mohr, one of the Aviation Physiology Technicians at CFSSAT. I was a bit disoriented afterwards, but not much.

I "flew" the supersonic jet fighter, whose twin engines generate enough thrust to lift 24 full-size pick-up trucks off the ground, for about 20 minutes over the mountainous Swiss terrain. Everything from the instrument panel to the sky and the landscape were strikingly close to a 360 degree reality. Between my knees was a joystick for pitch up/pitch down/roll, while to my left was a throttle to power the aircraft forward.

"The VRFS's main purpose is to create a simulation for experienced pilots to fly in while they simultaneously recognize the symptoms of hypoxia, a lack of oxygen to the blood tissues and cells in the body," MCpl Mohr said.

"What they're going to be doing is undergoing hypoxia training and recognizing some of their signs and symptoms that will come on while flying," he explained. "They let us know when this is happening."

All air crew are required to undergo annual screening by the Flight Surgeon at their particular base, noted MCpl Mohr.

"They come to CFSSAT every ten years for re-certification training in which ejection seat pilots will experience the flight simulator, while undergoing HRT," he said, adding that the remaining flight crew undergoes HRT in the hypobaric chamber which simulates the effects of high altitudes on the human body, especially hypoxia.

"While seated in the simulator, the ejection seat pilots are wearing a high altitude/low pressure mask that's connected to the Reduced Oxygen Breathing Device, which provides the pilot with a mixture of seven percent oxygen and 93 percent nitrogen," MCpl Mohr said.

"We provide this to the pilots in both a rapid and slow onset profile," he observed. "Upon successful recognition of their signs and symptoms, the pilots will carry out their aircraft emergency operation instructions. Hypoxia is a threat anytime a pilot is above 10,000 feet. It has

a very insidious onset, which is why we train for it."

MCpl Mohr also emphasized that the signs and symptoms of hypoxia are subjective and will vary from person-to-person and day-to-day.

"We do this sort of training about once a month with air crew from across the country," he said. "A lot of the ejection seat pilots who've come through have had experiences, or know someone who has had an issue with the either the pressurization system or the oxygen system. A failure of either system can subject the pilots to the low pressures of altitude with potentially disastrous consequences."

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Saving Lives and Serving Canadians



Corporal James Hammond from 17 Telecommunications Flight donates blood at the Canadian Blood Services clinic on Monday, November 5th. Photo: 2Lt Becky Major

by 2Lt Becky Major, 17 Wing Public Affairs

The Canadian Armed Forces always give 100%...except when they're donating blood! On 5 November, members from 17 Wing hopped on a Canadian Blood Services shuttle to donate blood at Winnipeg's local blood donor

clinic on William Avenue. The donors were treated like royalty, given salty snacks and juice on the trip to prepare them for their appointments.

Among the group were both first time donors and experienced donors who had been giving for over 30 years. For Corporal Kyle D'Eon, the appointment was especially significant as he had received a blood transfusion in the past. "This is an important way for me to give back, so I try and make it out at least once a year," he explained.

The blood drive was organized as part of a national month-long campaign to generate donations from the Department of National Defence. 17 Wing was one of many military groups signed up to donate blood for the week leading up to Remembrance Day. The Fort Garry Horse also participated during the same week.

This year marks the 20th anniversary of Canadian Blood Services, and they launched a new brand highlighting how they are Canada's lifeline. "Our mission is to help every patient, match every need, serve every Canadian." Isn't part of this mission what the members of the military are here to do – serve every Canadian? What better way to fulfill this duty than to donate blood and help the Canadian Blood Services save lives?

If you've thought about donating blood but never followed through, maybe it's time you gave it a try. The whole process will take one hour, but it will save a life. It is a small commitment to make for a big return! Plus, the snacks are excellent.

17Wing Member Attends Invictus Games



by Major David Dunwoody

I had the great privilege to take part in the Invictus Games 2018 held in Sydney, Australia from 20th to 27th October. I won't talk about the medals won as they are not what the Invictus Games are about. Nor will I talk much about Team Canada as focusing only on them would not show how inspirational the games were. In fact, many times during the games, the roars and applause were not for a nation but for the athletes and their inspiring determination to show they will not be conquered by their injuries.

As many know, Prince Harry founded the Invictus Games after serving in Afghanistan. He created the games for mentally and physically injured veterans and serving members to help overcome their injuries through sports. Invictus is Latin for unconquered. So many of these injuries defined who these vets and military members were. Through sports and the Invictus Games, they can show they will not be conquered by their injuries.

During the games, I witnessed so many inspiring moments from both the athletes and the fans. During one indoor rowing event, two of the four athletes were triple-amputees. They gave it their all and never quit. During the cycling, Canadian Andrew Kinsley, missing one leg, struggled to get up the hill. Seeing this, two of his fellow teammates leapt over the barriers, ran up to him, and, to the roar of the crowd, pushed him up the rest of the way.

The fans were just as incredible. As the clock counted down in the indoor rowing, they were cheering the athletes on. When it hit 10 seconds, the place would explode. Everyone was on their feet. It truly felt that no one cared which nation was winning or for whom they were cheering. It was ovations for the determination of all competitors. During the wheelchair rugby, when the scores were one sided and a team dominated, the crowd

would applaud when the winning team scored. They would go wild when the losing team scored a try. And watching the swimming, the cheers and applause were louder for the swimmer in last place would refused to give up than they were for the first place winner.

My two greatest memories came during the closing ceremony when they presented two very special awards. The Jaguar Exceptional Performance Award went to the competitor who displayed true determination and dedication. The award went to George Nepata, a tetraplegic from New Zealand. I met George at the archery range. In a chance encounter, I found out that New Zealand did not have a proper archery coach so I offered to give the team some coaching. During the wheelchair rugby game, with his team a competitor down, he played the entire game. In an amazing show of sportsmanship, with the clock running down to the last few seconds, the Australian team gave George the ball to score the final try. When he returned with his award, his teammates gave him the highest New Zealand honour by performing the Haka. It stopped the show and the crowd went nuts to see it. I was a few metres behind them and it still gives me chills.

The second award was the Land Rover Above and Beyond Award to an individual who demonstrated the true



spirit of the Invictus Games. The winner was Edwin Vermetten of the Netherlands. During a wheelchair tennis pair's match, Edwin's partner Paul Guest of the United Kingdom was unable to complete his serve when an overhead helicopter triggered his PTSD. Edwin went over to Paul and comforted him, singing Let It Go from the movie Frozen. After receiving the award, Paul wheeled himself to Edwin. The two embraced as the song Let It Go played. I don't think there was a dry eye in the house as even I will admit to tearing up watching this.

Sports Trivia

Individual CIS - Canadian University Football Records

by Stephen Stone

1. In the AUS (Atlantic University Sports) who holds the single game scoring record in football?
2. He threw 30 touchdown passes in the 1989 season and led the AUS in TDs in three consecutive years – 1988-90. He also won the Hec Crighton Trophy (most outstanding Canadian player) those same three years.
3. Who holds the AUS record for most interception return yards in a three-year career?
4. Who is the RSEQ record holder for yards rushing in a single game?
5. Who is the RSEQ record holder for yards rushing in a single game?
6. Who holds the RSEQ record for pass completions in a single game?
7. Who holds the RSEQ record for most field goals in a single game?
8. Which OUA (Ontario University Athletics) team holds the record for most points scored in one game?
9. In a seven-game season, which OUA team allowed the fewest points?
10. Which player and future CFL great scored the most points in an OUA season?
11. Who is the OUA record holder for touchdowns in a single game?
12. In the CW (Canada West Universities Athletic Association), who holds the record for the longest field goal in the playoffs?
13. Who holds the record for the longest field goal in a regular season game?
14. Which CW player holds the record for most touchdowns in a career?
15. This outstanding QB holds the CW record for passing yards in a career.
16. He is the current CW record holder for receiving yards.
17. Before the shortening of the end zones in 1986, who holds the record for a punt return of 130 yards?
18. Who holds the U Sports single-game record for passing yards?
19. Who holds the single-season record for passing yardage?
20. Who holds the single-game record for TD passes?

Sports Trivia Answers on page 14

The Invictus Games 2018 were truly an inspiring display of the human spirit. Prince Harry, in his opening address, referred to the competitors as the Invictus Generation who are defining what it means to serve. In his closing, address he stated the importance of mental health and how asking for help is not a sign of weakness but a sign of strength. While I hope that I can again coach Team Canada for the next Invictus Games in 2020 in Hague, Netherlands, I am truly grateful for this opportunity to be part of the games.

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Winnipeg MFRC Learning and Career Fair Aims to Help Families and Transitioning Members



Border Services Officers Sebastien Blanchette and Lloyd Allarie discuss employment options with visitors during the Military Family Resource Centre Learning & Career Fair, Holiday Inn Airport West, Winnipeg, MB, 24 October 2018.

Photo: Sgt Daren Kraus

by Martin Zeilig, Voxair Photojournalist

After four years of service in the Airborne Regiment of the Canadian Armed Forces, Sebastien Blanchette was looking for a stable and secure job when he decided to leave the military.

He applied and was hired by the Canada Border Services Agency.

Mr. Blanchette and a CBSA colleague, Lloyd Allarie, were among 24 employment and educational exhibitors at the Winnipeg Military Family Resource Centre's Learning and Career Fair at the Holiday Inn Airport, West (2520 Portage Avenue) on October 24.

"As a veteran I'm hoping to help other veterans find

meaningful employment," Blanchette said. "Eventually, I ended up with Customs. So, when my superintendent asked me to volunteer for the Career Fair I thought it was a good way to pay back to other veterans looking for meaningful employment-- to transition somebody into another good job if you're retiring from the CAF or looking for a career change. It would be a good fit. We actually have quite a few former CAF members working for Customs, both retirees and people who have left earlier on in their career."

He emphasized that working for the CBSA promotes career stability. For example, Blanchette said that if an employee works at a Port of Entry and chooses to stay there, the CBSA would accommodate that person.

"If they request a move or a change, it comes from them," he noted. "It promotes stability and family life. Also, you're going from one uniform to another which provides a bit of job satisfaction. You're making a difference to the country. You're stopping drugs from coming into the country. You're finding missing children sometimes. You're keeping guns off the street."

He also pointed out that the salary is "fantastic."

17 Wing Commander Colonel Eric Charron, on hand to present Support Our Troops Scholarships, said the Career Networking Fair aimed to show spouses and military members, who are transitioning out of the CAF, different aspects and options that are open to them both in financial management and job prospects.

The day-long event included two special presentations-- Military Spouse Career Training: Connecting with Courage; Career Planning & Networking Strate-

gies for Military Spouses; Career Training-- LinkedIn 101.

Joel Roy, Executive Director of the MFRC, underscored the importance of holding the Learning and Career Fair by pointing to recent statistics and surveys indicating that employment is becoming "the number one issue" for military families across Canada.

"We have great partnerships and are really fortunate to have all these people here offering different types of employment and educational opportunities," he said. "Next year, we're going to be holding a job club for spouses which will be available within the MFRC once a week. We'll be bringing other employers and education providers in, as well as creating a social environment for members and families to come together and talk about strategies for finding educational and employment opportunities within Winnipeg."

Vanessa Walsh and Theresa Roy, both with Military Family Services, flew in from Ottawa to be at the event.

"We offer lots of supports, programs, and initiatives for military spouses to help their employment and entrepreneurship search," Walsh said. "There's been great uptake. We've had a number of spouses and military members come through connecting with different employers. We're just happy to be here to showcase some of the free services and programs we have available to the military community."

John Bailey, Education and Employment Coordinator for the MFRC and coordinator of the L&C Fair, was pleased with the turnout.

"It's been very successful," he said. "We've had one very well attended workshop; and, we've also had a lot of transitioning military members and spouses wandering through the exhibits and talking to all the exhibitors. There seems to be a real nice vibe about the event."

Conflict and Complaint Management Services is Ready to Listen To You

by Vinessa West, Agent Supervisor
Who are we?

As some of you may be aware, the Conflict and Complaint Management Services (CCMS) Centre opened its doors at CFB Winnipeg on the 16th of July, 2018. We are a new service offered to members of the Canadian Armed Forces and their Chains-of-Command, where anyone with an issue (conflict or complaint), can come to talk to an Agent who will listen, in a safe and confidential environment, and if necessary, offer possible options on how a member can seek resolution or to move ahead with their issue or concern. We provide service to Regular and Reserve Force members throughout Manitoba and Saskatchewan.

How can we help you?

The CCMS Centre here at CFB Winnipeg can be the first step if you feel that a workplace conflict or a complaint, regardless of size, is not, or cannot be addressed in a timely and suitable manner, or if someone feels that it cannot be or is not being addressed effectively. CCMS offers a resource to you, the member, and the chain-of-command, to ask those questions on how conflict and complaints can be resolved, early, locally and informally, when appropriate. How do we do this, first off, we listen. You tell us your side of the story in a confidential and controlled setting, to an impartial intake agent, who has been trained in conflict and complaint resolution processes - whether you are as a complainant, a respondent or as someone who saw or heard the conflict and wants to put an end to it (third-party). The advantage of tackling an issue sooner, rather than later, is that most conflicts and complaints start out as something which if dealt with early and informally can be resolved before



spiraling out of control. This possibly saves the member and the Chain-of-Command bigger headaches, as the issues become larger and less manageable, which can consume individuals and groups, creating an atmosphere of stress and anxiety and possibly moving towards a Rights Based complaint (Grievance, Harassment Complaint, Human Rights Complaint etc.), which takes up time and considerable resources.

So what types of conflict and complaints are we talking about?

These can include, but are not limited to: Operation HONOUR issues; sexual misconduct; grievances; human rights complaints; harassment complaints; official language issues, access to information/privacy requirements; general safety; workplace violence; performance evaluations; inter-office squabbles; personal differences. Any conflict or complaint that is causing you, or someone you know, to not be giving their 100% at work because

their mind is somewhere else.

Then, our agents provide you with some options, and the pros and cons of those options, to help you find the possible path to the solution you are seeking. These options can be as simple as a self-help aspect on how to ask the right questions and conflict coaching to help you figure it out; seeking a solution via facilitated supervisor intervention of a conflict or complaint; providing guidance on resources available; to looking at either a rights based approach; or an interest-based approach, in getting the various parties to have a dialogue in an informal or formal mediated, facilitated, or full-out Alternative Dispute Resolution process. We have access to conflict resolution practitioners who can assist you. Some other self-help processes could also include the option of taking various dispute resolution or health and wellness courses and other aspects of education and awareness in conflict resolution processes. All of which can provide you the tools, to help you resolve conflict or complaints in the workplace.

How to reach CCMS Winnipeg?

The Winnipeg office provides support to Manitoba and Saskatchewan. Our office is located in Winnipeg Building 137 (main floor) office 116, 118. We currently have two staff Vinessa West 204-833-2500 ext 6405 and Kristine Johnston 204-833-2500 ext 6403 or you can reach us at ccmswinnipeg@forces.gc.ca.

Feel free to drop in for a chat, or to look for information on how you can help resolve conflict and complaints in the workplace.

Keeping the Air Force Flying at Flight Refuelling



Private Dave Lecompte and Corporal Nan Jorgensen, both from 17 MSS TEME Flight Refuelling, doing a recirculation of aviation fuel through the hose on their refuelling truck. Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

The smell of aviation fuel is in the air.

After removing the thick black high pressure refuelling hose from a reel right behind the cab of their large yellow refuelling vehicle, Corporal Nan Jorgensen and Private Dave Lecompte hook the hose up to a receptacle at the other end of the large attached tank to recirculate the fuel on the truck.

Cpl Jorgensen and Pte Lecompte, who both work in the nearby 17 Mission Support Squadron (MSS) Transportation, Electrical, Mechanical Engineering (TEME) Flight Refuelling Cell (Building 96), are in the receiving area of the 17 Wing fuel farm. The aviation fuel is stored in rows of huge containers at the fuel farm before being discharged into the tanker trucks and then into the aircraft.

"It's a process we do once a week because the fuel

cannot be stagnant in the system," Cpl Jorgensen says while the fuel is running through the hose. "If the fuel sits still too long bacteria will grow inside the hoses, and to avoid that we recirculate the fuel. We hook the hose up as if we were going to fuel an aircraft. But, we hook the hose up to the truck itself, and run the fuel through our own system."

She indicates the deadman switch and explains that in order to do anything at all on the truck, one of the refuellers has to hold onto that switch.

"It's a safety feature," she says. "Unless somebody is pushing that, it will not operate."

There's also a low pressure hose for small deliveries of fuel.

"Over here is where we can see how much fuel we have in our tank" she says indicating a digital dial in the truck, just below the fuel tank, that shows there is slightly over 21,000 litres of jet fuel in the tank.

The whole process only takes several minutes from start to finish.

"Our job is to provide clean and safe fuel to aircraft," Cpl Jorgensen says. "We deal with our own aircraft and transient DND aircraft. We just use basic aircraft jet fuel."

Cpl Jorgensen has been posted to 17 Wing for the past eight years. Pte Lecompte, a native of Quebec City, notes he only started his refuelling training a week before.

"It's a good trade and good qualifications to have if you go on a mission outside of Canada," he says.

Pte Lecompte is being trained by Cpl Jorgensen, who states that she became a qualified refuelling instructor last year.

"Now I can officially train people," she says. "You have to be qualified for at least a year on the equipment in order to train others."

She adds that the Chain of Command will send people over to get qualified, and they'll be trained here on the Wing.

"Cpl Borden, who's off today, and I are training Dave right now," Cpl Jorgensen continues. "You have to train for at least three weeks before you can get considered for rotation. Three weeks is the minimum because we want people to be able to go through a certain amount of experience. You have a chance to do the different processes we do."

The personnel within TEME Flt Refuelling Cell work 12 hour shifts on a 24/7 basis.

"There are two persons per shift," Cpl Jorgensen explains. "You do rotations. We do days about half the month. Then, switch to nights for the other half. It's with the same partner. So, hopefully, you get along with your partner because you're working along with him for such a long shift."

She observed that they have a schedule for plane refuelling.

"But half the time it ends up being changed," Cpl Jorgensen explains. "Or, we get other planes dropping in. But, the schedule is so uncertain. We basically wait for the phone call from Wing Ops. They have to be in control of the ramps. They have to be in control at all times."

The refuelling truck, which is one of several that's kept in the giant garage at Building 96, always has to have a grounding wire attached to the building.

"That's because we're inside an envelope of fuel fumes as soon as we stand around the truck," Cpl Jorgensen says. "That's why we always ground it in order to equalize the static to avoid a spark hazard."

Besides the refuelling trucks, the garage also houses a diesel tender truck.

"It's got hoses at the rear and people operate it pretty much as they do at a gas station," Cpl Jorgensen says. "We may take it out to heavy equipment or onto the ramp. This is not for airplanes. Anyone will eventually get qualified for the truck."

Over the years, she's had to refuel all of the aircraft used in the RCAF. She reels off their fuel capacities in response to a visitor's question.

For example, a C-17 Globemaster will use more than one truck full of fuel, as will an Airbus CC-150 Polaris, Cpl Jorgensen says.

Meanwhile, a C-130 Hercules (used by 435 Transport and Rescue Squadron) that's going on a long mission can take a full truck load of fuel, she adds, while a CF-18 Hornet would take about 5000-8000 litres of fuel.

"I love this job because the days are never boring," Cpl Jorgensen offers. "You never know what's going to happen. I also like it that we're an intimate group of people. You don't have to deal with a lot of people. Personally, I like it that I get to teach and pass on my knowledge."

RCAF attends DevLearn 2018



RCAF Team, including members of 2 CAD attending DevLearn 2018.

Photo: Supplied

by LCDr James Cantafio, 2 CAD

Training Development Officers (TDO) and training development support staff from across the RCAF recently converged in Las Vegas, Nevada to attend DevLearn 2018, a major hands-on training exhibition and professional conference.

DevLearn 2018 is one of the largest and most comprehensive gatherings dealing with the latest in learning technologies. From 24 to 26 October, 2018, industry leaders mixed with practitioners in the field of training and education to discuss, explore, and assess tools, ideas, training strategies, and best practices associated with learning and learning technologies.

solutions.

Members of 2 Canadian Air Division (2 CAD) constituted part of the RCAF team in attendance. DevLearn 2018 provided the opportunity for the RCAF to gain a greater appreciation of the existing and upcoming technologies associated with training, education, and learning support. With the mandate to generate and develop personnel as the Training Authority for the RCAF, 2 CAD has a vested interest to remain abreast of developments in the training and development. The Senior Staff Officer Training Support, Lieutenant-Colonel (LCol) George McLeod, was in attendance at DevLearn 2018.

Activities over the three day event included hands-on demonstration and presentation. Sessions focused on creativity, innovation, technology, and research associated with enhancing learning and technology both in the classroom and online learning environment. Over 200 break-out sessions covered academic and practical discussions on instructional tools, learning assessment and management, mobile learning, augmented and virtual reality. A key component of the DevLearn 2018 experience included the interaction between vendors, technologies, and training development professionals in the grand exhibition hall. Over 150 suppliers in the learning technology field were available to interact and demonstrate learning tools, technologies and discuss potential learning

As LCol McLeod stated, "There are many technologies that are out there aimed at improving the learning experience, but not all of them actually contribute to learning. Technologies are the tools that can help, but they do not replace good instructors and instructional design."

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Around The Wing



MCpl Chris Lagace grinds welds on the menorah being constructed at 17 Wing for lighting during Chanukah. Please see the story on page 15 for more information about the lighting. Photo: Cpl Adam Blundon, WCE.

RCAF Band Remembers the Boys from Valour Road

by 2Lt Becky Major, 17 Wing Public Affairs

Despite the cold weather on 10 November, eager concert-goers filed into Westminster United Church to hear the Royal Canadian Air Force (RCAF) Band perform their concert, "For Valour: A Musical Commemoration of the End of World War One."

The title of the concert referenced the three Victoria Cross recipients from the First World War who all lived on the same street, Pine Street, in Winnipeg. The street was renamed Valour Road in their honour, and the three soldiers are often known as the "Boys of Valour Road." They were Corporal Leo Beaumaurice Clarke, Sergeant-Major Frederick William Hall, and Lieutenant Robert Shankland.

Father Paul Gemmiti, 17 Wing Chaplain, was the narrator for the concert, and he read the Victoria Cross citations for each of the three men during the concert's main piece titled "Letters for Home" by Peter Meechan. These readings set the mood and tone for the entire three-movement piece, and created a somber and moving atmosphere.

The band also played two movements from Gustav Holst's "The Planets" and tunes common to the First World War. The excellent acoustics at Westminster United Church were well-suited to the trumpet solo in "Nightfall in Camp", a piece by D.A. Pope, performed by Sgt Marleau Belanger from the balcony.

The concert was a wonderful way to get ready for Remembrance Day, and was also put on for a good cause. The RCAF Band raised over \$1500 for the St James Legion Poppy Fund.



The RCAF Band performs during the 2018 Remembrance Day Ceremony held at the RBC Convention Centre on Nov 11th, 2018 in Winnipeg, MB. The day before the Band held their own concert at Westminster United Church entitled "For Valour: A Musical Commemoration of the End of World War One." Photo: Cpl Darryl Hepner, 17 Wing Imaging

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You can find more information on the RCAF Barker College website or by contacting Maj Maryse Laliberté or Maj Justice Anderson.

Around The Wing



17 Wing Command Teams, Canadian Armed Forces members, Aboriginal Veteran's & VIP's pose for a group photo during the Aboriginal Veteran's Day Service Ceremony on Nov 8th, 2018 at Neeginan Centre Rotunda, 181 Higgins Avenue, Winnipeg. Please see the complete story on page 3. Photo: MCpl Justin Ancelin, 17 Wing Imaging



On the 11th hour of the 11th day of the 11th month, 38 Artillery Tactical Group of 38 Canadian Brigade Group, provided a 21 gun 'funeral salute' from the grounds of the Manitoba Legislature to honour the fallen. Photo: Bill McLeod, Voxair Manager



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Grade Nine Students Gain a Better Understanding of Their Parents' Work



A grade 9 student looks at the Navigation screens on a Dash 8 during "Bring Your Kid to Work Day" on Nov 14th, 2018 at 17 Wing.
All Photos: MCpl Justin Ancelin, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

Michele, a 14 year old Grade 9 student, swivelled the mounted C6 7.62-mm Medium Machine Gun from one position to another atop the G Wagon - Light Utility Vehicle Wheeled that was parked inside 16 Hangar.

The LUVW belongs to Fort Garry Horse, an Armoured Reconnaissance unit in the Canadian Army Reserve based at McGregor Armoury.

Michele, a student at St. Paul's High School, let loose a round of make believe ammunition. But, all you could hear was the metallic click of the trigger.

Michele was one of 35 students in grade nine at different schools in Winnipeg taking part in the 2018 Take Our Kids to Work Day at 17 Wing on Wednesday, November 14, said Captain Mike Payne, an Air Combat Systems Operator at 402 "City of Winnipeg" Squadron, who was the Deputy OPI for the day.

"That big gun up there was pretty cool, just pulling the trigger," said Michele, who was with his step-father, Captain Marc "Boo Boo" Boudreau, a pilot at 402 City of Winnipeg Squadron. "I see them in video games and now I see how heavy they are (in real life). I would consider a career in the military. I'd probably join the army."

Take Our Kids to Work Day, is an annual event where students step into their future for a day and get a glimpse into the working world, says information on The Learning Partnership website.

It involves students in Grade 9, Senior 1 (Manitoba) and Secondary III (Québec) spending the day in the workplace of a parent, relative, friend or volunteer host, where they experience and learn about the world of work, notes the online material.

Launched in 1994, the day is "the most recognized career education event in Canada, with an estimated 200,000 students" visiting workplaces every year on Take Our Kids to Work Day.

During the morning, the students were divided into two or three manageable groups and given a tour of 402 Sqn, 435 Transport and Rescue Squadron, Search and Rescue Technicians and the Fire Hall.

"At lunchtime their parents will pick them up and go spend the afternoon at their workplace," Capt Payne said that morning. "This is a really great opportunity for kids who haven't had to commit to a career path yet."

"It gives them a very broad spectrum of what they're able to do in the CAF, and might start to give them an idea of what education they need to obtain in order to get into certain job areas," he added.

"So, if you wanted to be a pilot, what sort of educational background you'd need to become one," continued

Capt Payne, mentioning that he studied Education (Industrial Arts) at the University of British Columbia prior to joining the RCAF nine years ago. "If you want to be an aerospace engineer, you have to focus on your math and sciences. It's really great at this age to be able to have the opportunity to show them such a diverse field."

Apart from the LUVW, other displays inside the hangar, included a CT 142 Dash 8 on static with power applied so students could actually see all the screens and see what's active in the cockpit, and 17 Wing's Explosive Ordnance Disposal unit with their bomb disposal robot and a bomb suit.

Logan, who attends St. Maurice School, said his father, who works at 17 Wing, told him he's already too tall to be a pilot.

"But, I'd like to join the military, probably the infantry," he said.

Savannah, a grade nine at West Kildonan Collegiate, noted that her mother is in the military.

"I'm not really into this kind of stuff," she admitted. "But, it's interesting."

Sarah, 14, a grade nine at Louis Riel School whose father works at 17 Wing, also found the tour worthwhile.

"There's a lot things they show us that are interesting for people who want to come into this career," she offered. "But, I'm not sure if it's a career I want."



Sgt Russell Klassen from 435 Sqn gives a tour to grade 9 students during "Bring Your Kid to Work Day" on Nov 14th, 2018 at 17 Wing, Winnipeg.

Meanwhile, Nicole, who's in grade nine at Niakwa Place School, said it was "cool" looking at all the artillery and planes and related military equipment.

"I wouldn't be able to do anything in the planes because I have a fear of falling," she added. "But, it was

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kind of fun to swivel around in the artillery vehicle."

Corporal Settee, Reservist, Fort Garry Horse, who was with the LUVW, said such an event gives young people some transparency into the Army and Air Force.

"They see these trucks driving around but they never get to speak to the soldiers or look inside them," he said, noting that CAF members came to his class years ago when he was a Junior High School student in Winnipeg. "It's a great opportunity to get them interested at a young age."

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College Corner



Several staff from Barker College were among members of the CAF participating in DevLearn2018 held 23-26 October 2018 in Las Vegas, Nevada.

DevLearn is an internationally acclaimed conference hosted by the Learning Guild specifically dedicated to eLearning. The comprehensive program includes tools, technologies, ideas, strategies, and best practices to ensure success in eLearning.

Participants had the opportunity to engage with the professional community and explore how technology can support learning and development. Keynote speakers included experts in robotics for learning, generational dynamics in the workplace, and creative stories to capture the learners. Workshops included eLearning instructional design, multimedia tools, collection and analysis of metrics, post training recall, eLearning request for proposal considerations, and many others.

Events of particular interest were: DemoFest – an exploration of an array of technology-based learning projects and networking with industry peers who designed and developed them; the 5th Annual Hyperdrive - a judged competition built to showcase innovative applications of technology-based learning and performance solutions; and lastly, North America's largest learning technologies Expo of the top eLearning tools, technologies, companies and services.

RCAF staff gained a wealth of new knowledge, skills, resources and networking contacts and are poised to reinvigorate Air Force training and education with the latest technologies.

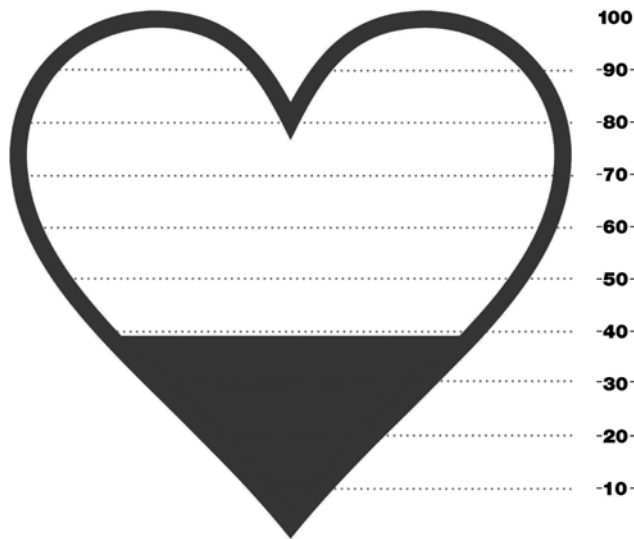
RCAF Barker College News

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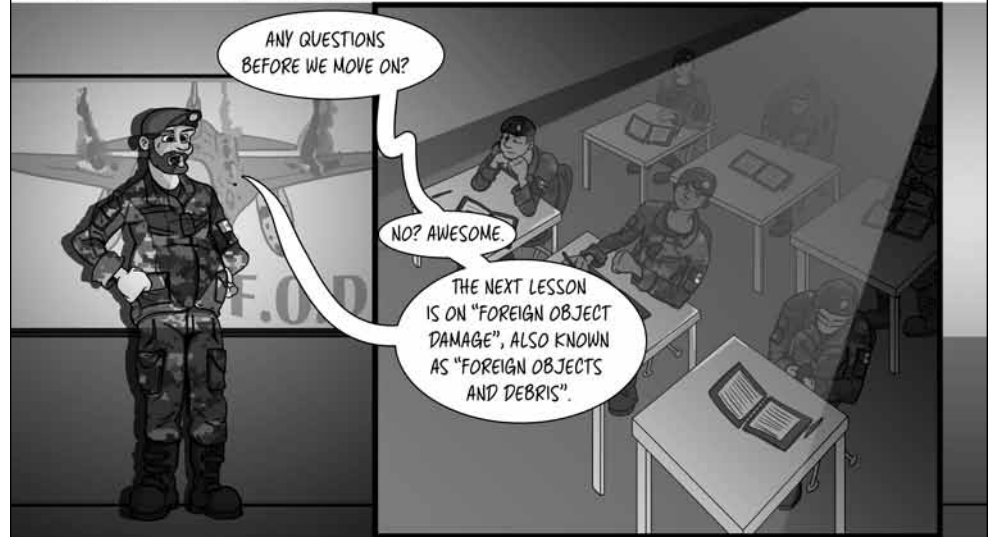
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Government of Canada Workplace Charitable Campaign
Campagne de charité en milieu de travail du gouvernement du Canada

AIR TO GROUND



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The GCWCC at 17 Wing has raised \$26,387.01 - 37.6% of the goal so far!



17 Wing Deputy Wing Commander and the 17 Wing GCWCC Chairman, LCol Brian Quick receives a donation cheque of \$7,297.00 on behalf of the United Way, raised by members of 17 MSS TEME Flight, on November 5th, 2018 at 17 Wing. (L-R) WO David Durand Cpl Aaron Bergen, Pte Dimitri McKeown-Rodrigues, MCpl Jeremy Gore, 17 Wing Deputy Wing Commander, LCol Brian Quick, Maj Sterling Scott, MWO Michael Tintor. Photo: Cpl Darryl Hepner, 17 Wing Imaging

cafconnection.ca/winnipeg



COMMUNITY RECREATION
FAMILY HOLIDAY FUN!
Bldg 90 SUNDAY **DEC 9** 2018 1pm - 4pm
AN AFTERNOON FILLED WITH FAMILY FUN!
1 hour in the gym playing games • 1 hour in the pool • holiday crafts & cookie decorating • visit Santa
ALL ADULTS FREE!
WITH REC MEMBERSHIP: \$3 / CHILD - MAX \$10 / FAMILY • WITHOUT REC MEMBERSHIP: \$4 / CHILD - MAX \$12 / FAMILY
For more info: 204-833-2500 EXT/POSTE 5139 OR/OU 2057 • Register online at: www.cafconnection.ca/winnipeg



COMMUNITY RECREATION
ACTIVITÉS EN FAMILLE POUR LE TEMPS DES FÊTES!
LOISIRS COMMUNAUTAIRES
Bât 90 DIMANCHE **9 DÉC** 2018 13h à 16h
UN APRÈS-MIDI REMPLI D'ACTIVITÉS EN FAMILLE!
une heure dans le gymnase pour jouer à des jeux • une heure dans la piscine • création d'artisanat et de décoration de biscuits • visite du père Noël
ENTRÉE GRATUITE POUR ADULTES!
AVEC ADHÉRENT : 3\$ / ENFANT - MAX. 10\$ / FAMILLE • NON-ADHÉRENT : 4\$ / ENFANT - MAX. 12\$ / FAMILLE
Pour en savoir plus : 204-833-2500 POSTE 5139 OR/OU 2057 • Inscrire en ligne au : www.cafconnection.ca/winnipeg

17 WING WINNIPEG 17^E ESCADRE WINNIPEG

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!
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.

LES BOÎTES SONT PRÉPARÉES CHAQUE MOIS!
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.cafconnection.ca/winnipeg
A one-time user request form must be filled out and returned before you can register!
Online order payment by credit card only.
Orders are also accepted at the Rec Centre (Bldg 90) front desk with payment by cash, cheque, credit & debit.

PASSER SA COMMANDE PAR INTERNET À www.cafconnection.ca/winnipeg
Il faut compléter et renvoyer le formulaire de demande d'usage avant de passer sa commande en ligne.
La carte de crédit est l'unique modalité de paiement acceptée par internet. On peut aussi passer sa commande au poste de surveillance du centre de loisirs (bât.90) avec paiement par comptant, chèque, crédit ou débit.

SEPT / SÉPT ORDER BY / DATE LIMITE FRI • SEPT 21 SÉPT • VEND. PICK UP / RAMASSER WED • SEPT 26 SÉPT • MER.	OCT ORDER BY / DATE LIMITE FRI • 19 OCT VEND. PICK UP / RAMASSER WED • 24 OCT • MER.	NOV ORDER BY / DATE LIMITE FRI • 16 NOV VEND. PICK UP / RAMASSER WED • 21 NOV • MER.	DEC / DÉC ORDER BY / DATE LIMITE FRI • DEC 7 DÉC • VEND. PICK UP / RAMASSER WED • DEC 12 DÉC • MER.
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Pick up between 1600 - 1730 hrs • Bldg 33
Remasser entre 16 h à 17 h 30 • Bât. 33

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

ALL PROCEEDS GO BACK TO THE PARTICIPANTS.
NO ORDERS ACCEPTED AFTER THE DEADLINE.
PLEASE BRING YOUR OWN BAGS/BOSSES TO CARRY YOUR PRODUCE HOME.

TOUS LES PRODUITS RETOURNENT AUX PARTICIPANTS.
AUCUNE COMMANDE NE SERA ACCEPTÉE APRÈS LA DATE LIMITE.
S'IL VOUS PLAIT APPORTER VOS PROPRES SACS / BOTES POUR TRANSPORTER LES PRODUITS CHEZ VOUS.

For more info/Pour plus de renseignements : Ashley.McGraw@forces.gc.ca • ext./poste 7013

DROP 'N' SHOP

Drop your children off for a day of fun holiday activities while you shop!

SATURDAY 15 DECEMBER, 2018

0930-1600 hrs

YOUR CHILDREN WILL ENJOY CRAFTS, GYM, GAMES, SWIM & A MOVIE

PLEASE SEND LUNCH & SNACKS (NOT FREE PLEASE)

AGES 4 - 12 YRS 4 & 5 year olds may register for mornings ONLY - 0930-1230 hrs ACTIVE KIDS BLDG 33 COST HALF DAY: Membership: \$7 per child Without membership: \$10 per child COST FULL DAY: Membership: \$10 per child Without membership: \$20 per child FOR MORE INFO 204-833-2500 EXT. 5139 OR/OU 2057 Register online by 14 Dec 2017 cafconnection.ca/winnipeg	AGES 18 MTHS - 3 YRS 4 & 5 year olds can register for either half or full day with the MFRC KIDS CLUB BLDG 33 (NURSERY ROOM) COST HALF DAY: \$10 per child COST FULL DAY: \$20 per child FOR MORE INFO OR TO REGISTER 204-833-2500 EXT 2491
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MAGASINAGE-GARDERIE

Laissez vos enfants avec nous pour une journée d'activités du temps des Fêtes pendant que vous finissez vos emplettes des Fêtes!

SAMEDI 15 DÉCEMBRE, 2018

de 9 h 30 à 16 h

VOS ENFANTS FERONT DE L'ARTISANAT, DU SPORT, PISCINE, DES JEUX ET REGARDERONT UN FILM.

VEUILLEZ LEUR DONNER UN DINER ET DES COLLATIONS (SANS ÉCROU)

4 À 12 ANS Les enfants de 4 et 5 ans peuvent être inscrits pour une demi-journée seulement, soit de 9h30 à 12h30 JEUNES EN MOUVEMENT BÂT. 33 COÛT POUR DEMI-JOURNÉE: Adhésion: 7\$ pour chaque enfant Non-adhésion: 10\$ pour chaque enfant COÛT POUR JOURNÉE COMPLÈTE: Adhésion: 10\$ pour chaque enfant Non-adhésion: 20\$ pour chaque enfant POUR EN SAVOIR PLUS: 204-833-2500 POSTE 5139 OR/OU 2057 Inscrire en ligne par 14 déc 17: cafconnection.ca/winnipeg	18 MOINS À 3 ANS Les enfants de 4 et 5 ans peuvent s'inscrire pour la demi-journée ou la journée complète avec le programme à la CRFM. CLUB POUR ENFANTS BÂT. 33 (CHAMBRE NURSERY) COÛT POUR DEMI-JOURNÉE: 10\$ pour chaque enfant COÛT POUR JOURNÉE COMPLÈTE: 20\$ pour chaque enfant POUR EN SAVOIR PLUS: 204-833-2500 POSTE 2491
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GCWCC GAME DAY!



Hosted by 17 OSS / TF

Join us for a GCWCC Game Day!

Games: Pool, Darts, Euchre or Bring Your Own board game!
When: November 30th 2018 from 1300hrs - 1600hrs
Where: Jr Ranks Mess
Cost: \$5 per person or \$20 as a team of 5

To register contact Avr Castillo at EXT 4275 or email at Nancy.Castillo@forces.gc.ca
Please register NO LATER THAN: 27 November 2018

GCWCC GAME DAY!

DROP 'N' SHOP

SATURDAY 15 DECEMBER, 2018

SCHEDULE OF ACTIVITIES

TIME	FACILITY	ACTIVITY
0930 hrs	Bldg 33 - Rec Room	Holiday Crafts & Snack
1015 hrs	Bldg 33 - Activity room	Games
1100 hrs	Bldg 90 - Squash Court #3 & #4	Racquet Games
1145 hrs	Bldg 90 - Theatre	Pizza Lunch & Movie
1300 hrs	Bldg 90 - Gym	Sports
1400 hrs	Bldg 90 - Pool	Swimming
1500 hrs	Bldg 33 - Rec Room	Change - back to Bldg 33 - Snack
1530 hrs	Bldg 33 - Rec Room	Free Time

MAGASINAGE-GARDERIE

SAMEDI 15 DÉCEMBRE, 2018

CALENDRIER DES ACTIVITÉS

TEMP	ÉTABLISSEMENT	ACTIVITÉ
9 h 30	Bât. 33 - salle de récréation	artisanat de vacances et collation
10 h 15	Bât. 33 - salle d'activité	jeux
11 h	Bât. 90 - courts de squash N° 3 et 4	jeux de raquette
11 h 45	Bât. 90 - théâtre	déjeuner et un film
13 h	Bât. 90 - théâtre	des sports
14 h	Bât. 90 - piscine	la natation
15 h	Bât. 33 - salle de récréation	changement - retour au Bât. 33 - collation
15 h 30	Bât. 33 - salle de récréation	temps libre

MFRC MILITARY FAMILY RESOURCE CENTRE WINNIPEG

MILITARY FAMILY RESOURCE CENTRE • AGES 18 MTHS - 3 YRS
* 4 & 5 yr olds can register for either half or full day with the MFRC

TIME	ACTIVITY
0930 hrs	Free Play & Holiday Crafts
1045 hrs	Snack
1100 hrs	Outdoor Play
1215 hrs	Lunch
1300 hrs	Holiday Movie, Play Dough, Puzzles & Games * NAP FOR NAPPERS
1430 hrs	Snack
1500 hrs	Outdoor Play
1600 hrs	Home Time

CRFM CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES WINNIPEG

CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES • 18 MOINS À 3 ANS
* Les enfants de 4 et 5 ans peuvent s'inscrire pour la demi-journée ou la journée complète avec le programme à la CRFM.

TEMP	ACTIVITÉ
9 h 30	jeu libre et artisanat de vacances
10 h 45	casse-croûte
11 h	jeu extérieur
12 h 15	le déjeuner
13 h	Film de vacances, pâte à modeler, casse-tête et jeux * NAP POUR LES NAPPERS
14 h 30	casse-croûte
15 h	jeu extérieur
16 h	temps à la maison

Advertise With Us!

And reach the 17 Wing Community



Contact (204) 833-2500 ext 4120
thevoxair.ca



Connect with us:

102 Comet Street / 102 rue Comet
204-833-2500 extension / poste 4500

www.cafconnection.ca

www.facebook.com/WinnipegMFRC

www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

For the most current information on all of our programs, visit our webpage at: www.cafconnection.ca/Winnipeg or follow us on Facebook and Twitter: @WinnipegMFRC

Free drop in programs:

COMMUNITY COFFEE BREAK

Everyone from families, community and the Wing is invited for coffee and snacks. Thurs., Nov 1, 1000 - 1100 Free, Drop-in.

CAFÉ EN FRANÇAIS

Join us for a coffee and chat in French. This is a perfect connect with other francophones and francophiles or an opportunity to practice your French. Nov 28 (École Romeo Dallaire), Dec. 5 and 12 (MFRC) 0930 - 1100

FRENCH LUNCH 'N CHAT

Is French your second language? Would you like to build your confidence? Bring your lunch to the MFRC and enjoy French conversation. This is geared for higher-intermediate to advanced levels. Free drop-in Thursdays 1230 - 1300 Nov. 22 & 29, Dec. 6, 13, 20

SOUTH SIDE COFFEE

French or English, parent or not, kids at home or empty nest...everyone is welcome to come for a visit and snacks. Meet new people. Catch up with old friends. Wednesday, Nov. 21, and Dec.19 0930 - 1100

A PARENT GROUP

Join us for some parenting discussions and networking. Wed. 0930 - 1130, Nov. 28 and Dec. 12

A PARENT COMMUNITY

A 'community' of parents will discuss topics related to parenting children of all ages. Fridays, 0930 - 1130 Nov 23 & 30, December 7, 14, 21

CREATIVE TOTS

A free facilitated play group at our South Side Youth Centre 347 Doncaster. This includes crafts, games, circle time, and free play Mon, Thurs, Friday 1300 - 1500 and Tuesday 0900 - 1100 Free, Drop-in, Parents are required to stay for this program.

DECEMBER 6 VIGIL

A noon hour service to remember and honour the women from Ecole Polytechnique and the Manitoba women who have been killed by violence this year. Thursday, December 6, 1200 - 1300

COME TO THE MFRC NOW TO REGISTER FOR:

LADIES NIGHT - ORNAMENT EXCHANGE

Bring your girlfriends, sisters, neighbours, a \$5 wrapped ornament and an appetizer or dessert to share and come out for our annual ornament exchange. Lots of food, fun, friends and of course laughter!!! Wednesday, December 5 1900 - 2100. Register by Monday, December 3

FRENCH SING-A-LONG

No French experience needed. For kids 2 - 7 yrs. This month we will visit with Mrs. Claus and have hot chocolate and cookies. Sat., Dec. 8, 1500 - 1600 Register by Dec. 5. \$5 per family.

MAGIC CHRISTMAS SHOPPE

Children (12 and under) may visit the special shoppe to purchase gifts for the people on their list. Personal assistants will be on hand to help select and wrap gifts. Each gift will be 50 cents and children must pay cash at the shoppe. Coffee and snacks will be available for parents while they wait. PARENTS MUST REMAIN ON SITE.

Tues. Dec. 11, 1530 - 2000 and Wed., Dec. 12 1500-1930 SPACE IS LIMITED. Register by December 10

FINDING EVERYDAY JOY - A YEAR FULL OF JOY

Based on the international best seller 'The Happiness Project', participants will discuss and share practical ways to make their lives more joyful and fulfilling. Each group member requires a copy of the book for reading and reflection. Books may be pre-ordered for \$15. Thursday, December 20. Free. Register by December 14

Call 204-833-2500 ext 4500 to register for programs or for more information

Holiday Cheer On its Way to Deployed Members



Residents of All Seniors Care working on care packages for deployed members. All Photos: Supplied

The 2018 Holiday care-parcels are on their way to deployed troops overseas. There were 42 parcels packaged up and they are heading to members who are deployed to Kuwait, Qatar, Iraq, Egypt, Mali, Romania, Germany, Latvia, Rogers Pass BC, Alert and the HSMS Calgary (in the area of Japan at the moment). In addition, bulk "share packages" will be sent to Mali, Romania, Qatar and wherever else we can establish points of contact for distribution.

These packages were all possible through generous donations by our local Legions, various schools and daycares as well as private donors. And, of course, hard work of the individuals who volunteered their time to sort, pack and wrap all of these parcels.

On top of the efforts of the Winnipeg MFRC, All Seniors Care Home residents worked together and

prepared an additional 40 care packages which we are sending to members from other bases who are not expected to receive packages over the holidays. The holiday spirit has really kicked off here at 17 Wing!

Our next major deployment package initiative will be "Christmas in July". We will be wrapping and packaging morale parcels for deployed members to receive on Canada Day. Monetary donations are now being accepted online at <http://bit.ly/ChristmasInJulyWMFRC> and at the MFRC. If you are stumped as to what to get that loved one for Christmas, your donation, which is eligible for a tax receipt for you as the donor, can be made in honour of them as their holiday gift for this season.

For donations & deployment support information contact the MFRC's Deployment Coordinator, Ana Vucic at ana.vucic@forces.gc.ca



All Seniors Care residents and representatives of the Winnipeg MFRC - Executive Director Joël Roy and Deployment Coordinator Ana Vucic with the package the residents prepared.

UNITED WAY WINNIPEG PRESENTS

ROYAL CANADIAN AIR FORCE BAND | MUSIQUE DE L'AVIATION ROYALE CANADIENNE

Holiday Concert

WITH SPECIAL GUEST DOC WALKER

CENTENNIAL CONCERT HALL

DECEMBER 10TH, 2018 \$30

TICKETS: CENTENNIALCONCERTHALL.COM 7:30 P.M.

Benefit Concert in Support of MFRC CRFM United Way

Sports Trivia Answers

1. Paul Brule – 48 points – Saint Francis Xavier University – Oct. 20, 1967 against Dalhousie.
2. Chris Flynn – Saint Mary's.
3. Al Charuk – Acadia – 396 yards – 1972-74.
4. Christopher Milo – 117 – Laval – 2008.
5. Jamall Lee – Bishop's – 391 yards – Sept. 19, 2008 against McGill.
6. Jeremi Roch – Sherbrooke – 41 – Sept. 15, 2012 against Saint Mary's.
7. Warren Kean -Concordia – 9 – Oct. 21, 2006 against Saint Mary's.
8. Laurier – 90 – Oct. 19, 1974 against York.
9. Windsor – 34 – 1975.
10. Neil Lumsden – 148 – Ottawa – 1975.
11. Jim Reid – 6 – Laurier – Oct 22, 1977 against Guelph.
12. Nick DiFonte- Calgary – 59 yards – Nov. 11, 2017 against UBC.
13. Jerry Foster – Saint Mary's – 57 yards – Oct. 18, 1986 against Mount Allison.
14. Dominic Zagari – 48 – Manitoba.
15. Noah Picton – 11,494 – Regina.
16. Mitch Hillis – 2,961 – Saskatchewan.
17. John Kelly – Guelph – Nov. 1, 1975 against Laurier; Steve Valeriotte – Waterloo – Oct. 21, 1978 against York.
18. Greg Vavra – Calgary – 627 – Oct. 7, 1983 against Saskatchewan.
19. Noah Picton – 3,186 – Regina – 2016.
20. Brent Schneider – 8 – Saskatchewan – Oct. 8, 1994 against UBC.

17 Wing Children's Christmas Party

SAT 1 DEC 2018
1300 - 1600 BLDG 21

\$10 PER CHILD

REGISTER ONLINE BEFORE 16 NOV 2018

Please register at www.caf-connection/Winnipeg at your respective messes



Barala Kennels

YOUR PET'S HOME AWAY FROM HOME

- BOARDING ALL BREEDS OF CATS & DOGS
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CHASE THE KING & 50/50

Every Thursday @ 5:30 PM • Draw @ approx 7:00 PM



HAPPY HOUR

Every Friday & Saturday 4:00 PM – 7:00 PM

MEAT DRAWS

Friday Night – 7:00 PM • Saturday Afternoon – 3:30 PM

Nov. 23 & 24 – Bryan James

Nov. 30 & Dec. 1 – The Otherside

www.303rockwood.ca

Taroscopes

BY
NANCY

Aries (March 21 – April 19): It seems like the end of an era. You've always been good at coping and finding a way through, but it's not as easy when your energy is low. Take breaks. You'll find your balance. Your energy, hope and optimism will return in time. Knowledge is power. Stay informed.

Taurus (April 20 – May 20): Consider how you approach set-backs and snags. Do you procrastinate? If you have to wait for answers are you frustrated? Stressing and obsessing wastes energy. Consider how your thoughts and words are affecting you and others. Adjusting your attitude can make a big difference.

Gemini (May 21 – June 21): Donate things as you pack up and move on to the next phase of your life. People respect what you've done and want to know your methods. You seem to be able to do the impossible; to be everywhere doing everything at once. Stay open to possibilities and you'll prosper.

Cancer (June 22 – July 22): A trip is in the cards. Be prepared so you can leave on short notice. One person can't do everything so delegate tasks equally. Though it's tempting to leave it to others to sort out the details, it's not realistic. Your assumptions about someone are not sound. Hidden factors are at play.

Leo (July 23 – August 22): You've got some good ideas. Pick the best of the bunch. Let go of things you can't afford to maintain. You may have to spend more time with people who don't agree with everything you say but it's worth it in the long run. When you go after a goal with integrity the win will be sweeter.

Virgo (August 23 – September 22): Enjoy leisure time when you get it. A break and a rest are essential. Determine how much control you have over a situation. Pay attention now so you can see if trouble is brewing. Delegate and off-load minor tasks. You need to focus on your own well-being and energy.

Libra (September 23 – October 23): Endings and beginnings are a natural cycle in life. View them this way and it will ensure you feel exhilarated instead of exhausted. Challenging times lead to something new, fresh, and inspiring. Renewed energy results when you acknowledge and express your feelings.

Scorpio (October 24 – November 21): You might be fascinated by something that is too good to be true. After closer inspection you can see the flaws. Learn from this situation. Listen and observe initially to spot problems sooner. Take note of what you see and revise your plans accordingly. Be pragmatic.

Sagittarius (November 22 – December 21): Things can be more complicated than you expected, but life is good. When you're true to yourself you're in good spirits. Still, focusing only on your own goals means you may miss what's happening for others. This lapse of awareness has consequences. Pay attention now.

Capricorn (December 22 – January 19): You've missed something obvious because the shift was gradual. There were clues that things were not as they seemed. You've been too preoccupied and isolated to see. Your conclusions were predicated on flawed assumptions. Seek out those with depth of character.

Aquarius (January 20 – February 18): Stay the course and you'll win the race. You can deal with obstacles. Learn from the past. Don't let distractions and short term rewards sidetrack or deter you. Keep focused on and know what you really want. You now see that what seemed unimportant was of value.

Pisces (February 19 – March 20): Little gifts and treasures are coming your way. When you focus on a specific goal, a greater impact results in all areas of your life. You have the ability to make change happen. Have faith in yourself. Someone cares about you. Don't assume you have to do everything alone.

FOR APPOINTMENTS with NANCY CALL 204-775-8368

Help Santa stock the **MAGIC Christmas Shoppe**

DONATIONS OF NEW OR GENTLY USED GIFTS (for men, women and children), AS WELL AS WRAPPING SUPPLIES (gift bags, tissue paper, tape) WILL BE GRATEFULLY ACCEPTED AT THE MFRC BETWEEN NOV 28 TO DEC 7.

Aidez le Père Noël à stocker la **boutique MAGIQUE pour Noël**

LES DONS DE CADEAUX NEUFS OU GENTIMENT USAGÉS (pour hommes, dames et enfants) AINSI QUE DE FOURNITURES POUR L'EMBALLAGE (sacs, papier de soie, ruban adhésif) SERONT GRACIEUSEMENT ACCEPTÉS AU CRFM DU 28 NOV AU 7 DÉC.

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CHASE THE ACE
Monday 6 pm

TEXAS HOLD 'EM
Tuesday 7 pm

ZUMBA
Tuesday/Thursday 10-11 am

LINE DANCING
Wednesday 1 pm & 7 pm

DANCE TO LIVE BANDS
Friday 8pm-1am June-August
Every Saturday 7-11 pm

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

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ST. JAMES LEGION
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1755 Portage Avenue
Winnipeg, Manitoba



Chaplain's Corner

No Ordinary Child

by Padre Gregory Girard, Det Dundurn

When my wife and I first discovered that she was pregnant with our first child, it surprised us. Nothing like this had ever happened to us before. We just, you know, loved each other, and that was fine. Now it took on a new meaning. Life and love were going into a new phase, in its own direction, and we were being taken along with it!

What surprised us too, was that it was no longer just the two of us. Someone, clearly "someone," was kicking around inside my wife, pushing the world around her out and making her presence known. She was making room; into the world, into our lives, into her own mind, body, and being.

On the day she arrived, my wife was relieved (tired, but ok) and rightly proud. For me, I cried. My life would never be the same. Ever. I adored her. Unashamedly. A new kind of love was born for me that day. Surprised, I was, at how much she changed me, right from her first breath. We called her "Emily Jane." Musical, it sounded.

For Christians, when we read the story of the birth of Jesus in Luke chapter two, we are meant to think of births in general. It was Mary's first-born, the text says. It says, there was "no room for them in the Inn." Some put the emphasis on the "no room." Others suggest that the emphasis should be put on the, "for them." Why the difference? Because Mary was not, shall we say, pregnant according to the normal way things like this occur. And, an Inn was not a business, as they are now. It was a room at a relative's house. They didn't like what they knew about, "them."



When we read the story of the birth of Jesus, we are also meant to see that this was no ordinary birth. About 745 years before, its location was predicted. So was the star that guided the Wise Men there. So was his name. Shepherds arrived and said that a chorus of angels had told them to "go see this child" that was, "born in an animal's manger."

Joseph and Mary could not have prepared themselves for this. Clearly, this was no ordinary child. He would not only make room for himself inside her womb, and then in a nation, and then in an empire, but as is clear even in our day, in the whole world. As one author wrote in a book I read a few years ago, "There is not a person alive today who has not positively benefitted from the Child who was born in a stable."

For Christians, this birth changed everything. Everything about heaven and earth, us and God, truth and fiction, and the very meaning of life. A new kind of love was born that day. We are not surprised angels appeared in the night-time sky, singing. We are not surprised lavish gifts were given him by Wise Men. We are not surprised shepherds, "went and told everyone about this child." They called him, "Immanuel." God with us.

Now, 36 years later, our little girl is a woman with children of her own! Amazing to us; not only at how fast time goes by, but that our infant-love could grow and mature.

How much more amazed one can be by this Child born in Bethlehem. He too, changes us as we grow to know him; right from the first breath, and with each one after that. This, I tell you, was no ordinary Child, and no ordinary life.

Lighting up the night: 17 Wing to unveil handcrafted menorah in December

by Capt Bettina McCulloch-Drake

Many members of our military family here at Canadian Forces Base (CFB) Winnipeg are used to the sights and sounds related to Christmas. But, never before in the known history of 17 Wing Winnipeg have we highlighted the bright 8-day celebration known around the world as Chanukah (sometimes spelled as Hanukkah).

That, however, is about to change.

On Thursday, December 6 at 3:30 p.m. on the Stevenson Parade Square at CFB Winnipeg, the Command Team of 17 Wing Winnipeg, along with Captain (Rabbi) Noteh Glogauer, will light the centre candle of a unique Menorah crafted by the skilled hands of 17 Mission Support Squadron's Construction & Engineering Flight.

The significance of that single flame is not lost on Rabbi Glogauer. "Within each of us is the power to illuminate the world, to transform darkness into light. Yet, just as a candle requires lighting before it can perform its function, our souls must be kindled before they can brighten up our lives."

Although a menorah is one of the oldest and well-known symbols of Judaism, the lighting of this menorah is meant to be a celebration of unity and fellowship among all people regardless of their beliefs. "The RCAF Menorah is meant to be a beacon of inspiration to all of those here at 17 Wing and into the community beyond," says Rabbi Glogauer. It is also meant to remind us to recognize the wonder in our own lives.

For more information about this event be sure to watch for the next issue of the Voxair as well as information available online at CAF Connections (www.cafconnections/winnipeg/).

Faith and Life

PROTESTANT

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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 Laura Coxworth
(Pentecostal)
- Protestant Faith
Community Coordinator
ext 5785

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

TBD
ext 5272

JEWISH

CHAPLAIN

Padre Noteh Glogauer
(Rabbi)
ext 6914



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

CATHOLIC

STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

SUNDAY MASS: (Bilingual)
Spring/Summer Liturgy Timings: 9am
(Sunday after Easter - Thanksgiving Weekend)
Autumn/Winter Liturgy Timings: 4pm
(Sunday after Thanksgiving to Easter Sunday)

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
Administrative Assistant
204-833-2500 ext. 5087
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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