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THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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17 Wing Celebrates Halloween



Com Rec Halloween Party Attracts Close to 400 Guests

All the little Boils and Ghouls came out to the Com Rec Halloween Party on Oct 25, with their parents in tow. The event was the biggest Halloween Party yet for Community Recreation. For more see pages 8 and 15.

Tyrannosaurus Rex helps to demonstrate proper exercise technique at the PSP Fitness and Sports Halloween Spin and Circuit Spooktacular, held Oct 31. Photo: Mike Sherby. For more see page 15.

IN THIS ISSUE:	CAF MOURNS THE LOSS OF TWO OF ITS OWN	BEARD GROWING CONTEST RAISES \$5,800 FOR GCWCC	AFGHAN VET DONATES \$15,000 TO SOLDIER ON	REMEMBRANCE DAY SERVICE LOCATIONS AND TIMINGS	WCOMD REFLECTS ON REMEMBRANCE DAY	THIS NOVEMBER BE ADDICTION AWARE
	PAGE 2	PAGE 4	PAGE 6	PAGE 10	PAGE 11	PAGE 16

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In Memorium: WO Patrice Vincent



On October 20, 2014, two members of the Canadian Armed Forces were victims of a hit and run incident in Saint-Jean-sur-Richelieu, Quebec.

Warrant Officer Patrice Vincent, a member of the Joint Personnel Support Unit at the Integrated Personnel Support Centre in St-Jean, Quebec, died of his injuries the same day.

A member of the Royal Canadian Air Force, WO Vincent joined the Regular Force in May 1986.

Throughout his distinguished career, he served as a firefighter from coast to coast, from Halifax to Esquimalt through Valcartier, Comox, Trenton, Edmonton, North Bay and Montreal. He had been working for about three years as a Member of

the Joint Personnel Support Unit at Integrated Personnel Support Centre with the 438 Tactical Helicopter Squadron in St. Hubert, Qc. His colleagues remember him as an upright man, honest, generous, loyal, helpful, always the first to arrive and the first volunteer.

The funeral was held Saturday, November 1 at 11 a.m. at the Longueuil Cathedral on the corner of Chambly Road and St. Charles Street in Longueuil, Quebec.

On October 24, 2014, Warrant Officer Vincent's family shared this statement: "It is with tremendous sadness and great shock that we learned of Patrice's sudden death. His passing will create a huge void in our hearts. Patrice was very proud to serve in the Canadian

Armed Forces. He did what he loved and we supported him during the 28 years he served."

"Patrice loved life; he was well liked by everyone and he always spoke passionately about his involvement with the Canadian Armed Forces. Serving was his way of making a difference in our world."

"To the family and close friends of Corporal Nathan Cirillo, know that we share your pain and we are with you in our hearts."

"Our thoughts are also with the Couture-Rouleau family during these difficult times."

Members of the Vincent family hope that the media and the community respect their privacy during this difficult time of grief.

Lest We Forget

The Voxair



17 Wing Winnipeg
Winnipeg, Manitoba

In Memorium: Cpl Nathan Cirillo

Corporal Nathan Cirillo died on October 22, 2014, after being shot while on sentry duty at the National War Memorial in Ottawa, Ont. Corporal Cirillo was a member of The Argyll and Sutherland Highlanders of Canada (Princess Louise's) based in Hamilton, Ontario.

Corporal Cirillo was born 23 December, 1989, and grew up in Hamilton, Ontario with his mother, two sisters and step-father. Cpl Cirillo attended Sherwood Secondary School, and from an early age demonstrated a passion for the military, enlisting in the Canadian Armed Forces Primary Reserve in 2006 with The Argyll and Sutherland Highlanders of Canada (Princess Louise's), just prior to his graduation from high school in 2007. Following his first two years of service, he was promoted to the rank Corporal in 2008.

Cpl Cirillo was an active member of the regiment, participating not only in regular training, exercises, and ceremonial events, but also was involved with The Argyll and Sutherland regimental hockey team, was the unit pugil-stick fighting champion in 2013, and participated with the Land Force Central Area shooting team in 2010. Outside of the regiment, Cpl Cirillo often performed other tasks in support of training in Petawawa, as well as in support of the Cadets at Camp Blackdown at Canadian Forces Base Borden. Cpl Cirillo was passionate about his involvement in the military and often commented that it was a positive influence on his life and provided excellent motivation for personal improvement. In his final year of service he had progressed to a junior leadership role as the second in command of his section, leading other soldiers.

In his civilian life, Cpl Cirillo was extremely active and demonstrated a strong zeal for fitness, achieving high personal standards and demonstrating strong personal discipline. This served him well as a personal trainer at a local gym, as well as security duties at



some of the local establishments in the Hamilton area. Cpl Cirillo's family will remember him as a father to his young son, who was a part of his motivation to constantly improve his performance and involvement with the military, as well as a loving son and brother. Cpl Cirillo was a hard-working and capable soldier, Cpl Cirillo demonstrated the kindness and character expected of a Canadian Forces soldier, and an Argyll. At the regiment he won the respect and friendship of his peers and leaders – his absence will be strongly felt by both his family and the regiment.

Cpl Cirillo's funeral was held on Tuesday, October 28, 2014, at Christ's Church Cathedral in Hamilton.

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Blue Bombers Hold Canadian Armed Forces Day Celebration



Two CF-18s fly past the packed Bombers Stadium on Oct 18th to help celebrate Canadian Armed Forces day at the IG Field. Despite losing to the Calgary Stampeders 33-23, the fans at least enjoyed the CAF Skills Competition held during Half Time. Photo: supplied

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New Commandant Helps CFS Met Move Forward



Maj Lisa Baspaly, Commandant of CFS Met, hopes to help the unit integrate further with the INT Branch. Photo: Martin Zeilig

**By Martin Zeilig
Voxair Photojournalist**

It may not be too much of a stretch to say Major Lisa Baspaly, the Commandant of Canadian Forces School of Meteorology since August 12, 2014, is the first of her

kind. In fact, she might even appreciate such labelling, in an evolutionary way.

After all, Maj Baspaly, 38, holds a Masters Degree in Entomology from the University of Manitoba.

"Meteorology is a trade with no officers," said Maj Baspaly. "So, they needed somebody to be their commanding officer. Typically, it had been AECs or navigator. But this time, since the Met trade became part of the Intelligence Branch, the Air Force decided to put an Intelligence Officer into the position."

They made the correct decision, as her record of previous accomplishment speaks for itself.

In 1994, while attending the University of Winnipeg, she joined 17 Medical Company as an Army Reservist. Commissioned in 1996, she served with her Reserve unit until 2009. She was employed on OP ATHENA Roto 3 at the Role 3 Hospital in Kandahar, as the Unit Adjutant and National Medical Liaison Officer.

Upon entry into the Regular Force she was posted to 4 Wing, Cold Lake where she served as the Sqn Int O for 409 Tactical Fighter Squadron and as the Deputy Wing Intelligence Officer.

She returned to Kandahar in 2011 as the OC of the Tactical Air Intelligence Section and the TF SILVER DART A2.

She also served for five additional months after the Canadian Air Wing re-deployed to Canada with the

Commander of Kandahar Airfield as both the Deputy A5 Plans and subsequently, as the Executive Officer on the U.S. General's Personal Staff. Upon her return from theatre in 2012 she was posted to 1 Canadian Air Divisions' Intelligence, Surveillance and Reconnaissance Division, as the A2 Operations.

"For my position, it's mostly leadership and management," Maj Baspaly said of her current position. "But, I am learning quite a bit about meteorology. I'm surrounded by experts, so I'm beginning to learn about the trade."

She already has her vision for the next two years planned out.

"I'd like to see the Met Tech trade incorporated as full partners within the Intelligence enterprise," explained Maj Baspaly. "This is a huge order. But, I'll use my expertise as an Intelligence Officer in consultation with the experts here at the school to help our higher Met and Int formations define how Met should support the Intelligence function. I'd also like to see Met Techs in key leadership appointments in the Intelligence Branch."

She says that one of her biggest challenges will be getting the two entities working smoothly together.

"Right now, the INT Branch isn't always sure how to use MET and vice versa. So we at CFS Met want to help figure out where that nexus will be."

HMCS Chippawa Reservist Named CAF Female Athlete of the Year

**By Martin Zeilig
Voxair Photojournalist**

Lieutenant(N) Chantel Helwer didn't eat much of her dinner at the Canadian Armed Forces Sports Award Ceremony on October 24 at the Hampton Inn Conference Centre in Ottawa.

But it wasn't due to a lack of appetite either.

It was because she was called up to accept two awards, says Lt(N) Helwer, a reservist at HMCS Chippawa, a third year law student at the University of Manitoba, and world-ranked fencer. That night, she won the awards for Canadian Navy Female Athlete for 2013, and the CAF Female Athlete of the Year Award.

It was a busy year for Lt(N) Helwer, 28, who won silver medals at the Manitoba Provincials and the Canadian University Championships. She also made Team Canada, and competed at a series of World Cup events throughout Europe and the United States. Building on this success, Lt(N) Helwer made history as the first Canadian Armed Forces female fencer to compete at both the World Championships and the World University Games.

"It's important for leadership at all levels to recognize the tremendous benefit of making regular physical activity the norm for everyone in uniform," said General

Tom Lawson, Chief of the Defence Staff, at the ceremony.

"Many of those attributes we wish to see on the field of battle are the same as those developed on the field of play: discipline, commitment, leadership, teamwork, perseverance...and that intangible quality, the warrior spirit."

Lt(N) Helwer said she had never even been nominated for an award before this.

"So, it's pretty awesome to win both awards in the same year," she said during a telephone interview with The Voxair.

"There were four other nominees for CAF Female Athlete of the Year. So, just to be nominated is an honour. I'm not sure if it's set in yet. It still seems surreal. But, I'm always looking forward to what to do even better. So, this ceremony and the awards forced me to reflect on where I've come in the sport and what I've done."

Besides being presented with two separate plaques, Lt(N) Helwer, who first began fencing as a student at the Royal Military College in 2004 under coach Patricia Howes, also received a cheque for \$500.00.

"My long term goal is to compete for Canada at the 2016 Summer Olympics in Rio de Janeiro, which is the ultimate event for athletes," says Lt(N) Helwer, who competes in the sabre event.



Mr. Landon French (left), Vice-President, Community Relations for Canadian Tire Corporation and the Executive Director of Jumpstart Charities, and Ms. Sandra Henderson (right) representing the Bank of Montreal, present Lieutenant-Navy Chantel Helwer (centre) with the Female Athlete of the Year award, during the Canadian Armed Forces Sports Awards ceremony at the Hampton Inn Conference Centre in Ottawa, Ontario on 24 October, 2014. Photo: Cpl Heather Tiffney

Hair-Raising Competition Brings in \$5800 for GCWCC

**By Martin Zeilig
Voxair Photojournalist**

Moments after winning scruffiest beard at the 2014 GCWCC WCWO beard growing competition, Corporal Jamie Hawkes of the Wing CE Branch stroked the self-described "wild mess" covering his face as he posed for photographs.

He smiled when asked what was to become of the thick face fuzz.

"I wasn't even going to participate at first," said Cpl Hawkes, who, as with the other contestants, paid \$20.00 to enter the contest which began on October 1. "Unfortunately, I will have to shave it off now."

If he let the beard grow for another month, Cpl Hawkes, and many, if not most, of his fellow beard growers, could play Santa Claus at a Christmas party or two. The judging was held on October 31st at the Jr Ranks Mess.

Female CAF members had the opportunity to wear finger nail polish for the month as their contribution to the GCWCC. The beard growing and nail polish

event brought in a staggering \$5800 for the GCWCC said Captain Phil Snow, 17 Wing GCWCC Co-Chair.

The winners in the five other categories in the beard competition were: Best Attempt - Master Corporal Mike Hemmingsen (17 Wing Post Office); Most Colourful - Sergeant George Hickie (Wing CE Branch); Fullest - Captain Andrew Tucker (WTISS Sqn); Greyest - MWO Douglas Clark (WAdmin Branch); and Best Groomed - Corporal Dan Proctor (TEME Sqn).

There were probably about 50 bearded men at the judging, but many more were involved in the actual beard growing, according to 17 Wing GCWCC Civilian Chair Kathy Dmytrisin.

"It was very challenging being a judge as there were many winners and great competitors," said Wing Admin Branch Chief Warrant Officer Sandra Spragg, whose fellow judges were Warrant Officer Krista Semenchuk and Corporal Amanda Fleming.



The Jr Ranks Mess looked scruffier than usual on Halloween, as 50 or so Grizzly Adams look alike vied for the title of 17 Wing's Beard Master as part of the GCWCC Beard Growing Competition. Photo: Martin Zeilig

402 Tech Training Sqn: Keeping 402 Sqn in the Air



(L to R): Sgt Smith, Sgt Graham, and MCpl Anderson show off the Dash-8 that the Techs were in the midst of repairing. Photo: Martin Zeilig

By Martin Zeilig
Voxair Photojournalist

Two massive yellow maintenance stairs sit in the corner of Hangar 16 next to a Dash-8 CT-142, one of four such planes used by 402 "City of Winnipeg" Squadron.

The stairs are used to safely conduct maintenance work on the Dash-8s, says Sergeant Tyrel Smith, Standards NCO of 402 Squadron. Sgt Smith and his colleagues: Sergeant Alan Graham, the technical course director of 402 Squadron's Technical Training School, and Master Corporal Ken Anderson, a TTS avionics instructor, are providing a tour of the squadron's maintenance facilities and classrooms to The Voxair.

Sgt Smith points to the plane's narrow interior, which has been completely gutted for upkeep.

"Once the maintenance is complete, it will all be put back together within days," he says with confidence. "That's the job of our technicians. We train them well."

It's imperative that they do.

Navigators from around the world come to Canada to train on the Dash-8, which is used to teach students aerial navigation and tactics.

Designed and produced in Canada, the CT-142 is a conversion of the popular Dash-8 airliner. It was adapted for navigation training by manufacturer Bombardier Inc. in the late 1980s.

Recent software modifications on the CT-142 allow students to operate their own GPS and Inertial Navigation System (INS). The aircraft also features a new Tactical Display System that superimposes information on the students' radar displays.

At 1 CFFTS, located at 17 Wing Winnipeg, dozens of Canadian and foreign students train on CT-142s each year. They have welcomed navigators from Singapore, Korea, New Zealand, Germany, Norway, The Netherlands and Australia.

Thus, it's essential that 402 Squadron keep these planes in full operating condition.

Earlier that morning in a third floor classroom Sgt Smith, Sgt Graham and MCpl Anderson described the process of

training technicians and what tasks that training enables them to accomplish.

"We do preventive and corrective maintenance," said Sgt Smith, stressing that all the training is done in-house.

"Corrective maintenance means that something is already wrong with an aircraft, while preventive maintenance is predetermined work performed to a schedule with the aim of preventing the wear and tear or sudden failure of equipment components."

There are three aircraft technician trades: Aviation (AVN) Techs, who specialize in engines and airframe; Avionics (AVS) Tech, who concentrate on electrical, communications and radar systems; and Aircraft Structural (ACS) Techs.

"Most of the ACS techs do repairs on the structure of an aircraft, such as the outer skin," explained MCpl Anderson, adding that they also do life support equipment within the plane—rafts, survival kits, oxygen supply equipment, among other jobs.

402 Squadron employs both ap-

prentices and experienced technicians. Apprentices do a four month training program for their Qualification Level 4 training (QL4). This includes a line servicing course for the CT-142, which qualifies them to do servicing and elementary tasks such as refuelling, de-fuelling, application of power, and marshalling the aircraft for the purpose of parking.

"The experienced techs come in from other units elsewhere in Canada," says Sgt Smith. "They bring a lot of skills that are transferrable from one plane to another, including fuelling and marshalling. But each aircraft has its own unique procedures that are adhered to."

After the Line Servicing course, each trade attends a Dash 8 course that has a theory and practical portion.

"When both are completed, the member is qualified and authorized to perform maintenance," Sgt Smith says. "The practical training is done under the supervision of authorized technicians, so they're being shown how to perform the tasks correctly. We're exceptionally efficient."



Sgt Harry Banbrick, Servicing Desk Controller, stands in front of the 402 Sqn maintenance smart board, which serves to keep personnel informed of any ongoing maintenance on the aircrafts. Photo: Martin Zeilig

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Afghan Vet Gives Back to Soldier On

By Martin Zeilig
Voxair Photojournalist

Capt (retired) Dan Richter's \$15,000 donation to Soldier On marked the end on an incredible journey for the war veteran.

His donation, which was presented to MWO Fuentespina and Maj Desjardins of the JPSU Prairie Region, will, in his words, "go a long way" to helping many soldiers with disabilities and operational stress injuries.

Capt (ret) Richter is the owner of the Cafe Rouxbaix Bicycle Studio in Cochrane, Alberta. He made the donation during a brief ceremony in the bandstand at The Forks during the Canadian National Cyclocross Championships on October 25.

Capt (ret) Richter, who suffers from Post-Traumatic Stress Disorder, spent eight months in Afghanistan as Second in Command of Force Protection in 2008 with the CAF's National Support Element.

He received the \$15,000 as a donation from Specialized Bicycles Canada as a settlement in a dispute over the use of the name Rouxbaix with the bicycle maker Specialized. The company threatened to sue Capt (ret) Richter over the use of the name Rouxbaix, which is also the name of a bicycle they make.

Capt (ret) Richter countered that the name was taken from a province in France, and was thus fair use. However, lacking the money to fight the charges in court, he was going to concede the name to Specialized when the media got hold of the story.

Following the public outcry against Specialized, the company's CEO personally visited Capt (ret) Richter to apologize, drop the lawsuit, and present him with a cheque for \$15,000 to donate to a charity of his choice.

"The money will help a lot bike riders," said MWO Fuentespina, who is the Soldier On representative for the Prairie Region.

The donation will go to help fund a Soldier On bicycle camp in Montreal this

April, as well as the Big Battle Field Bike Ride next summer.

"His cheque will help a lot of soldiers by giving them a chance to talk with other riders who have the same issues and problems. It will help to reintegrate them into society," says MWO Fuentespina.

Capt (ret) Richter first got involved with cycling in the late 1990s when he was living in Winnipeg.

"I was doing a lot of mountain biking and got into racing then too," he said during an interview with The Voxair.

"My passion to be in the bicycle industry was spawned then. I started repairing bikes on the side out of our garage at home, and did some formal training as a bike mechanic while still serving in the military. Then I got into wheel building and started to build custom race wheels for athletes."

During his time in Afghanistan, he put all his bicycle stuff off to the side, and when he got back he found it difficult to get back into his hobby.

"In 2010, I thought I was having a stroke, which turned out to be an anxiety attack," said the 44 year old. "A few months later I was diagnosed with PTSD."

This is when Soldier On came into the picture.

"A friend of mine, a Warrant Officer, said he was going to try a cyclocross race and asked if I would like to go with him," said Capt (ret) Richter. "I said yes, but in the back of my mind I knew I'd back out of it. A way not to back out was to apply to Soldier On for their equipment grant. That was my way of making sure I'd go through with the commitment to ride and race."

It was that bike ride that got Capt (ret) Richter back into cycling.

"It was a big part of my recovery," he says. "It reignited my passion for cycling and eventually that is what led to me opening a shop on March 1, 2013. I'm open about it because people should know that there can be a light at the end of the tunnel."

Victoria Crosses of Valour Road Exhibit Coming to a Close



A very popular exhibit at The Manitoba Museum that highlights the courageous actions in the First World War of three young Winnipeg men who were each awarded the Commonwealth's highest military decoration The Victoria Cross, will close on Sunday the 16th of November.

More than twenty-five thousand people have visited the Victoria Crosses of Valour Road Exhibit at The Manitoba Museum to view the three original Victoria Crosses awarded to Lieutenant Robert Shankland, Sergeant-Major Frederick William Hall and Corporal Lionel B. Clarke.

At the time of their enlistment, the three all resided on the same block of Pine Street in the west end of Winnipeg, a phenomena that was unique to Canada and likely the world. In honour of the ac-

complishments of these Pine Street Boys as they came to be known, Pine Street was renamed Valour Road in the 1920s by the City of Winnipeg.

The exhibit opened at The Manitoba Museum on August 6th, 2014, when the three Valour Road Victoria Cross medals and other personal artifacts of the three recipients, part of the Canadian War Museum's collection, were brought to Winnipeg. Upon closure of the exhibit here, they will be returned to the Canadian War Museum where they will remain on permanent display.


The Canadian War Museum, mandated to safeguard Canada's military history and heritage, made it its mission to acquire and safeguard on behalf of all Canadians the three Victoria Crosses. They did so over a three-year period, from 2009 to 2012.

Two of the Valour Road Victoria Crosses were acquired with funds from the donor-supported National Collection Fund, which enables the Canadian War Museum in Ottawa, Ontario and the Canadian Museum of History to acquire artifacts that might otherwise be lost to Canadian national heritage.

The project to bring The Victoria Crosses of Valour Road Exhibit to Winnipeg was a collaborative effort of The Royal Military Institute of Manitoba, The Manitoba Museum and the Canadian War Museum and is co-chaired by Hanna Peters, Exhibits Manager of The Manitoba Museum, and Major-General (Retired) Dennis Tabbernor of The Royal Military Institute of Manitoba.



Capt(Ret) Richter (right) presents a cheque for \$15,000 to Soldier On reps Maj Desjardins (centre) and MWO Fuentespina (left). The money will go towards helping fund a bicycle camp in Montreal as well as the Big Battlefield Bike Ride. Photo: Martin Zeilig



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Ball Hockey Tourney Scores Big for GCWCC



Col Roy (centre left) and CWO Boudreault, Wing LE Branch (center right), drop the ball to George Lake (l), Captain of the Odds N Sods and MCpl Haggith (r), Captain of the MP Watchdogs, at the opening ceremonies for the GCWCC Ball Hockey Tournament. Photo: Martin Zeilig

By Martin Zeilig
Voxair Photojournalist

On his first goal of the tournament for the Odds N Sods team, Rick Phillips, PSP Resources Coordinator, tapped in a rebound from the side of the net after the goalie for the MP Watchdogs had blocked the initial shot from the point by teammate George Lake.

It was the opening early morning match in the 2014 GCWCC Ball Hockey Tournament.

A total of 10 teams took part in the tournament. They were divided into two divisions: the Hackers (Recreational), where Odds N Sods and the Watchdogs played,

and the Ringers (Competitive).

Phillips went on to score a second goal as his squad posted an eventual 9-0 win over their game but over-matched rivals.

"I'm expecting us to have a good day," said Phillips just moments before the opening ceremonies.

Each team paid an entrance fee of \$25.00, said tournament organizer Lee-Ann Brookes, a Fitness Leader at the PSP Fitness and Rec Centre.

A total of \$260, including an extra \$10 which was contributed by an anonymous source, was raised for the GCWCC she said.

In his opening remarks before the official ball drop 17 Wing Commander Colonel Joel Roy emphasized the team work involved in ball hockey.

"It corresponds to our values," he said. "Normally, I'd rather be playing in the tournament, but it's fantastic to have this taking place now. It shows spirit and camaraderie, and those are the values we want to keep promoting."

Later that afternoon the Odds N Sods, who were runners up in their division last year, defeated WTISS for the Rec Division championship, while CFSSAT claimed top honours in the Competi-

tive Division with a victory over 435 Squadron.

"I think this tournament is a great opportunity for the RCAF to support the local community through a fundraiser like this, while having the opportunity to create some unit camaraderie and having a great time," said GCWCC co-chair Captain Phil Snow.

Following the tournament, Lee-Ann Brooks said she had fun organizing it, and praised the staff of the PSP for helping her with the logistics.

"We saw a lot of good sportsmanship for a very worthwhile cause," she said. "It takes about six weeks to organize something like this. It just doesn't happen overnight. I had a lot of collaboration from many colleagues on the PSP staff."



It was a spirited game between the Odds N Sods and the MP Watchdogs, but the Odds N Sods ended up winning 9-0. Photo: Martin Zeilig

23 CF Hlth Svcs Flu Shot Clinics

The Influenza (flu) vaccine is now available and is strongly recommended for all CAF Members entitled to medical care from the CF Health Services.

Getting immunized yearly with the flu shot is the safest, longest lasting and most effective method to prevent influenza (the flu).

Persons who developed a severe reaction to a previous dose of influenza vaccine or to any of the vaccine components, or who developed Guillain-Barré Syndrome (GBS) within six weeks of influenza vaccination, should not receive a further dose. A block of time has been dedicated for the administration of the influenza vaccine in November 2014. See below.

Scheduled "Drop-ins" clinics for CAF Members*

Immunization to occur on a "first come-first served" basis

Wednesday Nov.5 Room #214 Bldg. 62, 23 H Svcs C 13:15-15:15

Wednesday Nov. 12 same as above 13:15-15:15

Monday Nov. 17 same as above 13:15-15:15

Wednesday Nov. 19 same as above 13:15-15:15

Clinics by appointment only.

CAF Members* are to book a 10 min. appointment by calling local: 5595 or 5777

Friday Nov.7 Room #214 Bldg. 62 09:00-11:30

Clinics planned for CAF members* in their workplace

Thursday Nov.6

402 & 435 Sqns (Hangar #16 Namao Hall, 3rd floor)

08:30-11:15

Thursday Nov. 13

1 Can. Air Division (Mynarski Hall)

13:15-15:15

Civilians: i.e. public servants, relatives or household contacts (including children) of CF Members and Reservists (Class A) are to be encouraged to access vaccine from their usual health care provider e.g. physician, local public health department.



Captain (Capt) Marc Chiasson from 23 Canadian Forces Health Services (Right) administers the flu shot on 17 Wing Commander, Colonel (Col) Joel Roy (Left) during the 2014 Influenza Immunization Clinic on the 30th of October, 2014 in Mynarski Hall at 1 Canadian Air Division, 17 Wing, Winnipeg, Manitoba.

Photo by: Cpl Justin Ancelin, 17 Wing Imaging

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Com Rec Halloween Party a 'scary' good time



The Gymnasium at the PSP Fitness and Rec Centre was packed with all sorts of little critters at the Com Rec Halloween Party. Photo: Martin Zeilig

By Martin Zeilig
Voxair Photojournalist

The goblins, ghosts, witches, fairy princesses, superheroes, Transformers, and other colourful creatures came out to play en masse at the 17 Wing children's Halloween Party at the Rec and Fitness Centre (Building 90) on Saturday, October 25.

Just under 400 people attended the annual All Hallows Eve event, which was organized by Colleen Preston, Community Recreation Coordinator.

"I was very happy with the turnout," she said in an interview with The Voxair. "There was a large attendance and we had good feedback. Everyone had a good time."

A nice addition this year was that not all visitors were associated with 17 Wing, or the military, in general, for that matter.

"I found out about this party on the 17 Wing PSP

Winnipeg website," said Michelle Woods, whose daughter, Harlow, was carrying a magic wand and wearing a light blue Cinderella dress.

Major Norm Robert, who has just retired from 2 CAD, and his wife Major Sarah Lindsay attended with their three children.

"We usually come to the Christmas party," said Maj Robert, as the smell of fresh popcorn and hotdogs drew his children to the canteen in the lobby of Building 90. "Playing dress-up, though, is their favourite thing; it's a highlight for the kids."

Downstairs, the haunted house was not for the faint-of-heart.

"It was neat," said a confident Nick Hau, 11, moments after emerging

from the spook palace's darkened interior with his father, Corporal Tom Hau. "They put a lot of work into it, for sure."

Judging by the sudden screams of some other children, the haunted house claimed more than a few souls that night.

Meanwhile, in the gymnasium children had a witch's cauldron of entertainment to choose from. There were two large inflatable bouncing castles, both with Disney themes painted on their exterior, giant Hamster Balls, a face painting table, a cookie decorating table, a craft table and the ever popular Glitter Tattoo table. While out in the theatre *Trick or Treason: Alvin and the Chipmunks*, was being shown.

See page 15 for more photos.



A reveler takes some time to clown around with our photographer at the Com Rec Halloween Party. Photo: Martin Zeilig

1CFFTS Costume Contest Brings Out School's Creativity

By Martin Zeilig
Voxair Photojournalist

Disco Stu, a.k.a. 17 Wing Commander Colonel Joel Roy, made an outlandish appearance at the 1 Canadian Forces Flight Training School Halloween Costume Competition and potluck on October 31.

"We can be professional and still have fun," commented Col Roy, who was one of the judges in the competition. "You can see a lot of creativity from the students and staff. Everyone is having fun."

The prize winners were the uproariously costumed students from ACSO Course 1304, who provided a hilarious choreographed "take off" routine down the hallway to much applause afterwards from their colleagues. They dressed as a flamboyant wood frame /styrofoam/ cardboard and paper mache "Gonzo"-- a replica of a CT142 De Havilland Dash 8, the plane flown by 402 "City of Winnipeg" Squadron to train the students.

The three staff prizes went to Nicole Papineau for her pregnant nun outfit, Captain Stephenie Cadieux who was a

pregnant witch, and Captain Annie Marheux, who dressed as a buck-toothed witch.

The students will receive an extra day as their prize, noted Lieutenant-Colonel Russ Defer, the Commandant of 1 CFFTS, while the staff winners all won received exclusive parking spots for a week.

"They showed amazing ingenuity," LCol Defer said after the winners had been announced. "What impressed me the most was to see a course, the students, that has been here 10 months and to see them come together as a team to make one costume. That is fantastic."

He also praised event OPI Sgt Bowden for having put in a lot of time and effort into planning the event.

"We know that things are busy now," said L Col Defer, who carried a toy plastic hunting rifle and wore a bullet scarred fake hunting vest. "We have people deployed and getting ready to graduate. It's been a very busy time to get together at the school and have some fun."



The students at 1CFFTS let off some steam at their Halloween Costume Contest. Photo: Martin Zeilig

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Remembrance Day Services 2014



Winnipeg Convention Centre	375 York Avenue	Service at 1045 hrs, to be seated by 1030 hrs
Memorial Street Ceremony	1885 Memorial Street	Service at 1045 hrs, service by Royal Winnipeg Rifles
Minto Armouries	969 St Matthews Street	Service at 1045 hrs in the drill hall
Army, Navy, Air Forces Assiniboia - Unit 283	3584 Portage Avenue	Service at 1040 hrs in the main hall
Sir Sam Steel Legion Branch 117	376 Salter Street	Service at 1045 hrs. Parade to march from Legion to the ceremony in Bruce Park
St James Legion Branch 4	1755 Portage Ave	Parade March from Legion to the ceremony in Bruce Park. Service to commence at 1040 hrs
Charleswood Legion Branch 100	820 Charleswood Road	Service at 1030 hrs. Service to be held at Oak Park High School
Fort Rouge Legion Branch 97	426 Osborne Street	Service at 1045 hrs at the Legion
Transcona Legion Branch 7	117 Regent Avenue East	Service at Blessed Sacrament Church (710 Roanoke St.) at 1000 hrs
Brooklands and Weston Legion 2	1613 Logan Avenue	Service at 1045 hrs in the Legion's upper lounge
HMCS Chippawa	1 Navy Way	Service at 1045 hrs, to be seated by 1015 hrs
McGregor Armouries	551 Machray Avenue	Service at 1030 hrs in the main drill hall
Lamp Post Memorial	Sergeant at Valour Road	Service at 1045 hrs, service by 38 CBG
Royal Winnipeg Rifles Memorial	Vimy Ridge Park, Portage at Home street	Service at 1045 hrs
West Kildonan Legion Branch 30	1748 Main Street	Service at 1045 hrs at the Legion
Norwood St Boniface Legion Branch 43	134 Marion Street	Service at 1045 hrs at St Philips Church. Members will march from Legion (1015 hrs) to the church
Prince Edward Legion Branch 81	300 Trent West Kildonan	Service at 1045 hrs at the Legion
Fort Garry Legion Branch 90	1125 Pembina Highway	Service at 1030 hrs at the Legion
Elmwood Legion Branch 9	920 Nairn	Meet at Cemetary (Henderson at Hespler) with service to follow at the Legion at 1100 hrs
Manitoba Legislature	450 Broadway	Service at 1030 hrs
Henderson Highway Legion 215	3400 DeVries Avenue	Service at 1030 hrs
Ukranian Legion 141	618 Selkirk Avenue	Service at 1030 hrs

Dress for military personnel is DEU 1 A (medals). Headdress Navy - Service cap/Bowler, Army - beret, Air Force - Wedge.

** While we try our best to make sure all information regarding Remembrance Day Services are correct, please note that all timing are subject to change.

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WComd Reflects on Remembrance Day

By Col Joel Roy
17 Wing Commander

Recent events that saw the lives of two soldiers taken by terror acts have shocked us all. And yet, these attempts to undermine the values that Canada represents have only strengthened our resolve and belief in the need to accomplish our duty. The outpouring of support throughout Canada and beyond has comforted us and reinforced our will to serve Canada to the best of our abilities.

I am extremely pleased with the way personnel have quickly adjusted to the heightened security measures rapidly put in place. We are continuously examining these measures, so that they are more than adequate to ensure the safety of our personnel throughout our vast area of responsibility. To that end, we know we can count on assistance from our lodger units and the local civilian agencies.

As the lead Wing for the Air Expeditionary Wing and Air Task Force (AEW and ATF) in 2014, we have been further tasked to support a second theater of operations. It should be no surprise that resources are getting stretched. While we

are still supporting the mission in Lithuania, we recently deployed more personnel to Southwest Asia in support of the Canadian contribution to the coalition supporting Iraq. The ability to deploy on two major operations could only be possible through a tremendous coordination effort put forth by many here, who sacrificed weekends and evenings to ensure personnel and families were prepared and supported. In fact, the ATF itself requires the participation of personnel from several Wings, which greatly enhances the difficulty in pulling this all together. You can be as justifiably proud of this accomplishment, as we can be of the mission personnel who are now performing in theater.

In addition, for this latest deployment, 435 Squadron was also requested to provide air-to-air refueling for the CF-18s on their way there. This is a great training opportunity to upgrade several crews in new positions in a live setting and is an experience that will benefit the RCAF for years to come.

Despite all of this happening, several important projects are also moving ahead

for our community in Winnipeg, Regina, Dundurn, and Yellowknife. We remain successful in advancing several unit projects through the Resource Management Committee (RMC), and remain committed to resolve quality of life (QoL) issues to the extent of resources available. You likely saw or will see improvements in your area ranging from road repair and various operational requirements to kids parks, hockey rinks and much, much more.

I am also thrilled to see everyone's commitment to our GCWCC campaign. We were recently treated to a great TEME breakfast and a challenging ball hockey tournament with several more activities to come. The need around us is important and your contribution is helping many.

You can all be proud of your contribution to the success of our missions, abroad and at home. While we remain extremely busy and focused operationally, we are maintaining projects and activities that make the larger 17 Wing community a great place be.

Remembrance Day is approaching and will again be an opportunity to hon-



17 Wing Commander Col Joel Roy

our those who served before and those who currently serve with us. Most in the world looks to Canada for the values of freedom, justice, and diversity that we uphold. While it is appalling that anyone would want to associate with any organization that values despicable acts of barbarism, we will maintain the moral high ground and remain a beacon of humanity. We will march in the steps of our forefathers, committed to providing hope for those oppressed.

Commandant de la 17e escadre se réfléchit sur le jour de Souvenir

By Col Joel Roy
Commandant de la 17e Escadre

Les récents événements qui ont coûtés la vie de deux soldats par des actes de terreur nous ont tous choqué. Malgré tout, ces tentatives de saper les valeurs que représente le Canada n'ont que revigoré notre résolution et croyance dans le besoin d'accomplir notre devoir. Les débordements de support de partout au pays et ailleurs nous ont reconforté et renforcé notre volonté de servir le Canada au mieux de nos habiletés.

Je suis extrêmement satisfait de la façon dont le personnel s'est ajusté aux mesures de sécurité rapidement mises en place. Nous examinons celles-ci de façon continue, afin qu'elles demeurent plus qu'adéquates pour assurer la sécurité de notre personnel sur notre vaste territoire de responsabilité. À cette fin, je sais que nous pouvons compter sur l'assistance des unités hébergées et des agences civiles locales.

En tant qu'Escadre lead cette année comme Escadre Aérienne Expéditionnaire (AEW et ATF), nous devons maintenant fournir le support à un deuxième théâtre d'opération. Il n'est donc pas surprenant que les ressources commencent à être étirées. Alors que nous supportons toujours la mission en Lituanie, nous venons juste de déployer plus de personnel en support à la

contribution Canadienne aux efforts de la coalition qui vient en aide à l'Iraq. Le déploiement sur deux opérations majeures n'est possible que par le formidable effort de coordination fourni par plusieurs, qui ont sacrifié fins de semaines et soirées, pour assurer une fois de plus que personnel et familles étaient préparés et bien épaulés. En fait, l'Escadre expéditionnaire elle-même regroupe du personnel de partout au pays, ce qui augmente grandement les difficultés de coordonner le tout. Vous pouvez, à juste titre, être aussi fier de cet accomplissement, que nous pouvons l'être de la mission que le personnel est allé effectuer.

De plus, pour ce dernier déploiement, les services de ravitaillements aériens du 435e Escadron ont été demandés. Le ravitaillement des CF-18 jusqu'à destination a été une rare opportunité pour entraîner les équipages de vol, et même d'en graduer quelques-uns à des positions de responsabilités plus avancées, en situation réelle. C'est une expérience qui bénéficiera la Force Aérienne pour des années à venir.

Malgré tout cette activité, plusieurs importants projets continuent d'avancer pour notre communauté, à Winnipeg, Régina, Dundurn, et Yellowknife. Nous obtenons beaucoup de succès pour avancer plusieurs projets d'unités par le Comité de Gestion des Ressources, et nous demeurons résolus à résoudre les problèmes de

Qualité de Vie, à la limite des ressources disponibles. Vous avez probablement déjà vu, ou verrez bientôt, plusieurs améliorations, allant de la réparation des routes et des besoins opérationnels variés, aux parcs d'enfants et patinoires, et bien, bien plus.

Je suis aussi ravi de voir le dévouement de chacun pour notre campagne de CCMTGC (GCWCC). Nous avons pu récemment nous régaler du déjeuner de TEME, et participer au tournoi de hockey-balle, avec plusieurs autres activités qui s'en viennent. Les besoins autour de nous sont importants, et votre contribution en aide plusieurs.

Vous pouvez tous être fier de votre contribution au succès de nos missions, outre-mer et domestiques. Alors que nous demeurons à la fois occupés et concentrés opérationnellement, nous maintenons aussi des projets et activités qui font de la grande communauté qu'est la 17e Escadre un endroit où il fait bon être.

Le jour du souvenir approche et sera encore une fois une opportunité d'honorer ceux qui ont servi avant, et ceux qui servent avec nous. La plupart dans le monde admirent le Canada pour les valeurs de liberté, justice, et diversité que nous valorisons. Bien qu'il soit scandaleux que certains veuillent s'associer à des organisations qui exhortent des actes méprisables autant que barbares, nous maintiendrons une haute autorité morale et demeurerons un phare d'humanité. Nous marcherons dans les pas de nos prédécesseurs, résolus à donner espoir aux opprimés.

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John Dick's Landscaping: Proud to Serve Those Who Serve

By Martin Zeilig

John Dick, owner of John Dick Landscaping & Lawn Care, views Remembrance Day as a perfect time for heartfelt reflection for what all men and women in military service have given to this country over the years.

It's a serious and often forgotten message that we should all take to heart.

"Everyday is the right time for Winnipeggers to remember, respect and honour the sacrifices that Canadian veterans and their families have made. They pave the way to our freedoms," he says.

"As a contractor, I have had the opportunity and am fortunate to work with veterans' families for over ten years now. I also have family members who were in the military.

"I feel fortunate to do what we do for Veterans and their families, and am reminded of this often when I am approached in public by members of our Canadian Military who stop me to say 'I want to thank you for taking care of my mum and dad.' It's humbling."

You may have seen one of John's trucks, displaying the commitment "Proudly Serving Winnipeg's Veterans", always seen right next to a big poppy.

John started his business in 1997, and has been involved with the Veteran's Independence Program since 2002.

The Veterans Independence Program (VIP) helps people remain independent and self-sufficient in their home and community.

Depending on their circumstances and health needs, they may qualify for financial assistance to obtain services such as grounds maintenance; housekeeping; personal care; access to nutrition; health and support services provided by a health professional.

The program is designed to strengthen the independence of veterans and their families in part by providing necessary and valuable benefits to them, emphasizes John, whose clients are supported by a core group of dedicated 12 full time employees.

"On our website, we try to keep the public informed with the most current information from Veterans Affairs about the specifics of what is covered under the program," he says.

Besides providing grass-cutting, snow removal and tree trimming services, John's well trained employ-

ees also specialize in landscape construction. John offers consultations, and works side by side with his men during bobcat and dump truck services, excavations, levelling and grading, not to mention all of the long hours clearing commercial and residential snow.

John and his crew work hard to maintain the highest standards of excellence possible in their field.

"We are proud to be recognized four years in a row by the Manitoba Better Business Bureau for our Service, Excellence, Ethics and Integrity," he says.

Details about the performance history for John and his crew can be viewed anytime on the BBB website.

Winnipeg knows John Dick Landscaping and Snow Removal for their hard work, and this commitment to client satisfaction was recently rewarded when the Stars Air Ambulance requested their services year round for their quick response flight hanger in Winnipeg.

"I could not be more proud of my guys, Stars Air Ambulance as a client? Now that is a huge gold sticker for the report card!!" John says.

As well, John and his team receive numerous thank you letters/emails and voice mail messages that from clients which serve to reinforce his commitment to the job.

"The service has been fantastic. The snow was cleared over night or by mid- morning, after heavier snow falls, at the latest." - Sincerely Will & Lillian Szepertycki March 16, 2014

"I compliment you on the work that your crews continue to do, an exceptional visit today to provide a detail clean up and scraping of the driveway, they did a wonderful job, you have good fellows working for you, I appreciate your work, extremely satisfied with your service, thank you John." - George Woods

The company does large commercial landscape projects, as well as basic yard maintenance for city wide residential customers, says John, a life-long resident of Winnipeg, who started his career in landscaping and property care in 1985.

"I came from an entrepreneurial home," he said. "My dad is a successful, well respected, independent business owner and is a positive influence for me, even today. Naturally, when I bought a snow blower, I printed off

flyers from the UPS store and went door-to-door letting people know my services were available. That's how John's Snow Services Ltd. started. I primarily worked only during the winter for a few years."

But, then his winter customers began asking for summer services too.

"I wasn't going to refuse them," stressed Mr. Dick. "So, we developed our current name. We pride ourselves on providing a pinnacle level of service in Winnipeg."

"We're making Winnipeg a Beautiful City One Property at a Time."

To contact John please call (204) 291-7778; Fax: (204) 661-4701 or visit the company website: www.johndickenterprises.com

Serving Those Who Serve



John Dick's Landscaping and Lawn Care provides 12 month, year round property care for Veterans & their families.

Grounds maintenance services may include:

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In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

by John McCrae, May 1915

Remembering those we have lost

Through the sacrifices made by our military, we enjoy a way of life, better than most in the world.

Those who made the ultimate sacrifice enabled us to prosper through freedom earned by them.

*We owe our lives to those who took a stand for freedom and our country.
We will be forever grateful.*



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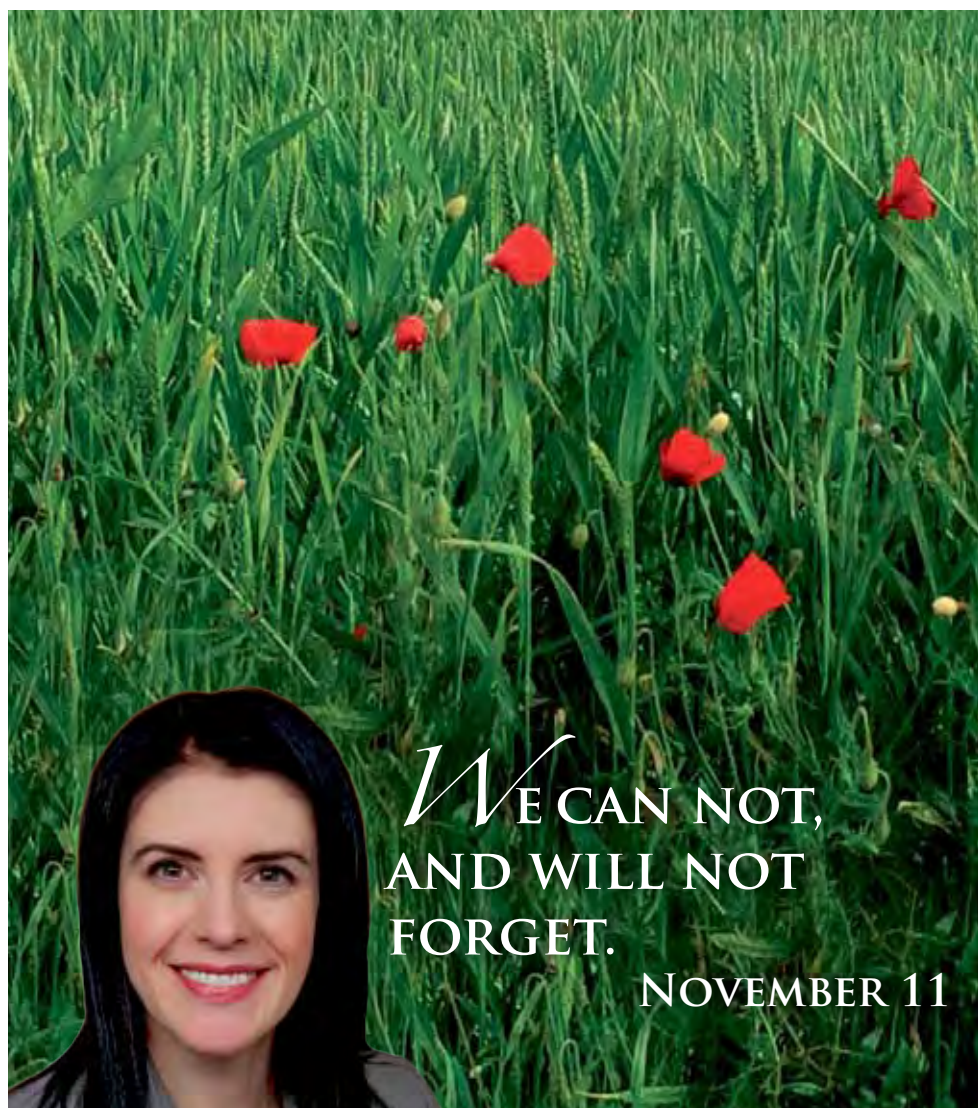
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NOVEMBER 11

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FGH HLCol Leads Canoe Trek to Harcus Strachan Lake

**MCpl Draper Houston
38 CBG NCMPAO**

Harcus Strachan Lake, Man. — On August 10, 2014, six paddlers led by Honorary Lieutenant Colonel Bob Williams (of The Fort Garry Horse) began their trek into the harsh northern wilderness of Manitoba to Harcus Strachan Lake, which, in 2013, was named after Victoria Cross recipient Lieutenant Colonel Harcus Strachan, VC, MC — a member of The Fort Garry Horse during The First World War.

“I am a wilderness canoer,” said Williams. “Upon hearing about the announcement in a meeting, I said I would lead a canoe trip into to the lake. After I sat down the fellow beside me asked, ‘Do you have any idea where that lake is?’ The stunned look on my face was his answer.”

It turns out, Harcus Strachan Lake is in the middle



Led by Honorary Colonel Bob Williams, a group laid a plaque on Harcus Strachan Lake in northern Manitoba — named after Victoria Cross recipient Lieutenant Colonel Harcus Strachan, VC, MC — a member of The Fort Garry Horse during The First World War. Photo: Supplied

of nowhere — 85 km due east of Thompson to be precise.

Accompanying Williams on the trek were Lt Colonel (ret.) Joe Greenberg and his son, Brian Greenberg; Harry Stimson, an ex-Fort Garry cadet; Ed Loewen; and Mike Sellors.

On August 15, after reciting Binyon’s Verse, the group placed the plaque commemorating LCol Strachan on Strachan Lake.

The group also placed a plastic jerry can protected by a rock cairn to serve as a time capsule consisting of a write-up on the trip’s several members, newspaper articles on Lieutenant Colonel Harcus Strachan, copies of the official announcement dedicating the lake in his honour, poppies, and a 38 Canadian Brigade Group coin.

During the trek, the group dealt with the elements, prevailing winds, flood waters, train delays to get to their departure point, team members with limited wilderness canoeing experience, and miles of swamp making it quite the adventure.

They were very grateful to the help that they received along the way from the members of Thicket Portage and Cross Lake communities as well as employees of Manitoba Hydro.

“The citizens from Thicket Portage that we met on the water and the Hydro employees all wanted to get their picture taken with the Plaque,” said Williams. “We were putting a plaque up in their back yard, and they were pleased to know about Strachan and his lake.”

On August, 22, 2014, the adventurous group arrived back in Winnipeg.

“By any measure that occurs to my mind, the trip was very successful,” said Harold Stimson. “We accomplished our goal and completed the trip, mainly by canoe, and in the allotted time. That portage was one of those ones that (after you had done it) you would look back on with grim pride.”

HLCol Williams agreed, “Mission Accomplished.”



The plaque in honour of Lieutenant Colonel Harcus Strachan, VC, MC placed at Harcus Strachan Lake, MB. Photo: Supplied

On Remembrance Day, we take the time to remember those who have fallen in the service of our country, and those who continue to serve Canada with courage and compassion.



Steven Fletcher, MP

Charleswood - St. James - Assiniboia
204-984-6432 www.stevenfletcher.ca

17 Wing Members Depart for OP Impact



Personnel depart from 17 Wing Winnipeg, Manitoba on Wednesday, October 22nd in support of Operation IMPACT. The operation is the Canadian Armed Forces’ (CAF) contribution to coalition assistance to security forces in the Republic of Iraq who are fighting against the Islamic State of Iraq and the Levant (ISIL) Photo: Cpl Justin Ancelin

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**17 WING
JUNIOR RANKS**

MONDAY – THURSDAY

Lunch 1130 – 1300 hrs
Afternoon 1500 – 1900 hrs

(Hours may be extended to 2200 hrs depending on attendance)

FRIDAY

Lunch 1130 – 1330 hrs
Afternoon 1500 – 2400 hrs

SATURDAY – SUNDAY

CLOSED

Hours will fluctuate on nights with scheduled events

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Available for Weddings, Socials, Private or Unit Functions / Contact the Junior Ranks Admin Office Bldg 61 / 204-833-2500-5245



17 Wing Fitness & Sports Hold Spin & Circuit Spooktacluar



Joanna Jarrett, PSP Facility Coordinator, dressed up as a belly dancer and helped cheer on tired Spin Riders at the Spooktacluar. Photo: Mike Sherby

On Halloween, members of the 17 Wing Fitness and Sports staff organized a Spooktacluar Spin and Circuit Training event to help exercise the spirits of some two dozen eager participants. Running from 1100 to 1300 hrs, all that exercise was certainly enough to get those skeletons in prime condition for all that Halloween candy.

The Spooktacluar kicked off with an hour long spin class, followed directly by a scaretastic hour of circuit training, which had even the stoutest souls sweating.

The event gave the PSP F&S staff a chance to show off their creative side, with costumes ranging from a cardboard T-Rex, a moody Robot, lego blocks, a pair of dice, a coffin, and many others.

Com Rec Halloween Party (Continued from page 8)



A ghoulish volunteer at the Community Recreation Halloween Party provided a good scare inside the haunted house. Photo: Martin Zeilig



A brave soul prepares to enter the Pirates of the Carribean Haunted Bounce Castle. Photo: Martin Zeilig

COMMUNITY RECREATION

Children's Program Schedule

GAMES 'N SPORTS

6 to 8 yrs

MONDAYS

1800 - 1900 hrs

UNTIL DEC. 1

9 to 12 yrs

WEDNESDAYS

1800 - 1900 hrs

UNTIL NOV. 26

CHILDREN'S TENNIS

6 to 12 yrs

THURSDAYS

1800 - 1900 hrs

UNTIL NOV. 27



FOR MORE INFO. 204-833-2500 EXT 5139 OR 2057



"PRESENCE FOR PIPER"

MUSIC NIGHT AND COFFEE

fundraiser at the Travel Mug Cafe
1727 Kenaston Blvd. Winnipeg



Help support 11-year-old Piper's on-going medical care at Sick Children's Hospital in Toronto.

Piper is the daughter of Sgt Jessop and CWO Coffin.

Music Night featuring Darren Sawchuk
November 14th 8-10pm

\$2.00 Coffee Day

November 15th all day

all proceeds from 12oz coffee purchases will go to help Piper and her family.



www.pspwinnipeg.ca

This November be Addiction Aware

An addiction free lifestyle is a key component in the maintenance of good mental and physical health, as emphasized by the CAF Health and Physical Fitness Strategy. We encourage you to take part in the Strengthening the Forces Addictions Awareness Campaign, "Wasted Time? It's Your Choice!" The campaign will run from 12-28 November 2014, and will provide a variety of programs and activities designed to increase knowledge and awareness of alcohol, other drugs, gambling and gaming.

Each time you visit us at a display or program, you will be entered for a chance to win one of 3 prize packages.

November 12; 1100 – 1330hrs

1 Cdn Air Div Atrium - Interactive display

November 14; 0900 – 1500hrs

Bldg 90 - Interactive display including the Bike Blender

November 18-19

Alcohol, Other Drugs, Gambling and Gaming Awareness Training for Supervisors

0800 – 1600hrs (Tues) & 0800 – 1200hrs (Wed)

*this is a MITE coded course

November 25 & 26; 0830 – 1600hrs

Stress Take Charge

No time to come to us? We can come to you. Consider booking Health Promotion for a Mocktail break, safe party briefing or an interactive presentation.

A website has been designed that is accessible to all members of the Defence team providing information on ways to maintain an addiction free lifestyle for you and your family: <http://www.forces.gc.ca/wastedtime>.

For more information on any of the activities or to register, please contact Health Promotion at (204)833-2500 ext 4150 or HealthPromo@forces.gc.ca



Mental Fitness and Suicide Awareness

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

Mental Fitness and Suicide Awareness: Supervisor Training
This course is course coded!
6 November 2014
0800 – 1600 hrs

For more information or to register, contact Health Promotion at local 4150

Sensibilisation à la santé mentale et au suicide : Formation du superviseur
Il s'agit d'un cours auquel on a attribué un code!
6 novembre 2014
8 h à 16 h

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150

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

Sensibilisation à la santé mentale et au suicide

BOUFFE-SANTÉ pour un rendement assuré

TOP FUEL for Top Performance

Ce que vous mangez fait toute la différence!

Les ateliers du programme Bouffe-santé pour un rendement assuré accroîtront vos connaissances et vous donneront des conseils pratiques pour améliorer vos choix alimentaires.

What you eat makes a difference!

Top Fuel for Top Performance workshops will provide you with knowledge and practical tips to tune-up your food choices.

1 and 2 Dec 2014
0830-1600 hrs
2-day course/cours de 2 jours

For more information or to Register contact Health Promotion local 4150

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150

For more information, contact your local Strengthening the Forces Health Promotion office:

Pour plus de renseignements, communiquez avec votre bureau local de promotion de la santé - Energiser les Forces :

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
ENERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes

Alcohol, Other Drugs and Gambling: Supervisor's Training

18 November (0800 - 1600 hrs) and 19 November (0800 -1200 hrs)

Recognize and respond to early warning signs and develop effective interview skills.

This training is course coded and is required for all military in a supervisory role. DAOD 5019-7

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

18 novembre (8 h à 16 h) et 19 novembre (8 h à 12 h)

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

Ces compétences seront bientôt obligatoires pour tous les Militaires qui ont des fonctions de supervision, Ce cours aura un code. DOAD 5019-7

For more information or to register, contact Health Promotion at local 4150

Pour vous inscrire, appelez le Bureau de Promotion de la santé, au 4150

STRESS: Take Charge!
A Canadian Forces Program

Le stress : ça se combat!
Programme des Forces canadiennes

Want to increase your stress hardiness, enhance your performance, ramp up your resilience?

Stress: Take Charge!
25 and 26 November 2014
0830 - 1600 hrs

Voulez-vous augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

Le stress: Ça se combat!
25 et 26 novembre 2014
0830 h à 1600 h

For more information or to register contact Health Promotion at local 4150

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150



Connect with us:

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204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

www.facebook.com/WinnipegMFRC www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

Evening Childcare

Wednesday, November 19
 From 5:00 to 7:30 p.m.
 Westwin Children's Centre
 \$10 for children over 2 years old; \$12 for children under 2 years old. Ask about our family rate.
 Registration deadline: November 17, 2014
 We'll take care of your children 1—5 years old, while you enjoy some adult time. Perhaps you'd like to go out for dinner, for a walk or have a chance for a conversation without child interruptions. School age children might like to visit the MFRC Youth Drop In Centre. Please call 204-833-2500 ext 2491 to register.

Road to Mental Readiness (R2MR) Reunion Briefing

Tuesday, November 18 from 6:30 to 9:30 p.m.
 Registration deadline: November 12, 2014
 While many families recognize the need for preparation prior to the deployment, preparing for the return of your loved one is just as important. Although your emotions about the upcoming reunion are bound to be much more positive than those that you were dealing with prior to their departure, it is essential to understand that there can be some common transition challenges for both families and CAF personnel during this time. Preparation, education and skills are key for both you and your military loved one's success in managing this phase of the deployment.

Make Ahead Meals

Tuesday, November 25 from 6:30 to 8:00 p.m.
 \$60.00
 Registration deadline: November 18, 2014
 Join us for an evening of food and fun. We'll be making five take home freezer meals from the books 'Not your Mother's Make Ahead and Freeze cookbook' and the 'The Big Cook'. This is a great way to get out of the dinner rut and create some new meals for your family. Registration and prepayment are required. Please bring a cutting board, sharp knife, large mixing bowl, mixing spoon, spatula, measuring spoons and cups and a can opener. This month we'll be making Lazy Man's Lasagne, zesty Italian melts, vegetarian chili, honey garlic chicken and marinated pork chops.

Francophone Ladies Group

Christmas baking workshop
 Sunday, November 30 at 1:00 p.m.
 \$10.00
 Registration deadline: November 26, 2014
 What could be better than cooking with a group of people and learning new cooking techniques, while having fun! We will be making our Christmas baking. Fun guaranteed!

Meditation Monday

Mondays, November 3, 10, 17 and 24 from 12:00 to 1:00 p.m.
 Are you looking for a chance to take a quick breather? Meditation Monday is a drop in group for those who

wish to relax and find focus. Activities will vary but may include mediation, mindfulness and guided imagery. Please join us to enjoy the peace and quiet. In consideration for all participants comfort, conversations should be held outside the meditation room, prior to entering or upon leave the group. The room will be open at 12:00 p.m. and meditation will begin at 12:15. Once the room door is closed, no other participants will be admitted.

ted.

Bending but not Breaking - Developing personal Resilience While Parenting Under Extreme Conditions

Thursday, November 27 from 7:00 to 9:00 p.m.
 Registration deadline: November 25, 2014
 How do you meet stress and life's demands with optimism and flexibility without becoming stuck or overwhelmed? Kalyn Falk, MA, is an author, speaker, retreat guide, and spiritual director. She has been an active advocate for her son, who is profoundly autistic and released her book "Mother of the Year and Other Elusive Awards: Misadventures in Autism" this year. She will be sharing her story of parenting and finding her own voice as well as inviting other parents to think about their own resilience in this interactive evening.

Shopping Showcase

Exposition d'entreprises à domicile

Shop all of your favourite home-based businesses in one location.
 Retrouvez toutes vos petites entreprises à domicile préférées en un seul endroit.

Admission is free! / Admission gratuite!

For more information call 204-833-2500 ext 4500.

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21 NOVEMBRE À 19 H

CENTRE COMMUNAUTAIRE WESTWIN
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Pour plus d'info, composez le 204-833-2500, poste 4500.

Guest Speaker
LGen (ret'd) Eric Findley
 former Deputy Commander NORAD

Conférencier d'honneur
Lgén (ret) Eric Findley
 Ancien Commandant adjoint NORAD

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*A classical dinner receipt will be issued for a portion of the available price. *Un reçu pour les dépenses de restauration (pour une partie) sera émis à votre demande. LES SÈRES SONT EN VENTE À SOUS-PRIX LE 21 FÉVRIER 2015.

Special Needs Community Expo

Thursday, November 6
 From 1:00 to 4:00 and 6:00 to 8:30 at the MFRC.

Have questions about special needs services in Winnipeg? We have invited a number of agencies and organizations that provide supports to individuals and families who are affected by special needs.

Guests at this event will include Anxiety Disorders Association of Manitoba, the Movement Centre, MATC, Disability Tax Credit Services and more. There will be some presentations, as well as the opportunity to speak with representatives informally.

Stay tuned to the Facebook page for the schedule.

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Taroscopes

BY
NANCY

Aries (March 21 – April 19): Over-planning frustrates you. You crave impulsive action. Try to find the middle ground as some preparation is needed for an event but so is spontaneous fun. If you find you're acting in an old, non-constructive way, resolve the issue and move on. Practice respect and kindness.

Taurus (April 20 – May 20): While you're busy thinking about how to fix one thing, something else falls apart. Focus on maintenance of the material and the social aspects of your life. Get outside help to resolve issues with others. Stick to your budget. Avoid getting caught up in keeping up appearances.

Gemini (May 21 – June 21): Life is often like a game so don't take things too seriously when they are not always so. Live in the moment and enjoy the experiences. Explore and discover. Put your worries and concerns about providing the essentials on the back burner for a bit and revel in simple pleasures.

Cancer (June 22 – July 22): Planning for the future isn't as easy as you'd hope due to the antics of others. You need to do what's best for you in spite of what others are doing. Don't get caught up in head games. Learn to see when others are manipulating you by trying to influence your feelings.

Leo (July 23 – August 22): You may want to flee the scene if you no longer feel like you're calling all the shots, but stay the course and keep your promises. Sharing the limelight should not be that difficult. If you or someone else has been behaving badly, do what needs to be done to restore trust and equity.

Virgo (August 23 – September 22): All your hard work will be worth it so hang in there. Taking regular time-outs will keep you energized. Delegate the less important tasks. You know when it comes to the important things you won't be satisfied unless you do it yourself anyway - so no complaining.

Libra (September 23 – October 23): Prioritize and plan and you'll efficiently complete your work. Don't fall for someone's fancy ideas. If they paint a pretty picture use pointed questions to discover what they are leaving out or brushing over. What is omitted is as important as what is shown and shared.

Scorpio (October 24 – November 21): Focus on understanding and expressing your feelings in a way that is genuine and gentle. Yes you may feel frustrated, lost, left out - but this may be exactly what is good for you right now as it will force you to get in touch with yourself and can make you aware of what you want.

Sagittarius (November 22 – December 21): The ability to focus, a track record of success and a whole lot of confidence are your best assets. Consider how your emotional response to events affects your views. You are not a victim you are a driving force. Tie up loose ends and then put the past behind you.

Capricorn (December 22 – January 19): New information may make you reconsider your lifestyle and revise plans. Something you'd only partially understood now becomes clearer to you. You will see now how your words and actions have affected others. You are rewarded for setting a good example.

Aquarius (January 20 – February 18): Balance work and play and you'll get more done while having fun. Engage in group activities with interesting and educated people. A chance meeting could grow into something special. Be patient with those who don't grasp things quickly.

Pisces (February 19 – March 20): The less you try the more things fall into place. Don't judge an idea or situation good or bad, just explore it. If you want something work for it but also let go of what is more worth than it's worth. Ask people about their views and you'll learn a lot about them and yourself as well.

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Padre's Corner

Remembrance: A Time to Reflect

By LCdr Jack Barrett – Wing Chaplain

As I sit at my desk today, I am remembering and reflecting on the events of Oct 20th and 22nd, when two CAF personnel were attacked and killed in broad daylight without provocation – in Canada. The news services around the world are lit up with stories, headlines, images, video clips and sounds of the tragic events as they unfolded. Accompanying these stories, of course, is the ever present speculation and conjecture by both expert and amateur alike. Each expert and commentator tries to put their own spin on something that, at least in the early days, defies any degree of accuracy of understanding or reason beyond the actual events themselves. Speculation in the early stages of any investigation, especially the very public media driven investigative journalism we are bombarded with, does more to cloud the true issues of significant events and frequently does collateral damage to other parties who may or may not be innocent. So, I try to reflect and consider the meaning of these tragic events in the context of being a military member as we take the time to remember past generations of veterans, many of whom wore military uniforms and gave their lives to stand in the gap between evil and peace for a generation yet to be born.

I am a beneficiary of those actions of WWII and the sacrifice of so many people, many of whom would never see a time of prosperity, stability or peace in our land and many other lands as well. These tragic events of 20 and 22 October seems to have shaken that hard won stability and peace. And they have happened in the shadow of Remembrance Day when we gather to honour and remember the actions of our citizens who have fought in

foreign wars with many sustaining physical and Operational Stress Injuries while others died on foreign battle fields in the pursuit of peace, justice and stability. So the question I ask myself today, is both simple and complex, do I remember the sacrifices of our Veterans and honour what has cost so much in human suffering and death or do I sacrifice the peace and stability that has been entrusted to this generation on the altar of fear and fear mongering?

As an Anglican Priest, I am challenged by the sights, sounds and equipment of my employer; yet as a CAF Chaplain, I feel comfortable amongst the people and environment I work in. In some ways, I feel a similar tension when I attend a Remembrance Day ceremony. The recognition of wars gone by and the toll experienced by all involved is not a comfortable thing to keep before my conscience. Inevitably, war entails much suffering and destruction of life and property. Yet, there is another side to war and Remembrance Day. Over the generations, when diplomacy has failed and our country has called upon its people to come to arms, there has been a tremendously supportive response from our youthful nation. Patriotism along with a sense of duty and responsibility has drawn us together as a nation. As individuals who pick up arms, it often brings out strengths and bonds of comradeship which is rarely seen otherwise. War, as brutal and repugnant as it can be, has also helped shape this country and its national identity. War can either tear a country apart or it can lay the foundation for freedom, respect, growth and prosperity. For Canada, the result of the wars of past generations has been one of relative peace and prosperity and a state where freedoms are protected and entrenched in our constitution.

As a Christian, I hold firmly to the concepts which Jesus Christ left for the generations that would follow him. The concept of self-sacrifice and acceptance of others different to myself and principle of doing good deeds, even (perhaps especially) to my enemy, is critical to a healthy society. For even an enemy (or a perceived enemy) is also be my neighbour. Has history been kind to Christians – not always, but that does not mute nor eliminate the sacrificial and beneficial intention of Jesus of Nazareth for ALL humans. Whether or not one accepts Jesus of Nazareth as savior, is a personal choice. Jesus' altruistic focus of caring for others and respecting

the dignity of all holds as much significance today as it did 2000 years ago. Considering that the world is a much smaller and interdependent place, those concepts probably holds even more weight today.

My choice for the question I proposed earlier, then, must be that I shall value and uphold the memory of our Veterans who sacrificed much for a generation yet to be born. The actions of a few misguided, and possibly mental ill, individuals is not enough to abandon the hard fought gains of our Veterans both dead and living. In spite of the affront of the actions of those who would want to do us harm and reject our way of life, I shall continue live out our Canadian values of freedom, respect and dignity for all.

Remembrance Day – a time to reflect ... but also a time to be inspired.

Together in Church

CATHOLIC

CHAPLAINS

Padre Paul Gemmiti
Roman Catholic Priest
833-2500 local 4885

Padre Emanuelle Dompierre
Roman Catholic PA - Mental Health Unit
833-2500 local 5086

Mass (Bilingual)
Sunday

1100 hrs



Religious Education: classes are available to all students from Pre-school to Grade 6. Please call the office for information.

Confession: The sacrament of reconciliation is available by request. Contact Padre Gemmiti's office.

Baptism: We recommend that you contact the chaplain's office for an appointment prior to the birth of your child. *Please contact the Chaplain before setting the date for the Baptism or arranging family travel.*

Marriage: Six months' notice is required for marriages, as counseling 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 marriage or arranging family travel.*

PROTESTANT

CHAPLAINS

Padre Jack Barrett (Wing Chaplain)
(Anglican) 833-2500 ext 5417

Padre Christopher Donnelly
(United Church) Office 833-2500 ext 5785

Padre Darryl Levy
(Baptist) Office 833-2500 ext 5272

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn. Office 306-492-2153 ext. 4299

Sunday Services (English Only) 0900 hrs

Sunday School 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.

Marriages Contact the chaplain at least six months in advance if possible. A marriage preparatin course is a requirement. *Please contact the Chaplain before setting the date for the marriage or arranging family travel.*

Baptisms: 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 meets the first Sunday of the month at 1900 hrs in the Chapel Annex. All women are welcome.

FOOD BANK

The Food Bank is a joint undertaking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.

EMERGENCY CHAPLAIN

After normal working hours, the Emergency Chaplain can be reached through WOps Duty Centre, 833-2700.

OTHER PHONE NUMBERS:

For your convenience, a phone number has been set up to provide callers with info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Those with access to the DIN visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, then click on 'Services.

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