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# THE VOXAIR

The Winnipeg Military Community News Source Since 1952

## CAF Sports Day in Canada



17 Wing military & civilian personnel participate in the annual Canadian Armed Forces Sports Day on Sept 20, 2019 at 17 Wing. Please see page 2 for complete story.  
Photo: MCpl Justin Ancelin

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# CAF Sports Day in Canada Helps Provide BALANCE

by Martin Zeilig, Voxair Photojournalist

Captain Katheryn Poudrier, who works at 1 Canadian Air Division, could not conceal her enthusiasm after having played her first ever game of squash during the Canadian Armed Forces Sports Day in Canada on Sept 20.

"We should all get the chance to participate, especially learning new skills and new sports," Capt Poudrier said inside the squash courts in Building 90.

CAF 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 Canadian Forces Morale & Welfare Services website.

It also notes that CAF members across the country and around the world participate in Sports Day.

"I've never played squash before," Capt Poudrier said. "It was fantastic. I was actually thinking of including my whole family in squash now. The skills aren't hard to master, but there are a lot of little details that you have to learn to master. It's a great sport for those who want to stay fit."

Due to rainy weather conditions, a number of the outdoor activities-- including golf, disc golf, slo-pitch, soccer and a bike ride along the trails at FortWhyte Alive-- had to be cancelled, said Dawn Redahl, 17 Wing Sports Coordinator and the OPI for Sports Day in Canada.

Building 90 also hosted the volleyball tournament where some 80 people, both military and civilian, were divided into 10 teams; about a dozen participants for the spin-a-thon on the stationary bikes in the cycle room; pickle ball in the gym; swim stroke correction in the swimming pool; and Free Family Fun in the early evening plus turnouts of about 50-60 people for the Zumba, yoga and dodgeball in Building 21. Later in the afternoon, after the rain subsided, outdoor archery took place at the 17 Wing Archery Course.

Wing Commander Colonel Eric Charron played on a volleyball team that, as he explained, was a random pick with a few people from Wing Headquarters including civilian public servants, some students, and two new CAF members.

"It was quite an eclectic mix," he said following a mid-morning game that included an extended rally near the end. "There's a bit of that competitive edge but it's all good fun. It's about team spirit and morale we're trying to build here."

He added that Sports Day in Canada is doubly important for those men and women serving in the military.

"I just came back from the annual Base Commanders' Conference in Ottawa," Col Charron said. "The closing address was by Chief of the Defence Staff. He hit strongly on this Operation BALANCE that's all about

fitness, mental resiliency, eating well and getting sufficient rest. So today we're doing two of those pillars. Fitness can be fun."

He emphasized that getting away from the office is necessary.

"We were so excited about these outdoor activities, but, we had a backup plan in case of rain," Redahl said. "The number of participants are off the chart."

In fact, she noted that Jaelyn Kurceba, the 17 Wing Golf Course manager, had 187 registered for the golf tournament if it hadn't been cancelled due to the rain.

"I think getting people out is so important just for camaraderie," Redahl remarked. "That team spirit and sense of belonging, and getting to know the fitness staff, so we can be available for their fitness training, sport or recreation. I love that the Wing Commander is so on-board and a model of participation."

She also observed that there were two Winnipeg Jets tickets to be won at the opening ceremonies in Building 90.

"I put those out on the floor at opening exercise this morning and whoever stepped on them won," Redahl said. "You can't put something like this on by yourself. You need staff who have so much different knowledge and skills to create such a dynamic list of activities. We have a very strong team and we have each other's back."



## Beneficiary of Agency Support Talks about Her Life

by Martin Zeilig, Voxair Photojournalist

Veronika Kanya

credits a song, Hero, by

pop singer Maria Carey with shaking her out of any self-pity and inaction in life after losing her eyesight due to Type 1 Diabetes and detached retinas at age 23.

Carey's moving lyrics "So when you feel like hope is gone/ Look inside you and be strong/ and you'll finally see the truth/that a hero lies in you" inspired Kanya to push forward and deal with her existential difficulties.

She became her own champion, although that's not how this modest person would describe herself.

Ms Kanya, a volunteer for the Speaker's Bureau of the United Way, spoke about her life at the Netherlands Theatre before military and civilian members of 17 Wing on September 25.

Her appearance helped energize the members who will be Ambassadors for the 2019 Government of Canada Workplace Charitable Campaign.

Ms. Kanya; Whitney Morrison, Partnership Development Manager United Way; and, Dyan Unrau, a sponsored executive on loan to the United Way from Canada Revenue Agency; were interviewed with Ms Kanya and

her guide dog, Apache, on September 30.

"This is a story about the GCWCC and how both the service members and the civilians make this one of the strongest campaigns in Winnipeg," Morrison said. "We're very grateful for that. Some of your service members had the opportunity to hear Veronika speak in person last week. We wanted to disseminate her powerful message to the wider readers of The Voxair. There was a real appreciation and admiration for everything that Veronika has been through and the way she has handled that. It was stunned silence."

"Her story is truly inspiring and has inspired me to give back in any way I can," Unrau added.

A native of a small city in Hungary, Ms. Kanya immigrated to Canada 28 years ago with her parents.

She admits to giving in to sobbing and rocking back and forth in anguish when she first lost her sight in December 1997.

"I held it together for a long time but I finally gave in," said Ms. Kanya, who was in her third year of studying biology at the University of Manitoba at the time. "With every line I thought of another thing going wrong in my life. I was going lower and lower and lower then the last words Mariah Carey was singing actually resonated."

"I realized that it was a symbolic moment for me because when I heard those lines I knew it was true and I stopped crying and sat up and said to myself, 'Oh I know that to be true. Why am I even crying?'"

"It was just a few days before my first mid-term exam at the university," Ms. Kanya said. The retina had detached in her right eye earlier that summer. She had two surgeries trying to repair it but they were unsuccessful.

"I lost all light perception and the eye didn't go back to normal--and then the retina detached in the other eye."

At the same time her mother was diagnosed with late onset schizophrenia, her boyfriend moved to Ottawa to attend university and due to the sudden loss of her sight she could no longer drive and had to drop out of school because she couldn't read.

It was a low point, she observed, but then things got turned around. She started to find help at the Canadian National Institute for the Blind.

"I started learning Braille at first because I told them that I wanted to go back to school if possible and they said we can help you," Ms. Kanya said. "Then, I realized that they had a computer program called JAWs, a screen reading program."

In April 2001, she started working in the environmental section at 17 Wing as a co-op student and in 2002 she graduated from the U of M with a degree in Environmental Sciences.



Left-Right: Dyan Unrau, Veronika Kanya with her service dog Apache, and Whitney Morrison. Photo: Bill McLeod, Voxair Manager

"I worked here for eight months," said Ms Kanya. She also worked for a period of time as a conservation biologist with the Government of Manitoba.

She started learning Martial Arts at the CNIB and taking whatever other programs were available there. She went to New York and obtained her first guide dog, a black Labrador named Pamela.

"Every guide dog school lives off donations," Ms. Kanya explained. Apache is her third dog.

"I volunteer now. I had two organ transplants due to my diabetes. I had a kidney transplant back in 2006, and a pancreas transplant in 2015. After that I didn't go back to work. I have four stents around my heart. Rheumatoid arthritis and gastro-paralysis. It comes with long term Diabetes 1."

She says that donating to the GCWCC makes a difference. Due to the support she received through agencies and programs, she has been able to learn new things and continue her life despite the blindness.

"You have choices," she emphasized. "You have the choice to take it like a victim and give up or you have a choice of what to do with what you're given."

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# Joint Command and Staff Programme Visits Winnipeg for RCAF Perspective



**2 CAD Commander, BGen Mario Leblanc addresses the 2019 JCSP group during their visit to 17 Wing on Sept 19, 2019 at 17 Wing.**  
 Photo: Cpl Darryl Hepner, 17 OSS Imaging

by Bill McLeod, Voxair Manager

Visiting Winnipeg became a learning experience for staff and students of the Joint Command and Staff Programme 46 (JCSP) from the Canadian Forces College in Toronto on Sep 19.

The JCSP was on the second experiential learning visit (ELV) of the four services in the Canadian Armed Forces. The programme was scheduled to go to 2 Canadian Mechanized Brigade Group in Petawawa, ON, the following week, and the day before the Winnipeg visit they had been in Victoria getting an overview of naval operations and coincidentally sailing on HMCS Winnipeg. The JCSP will also be visiting the Canadian Special Operations Regiment.

According to Rear-Admiral Luc Cassivi, the Commander of the Canadian Defence Academy and the training authority for the CFC, writing in the forward of the JCSP syllabus, the JCSP Residential Programme emphasizes military operations, operational planning, the study of leadership, and an understanding of context of defence through study. He notes the programme is designed to prepare the members for command and/or staff appointments.

“The first baseline is everyone’s understanding of what the different services bring to the joint fight within a joint warfare perspective,” said Colonel Ryan Jurkowski, Director of Programmes for the CFC, who was interviewed just prior to dinner on Sept 19 at the combined mess. “Secondly it’s also to build empathy for the other services.”

While in Winnipeg the members were greeted by senior leaders from 1 and 2 Canadian Air Division and 17 Wing, visited the Canadian Air Operations Centre, the Canadian Forces School of Survival and Aeromedical Training, visited 435 Transport and Rescue Squadron, and 402 ‘City of Winnipeg’ Sqn.

Major Eric Neal, a JCSP student and most recently the Inspector General for the Minister of National Security and Aide-de-Camp to the Governor General of Belize, said he was impressed by Canada’s great capacity and understanding how Canada uses its various capabilities. It was his first visit to the country.

“My biggest takeaway (from the ELVs) is learning how these capabilities influence and support Canada’s strategic goals,” he said.

Major Simon Mailloux, Royal 22e Régiment (the Van Doos), seemed to be enjoying learning about the different services.

“Most of us are out of our element right now,” he said. “We’re being taken out of the tactical side and we’re being exposed to the other elements. We’re very familiar with our own element, in my case the Army, but it’s to gain a deeper knowledge of the Navy and Air Force and the Special Operations, as well.”


“A lot of the learning is the visits were doing right now, but a good chunk of it is in the discussions with our classmates. They’re all experienced Majors, they all have a lot of experience that we share with each other. There’s also international students that bring a different flavour to that.”

## Still missing! Have you seen Sage?



Missing since Aug, 2018 - St. James, Wpg. Grey and white girl with tattoo in right ear. If seen, please get a photo, she may run away!

Text / Call 204-996-3332

Please visit her FB page: ‘Help Get Sage Home’ 

# College Corner



## PART I - ELECTRONIC WARFARE SUPPORT

This is the first of a three-part series on the pillars of electronic warfare (EW). In this installment, we will investigate electronic warfare support (ES) as it applies to modern operations, followed by electronic attack (EA) and finally electronic protection (EP). Electronic warfare support lays the foundation for EW and collection of signals intelligence. According to CF Joint Publication 3-6, it is defined as “the exploitation of adversary electromagnetic emissions throughout the [spectrum] for the purpose of providing immediate threat warning and force protection about the area of interest as well as targeting information for EA.” In this way, an ES asset can locate, identify and report threats, such as surface to air missiles, directly to aircraft in danger. Additionally, ES can locate non-threat radars, such as early warning, for the purposes of destruction or jamming. Not only that, but data collected during an operation can be analyzed by other agencies to determine what capabilities a radar may have, and as such new jamming methods and self-defence tactics can be developed. Operationally, an ES may be used to locate and identify radars and threats well before any air operation begins in order to determine map out an adversary’s air defence systems, which will help facilitate operational planning and minimize risk to aircrews. In this way, ES is an essential part of any modern air operation. For more on this subject, RCAF Barker College hosts two serials of Advanced Operational Electronic Warfare to discuss this and other topics.

The Department of Aerospace Capability Employment at the RCAF W/C William G. Barker Aerospace College trains both the distance learning Basic Electronic Warfare and the on-sight Advanced Operational Electronic Warfare courses.

<https://www.canada.ca/en/department-national-defence/services/benefits-military/education-training/establishments/william-barker-aerospace-college.html>

# RCAF Barker College News



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## 23 Health Svcs Centre Increases Awareness about Breast/Cervical Cancer and Offers Screening

### LODGER UNIT in FOCUS

by **Martin Zeilig,**  
Voxair Photojournalist

Wendy Kowaluk-Crozier, Primary Care Nurse at 23 Health Services Centre, wants to educate women, specifically those age 50 and up, about looking after themselves.

October is breast cancer/

cervical cancer awareness month.

"We're promoting it here at the clinic," Kowaluk-Crozier said during an interview. "I want people to know that cancer screening is important. Screening saves lives. So, it's important for people come in and get regular breast screening, and regular pap tests for cervical cancer."



**Wendy Kowaluk-Crozier, Primary Care Nurse at 23 Health Services Centre, aims to educate personnel at 17 Wing about about breast cancer and cervical cancer. Photo: Martin Zeilig, Voxair Photojournalist**

She also emphasized the need for both men and women to obtain regular colon cancer screening after the age of 50.

"Most women 50 to 74 years of age should have a screening mammogram every two years," notes a pamphlet, What you need to know about reducing your risk of dying from breast cancer, from BreastCheck-- which is part of CancerCare Manitoba, the provincially mandated cancer agency that is responsible for setting strategic priorities and long-term planning for cancer and blood disorders. "Trans men and women may need regular mammograms. Regular screening mammograms can find breast cancer early and reduce your risk of dying from breast cancer. Talk with your healthcare provider or BreastCheck about your individual risk for breast cancer."

Quick facts about breast cancer: 8 out of 10 breast cancers occur in women age 50 or older; regular mammograms can find breast cancer 2 to 3 years before it can be felt by you or your doctor; only 10 % of women diagnosed with breast cancer have a family history of breast cancer; Every year Manitoban women are diagnosed with breast cancer and 200 will die from the disease.

It's recommended that you have a Pap test every three years once you turn 50, Kowaluk-Crozier said.

"Most cervical cancers can be prevented if woman have regular Pap tests with follow-up for abnormal changes," says information from CancerCare Manitoba. "Regular screening with Pap tests can prevent up to 80% of cervical cancer."

The clinic at 23 Health Services is unique because, as Kowaluk-Crozier commented, it offers something called An Annual Breast Screening Program.

"As far as I know, we're the only CAF Base that has such a program," she said, noting that the clinic only attends to the medical needs of military personnel.

"When I first started working here in 2009, I couldn't figure out why women weren't getting mammograms done."

Civilian women were going for regular mammograms, Kowaluk-Crozier, who's been a Registered Nurse for the past 30 years, said.

"I couldn't figure out why they weren't doing it here too, and taking advantage of that program," she continued. "I met with our community partner, BreastCheck. I found out that military women don't have a Manitoba health card, so there's no way for BreastCheck to be notified that they need a mammogram."

So, about seven years ago, 23 Health Services decided to start the program here, Kowaluk-Crozier said.

"In October, we start working through the potential members who meet the criteria," she added. "They get an invitation from myself to participate in our breast screening program. Then, we book an appointment with BreastCheck. Our appointment is on February 27, 2020 at 1:00 PM. So, I will send the invitation to the women. They'll respond with 'Yes. I meet the criteria to participate.'"

"The military bus comes in the afternoon and we are driven to BreastCheck, which is across from Misericordia Health Centre.

"They'll have a mammogram, and we get back on the bus and return here. BreastCheck will also issue a breast screening program number to every individual who participates. Once they have that number they can take it to any province. They can go to BreastCheck, which is a nationwide breast screening facility, and show them their program number. And, they'll be able to access services."

For further information, contact Kowaluk-Crozier at email: [wendy.kowaluk-crozier@forces.gc.ca](mailto:wendy.kowaluk-crozier@forces.gc.ca)

Ext. 5777

## MPs Help Blind Children Since 1957

### LODGER UNIT in FOCUS

by **Martin Zeilig,**  
Voxair Photojournalist

Corporal Simon Crete, 17 Wing Police Flight, says being involved with the MP Blind Fund is something intrinsic to his work as a military police officer.

Captain Joshua Martin, Officer Commanding, 17 MP Flight, agrees with his colleague.

"It creates a lot of pride in your organization even beyond the work we do," Cpl Crete commented during an interview along with Capt Martin.

The Blind Fund has a heartwarming history.

Colonel James Riley Stone was the founder of the Military Police Fund for Blind Children (MPFBC), which had its humble beginnings in 1957. Colonel Stone was the Commanding Officer, 2nd Battalion of the Princess Patricia's Canadian Light Infantry, when his daughter Moira was afflicted with cancer of the eye, resulting in eventual blindness and death at the age of seven, notes information about the Blind Fund supplied by Capt Martin.

"During his daughter's illness, Colonel Stone came into contact with organizations that were struggling to help blind children," says information about the Blind Fund. "He became aware that there were many other blind children less fortunate than his daughter who were unable, through lack of money, to enjoy some of the simpler things in life. Their plight affected him tremendously and he was determined to help them in every way he could."

"During this time period, he was appointed as the Canadian Army Provost Marshal. He canvassed members of the Military Police, asking them to voluntarily contribute one or two dollars per year and using their donations, established a Fund to help blind children under the age of 13 years. As a consequence of Colonel Stone's enthusiasm, the Military Police Fund for Blind Children was established. Issued with a Letter of Patent on October 18, 1976 and a Trust Agreement on October 27, 1977, the Military Police Fund for Blind Children was established as a Charitable Corporation in accor-

dance with Part II of the Canada Corporations Act. This Act, which is administered by the Corporations Directorate of Industry Canada, provides instruction on the establishment and operation of not-for-profit Corporations as well as the framework for by-laws of which the MPFBC must adhere. One of the very notable aspects of the Blind Fund is that it is run and managed totally by Military Police volunteers. It remains unique in Canada, as the only official authorized 'military' charity in the country."

"Members of the Military Police, including other military and civilian community members, become personally involved in fund raising activities for the Blind Fund. They involve themselves with funding recipients, visit visually impaired children in many different environments, and invite them to Canadian Forces bases to learn more about the Canadian Military. In every Military Police unit, regardless of size or geographic location, you will find a Blind Fund representative. These volunteers are responsible for the coordination of fund-raising activities and identifying children or organizations which could benefit from MPFBC assistance. The fund is run by a Board of Directors, inclusive of all ranks within the Military Police, which supervise the management of the Fund's activities."

The objectives of the Corporation are: to aid blind and visually impaired children and young adults up to and including the age of twenty-one; and, to support charitable organizations and individuals involved in the education, training and recreation of blind and visually impaired children and young adults.

"To my knowledge it is still the only charity sanctioned by the CAF," said Capt Martin. "Every unit has a Blind Fund representative. It's something we learn about at the Academy at CFB Borden."

Each unit takes it upon themselves to have representatives raise donations, which go to Military Police Headquarters in Ottawa, he added.

"The main role of the Military Police is to police the Force and provide police support to the Force whenever needed," he said. "The Blind Fund goes above and beyond that."

Capt Martin observed that Cpl Crete "has been pretty busy" with the Blind Fund over the past year.

"He did a boot drive a while back," he said. "They are



**Corporal Simon Crete and Captain Joshua Martin and their MP colleagues are carrying on the tradition of the Military Police Blind Fund for Children. Photo: Martin Zeilig, Voxair Photojournalist**

at the main gate and as people come onto base he identifies that he's the Blind Fund representative and asks for donations. He did that for one day along with several other volunteers from the guard house and they made about \$675.00 that day."

Capt Martin also points to another nationwide fundraising event-- the Military Police Motorcycle Relay, which also raises money for the Blind Fund.

When they drove through Winnipeg in early August, Cpl Crete, along with several other personnel from the guard house, organized a lunch for them, he said.

"They stopped here at the MFRC (Military Family Resource Centre)," said Capt Martin. They raised over \$150 for the Blind Fund that day.

He emphasized that every member should take on the responsibility of raising money for the Blind Fund,

"I think it's a fantastic charity," Cpl Crete said. "We can have a direct impact on helping the kids out. It's unique to the military too. We have a charity that's military police driven. We actively fundraise in the community. The skies the limit in terms of what we can do to fundraise. Being able to help people out is a very rewarding experience, whether that is through volunteer work within the community or through my duties as a military police member."

# Winnipeg Recruiting Centre Staff Say Their Job is Rewarding

**LODGER  
UNIT in  
FOCUS**

by **Martin Zeilig**,  
Voxair Photojournalist  
Sergeant Kevin  
Spooner, Military Career  
Counsellor at the Can-  
adian Forces Recruit-  
ing Centre Prairies and  
North Detachment, says  
the most rewarding part  
of his job are the enrol-

ment ceremonies.

"They can be emotional affairs, especially for the families," he explained during a recent interview. "Most people enrol with their families and loved ones."

Their reaction, especially when O Canada is played and the new recruits salute, is moving, he added.

As the Government of Canada website says: "Make a difference. Travel the world to provide humanitarian efforts or engage in a mission using innovative technology all while receiving competitive benefits, paid education and training. The Canadian Armed Forces has a number of paid education programs for a first-class education that will prepare you for a challenging and rewarding career in Canada's esteemed military."

The CFRC currently employs 21 people, including 17 military members and four civilians, noted Warrant Officer Phil Robinson, who was posted to the CFRC in November 2018.

Their purpose is to attract and process new applicants to the CAF.

"Our recruiters go out and attend events," said WO Robinson. "We go to career fairs and send recruiters up north, as well as bring people in (from remote communi-



**CFRC Prairies and North Detachment staff. Left to Right: WO Phil Robinson, Sgt Kevin Spooner, Petty Officer Wendy Barham, Sgt Frank Sharest.**

**Photo: Martin Zeilig, Voxair Photojournalist**

ties). We set up and coordinate events, but we're also invited to attend them. That's how our applicants begin the process to enrol and through a number of criteria they're either accepted or not. There are also national recruiting campaigns like websites and television ads that bring in the other half of our applicants."

He commented that there are more applicants than they can process at any given time.

"There is a long waiting list," said WO Robinson, noting that a Personnel Selection Officer, who oversees the local CFRC as well as the Detachment in Regina, Saskatchewan, works out of the CFRC Headquarters in Calgary. "We're testing and interviewing as many people

as we can. It's pretty busy. We're looking for motivated individuals that meet the criteria for employment in the CAF."

He then shows his guest their testing room in which there are eight stations for online testing.

"The students will get to read a speech by the test administrator about what they can do, then they'll do their CAF Aptitude Test," WO Robinson said. "That's the beginning of the process. From there it starts branching off pretty quickly. They also do a non-prescription drug questionnaire. That's it. Then it starts branching. They'll get their score but it might not be good enough for the trade they're going for. So, they'll get some counselling. It's an aptitude test."

As much as the staff are doing their particular jobs, it needs to be reinforced that every one of them is a recruiter too, he stressed.

"When we're out and about and interacting with our friends and family, we're also recruiting," WO Robinson said. "If our contact information for the Recruiting Centre was more out there (in the public eye), I think it would be easier for people to find us."

To start a full or part-time career in the Canadian Armed Forces, you must be a Canadian citizen and be at least 18 years old or 17 years old with parental consent. For the paid education programs you may be 16 years old with parental consent while for the Primary Reserves you may be 16 years old with parental consent and must be enrolled as a full-time student have completed Grade 10 or Secondaire IV in Québec.

For further information, contact the CFRC at tel: (204) 983-3680; email: info.winnipeg@forces.gc.ca; Fax: 204-984-2049; on the web: forces.ca/en/apply-now

## Top 10 Reasons Why You Should Join the CAF

### Sgt Alan Bezanson, Snr Met Instructor CFS Met

Many of us have thought about it, deeply considered it, even visited a recruiting center to gather information; however, very few of us take the plunge and sign our name on the dotted line. It's true that the military isn't for everyone but as you start to look closer, it becomes more and more appealing. There are many other great reasons that didn't make this list, like adventure and the opportunity to experience different countries and cultures. Here are my top 10 reasons joining the Canadian Armed Forces is an amazing career choice.

#### 10. Something for everyone.

Popular media would have you think that the only jobs one can expect in the military are those that are combat related. A general assumption is that you will end up crawling through dirt and getting in gun battles with enemies. While this is true for some trades, there are a slew of available trades where this doesn't apply. The military has cooks, vehicle technicians, dental technicians, cyber operators and even weather forecasters. The Canadian Forces has over 100 different jobs available! So regardless, if you want to play with guns and run around in the woods or work in front of a computer in an office setting, there is something for everyone!  
forces.ca/en/careers

#### 9. Competitive Pay

There aren't very many jobs that allow you to earn \$63,000 a year after only five years, with nothing more than a grade 10 education. There are even specialist trades where, after adding all the bonuses, you can make an annual salary of over \$100,000 in the first five years with only a high school diploma. On top of making a great salary, if you get deployed outside of Canada, your pay is non-taxable. Who doesn't love not paying taxes?  
forces.gc.ca/en/caf-community-pay/index.page

#### 8. Education and Training

Your training for whatever trade you decide to join is covered. Not only will you get the education required for your job, you will receive your regular paycheck while attending! If you're the university type, you can go to the Royal Military College where you will receive a paycheck, get a degree and be placed in a job after you graduate. Once on the job, the training doesn't stop. The CAF offers many courses you can take to upgrade your education. The CAF also has many programs that will pay for you take university courses in your spare time

and some universities will even give you credit hours for completed military training.

#### 7. Upward mobility

The Canadian Armed Forces offers clear cut requirements for promotion and there is always room to move up the ranks. If you are looking for a job that will recognize your contributions and reward you for them, this is the job for you. If you have the desire, the sky is the limit and you don't have to do the same task day-in, day-out for your entire career.

#### 6. Change

If the thought of doing the same thing for the rest of your life scares you, fear not. The Canadian Armed Forces will give you ample opportunity to change things up. Quite often you will find yourself doing a job to the point of mastery and then switching things up for another job. Regardless of what trade you join, you will not do the same job for an entire career and you can rest assured knowing you will not be bored. Change is good.

#### 5. Medical and Dental Benefits

As a Canadian Armed Forces member, your health will be well looked after. Each CAF base has its own hospital and dental office. You will be required to do a physical every five years and have a dental check-up once a year. Any medical needs from physio appointments to pharmaceuticals to mental health services, the CAF has got you covered. The government of Canada puts a lot of money into their military members, and ensuring their members are healthy is an important part of protecting their investment. The CAF also provides medical and dental coverage for your entire family for less than \$4 a month! Another huge bonus is, as a military member, you are on salary. No matter how much time is missed for medical appointments or for recovering from ailments, you will continue to be paid without having to worry about losing money or dealing with EI claims.

#### 4. All the other Benefits

There are a ridiculous amount of resources available to you as a serving member. Just to name a few, the Military Family Resource Centers provide meet up groups, community activities, language training for spouses and even last minute day care services. SISIP financial services can provide low interest loans to help you through difficult times. The CANEX offers a 0% finance plan on everything from automobile services to furniture and appliances. There is a vacation program that offers villas

all over the world for \$350/7 nights, and many private companies offer specialty pricing for military.

#### 3. Physical Training

In 2003, then CDS General Hillier introduced the Health and Physical Fitness Strategy that benefits the CAF as a whole. No matter what trade you join, you will be given one hour out of your work day for physical training. Every base across the country has a well-equipped gym, usually with a pool, field house, squash courts, bowling alley and much more. Group sports and work outs are a regular part of any military career. Plus, what other job can you name that not only provides you with a free gym membership, but also the time during your work day to go to the gym?

#### 2. Transferable Skills

The skills you will learn in the military are easily transferable. Many trades offer training that completely qualifies you to do the same job out of uniform. Upon leaving the military, you will be given funding based on years served to ensure that you can become educated in any career choice after the military. Regardless, the team work, communication, and leadership skills you will learn are highly sought after by civilian employers and will make you a more competitive applicant.

#### 1. Pension and Early Retirement

In order to qualify for a full military pension you must complete 25 years of service. That means if you join at 18 you can retire at 43 with a full pension. On top of an awesome pension, you still get all the benefits mentioned in point two. You can attend four years of schooling after retirement to prepare you for another job and then collect a pay check and pension simultaneously. If you choose to not complete 25 years, that's fine too. You will get your contributions returned to you, so on top of having your education paid for post service, you can get a nice sum to help you transfer back to civilian life.

So there you have it, my top 10 reasons the Canadian Armed Forces makes a great employer. For all the reasons listed above and the many more not listed, joining the Forces is one of the smartest moves a person can make. Regardless if you complete only a five year contract or complete an entire military career, you will come out the other end stronger and more capable, with the ability to overcome and conquer anything the world throws at you.

# World Mental Health Day: Promoting Positive Mental Health

**Lucy Belanger, M.Ed., Strengthening the Forces Team**

The World Health Organization (WHO), of which Canada is a part, has designated October 10th as World Mental Health Day. The WHO uses this day as an opportunity to raise awareness about mental health issues and this year's theme is suicide prevention. Positive mental health is the foundation upon which all health is built, is essential when dealing with all components of health, and can help mitigate the risk of suicide. Positive mental health includes: 1) feeling in control of your life; 2) being able to manage stressful situations; 3) feeling hopeful that good things are coming your way; 4) feeling physically healthy; and, 5) feeling like you belong to a group or community.

In recognition of World Mental Health Day, here are some actions you can take to support your mental and physical health:

## Manage Your Stress!

Everyone experiences stress, but not everyone manages stress in a way that supports their mental health. Excellent stress management techniques include exercising, ensuring you have good sleep quality, practicing meditation, scheduling alone time, spending time in nature, and having a supportive social group of family and/or friends. The key is to develop a plan to manage your stress and not leave it to chance. If you schedule time to de-stress you are more likely to cope better when stressful situations occur.

## Get Moving!

Exercise supports positive mental health by reducing stress, anxiety, mild depression, and enhances addiction recovery. Regular exercise also improves a sense of self-worth, the quality of your sleep and cognitive function. Being active also involves taking precautions to avoid injury such as wearing protective gear, exercising in well-

lit areas or ensuring you are visible when exercising outdoors, and not exercising when you feel ill or when overly tired.

## Eat Healthy Foods!

Healthy food choices have a positive impact on mental health. According to Dietitians of Canada, "the food we eat is associated with our mood, behavior, and cognition." Studies show a consistent association between diet and symptoms of depression and anxiety. A Mediterranean diet that is comprised of daily consumption of vegetables, fruits, whole grains and healthy fats, weekly intake of fish, eggs, poultry and beans and moderate amounts of dairy products and meat, helps to boost positive mental health.

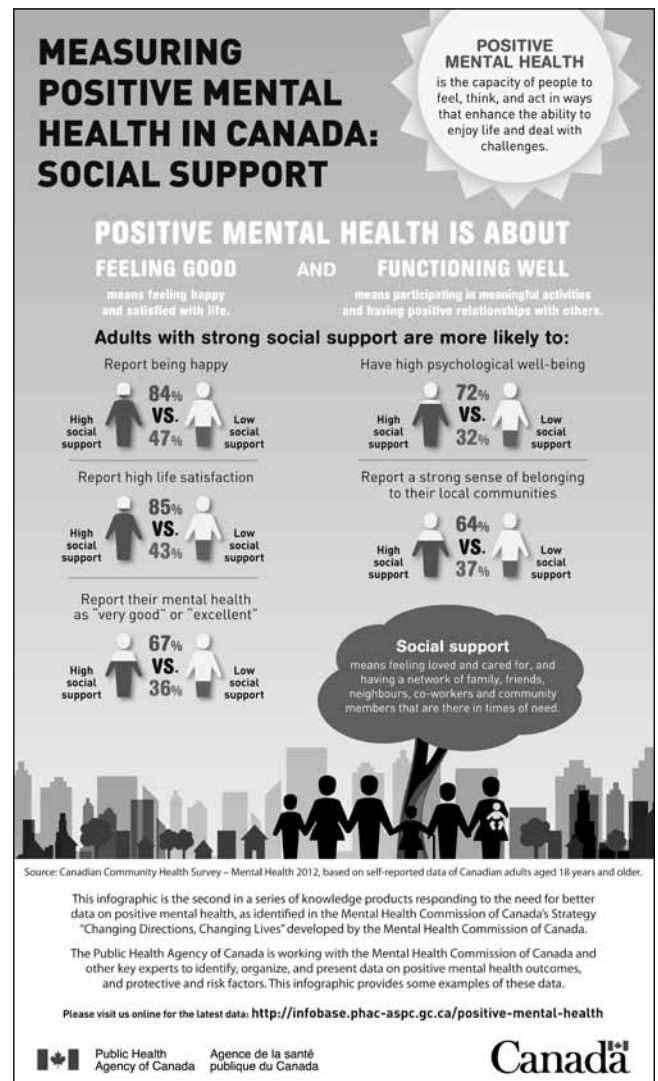
## Choose Addiction-Free Living!

Positive mental health includes living a life that is free of addictions. Effective coping techniques can reduce the likelihood of addictions. Good communication skills improve the ability to identify and discuss difficult situations, reduce conflict and increase problem solving. Some additional things that are helpful include having a supportive social network and feeling socially connected. The ability to talk about stressors you are facing will also help mitigate the risk of addiction.

As you can see, positive mental health impacts all areas of health. When you take steps that encourage positive mental health, you benefit and so does your family and community.

Strengthening the Forces is CAF/DND's healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.

STF offers Subject Matter Expertise in four core areas of interest: Active Living, Nutrition, Addiction Free Living, and Social Wellness.



# Beerfest a Huge Hit on the Wing



**Sergeant Spencer Cass and Sergeant Alan Bezanson during a brief lull at Beerfest at the Warrant Officers' and Sergeants' Mess.**

**Photo: Martin Zeilig, Voxair Photojournalist**

**by Martin Zeilig, Voxair Photojournalist**

Over 270 people turned out for the first annual Beerfest at the Warrant Officers' and Sergeants' Mess on the evening of Friday, September 27 and Sergeant Alan Bezanson, the Entertainment Rep for that Mess, couldn't have been happier.

The event featured vendors from six micro-brewing companies: Lake of the Woods Brewery from Kenora, Ontario; Fort Garry Brewing Company; Little Brown Jug; One Great City Brewing Company; Trans Canada Brewing Company; and Winnipeg Beer Werks Incorporated.

Danny's Whole Hog BBQ & Smokehouse in Stone-wall provided a catered buffet of pulled pork, upper crust bakery buns, Dixie chops coleslaw, devilled eggs, potato salad, and, home style baked beans.

The RCAF Band's dynamite combo, The Spitfire Kings, performed a number of classic rock and roll standards.

A silent auction with numerous prizes -- luggage, a 55 inch television, a pressure washer, sound bar, kitchen appliances, among other items -- was held too.

Tickets for Beerfest were \$10 for military personnel and \$15 for their spouses and friends.

"This is one of these great events where we have

members of all three messes coming together," said 17 Wing Commander Colonel Eric Charron, who, like everyone else, was dressed casually.

"This is a great chance to sample some of the beer from our local Winnipeg and Lake of the Woods breweries. There's great quality and diversity."

Col Charron noted it as another benefit of living in Winnipeg.

"I originally proposed holding Beerfest over two years ago when I first came into the role," Sgt Bezanson said, but, he only received the support for it six months ago when Sgt Spencer Cass took over as the President of the WO and Sgts' Mess Committee, he explained.

After the go ahead the committee got underway almost immediately he said.

"When I first came into this role as entertainment rep, the big problem was that we didn't have events that people wanted to attend," Sgt Bezanson said. "People weren't showing up in large numbers to the events we were having, so we wanted to host something that we could get a lot of people out to."

He said that the committee had expected 250 people.

"We more than met our quota," Sgt Bezanson said. "It's so nice to have people voluntarily coming out. This is the first of many. It's a competition as well, so they'll vote on their favourite beer. The favourite beer will be presented with a trophy at the end of the night. There will also be a plaque going up on the wall of the Wobbly Prop, so that every year we'll be able to put their names (winner of the favourite beer competition) up there too."

Sgt Cass stressed that Sgt Bezanson did most of the work in organizing Beerfest.

"My committee came to me and said this is an event they'd like to put on," he said. "It sounded like a phenomenal idea, and we got great acceptance from the entire Chain of Command."

At any event with alcohol being served, you want to make sure that everyone is safe and being responsible and is going to be looked after, Sgt Cass commented.

"It was a very popular event and sold out very quickly," he said. "It's a Friday and after hours. You want people to be relaxed and enjoy themselves."

Sergeant Andrew Hattie, who works at Wing Transport and is vice entertainment rep for the Senior NCO's

Mess, was looking after the prize table.

"I think Beerfest is great," he said. "It brings all of the ranks together. It's a great opportunity for everybody to mingle and taste a lot of the local brews."

Rachel, who was representing the One Great City Brewing Company (in Madison Square at Polo Park), said there was a "positive response" to her company's beer.

"This is so much fun," she said. "I didn't realize you guys did stuff (like Beerfest) down here. It's great. We've had a lot of people come down to the restaurant before because we're so close to you. We've got military discounts there too."

"I think it's a great event for all the ranks to get together and have a nice relaxing night out," said Lieutenant Kara Lilly from RCAF Barker College.

# Little Black Devils Flag Flies at Top of the World



**Cpl Shekhawat Dalip, Royal Winnipeg Rifles**

**Cpl Dalip flies the Little Black Devils Flag at the southern Mount Everest summit.**

**Photo: Supplied**

At 5 am on May 16, 2019, after four days of a grueling, freezing, climb, Cpl Shekhawat Dalip was honoured to raise the Royal Winnipeg Rifles flag at the top of the world after summiting Mount Everest.

Cpl Dalip is a passionate mountaineer and an ultrarunner with over 15 years of experience. It took him an average of a six hour hike for 50 days to complete the trip.

Outdoors is where his heart and passion truly belong. As a youth growing up in the foothills of the smaller Himalayas in the Shivalik ranges of Punjab, he regularly went on treks which grew longer as he grew older. The desire to conquer the snow and ice-covered behemoth came, in part, from a deep sense of family duty and respect for his parents.

In 2002 and 2006, he did his Basic and Advanced Mountaineering Courses from Western Himalayan

Mountaineering Institute in India. Through WHMI, he organized and led numerous school expeditions in India and climbed over 15 international peaks. Besides climbing, he has also enjoyed running ultra-marathons up to 100 miles.

Climbing Everest was the culmination of years of planning and intense physical training, putting him in the rarefied air of very few people who have conquered the 8,850-metre peak. It was a journey of grit, resilience, perseverance, team dynamics, and leadership. The climb also raised funds for St Amant Foundation to make a difference in the lives of individuals the foundation supports.

Mt Everest lives up to its fearful reputation. This year 11 climbers lost their lives, the highest in the last four years after the earthquake in 2015. The contributing factors were bad weather, inexperienced climbers and overcrowding. Two of the six climbers in Cpl Dalip's team who made it to the peak succumbed on their way down through the "death zone," the area above 8,000 metres where oxygen is too thin for humans to breathe. The death zone has taken many strong skilled climbers' lives. Low oxygen conditions affect muscular coordination and problem solving skills. The body is technically dying all the time in the death zone and climbers burn 10,000-15,000 calories during the summit push.

## **Spiritual Regime for Everest**

According to Cpl Dalip, the Mount Everest Expedition is a lifetime opportunity that brings climbers face to face with all that is away from the mundane, rewarding them revelations both mythical as well as mystical. With these enormous takeaways one encounters intimidating hurdles such as high altitude, severe weather conditions and avalanches. A climber must be well prepared for these challenges.

Cpl Dalip meditated for over a year to visualize and experience the powerful atmosphere and the consciousness of the Himalayas, because it has been the traditional seat of meditation for yogis and spiritual seekers

who meditated in caves. During the climb, he meditated at base camp every day and viewed it as a pilgrimage and not an 'attack' on the mountain, a word that some people use.

Even the oft-repeated idea of 'conquering the peak' was nullified in his journey. He wanted to feel his oneness with the entity so it was not a question of just bagging the peak, then going home and telling people 'I did it.' That may be part of it, but he says you have to pay your dues, just like anything in life. You must decide this is a priority and go about it in a conscious way.

## **Physical Training**

Cpl Dalip had an intense training plan for his climb. He did over distance days to prepare for long days on mountain, hit the trail for runs or hikes to achieve glyco-gen depletion state, did dehydration training to tolerate thirst, and trained to tolerate cold to increase shivering threshold and the ability to tolerate cold conditions in the death zone. He did hypoxic training to increase his lung capacity with a training mask and did weight training by loading his rucksack with sand bags to make the weight about 30 kg. He went up and down the stairs with a mask as many times as he could, and ended his day with some stretching. None of the workouts he did would have been effective if it wasn't followed by a clean and healthy dietary plan.

## **Wrap - up**

Metaphorically, he still hasn't come back down to Earth. He is very thankful for his family and friends who inspired him throughout the planning, training and climb. He is also thankful to St Amant and Royal Winnipeg Rifles for all their support.

Cpl Dalip says he will continue his journey to break barriers through training and meditation and to raise funds to support our community. He also intends to attempt to continue to build on life lessons that will inspire us all.

*"Only those who will risk going too far can possibly find out how far one can go" - T. S. Eliot*

# Winnipeg Member Recounts Mali Deployment

**by Martin Zeilig, Voxair Photojournalist**

Captain Clay Smorang, 1 Canadian Air Division, says his recent six month deployment in Mali was a fantastic experience.

Capt Smorang, a full time Reservist, was in that landlocked West African country, the eighth-largest country in Africa, with Operation PRESENCE – Mali.

For more than a year, the Canadian Armed Forces provided aeromedical evacuation coverage and transport and aviation support to the United Nations Multidimensional Integration Stabilization Mission in Mali (MINUSMA), says information from National Defence.

"These valuable capabilities enabled UN Forces to more effectively conduct long-range security operations remote and vulnerable areas of the country," says the online press release.

The Air Task Force included two rotations of 250 peacekeepers, three CH-147F Chinook helicopters, and 5 CH146 Griffon helicopters, conducted 11 forward aeromedical evacuations, treated more than 40 casualties, flew 4000 hours, transported 2800 passengers, and delivered 370,000 pounds of cargo, among other accomplishments.

"Operation Presence-Mali, Canada's peacekeeping mission in Mali, has come to an end," wrote Brian Cox, a visiting scholar at Queen's Law, in an opinion piece on the CBC website published last month.

"The operation took just over a year and involved the deployment of over 1,250 CAF members," Cox, a retired U.S. military lawyer and Army Ranger and a former Special Assistant U.S. Attorney, said. "The work in Mali is hardly finished, but Canada made a valuable contribution to the peacekeeping effort there. It was risky and dangerous work, but it was absolutely worth it."

Capt Smorang, a native of Winnipeg, said he submitted a memo for deployment after only a few months of working at 1CAD.

"I was actually surprised at how quickly it came back to me approved," he said. "I was the gender advisor to the Commander. My role was, through planning,

to bring to light effects that our operations are having on men and women and children separately. Sometimes we have unintended consequences where we think we've got a policy that fits all, but it affects people differently because of the way it's written or because of different cultural issues."

He was based at a camp just outside of the city of Gao, the capital—which has a population of about 87,000 people -- of the Gao Region, located on the River Niger.

"At any given point in time there was a Chinook and two Griffon helicopters ready to go pick up someone 24/7, including civilians," Capt Smorang said. "Those guys were on call. People slept with radios next to them. We also transported friendly troops around the country, like the Germans and Dutch, because they were in our camp.

"They would go and do a patrolling operation, and we'd take them and drop them off and sometimes pick them up when their mission was done."

He observed that other organizations or units, like Explosive Ordnance Devices, were also transported by helicopter "to prosecute targets"-- suspected Improvised Explosive Devices and other suspected explosives.

"Basically every Canadian was wearing a blue beret in a United Nations position," said Capt Smorang, who's been a Reservist for 20 years. "This was my first blue beret position. It was interesting. I was excited about it, being a blue beret. They trusted us, the UN Mission, more than some of the other security forces there like the Malian Armed Forces or Police. The levels of approval proved to be challenging sometimes."

He noted that conditions in the camp were good.

"We shared two or three to a room," Capt Smorang said. "There were about 250 Canadians from across the country. We had one civilian member, a Boeing employee. He was there to provide maintenance assistance."

Capt Smorang talked about the intense dust storms, the Haboobs. African haboobs result from the northward summer shift of the inter-tropical front into North Africa, bringing moisture from the Gulf of Guinea.

"They roll in very fast," Capt Smorang said. "They

would usually give us ten or fifteen minutes warning if everything was working properly. It's literally a wall of sand, like in the movie The Mummy. It comes in from any direction; usually there's some lightening and a little bit of rain that goes with it. Then, it's gone. The winds were very strong and we'd have to go into a shelter for an hour or so."

He even had a chance to fly onboard a helicopter.

"I went up on one of these flights to a camp north of the City of Gao to check on the state of the roads," Capt Smorang said. "We flew along the river. The sands were orange, white, and black. There were huge termite mounds, and people fishing on their boats. We were flying about 100 feet above the deck. My feet were dangling out on the skies from the side of the Griffon. They could see the whites of our eyes and we could see the whites of theirs. We waved to each other. Most of the kids loved to see that. All of helicopters had UN logos on them. It was a really positive response all the way through."



**Col Elshopky (Egypt) sector east G5 staff, Capt Julie Simard (Cdn Chaplin), Capt Clay Smorang, and Lt Col Cissoko (Senegal) sector east G5 CIMIC with boxes of hygiene kits in Mali.**

**Photo: Supplied**

# Around The Wing



Congratulations to the Canada West Women's Soccer Team who defeated the Quebec Region (Valcartier) 2-1 in the CAF National Women's Soccer Championship Final to be crowned the 2019 CAF National Women's Soccer Champions. The Captain of the Canada West Women's Soccer Team was MCpl Lyndsay Cross from 17 Wing Winnipeg. The four women from 17 Wing Winnipeg that participated on the Can West Women's Soccer team were: Capt Jamie Doucette, Lt Morgan Cooper, MS Laura Imhoff and MCpl Lyndsay Cross.  
Photo: Cpl Beliwicz KW



Captain Daniel Cruz from 17 Wing Men's Team was named Overall Tournament MVP.  
Photo: Cpl Beliwicz KW



LCol John Coffin from 17 Wing Men's Team was presented with the Tournament Sportsmanship Award.  
Photo: Cpl Beliwicz KW

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The Veteran Family Program supports medically releasing Canadian Armed Forces members, medically released Veterans and families. If you are transitioning visit your local Military Family Resource Centre, [CAFconnection.ca](http://CAFconnection.ca), or call the Family Information Line at **1-800-866-4546**.

Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez [ConnexionFAC.ca](http://ConnexionFAC.ca) ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au **1-800-866-4546**



# Around The Wing



Major Brian Noel, Deputy Commander 435 Squadron, briefs the Manitoba Hydro Retirees group on the various capabilities of 435 Squadron at the Manitoba Hydro Waverly Service Centre, Winnipeg, on 1 October 2019.  
Photo: Sgt Daren Kraus



Congratulations to the 17 Wing Winnipeg Men's Soccer Team (representing the Can West Region) for placing second with a narrow 1-0 loss in the CAF National Men's Soccer Championship Final against Ottawa (Quebec Region). The team posed with 2019 CAF National Women's Soccer Champions, Canada West..  
Photo: Cpl Beliwicz KW

## Vous apprenez votre deuxième langue officielle? GCcampus peut vous aider

Alors que le Canada célèbre le 50e anniversaire de la Loi sur les langues officielles, c'est le moment idéal pour les membres de l'Équipe de la Défense d'accorder une priorité à l'amélioration de vos compétences en langue seconde.

L'École de la fonction publique du Canada offre des cours en ligne utiles, des tests de pratique et des aides à l'étude pour vous aider à améliorer vos compétences en français ou en anglais et à vous préparer aux évaluations linguistiques.

Les employés du ministère de la Défense nationale (MDN) et les membres des Forces armées canadiennes peuvent accéder à l'ensemble des cours en ligne de l'École de la fonction publique du Canada en tout temps, n'importe où, en ouvrant une session au moyen de votre compte GCcampus. Les cours sont gratuits, adaptés à votre rythme et accessibles selon votre horaire. Les sujets abordés comprennent :

- Cours de maintien des connaissances linguistiques acquises
- Préparation aux tests linguistiques de la Commission de la fonction publique
- Le français comme deuxième langue officielle
- L'anglais comme deuxième langue officielle
- Cours de langues officielles
- Outils de travail, vidéos

L'apprentissage d'une seconde langue officielle est une responsabilité partagée : vous avez un rôle important à jouer en consacrant votre temps et votre énergie à l'apprentissage, tandis que l'organisation vous appuie en vous donnant accès à l'information, à la formation et aux ressources. Le groupe du SMA (RH-Civ) offre des possibilités de formation en langue seconde aux employés du MDN pour assurer la conformité à la Loi sur les langues officielles et à la Directive sur les langues officielles pour la gestion des personnes du Secrétariat du Conseil du Trésor. Certains groupes et commandements offrent également de la formation en langue seconde aux employés civils au sein de leur organisation à des fins de perfectionnement professionnel.

Assurez-vous de discuter de votre plan d'apprentissage de la langue seconde avec votre gestionnaire et de discuter du soutien qui pourrait vous aider à atteindre vos objectifs. Pour de plus amples renseignements sur les langues officielles et l'apprentissage des langues secondes à la Défense, consultez les sites intranet RH-Civ, Langues officielles ou le site intranet du Directeur - Langues officielles.

## Learning your second official language? GCcampus can help

As Canada celebrates the 50th anniversary of the Official Languages Act, it's a great time for Defence Team members to make improving your second language skills a priority.

The Canada School of the Public Service offers useful online courses, practice tests and study aides to help improve your French or English skills, and prepare for language evaluations.

Department of National Defence (DND) employees and Canadian Armed Forces members can access the full suite of Canada School online courses anytime, anywhere by logging in to your GCcampus account. The courses are free, self-paced, and available on your schedule. Topics include:

- Language Maintenance Courses
- Public Service Commission Language Tests Preparation
- French as a Second Official Language
- English as a Second Official Language
- Official Language Courses
- Job Aids / Videos

Learning a second official language is a shared responsibility: you have an important role to play in dedicating your time and energy to learning, while the organization supports you by providing access to information, training, and resources. ADM(HR-Civ) offers second language training opportunities to DND employees to ensure compliance with the Official Languages Act and the Treasury Board Secretariat Directive on Official Languages for People Management. Some groups and commands also provide second language training to civilian employees within their organizations for professional and career development purposes.

Make sure to discuss your second language learning plan with your manager, and discuss the support that may be available to help you meet your goals. For more information about official languages and second language learning at Defence, consult the HR-Civilian Official Languages or the Director Official Languages intranet sites.

## HOMEWATCH

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# Youth Reporter Competition

The Canadian Forces Newspapers are looking for youth from military families between 13 and 18 who want to report on a story or issue which is important to their life or the community around them.

The story must be original and about an issue or a personal experience or insight which has not been widely reported about before and/or reflects the life of the contributor or their friends and/or family. You should state why you think your reporting the story or issue will bring a unique perspective to it, but also how you would widen your report to look at the issues around the subject.

Canadian Forces Managers will then meet to choose the most unique and powerful stories - which will be published with the winning entrants. Our readers will have an opportunity to vote for their favorite story and that reporter will win a grand prize package and a scholarship!

To enter, send us your application and story idea that you would like write between Oct 6- December 31, 2019. [CAFconnection.ca/YouthReporter](http://CAFconnection.ca/YouthReporter)



**Youth Reporter Competition**  
 New Program for Youth of Military Families  
 Presented by:  
**The Canadian Forces Newspapers:**  
**The Canadian Military's Trusted News Source**  
 The winner will win a grand prize package and a scholarship!  
 Deadline: December 31, 2019  
[CAFconnection.ca/YouthReporter](http://CAFconnection.ca/YouthReporter)

# Le concours de jeunes journalistes

Les journaux des Forces canadiennes sont à la recherche de jeunes des familles des militaires âgés de 13 à 18 ans qui désirent faire un reportage sur un événement ou un enjeu qui est important dans leur vie ou pour leur communauté.

L'article doit être original et porter sur un enjeu, une expérience personnelle ou un point de vue qui n'a pas déjà fait l'objet d'un grand nombre de reportages ou qui reflète la vie du participant, de ses amis ou de sa famille. Vous devez expliquer en quoi votre article apporte un point de vue unique sur le sujet ou l'enjeu et aussi la façon dont vous pourriez élargir la portée de votre article pour aborder des enjeux connexes.

Les gestionnaires des Forces canadiennes se réuniront pour choisir les articles les plus uniques et puissants, lesquels seront publiés avec l'aide des participants gagnants. Nos lecteurs auront alors l'occasion de voter pour leur article préféré et le gagnant remportera un grand prix et une bourse d'études!

Pour participer, envoyez-nous votre candidature et votre idée pour l'article que vous aimeriez écrire entre le 6 octobre et le 31 décembre 2019. [ConnexionFAC.ca/JeunesJournalistes](http://ConnexionFAC.ca/JeunesJournalistes)



**Le concours de jeunes journalistes**  
 Un nouveau programme pour les jeunes des familles des militaires.  
 Présenté par :  
**Les journaux des Forces canadiennes : la source d'information fiable des militaires canadiens.**  
 Le gagnant remportera un grand prix et une bourse d'études!  
 Date limite: le 31 décembre 2019  
[ConnexionFAC.ca/JeunesJournalistes](http://ConnexionFAC.ca/JeunesJournalistes)



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**16 octobre** • Dîner-Rencontre de la CCFSB • L'hôtel Norwood  
**16 au 19 octobre** • La Cantatrice chauve et La Leçon • Théâtre Cercle Molière  
**17 octobre** • AGA de la SFM • CCFM  
**18 octobre** • 5 à 7 - Collectif LGBTQ\* du Manitoba • Brasserie Nonsuch  
**17 octobre** • LIM - Jaune vs Bleu • CCFM, Salle Antoine-Gaborieau  
**20 octobre** • Vente de livres • Centre Flavie-Laurent  
**20 octobre** • Souper d'automne • Paroisse Saints-Martyrs-Canadiens  
**Programmations :**  
**Santé 55+** • Conseil 55+ au 204-235-0670  
**Expositions:**  
**Jusqu'au 30 novembre** • TempoRéel  
 • Maison des artistes visuels  
 Pour plus d'informations et pour voir le calendrier au complet, visitez le <http://www.sfm.mb.ca/calendrier>

# Sports Trivia

## Boxing Bouts and Stanley Cups

by Stephen Stone

No comments from the peanut gallery.

1. Who were the only two boxers to knock out "The Brown Bomber" Joe Louis?
2. Which team scored the most shorthanded goals in one Stanley Cup playoff season?
3. Who was the first fighter to knock out Mike Tyson?
4. Which team has appeared in the most consecutive Stanley Cup finals?
5. When and why did the World Boxing Council change championship fights from 15 to 12 rounds?
6. Which teams were involved in the shortest Stanley Cup playoff overtime game?
7. Who was Muhammad Ali's first professional opponent?
8. Which team scored the fewest goals in a seven-game Stanley Cup series?
9. Who was "The Greatest" Muhammad Ali's last opponent and what was the result?
10. During the 1993 Stanley Cup playoffs, Montreal won 10 consecutive overtime games. Which team beat the Habs in their first overtime game that season?
11. Who were the only two boxers to fight both Muhammad Ali and Mike Tyson?
12. Who was the first Toronto Maple Leaf to win the Conn Smythe Trophy as MVP in the playoffs?
13. Who was the first black world boxing champion in any weight class, while also being the first ever Canadian-born boxing champion?
14. Who was the first player to win the Conn Smythe Trophy twice?
15. Which two teams played in the highest scoring game in the Stanley Cup final?
16. Who was the first boxer to win Olympic gold in three Games in the same weight division?
17. We know #99 is the all-time leading scorer in Stanley Cup playoffs, but who is third?
18. Who is the most recent undisputed heavyweight boxing champion?
19. Which defenceman is the all-time leading Stanley Cup scoring leader?
20. During his 93-fight career, George Chuvalo lost 19 fights, but only two by TKO. Who won those fights?

Sports Trivia Answers on page 14

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 or email us at [voxair@mymts.net](mailto:voxair@mymts.net)

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It's one thing to look after your body. Just don't forget about your mind.

C'est bien de prendre soin de votre corps, mais n'oubliez pas votre esprit.



4 November 2019 0800 - 1600 hrs  
4 novembre 2019 08h00 à 16h00

This course is Coded! Il s'agit d'un cours auquel on a attribué un code!

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

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# HALLOWEEN PARTY!

2019

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Photo booth • Crafts • Games  
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## Alcohol, Other Drugs, Gambling and Gaming Awareness Training

Formation de sensibilisation aux problèmes liés à l'alcool, aux autres drogues, au jeu excessif et au jeu électronique

14 & 15 November 2019 0800 - 1600 hrs & 0800 - 1200 hrs  
14 et 15 novembre 2019 08h00 à 16h00 et 08h00 à 12h00

Recognize and respond to early warning signs and develop effective interview skills. This training is course coded and is required for all military in a supervisory role. DAOD 5019-7

Reconnaitre les premiers symptômes et savoir y réagir. Apprendre à faire des entrevues efficaces. Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code. DAOD 5019-7

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

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November 22 2019 0830 - 1600 hrs  
22 novembre 2019 08h30 à 16h00

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- Learn to read food labels to make better choices
- Plan and prepare for training and competition
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- Évaluez vos habitudes alimentaires
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National Défense / Defence nationale

Operation HONOUR

## RESPECT IN THE CAF WORKSHOP

### RESPECT DANS LES FAC

6 Nov & 10 Dec 2019 0800 - 1600 hrs  
6 nov et 10 dec 2019 08h00 à 16h00

The "Respect in the CAF" workshop is intended to promote respect in the CAF through awareness and understanding, to empower CAF members to take a stand against sexual misconduct and to support victims.

L'atelier « Respect dans les FAC » vise à promouvoir le respect au sein des FAC en favorisant la prise de conscience et la compréhension pour encourager les membres à lutter contre l'inconduite sexuelle et à soutenir les victimes.

This course is Coded! Il s'agit d'un cours auquel on a attribué un code!



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

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A bulk-buying program that aims to lower your grocery bill by buying bulk, fresh fruits & vegetables from local farms and 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.

ORDERS CAN BE PLACED ONLINE AT www.cafconnection.ca/winnipeg  
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SEPT	OCT	NOV	DEC / DÉC
ORDER BY / DATE LIMITE: FRI - 13 SEPT • VEND.	ORDER BY / DATE LIMITE: FRI - 18 OCT • VEND.	ORDER BY / DATE LIMITE: FRI - 15 NOV • VEND.	ORDER BY / DATE LIMITE: FRI - DEC 6 DÉC • VEND.
PICK UP / RAMASSER: WED - 18 SEPT • MER.	PICK UP / RAMASSER: WED - 23 OCT • MER.	PICK UP / RAMASSER: WED - 20 NOV • MER.	PICK UP / RAMASSER: WED - DEC 11 DÉC • MER.

PICK UP BETWEEN 1600 - 1730 HRS • BLDG 33  
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ALL PROCEEDS GO BACK TO THE PARTICIPANTS. NO ORDERS ACCEPTED AFTER THE DEADLINE. PLEASE BRING YOUR OWN BAGS/BOWLS TO CARRY YOUR PRODUCE HOME.  
TOUS LES PRODUITS RETOURNENT AUX PARTICIPANTS. AUCUNE COMMANDE NE SERA ACCEPTÉE APRÈS LA DATE LIMITE. S'IL VOUS PLÂT APPORTER VOS PROPRES SACS / BÔTES POUR TRANSPORTER LES PRODUITS CHEZ VOI.

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## Advertise With Us!

And reach the 17 Wing Community

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21 & 28 October 2019 0830 - 1600 hrs  
21 et 28 octobre 2019 08h30 à 16h00

A SKILLS BUILDING COURSE DESIGNED TO IMPROVE PERSONAL COMMUNICATION!

UN COURS DE DÉVELOPPEMENT DES APTITUDES DE COMMUNICATIONS

PROGRAM IS FREE OF CHARGE! LE PROGRAMME EST GRATUIT!

PLEASE CONTACT US IF CHILDCARE IS REQUIRED. CONTACTEZ-NOUS SI UNE GARDE D'ENFANTS EST

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All programs are free, drop-in and at the MFRC unless otherwise indicated.

**SPECIAL EVENTS**

**LEARNING, EMPLOYMENT AND TRANSITION FAIR**  
 Holiday Inn, Airport West, Employer's booths, presentations, workshops and more. Wed., Oct. 23, 1330 – 2000.

**PUMPKIN DAY**  
 Crafts, games, treats, pumpkin carving and more- all to do with PUMPKINS! Fri., Oct. 25, 1800 – 2000, \$10 per family. Register by Oct. 18.

**FIREWORKS**  
 Soup and bun provided. Bring your lawn chairs and blankets. South Side Youth Centre. Wed., Oct. 30, 1800 - 2100.

**ADULT PROGRAMS**

**EMPLOYMENT & EDUCATION SUPPORT GROUP**  
 This small group environment is dedicated to offering a socially supportive atmosphere for those who are looking for employment. Tuesdays, 0930 – 1130.

**CAFÉ FRANÇAIS**  
 Join us for a coffee and chat in French at the MFRC. This is a perfect opportunity to practice your French. Wed., Oct. 9 at MFRC, Oct 24 at École Roméo Dallaire, 930 - 1130.

**FRENCH LUNCH 'N CHAT**  
 Bring your lunch to the MFRC and enjoy French conversation. For all levels. Thursdays 1230 - 1315.

**SOUTH SIDE COFFEE**  
 A social time open to everyone! Wed. Oct. 16, 0930 – 1130 at South Side Youth Centre, 347 Doncaster St.

**CRAFT DROP-IN AFTERNOON**  
 Are you a knitter, scrap-booker, card maker or other crafter? Pack up your supplies and work on it in our space, in the company of other crafters. We have 8 ft. tables. You have room to work! Wed., Oct 16. 18, 1330 – 1500.

**EXCEPTIONAL FUN**  
 Drop-in for people with exceptional needs age 16- 30. Adult companion/worker must accompany participants. Thurs., Oct. 17, 1830 – 2030.

**LEAVING THE UNIFORM**  
 Medically releasing? Come for the conversations, stay for the connections. Wed., Oct 23, Nov 20, Dec 18. 1900 – 2100. Register by Oct. 16.

**SCRABBLE AND DESSERT – EN FRANÇAIS**  
 Come for some friendly Scrabble en français and share some treats. Sat., Oct 26 1400 – 1600.

**MATURE WOMEN'S GROUP**  
 Join us for an evening of coffee and conversation as we discuss topics geared to midlife. If you're a 45+ woman this is a great way to meet others while sharing your wisdom and expertise about navigating life's journey. Mon., Oct. 28, 1900 -2100.

**LEARN TO ... KOMBUCHA**  
 All supplies and instructions included. Wed., Oct. 16, 1900 – 2100. \$10 per person. Register by Oct 4.

**EXCEPTIONAL FUN**  
 Drop-in for people with exceptional needs age 16- 30. Adult companion/worker must accompany participants. Thurs., Oct. 17, 1830 – 2030.

**LEAVING THE UNIFORM**  
 Medically releasing? Come for the conversations, stay for the connections. Wed., Oct 23, Nov 20, Dec 18. 1900 – 2100. Register by Oct. 16

**CHILDREN & YOUTH PROGRAMS**

**OCCASIONAL CHILD CARE**  
 Casual child care for 6 months - 12 yrs. Call 204-833-2500 ext. 2491 for cost, hours and to register. MFRC Occasional Child Care Centre, 630 Wihuri Rd.

**CREATIVE TOTS**  
 Facilitated play group at our 'South Side'. Parents are required to stay. Bilingual. South Side Youth Centre, 347 Doncaster St. Tues. and Thurs. 0900 - 1100.

**KIDS CLUB**  
 Drop-in care for children 18 months to 5 years. \$2 per child per session, with PSP membership. Please send along a nut/peanut snack and diapering supplies if required. Tues. & Thurs. 1630 - 1900, Sat. 0915 – 1130

**PARENT & FAMILY PROGRAMS**

**PARENT COMMUNITY**  
 A 'community' of parents will discuss topics related to parenting children of all ages. Fridays. 0930 - 1130.

**PARENT GROUP**  
 Join us for parenting discussions and networking. Wed., Oct. 24, Nov. 13, 0930 - 1130.

**DEPLOYMENT DINNER DATE**  
 If you have a loved one preparing to deploy or is currently deployed or has recently returned from a deployment, allow us to organize dinner for you and your family. Wed., Oct. 30, 1700 - 1900. \$5 per adult and \$3 per child (5-12), under 4 free with a max \$20 per family. Register by Oct. 25.

**NEW RECRUITS FAMILY CAFÉ**  
 Calling all family members of a new military member! Come learn about the services the MFRC can offer you and your family. Light refreshments will be served. Sat., Oct. 26. 1100 - 1200.

**HOW TO TALK WITH YOUR KIDS ABOUT DRUGS & ALCOHOL**  
 Led by an expert from the Addictions Foundation of Manitoba. Oct 22. 1830 – 2030. Free. Register by Oct. 17.



*Fireworks*  
**AT SOUTH SIDE**  
 OCTOBER 30, 1800 - 2100

347 Doncaster St.  
 bring your lawnchair/blanket



**Leaving the Uniform**  
 Come for the coffee, stay for the conversation.

Wednesdays 1900 - 2100  
 October 23 • November 20 • December 18  
**FREE**

Call 204-833-2500 ext 4500  
 to register by Oct. 16



CELEBRATING FAMILY  
*deployment dinner*  
**ITALIAN STYLE**

WED., OCT. 30, 1700 - 1900  
 \$5 PER ADULT & \$3 PER CHILD  
 (5-12 UNDER 4 FREE)  
**WITH A MAX \$20 PER FAMILY.**  
 REGISTER BY OCT. 25 AT THE MFRC



**HOW TO TALK WITH YOUR KIDS ABOUT DRUGS & ALCOHOL**  
 October 22 - Free Register by October 17  
 6:30 - 8:30 pm RSVP 204-833-2500 ext 4500

**COMMENT PARLER DE DROGUE ET D'ALCOOL AVEC VOTRE ADOLESCENT**  
 1 octobre - gratuit RSVP 26 septembre  
 18 h 30 à 20 h RSVP 204-833-2500 poste 4500



## Sports Trivia Answers

1. Max Schmeling on June 19, 1936, in round 12, and Rocky Marciano on Oct. 27, 1951 in round eight.
2. In 1983 Edmonton Oilers scored 10 shorthanded goals in just 16 games.
3. James "Buster" Douglas on Feb. 11, 1990, in round 10 and became heavyweight champion of the world.
4. Montreal Canadiens – 10.
5. Ray "Boom Boom" Mancini defeated Duk-Koo Kim by knockout in the 14th round in Las Vegas in 1982. Kim was rushed to the hospital after the fight and died three days later. At its annual meeting, the WBC changed the length from 15 to 12 rounds.
6. The Calgary Flames lost to the Montreal Canadiens when Brian Skrudland scored nine seconds into overtime in Game Two of the final in 1986.
7. Tunney Hunsaker.
8. Vancouver Canucks with eight in the 2011 final.
9. Ali lost a 10-round decision to Trevor Berbick.
10. The Quebec Nordiques: Scott Young scored at 16:49 of the first OT in the first game of their first round series.
11. Larry Holmes and Trevor Berbick.
12. Dave Keon in 1967 with eight points in 12 games.
13. George Dixon from Africville, Halifax, Nova Scotia – bantamweight champion in 1888 and featherweight champion in 1891.
14. Bobby Orr, Boston Bruins – 1970 and 1972.
15. The Chicago Black Hawks defeated the Montreal Canadiens 8-7 in Game Five of the 1973 final. The Habs won the Cup in six games.
16. Teofilo Stevenson of Cuba won the heavyweight boxing gold in Munich in 1972, Montreal in 1976 and Moscow in 1980.
17. Jari Kurri has 233 points on 106 goals and 127 assists in 200 playoff games. By the way, Mark Messier is second with 295 points, and both trail Gretzky's 382 points.
18. Deontay Wilder.
19. Paul Coffey – 59 goals, 137 assists in 194 games.
20. Joe Frazier stopped Chuvalo in the fourth round on July 19, 1967 with a cut eye and George Foreman stopped him in the third round on Aug. 4, 1970. Chuvalo was never knocked out.

# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** You're torn between options. It seems that there is no easy way to move forward. Everything feels challenging at this time. Focus on what makes you happy and engage in activities that highlight the good things in your life. An attitude of gratitude can help you cope better.

**Taurus (April 20 – May 20):** Things may not be as easy as you expected. Tackle one thing at a time. Set specific goals. Make decisions that show you're committed to self-care. Progress isn't immediate and obvious, but patience and attention to detail will pay off as you work through a challenging situation.

**Gemini (May 21 – June 21):** Be careful about what you say and to whom you speak. You can't get through to someone if they don't want to hear the truth. Keep your wits about you if you are going to play the devil's advocate. Stay on point. Find ways to cope with frustrating situations and people.

**Cancer (June 22 – July 22):** Deal with essentials. Hold to your decisions even if others pressure you to change. You're stirring up emotions. Encourage someone who is reticent to reveal what is bothering them. If you understand the basis for their feelings, you'll be more confident in your own actions.

**Leo (July 23 – August 22):** Don't try and push your agenda. Sometimes nothing you say will influence another. Things may also be sorted out on their own without your intervention. This doesn't mean you have to change what you're doing. Just focus on your life and stop trying to ensure others side with you.

**Virgo (August 23 – September 22):** Redecorate to create a more peaceful environment where you can retreat. A daily meditation is beneficial to your peace of mind and your physical health. Embrace a philosophical approach to the cycles of life. What you do now determines what happens down the road.

**Libra (September 23 – October 23):** You may think you can handle everything yourself but it is very stressful and exhausting going it alone. Sift through the advice you receive for useful suggestions. Constructive criticism is acceptable. Disrespect is not. Do not let manipulative people push your buttons.

**Scorpio (October 24 – November 21):** Accept help if you need to. You don't have to do everything yourself. But be mindful of who you are associating with. Pay attention so you can spot the difference between a charlatan and an authentic person. Look before you leap or you'll land in a sticky situation.

**Sagittarius (November 22 – December 21):** Things are going your way. Celebrate with friends. Success in endeavors and a sense of excitement and drama prevail. Planning a trip or starting a special project is invigorating. Your dynamic personality shines through when you're excited about something new.

**Capricorn (December 22 – January 19):** You're feeling satisfied and would like to maintain the status quo. But nothing stays the same forever. Enjoy a sense of completion, recognizing that this is just another stepping stone in life's journey. After a period of respite you'll be ready to dive into the next big thing.

**Aquarius (January 20 – February 18):** Keep searching for ways to engage in activities within your community. You have the opportunity to mentor or advise another. Your empathy is apparent. You understand how others feel and can explain what is needed without getting emotionally involved.

**Pisces (February 19 – March 20):** No judgement is a philosophy you should apply to others but also yourself and your circumstances. What seems difficult now will look different a few years down the road. It's about perspective. The true point of this journey is to engage fully in each moment. Be open to love.

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**"Atheism is a non-prophet organization."**

**- George Carlin,  
Comedian**



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# Once Upon A Time

I just returned from 12 weeks of Basic Officer's Military Training (BMOQ). What an experience! Words like, "The Mega", "Stand two, stand two", "Oh, we'll have fun in Farnham", "Sentry, keep right" sound familiar to the initiated. For some life experiences there are no adequate words. And that might be the point. Platoons get forged together in the crucible of stress and common experiences such as early morning PT, staying up all hours sewing on countless labels on every last sock and kit item, getting yelled at to do drill just right, rushing to get a laundry machine before they are all taken, daily scaling countless flights of stairs with FFO, swapping IMP rations while on field exercises, frantically trying to accomplish tasks in order not to bust timings, and bonding with your Fire Team partner when moments are tough are some examples that come to mind. But, whether you have experience Basic Training or not, we all have experienced stress and frantic busyness in our lives.

Stress can be good. It can motivate us. But, if you're anything like me, I don't like unneeded stress. My idea of peace includes sitting in an Adirondack chair by a calm lake, soaking in the warm rays with a favorite beverage in hand. Actually, come to think of it, entering into deep solitude and silence, I mean the type that goes beyond "sun tanning on a tropical beach" and embarks on the ancient paths of spiritual practices can be hard to do. Coming to terms with our own inner voices, facing up to our inner demons, taking an honest and authentic look at ourselves, and listening for the divine can be a challenging and potentially discomfoting experience. However, I think that in our busy modern day, what we often search for—the answers that we crave—can only be found when we set out walking down this ancient and well-worn road.

So I invite you to slow down, sit back in your chair, grab your favorite beverage of choice and enter into this story. It goes something like this:

Once upon a time, there was a woman who set out to discover the meaning of life. First she read everything

she could get her hands on—history, philosophy, psychology, religion. While she became a very smart person, nothing she read gave her the answer she was looking for. She found other smart people and asked them about the meaning of life, but while their discussions were long and lively, no two of them agreed on the same thing and still she had no answer. Finally she put all her belongings in storage and set off in search of the meaning of life. Everywhere she went, people told her they did not know the meaning of life, but they had heard of a man who did, who lived deep in the Himalayas, a tiny little hut perched on the side of a mountain just below the tree line. She climbed and climbed to reach his front door. When she finally got there, with knuckles so cold they hardly worked, she knocked. "Yes?" said the kind-looking man who opened it. Ecstatic she blurted. "I have come halfway around the world to ask you one question," she said, gasping for breath. "What is the meaning of life?" "Please come in and have some tea," the man said. "No thank you," she said. "I didn't come all this way for tea. I came for an answer. Won't you tell me, please, what is the meaning of life?" "We shall have tea," the man said, so she gave up and came inside. While he was brewing the tea she caught her breath and began telling him about all the books she had read, all the people she had met, all the places she had been. The man listened and as she talked he placed a fragile tea cup in her hand. Then he began to pour the tea. She was so busy talking that she did not notice when the tea cup was full, so the man just kept pouring until the tea ran over

the sides of the cup and spilled to the floor in a steaming waterfall. "What are you doing?" she yelled when the tea burned her hand. "It's full, can't you see that? Stop! There's no more room!" "Just so," the man said to her. "You come here wanting something from me, but what am I to do? There is no more room in your cup. Come back when it is empty and then we will talk.\*

May we be poured out and thus increasingly opened to be encountered by the divine. May we take stock of our busyness and create space for listening to our most pressing deep questions.

May we take time in our busy life to journey down the deep and rich paths. And I am confident that in so doing, we will find and even be found.



\*Story excerpted from Brown-Taylor, Barbara. "Re-orienting", Sermon from James York. June 3, 2012

## Faith and Life

### PROTESTANT

#### GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

**SUNDAY SERVICE:** (English Only) 900 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 Kevin Olive**  
(Pentecostal)  
- Wing Chaplain  
ext 5417

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

**Padre Joshua Falk**  
(Protestant)  
ext 6914

**Padre Greg Girard**  
(Christian Reformed)  
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#### CHAPLAINS

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

**Padre Antin Sloboda**  
(Roman Catholic Pastoral  
Associate)  
ext 5087

**TBD**  
- Mental Health Chaplain  
ext 5086

#### SUNDAY MASS:

(Bilingual)  
Spring/Summer Liturgy Timings: 1100 hrs  
(Sunday after Easter - Thanksgiving Weekend)  
Autumn/Winter Liturgy Timings: 1600 hrs  
(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'.

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Contact Wing Chaplain Office for further information.

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