



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

17 Wing Touches Down at Bomber Game



On 23 October 2010, members of Winnipeg's CF Community were invited to watch the Winnipeg Blue Bombers take on the Toronto Argonauts at the annual Canadian Football League (CFL) Canadian Forces Military Appreciation game. CF aircrafts did a fly over during the National Anthem.

Photo: Dave Darichuk

GCWCC Fundraising Update



As of 06 Oct 2010, the GCWCC's 2010 campaign has raised \$32,845 for charity and has canvassed 39% of the Wing.

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Raise a little Hell

Winnipeg's Ladies From Hell book now available



Murray Burt signs a copy of the Winnipeg's Ladies From Hell for Tony Lozinski. Photo: Cpl Bill Gomm

Cpl Bill Gomm
38 CBG Photojournalist

"I was asked to write our history," said Murray Burt, secretary of The Queen's Own Cameron Highlanders of Canada (QOCH of C) advisory board. "But it's not really history, it's the story of the regiment. I'm not scholarly enough to write a history."

On September 29, the QOCH of C launched their new Regimental History book, Winnipeg's Ladies From Hell, as part of their centennial celebration at Minto Armoury.

While writing Winnipeg's Ladies From Hell, Mr. Burt decided that he wanted to concentrate on real-life accounts and unique material.

"Not many military or regimental histories have chapters on women for example,"

said Mr. Burt. "Not many regimental histories write about court-martials or contain poetry by Prisoners of War from the Second World War."

As an associate member of QOCH of C for approximately the last decade, Tony Lozinski has been looking forward to the release of the new regimental history.

"I think it's going to be interesting," said Mr. Lozinski. "I'm interested in how they started and I don't quite understand what they mean by Winnipeg's Ladies from Hell so I want to find out why they got the name."

"I just hope it's a success and that people read and enjoy," added Mr. Burt. "It's not written to be read from cover to cover. It's a book you can put up and read for 10 minutes."

GCWCC TEME SQN Breakfast a Success

Cpl Allan Anderson

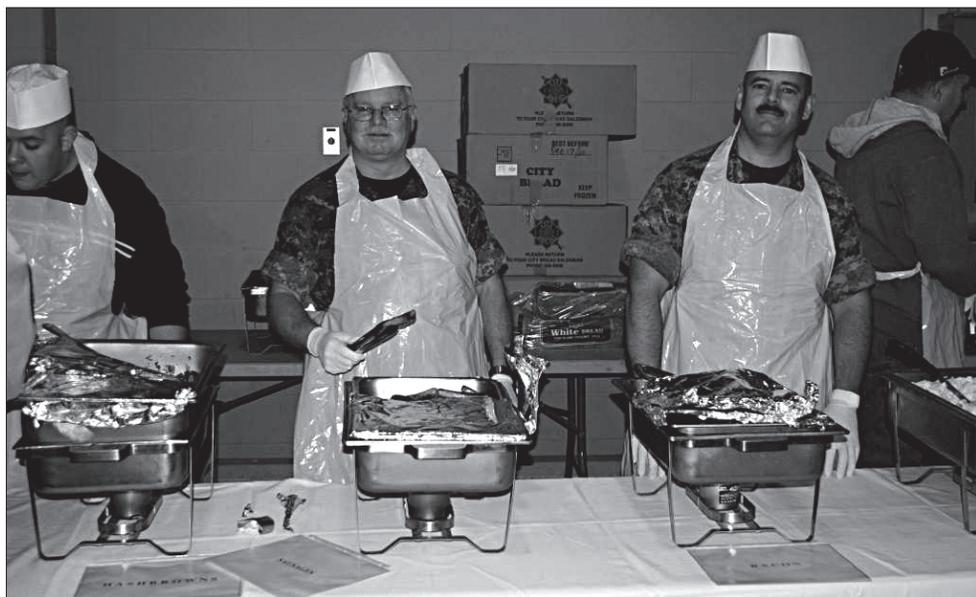
1,440 eggs, 40 loaves of bread, 40 kg of bacon, 20 kg of sausage, 26kg of hash browns, coffee, juice and lots of condiments.

This is how much food was prepared to serve over 420 people for the annual TEME Squadron GCWCC United Way Breakfast which raised \$1,593.75 for 17 Wing's 2010 GCWCC between 0630 and 1030 hrs on Friday 15 October 2010.

As in previous years, the breakfast was a success with the help and dedication from the volunteers from TEME SQN who served, helped setup, advertise and transport food to the breakfast location at Bldg 129. Also without the support of the cooks from W Foods who volunteered to prep and cook the food for the breakfast, it would not enjoy the success it did.

A special thanks also goes out to Sysco Foods, Pratts, White Cap Foods, Burnbrae Farms and Red Carpet Coffee for their significant contributions.

Thank you to all who came out to support the event and enjoy a breakfast well done. We look forward to your continued support in the future to keep this event a success.



Serving in this picture from L to R: Lt Lyons, CWO Sampson, LCol Penney, Sgt Teshier. Photo: Submitted



Over 400 people showed up for the annual TEME breakfast fundraiser. Photo: Submitted

VOXAIR

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WO Darcy St-Laurent named CF SAR Tech of the year

Sgt Bill McLeod

Wing Public Affairs Photojournalist

"All this is not done alone," said Warrant Officer (WO) Darcy St-Laurent about being named Canadian Forces Search and Rescue Technician (SAR Tech) of the year.

"A SAR Tech doesn't jump alone. If we don't have an aircrew we don't fly. If we don't have ground support nothing happens," he added.

WO St-Laurent was nominated for the award by Acting School Warrant Officer Rick Henry of the Canadian Forces School of Survival and Aeromedical Training where St-Laurent is presently employed as a Survival, Evasion, Resistance and Escape training (SERE) Instructor. The award was presented to WO St-Laurent by the Para Rescue Association of Canada at the annual national Search and Rescue Exercise (SAREX), held this year at Whitehorse, Yukon, from 20 to 25 September.

Highlights of WO St-Laurent's career as a SAR Tech include a Chief of the Defence Staff Commendation, the Star of Courage and the Medal of Bravery, all of which were awarded for parachute rescues under extremely adverse conditions.

In 1996, then Corporal (Cpl) St-Laurent and Sergeant (Sgt) Kevin Elliot made a jump in the Torngat Mountains of Northern Labrador. When distress flares from a crashed helicopter were spotted their aircraft was already low on fuel and weather conditions were deteriorating so preparations were hurried for their jump.

High winds and turbulence blew the SAR Techs away from the intended drop zone and a snow squall made it difficult for them to find each other. When they were finally reunited they had to make a two hour cliff descent in the

dark with their toboggan.

When they saw a faint light indicating the crash site they radioed in the position to another SAR crew who picked up the victims of the crash but due to limited space on the rescue aircraft Sgt Elliot and Cpl St-Laurent had to build a snow cave and stay behind. For those actions both men were awarded the Star of Courage.

In 2005, Master Corporal (MCpl) Brian Decaire and then Sgt St-Laurent parachuted to a downed and stranded pilot west of Boland Lake, NWT. In total darkness they jumped from a CC130 Hercules and discovered that wind conditions were so bad that St Laurent said, "I thought I was going to be dragged all the way to the tree line (below the Arctic Circle)." He added, "I felt bad. I thought my decision to go had hurt my team mate."

Both SAR Techs were all right but the weather conditions meant that they had to stay with the pilot for five days until weather conditions improved.

For this rescue, MCpl Decaire and Sgt St-Laurent received the Medal of Bravery.

This year WO St Laurent realized a 10 year dream by going to the North Pole. He joined with Eric Larsen and Antony Jinman, renowned polar explorers, for a 51 day, 800 km march from Cape Discovery on Ellesmere Island to the geographic North Pole.

The trip required 3 years of planning, training and arranging the complicated logistics to get the men to the Pole and home again. The expedition was designed by American explorer Eric Larsen to increase awareness of climate change and was part of a 365 day "Save the Poles" expedition during which the explorer is attempting to reach the North and South Poles and scale Mount Everest.

WO Darcy St-Laurent is a humble man. Of his awards

he says, "Any other SAR Tech would have done the same thing I did. Don't get me wrong, it's nice to be recognized, but everything I've done has been as part of a team."



Warrant Officer Darcy St-Laurent was named Search and Rescue Technician of the Year at SAREX 2010 by the Para Rescue Association of Canada. Photo: Submitted

Whitehorse witnesses last flight for Hercules aircraft



One of the last take offs for the Hercules aircraft participating in SAREX 2010. Photo: Cpl Darcy Lefebvre.

David Elias

After traveling the equivalent of six times to the moon, a CC-130E Hercules aircraft spent its final flying hours carrying out search and rescue (SAR) training north of the 60th parallel during the annual Search and Rescue Exercise (SAREX), which took place from September 20-25, 2010, in Whitehorse, Yukon.

The aircraft's 46-year legacy with the Canadian Forces was celebrated with a farewell flight involving the mass drop of 31 brightly coloured parachutists on the evening of September 22.

In the skies above the city's main airstrip, row after row of tiny specs leapt from the Herc's belly, then burst into blooms as the jumpers deployed their orange canopies and navigated to the ground.

Of the large contingent of parachutists,

26 were Canadian Air Force search and rescue technicians (SAR techs) and five were U.S. Air Force para-rescue jumpers, all participating in SAREX.

"This aircraft has safely and reliably flown countless missions for nearly half a century," said Major Dom Paquette, who piloted the final flight. "She's been to every corner of this country and has transported people, supplies and aid all over the world."

In its life, this particular CC-130 E model Hercules, call sign 130306, has also performed multiple search and rescue (SAR) missions and assisted in the training of new pilots.

Its last few months were spent working with 435 Transport and Rescue Squadron at 17 Wing Winnipeg, Man.

With more than 45,000 flying hours to its credit, the retired Herc will join three other retired E models in Abbotsford, B.C. Four other E models rest in Trenton, Ont.

As of the end of September, 12 E model Hercs still fly with the Canadian Forces.

The first of Canada's new J model Hercules aircraft ar-

rived in June 4, 2010, six months ahead of schedule. A total of 17 new J model Hercs are scheduled to be delivered in the coming months.

September 2010 marks 50 years that the Hercules aircraft has served the Canadian Forces. The first model of this mainstay aircraft was delivered in 1960.

The Hercules aircraft are retired at a scheduled maintenance inspection prior to reaching 50,000 equivalent hours. Of the nine currently retired aircraft, the average equivalent hours is 48,760 hours or 44,150 flying hours.

The aircraft are retired prior to reaching their structural life of 50,000 equivalent hours, which is actual airframe hours multiplied by a mission severity factor.

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Promotions and Awards TEME Squadron



Pte (T) Rob Chorley (right) receiving his first Chevron from Maj T.W. Young (left)



Danielle Laviolette (right) being promoted to Corporal by Maj T.W. Young (left)



Kathleen O'Connor (right) receives her promotion to Master Corporal from Maj T.W. Young (left).



Cpl Jaime Hendrickson (right) receiving his Certificate for 935.05 from Maj T.W. Young (left).



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Victoria Cross returns to Winnipeg

Cpl Bill Gomm
38 CBG Photojournalist

"The artifacts that we have at the War Museum are the artifacts of the Canadian people," said Eric Fernberg, Manager of Collections for the Canadian War Museum.

As part of The Queen's Own Cameron Highlanders of Canada 100th Anniversary celebrations, the Regiment asked the Canadian War Museum to have Robert Shankland's Medal Group – which includes a Victoria Cross – displayed in the Manitoba Museum.

On October 1, 2010, Mr. Fernberg presented the medals to Lieutenant-Colonel Brett Takeuchi, Commanding Officer of QOCH of C, who then presented them to Hanna Peters, Exhibits Manager for the Manitoba Museum. Ms. Peters and Sergeant Grant Tyler, curator for the QOCH of C, then placed them in the QOCH of C exhibit.

The medals were shipped by armoured car to Winnipeg where Mr. Fernberg was looking forward to making the presentation.

"In cases like this, for a staffer like myself to come and be part of the celebration like this, it's fantastic," said Mr. Fernberg. "It brings it alive for us; we get to see how the artifacts are appreciated across the country."

Sgt Tyler helped pick out the various artifacts that were used in the exhibit while also taking part in the ceremony for the transfer of the medals.

"This is like a once in a lifetime opportunity to share with the public, probably one of the most significant, if not the most significant cultural object that relates to the history of this Regiment," said Sgt Tyler. "It's something that all Canadians can relate to, gallantry in action in the face of the enemy under dire circumstances."

Robert Shankland was one of the residents of Pine Street who contributed to the street's name change to Valour Road. Shankland was awarded the Victoria Cross



Eric Fernberg, Manager of Collections for the Canadian War Museum, presents Robert Shankland's Victoria Cross and other medals to Lieutenant-Colonel Brett Takeuchi, Commanding Officer of The Queen's Own Cameron Highlanders of Canada (QOCH of C). Photo: Cpl Bill Gomm

for gallantry during the attack on Bellevue Spur, Battle of Passchendaele, on October 26, 1917. He had previously received the Distinguished Conduct Medal for service at Sanctuary Wood in 1916. Of the Victoria Crosses awarded

to Winnipeggers in the First World War, three lived on the 700 block of Pine Street in the west end. Accordingly, the street was renamed Valour Road in the 1920s.

Nos vétérans le méritent

Le gouvernement du Canada vient d'annoncer d'importantes mesures à l'intention des vétérans de l'ère moderne, qui ont besoin de services et de soins adaptés à leur réalité.

Ces mesures s'ajoutent aux autres services prévus dans la Nouvelle Charte des anciens combattants, comme la réadaptation, du soutien au revenu, des soins de santé, de la formation et une aide pratique à la recherche d'emploi.

Aide financière – Beaucoup plus qu'un montant forfaitaire

Nouvelles mesures de soutien financier aux vétérans les plus gravement blessés :

- **Allocation pour perte de revenus** – Un minimum de 40 000 \$ par année ou 75 % du salaire militaire à la libération versé aux vétérans en réadaptation
- **Allocation pour déficience permanente** – Plus de vétérans gravement blessés auront accès à une prestation mensuelle pouvant s'élever à 1 609 \$, à vie
- **Supplément à l'allocation pour déficience permanente** – Allocation supplémentaire de 1 000 \$ par mois, à vie, pour les vétérans les plus gravement blessés ne pouvant plus travailler à leur plein potentiel

Ces mesures garantissent aux vétérans les plus gravement blessés un minimum de 58 000 \$ par année.

Une tradition de soins

Plus de 52,5 M \$ additionnels afin d'améliorer la qualité de vie des militaires blessés et de leurs familles :

- **Foyers de transition sans obstacles** – Pour les militaires blessés en réadaptation dans un centre des Forces canadiennes
- **Services de soutien** – Accès à du transport adapté aux fauteuils roulants, soutien pour les soignants, garde d'enfants et livraison de fournitures médicales et d'épicerie
- **Indemnité pour auxiliaires de soins** – Jusqu'à 100 \$ par jour versés à un parent ou un proche quittant son emploi pour fournir des soins au militaire blessé
- **Programme de recyclage académique pour les conjoints** – Jusqu'à 20 000 \$ pour études offerts aux conjoints et personnes à charge
- **Gestion de cas améliorée** – Ajout de 20 gestionnaires de cas pour un soutien personnalisé

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Le gouvernement du Canada a également pris des mesures pour fournir un soutien amélioré et plus rapide aux vétérans atteints de **sclérose latérale amyotrophique (SLA)** – ou la maladie de Lou-Gehrig.



Pour en apprendre davantage sur ces programmes et services, visitez veterans.gc.ca



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Canada Remembers the Burma Campaign

(Salute!) - Ask Canadians about Canada's contribution to the Second World War and many will quickly identify D-Day, or perhaps the Netherlands campaign. Fewer will recall the crucial role Canadians played in the Far East, particularly in Burma, known today as Myanmar. Of the 8,000 Canadians who served in the "Burma Campaign," almost 100 gathered in Ottawa on August 15, to mark the 65th anniversary of VJ-Day, the end of the war.

In the thick jungles and mountains of the Himalayas, the Allies fought a fierce enemy during the Second World War. The terrain and a five-month long monsoon season made progress a challenge.

By 1943-44, the British Fourteenth Army, including Canadians like Major Charles Hoey of Duncan, British Columbia, had turned the tide in northern Burma and eastern India in a series of hard-fought battles. In February 1944, Hoey led an infantry company in an assault on a Japanese-held hill, losing his life in the process. His bravery earned him the Victoria Cross, one of three awarded to Canadians in the Far East.

The campaign to drive back the enemy began in earnest in the fall of 1944. A massive air effort was required to supply the largest Allied army assembled during the

war—almost one million strong—as it advanced over the mountains and down into the jungles of Burma. Canadian and other transport crews flew to the edge of enemy lines and dropped supplies that kept the army moving. It was a dangerous job.

The American B-24 Liberator proved to be an effective long-range bomber and Britain soon had several squadrons of these giant planes operating in the Far East. Often their crew members came from a Canadian training station in British Columbia. They still refer to themselves as "the Burma Bombers."

Canadians also joined the sea reconnaissance unit, a group of divers who led the assaults across the rivers of Burma. Meanwhile, "mule skimmers" escorted shiploads of mules from North America for the jungle supply effort. Some 180 Canadians made the journey, escorting more than 1,600 mules across dangerous seas.

By 1945, more than 10,000 Canadians had served in the Far East and more were readying to join the effort, when atomic bombs were dropped on Japan. The Japanese surrendered unconditionally on August 15, 1945. The war was over. The courageous Canadians serving in Burma and across the Far East would be returning home at long last.

Keep your stick on the floor



Photo: Kristy Rydz

Eleven teams grabbed their goggles and shin pads for a day of ball hockey in support of 17 Wing's GCWCC campaign on 22 Oct. After round robin play, Division A finalists WCE Team 1 faced off against Division B finalists Team TEME in the championship match.

With a score of 9-2, WCE came out on top in the end of the 25-minute game.

The GCWCC campaign, however, was the big winner with \$345.00 raised between entry fees and a raffle.

- Story: Kristy Rydz

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Remembrance Day Ceremony Locations

- Winnipeg Convention Centre – Service commences at 1045hrs – To be seated by 1030hrs
- 1885 Memorial St Service commences at 1045hrs – service by Royal Wpg Rifles
- Minto Armouries – 969 St Mathews St Service will be held in the drill hall. Service commences at 1045hrs.
- Army, Navy, Air Forces Assiniboia – Unit 283, 3584 Portage Ave Service will be held in main hall. Service commences at 1040hrs. To be seated nlt 1030hrs.
- Sir Sam Steel Legion Branch 117 – 376 Salter St Service will be held at the Legion. Service commences at 1045hrs.
- St James Legion Branch 4 – 1755 Portage Ave Parade to march from ceremony in Bruce Park to the Legion. Service to commence at 1040hrs.
- Charleswood Legion Branch 100 – 820 Charleswood Rd Service to be held at Oak Park High School. Service to commence at 1030hrs.
- Fort Rouge Legion Branch 97 – 426 Osborne St Service to be held at the Legion. Service commences at 1045hrs.
- Transcona Legion Branch 7 – 117 Regent Ave E Service to be held on 09 Nov at Blessed Sacrament church. Service to commence at 1400hrs.
- Brooklands and Weston Legion 2 – 1613 Logan Ave Service to be held at the Legion in the upper lounge. Service to commence at 1045hrs.
- HMCS Chippawa – Service to commence at 1045hrs. To be seated nlt 1015hrs.

- McGregor Armouries – 551 Machray Ave Service to be held in main drill hall. Service to commence at 1030hrs.
- 38 Bde – Lamp Post Memorial – Sergeant and Valour Rd Service to commence at 1045hrs.
- RWR Memorial – Vimy Park – Portage and Home St Service to commence at 1045hrs
- West Kildonan Branch – 1748 Main St Service to be held at the Legion. Service to commence at 1045hrs.
- Norwood St Boniface Branch 43 – 134 Marion Service to be held at St Philips church. Members will march from Legion (1015hrs) for service at church starting at 1045hrs.
- Prince Edward Branch 81 – 300 Trent West Kildonan Service to be held at the Legion. Service to commence at 1045hrs.
- Fort Garry Legion Branch 90 - 1125 Pembina Hwy Service to be held at the Legion. Service to commence at 1030hrs.
- Elmwood Legion Branch 9 – 920 Narin Meet at Cemetery (Henderson Hwy and Hespeler) a service to follow at the Legion 1100hrs.

All personnel (military and civilian) are invited to attend one of the many services that will take place throughout the city. All the legions welcome the military presence at their services and the veterans thoroughly enjoy swapping war stories. Dress for military personnel is DEU 1 A (medals), headdress Navy – Service cap/bowler, Army – beret, Air Force – Wedge, (SAR Techs – beret). PLEASE NOTE - UN Blue and MFO Orange berets are not authorized for wear on Remembrance Day. **** Saluting is a must – during the National Anthem and God Save the Queen**** (** Times and locations subject to change**)



Governor General David Johnston presents a poppy to a veteran at Rideau Hall today. Credit: MCpl Dany Veillette, Rideau Hall. Photo: Air Force News

ARMY, NAVY & AIR FORCE

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**Saint Charles
 Catholic School**

Full House at Bombers Game



The stands were packed full of CF Members at the recent Bombers Game on October 23rd.
 Photo: Dave Darichuk



WE HONOUR OUR VETERANS BY REMEMBERING THEIR SACRIFICE

On Remembrance Day, and every day, we at Commissionaires honour generations of Canadian soldiers who have sacrificed life and limb in armed conflicts around the world.

We remember their selfless courage that allows us to live in peace and freedom.

We ask you to join us in giving silent thanks to all these brave men and women who have helped to protect Canada and the world.

Let us take a moment to remember together.

www.commissionaires.mb.ca



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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We honour and thank those who have served and are serving

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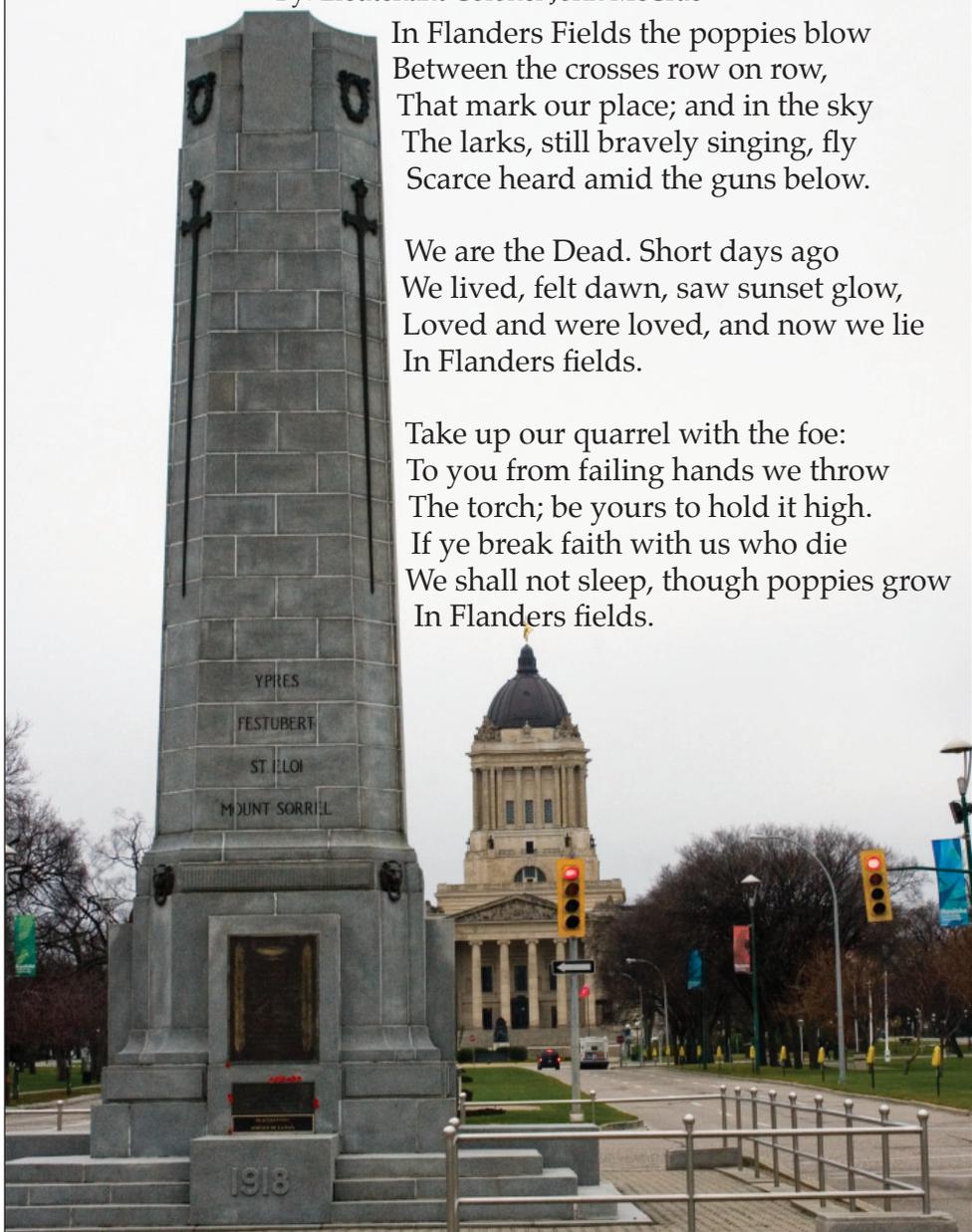
In Flanders Fields

By: Lieutenant Colonel John McCrae

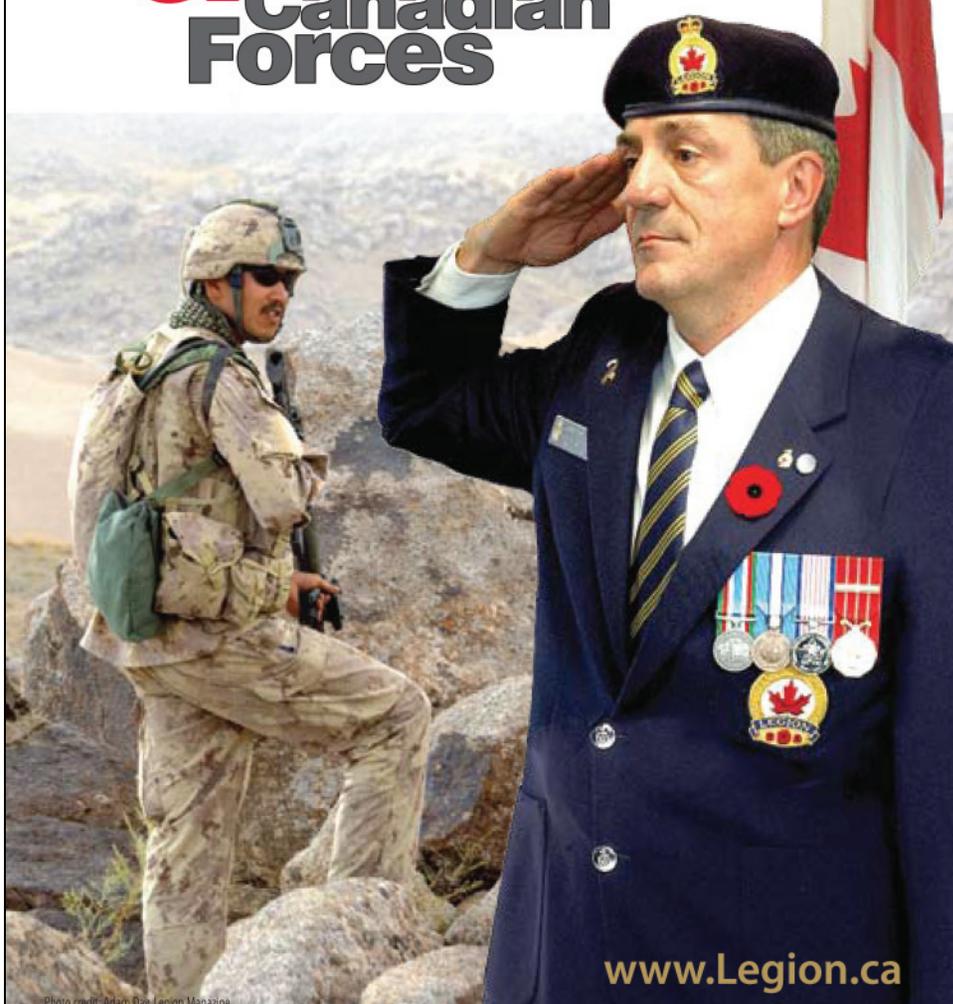
In Flanders Fields the poppies blow
Between the crosses row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

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.



The Royal Canadian Legion & The Canadian Forces



www.Legion.ca

Lest We Forget



Bonnie Korzeniowski
Manitoba Special Envoy
for Military Affairs

Phone: (204) 945-7510
bonnie.korzeniowski@leg.gov.mb.ca



Jim Rondeau MLA Assiniboia

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Provincial Aerospace Ltd. is an innovative and highly focused aerospace and defense company with operations nationally and internationally. Focused on special mission aircraft, we provide our clients with aircraft modification, systems integration, aircraft operations and training services.

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- Knowledge of Electronic Warfare
- Previous Instructional Experience
- CFITES Knowledge
- Minimum 10 years operational military experience would be an asset
- Level II Security Clearance an asset

Interested candidates may send their resumes in confidence to the Human Resources Department referencing "Training Pilot".

Human Resources Department
 Provincial Airlines Limited
 Hangar #4, St. John's International Airport
 P.O. Box 29030 St. John's, NL A1A 5B5
 Fax: 709-576-1802
 E-mail: jobs@provair.com
 Website: www.provinciaaerospace.com



Provincial Aerospace is an Equal Opportunity Employer.
 Only those candidates selected for an interview will be contacted.



Whatever floats your boat



The winning entry lasted more than 15 minutes afloat with 4 people in their cardboard boat at the Cardboard Boat Races held at the Building 90 Pool. The boat was eventually sunk with the help of the chief judge. Photo: Sgt Bill McLeod

Kristy Rydz
 Voxair Photojournalist

With cardboard, duct tape and other basic supplies in tow, nearly 90 high school students took over Building 90 last week to construct and race their very own boats as part of Skills Canada Manitoba's fifth annual Cardboard Boat Race.

Sponsored also by Red River College, Winnipeg Technical College and Manitoba Apprenticeship Branch, the competition on 20 Oct saw 22 teams of four from all over the province work together to build functional, safe, and visually appealing boats able to hold at least two people and float up and down the length of the pool.

The contest gives students the chance to develop their teamwork, problem solving and design skills, according to Maria Pacella, executive director of Skills Manitoba Canada.

Held at 17 Wing since its inception, Pacella notes that the competition's connection to the Canadian Forces is a given as trades and skilled professions make up a significant portion of the jobs in the CF.

"It fits with what you do and what you offer", she said. "It's a way to inform kids about the training opportunities you offer and the vehicles to get that training."



SERVING THOSE WHO SERVE

The Royal Canadian Legion Service Bureau Network

- Representation Services
- Advocacy
- Benevolent Assistance

The Legion Service Bureau Command Service Officers are here to serve members of the Canadian Forces, Veterans, RCMP members, and their families while representing their interests in dealings with Veterans Affairs Canada (VAC) and the Veterans Review and Appeal Board (VRAB) in claiming disability benefits under the Pension Act or the New Veterans Charter.

The Legion professional Service Officers, whose role is mandated through legislation, provide representation services, advocacy and benevolent assistance FREE OF CHARGE, whether or not you are a Legion member. Visit www.legion.ca/ServiceBureau.



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AROUND THE WING

EMR training at the Fire Hall



Emergency Medical Responder (EMR) training was in full swing at 17 Wing's fire hall last week. First-responder practices, rescue training and equipment competency among other skills are maintained at a high level by all firefighters due to the importance of their positions. - Kristy Rydz

Managing Change: How to be flexible

Primrose Knazan
Learning Assistant

"Change is inevitable – except from a vending machine." ~ Robert C. Gallagher

In an environment where the staff changes as often as the weather, the ability to adapt to change is a skill that all members of the Defence Team can use. Fortunately, the Winnipeg Learning and Career Centre

offers the course You and Change, with the next session scheduled for November 30, 2010.

With a constant barrage of new postings, new technology, tighter budgets and a fluctuating economy, our world is constantly changing. We need the tools to maintain the flexibility required to manage change and move forward.

Many people resist change; they dig in their heels and hold on for dear life before

Philatelist's Corner with Alf Brooks

Negro League Baseball

In July the United States Postal Service issued a se-tenant pair of stamps to pay tribute to the all-black professional baseball leagues that operated from 1920 to about 1960. One stamp shows a play at the plate, the other Andrew "Rube" Foster (1879–1930), who established the Negro National League in 1920, the first successful league of African-American baseball teams.

Once the 'colour bar' that prevented blacks from playing in the Major Leagues was broken, when Jackie Robinson joined the Brooklyn Dodgers in 1947, other blacks followed Robinson to the Majors and the Negro Leagues gradually disappeared.



being forced into compliance and transition. Issues arise, conflicts occur, blame is thrown around and an organization falls into chaos. The change agents blame the ones who resist the change for their lack of cooperation and the resisters blame the ones who made the changes in the first place.

The attitude of "Things are fine the way they are." is often met with the answer "Things change. Live with it." Negative attitude towards change is often the reason why transitions lead to problems. Sometimes the reaction to change is as important as the implementation of change.

Employees and managers both need to learn how to deal effectively with change; employees need to learn how to accept change and adapt to new circumstances and managers have to introduce change as smoothly as possible while leading their teams through transition with a balance of confidence and patience.

Although change may be inevitable, employees should not feel powerless. Questions must be answered. Concerns must be addressed. Suggestions must be considered. With more engagement, employees are more likely to be supportive of change.

When a new program or a new proce-

cedure is introduced, time and training are required to ensure that employees are prepared. When new employees or supervisors arrive, introductions and tours go a long way. Most importantly, when a transition is unsuccessful, both employees and managers must work together to bring the team back to a place where they can start again.

The course You and Change identifies how change and transition issues apply universally to all concerned and the effects of change on individuals. Participants explore attitudes towards change with the goal of gaining skills to recognize and react to change in a positive way. Activities and videos are used to show how change can be managed effectively.

The first step to managing change is to accept that change is inevitable. Along with patience, a positive attitude is one of the best tools one needs in order to adapt to the inevitable.

To register or get more information about the course You and Change, please contact the Learning and Career Centre at local 4636, e-mail LCCshare@forces.gc.ca or visit our website at <http://hr.ottawa-hull.mil.ca/lcc-cac/>

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.

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HEALTH AND PHYSICAL FITNESS FOR LIFE / SANTÉ ET CONDITION PHYSIQUE POUR LA VIE

Do You Know... When to Step in to Save a Life?

Would you stand between your buddy and potential life threatening harm? Would you expose yourself to some of the riskiest substances and activities around? If you did this, what do you think this would look like?

In an article printed in the March 2010 edition of the American Journal of Preventive Medicine entitled "Preventing Deaths in the Canadian Military", Dr. Homer Tien and others reviewed the causes of death of Canadian military members who died during the study's 25 year period (1 January 1983 to 31 December 2007). The purpose of the study was to determine the leading causes of death of Canadian Forces personnel.

The study's results indicated that of the 1710 deaths reviewed; approximately 35% were classified as being likely caused by behaviours that can be changed, with the three main ones being smoking, alcohol consumption and suicide. Dr. Tien noted that these potentially preventable deaths do not get enough attention, despite the fact that they accounted

for such a high proportion of deaths among Canadian Forces personnel.

The results of this study show the role an individual's decisions and behaviours can play in his/her long term health. So, the next time your buddy says they are calling it a night it means that they have had enough, there is no need to offer them one more. When someone quits smoking, support their decisions – don't taunt them with cigarettes! Some things are meant to be serious!

At the end of the day the most important thing is that our buddies and we are still around – so why don't we support each other? Let's prevent the things we can!

If you are looking for more information on preventing harmful alcohol consumption or risky behaviours, you can contact your Local Health Promotion Office. or visit our website: www.forces.gc.ca/know-sais.

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

Fall Back

It's daylight savings time again.

This Sunday, November 7th is daylight savings time. Don't forget to turn your clocks back 1 hour before going to bed Saturday night.



STRENGTHENING THE FORCES / ÉNERGISER LES FORCES

UNE VIE, C'EST PRÉCIEUX!

Formation appliquée en techniques d'intervention face au suicide (ASIST)

Un atelier de deux jours
Aider à faire la différence dans la vie d'une personne!

Canada

DÉBUT: 8 et 9 décembre 10
HEURE: 8 h à 16 h
ENDROIT: édifice #135, chambre #113
 S'inscrire avant le 2 décembre 10.
 Pour obtenir de plus amples renseignements et pour s'inscrire, communiquer avec l'équipe de promotion de la santé, poste 4150, 4160, 4995.

STRENGTHENING THE FORCES / ÉNERGISER LES FORCES

Applied Suicide Intervention Skills Training
ASIST

A two-day workshop
 Help make a difference in someone's life!

DATE: 8 & 9 December 2010
TIME: 0800 – 1600 hrs.
LOCATION: Bldg. #135, Room #113
REGISTRATION DEADLINE: 2 December 2010
 For additional info and register contact Health Promotion – local 4150/4995/4160

Top Fuel for Top Performance
 2-Day Workshop

Date: 22 & 23 November 2010
 Time: 0800 – 1600 hrs
 Location: Bldg. #62 – Room #315

For additional information and to register contact:
Health Promotion @ local 4150, 4995 or 4160

LEARN MORE ABOUT ALCOHOL, OTHER DRUGS AND GAMBLING – TWELVE MODULES AVAILABLE

APPRENEZ – EN PLUS SUR L'ALCOOL, LES AUTRES DROGUES ET LE JEU EXCESSIF – DOUZE MODULES DISPONIBLES

For more information contact your local Strengthening the Forces Health Promotion Office or visit our website at www.forces.gc.ca/know-sais
 Pour plus d'informations, contactez votre bureau local de promotion de la santé Énergiser les Forces ou visitez notre site Web www.forces.gc.ca/know-sais

FORMATION DES SUPERVISEURS 1RE ET 2E PARTIE

1. Reconnaître les premiers symptômes et savoir y réagir.
2. 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)

Le 18 novembre 2010 de 8 à 16 heures
 bâtiment 135, salle 132
 Inscriptions et renseignements: Promotion de la santé. Poste 4150/ 4160/4995
 Inscrivez-vous vite car le nombre de places est limité!

LEARN MORE ABOUT ALCOHOL, OTHER DRUGS AND GAMBLING – TWELVE MODULES AVAILABLE

APPRENEZ – EN PLUS SUR L'ALCOOL, LES AUTRES DROGUES ET LE JEU EXCESSIF – DOUZE MODULES DISPONIBLES

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STRENGTHENING THE FORCES / ÉNERGISER LES FORCES

STRESS: Take Charge!

17 WING WINNIPEG HEALTH PROMOTION is proud to present:

STRESS: TAKE CHARGE!

DATE: 8 & 9 November 2010
TIME: 0800 hrs – 1600 hrs
LOCATION: Bldg. #62, Classroom #315

FOR MORE INFO OR TO REGISTER CONTACT HEALTH PROMOTION AT LOCAL 4150.
 Registration deadline: 4 November 2010

Le stress : Ça se combat!

Un programme des Forces canadiennes

LE STRESS : ÇA SE COMBAT!

Début : 8 & 9 novembre, 2010
 Heure : de 8 h à 16 h
 Endroit : bâtiment #62

Pour obtenir de plus amples renseignements et pour s'inscrire, communiquer avec l'équipe de promotion de la santé, poste 4150

Date limite d'inscription : 4 novembre, 2010

Bouffe-santé pour un rendement assuré

Canada

début: 22 et 23 novembre 10
 heure: 8 h à 16 h
 endroit: édifice #62, chambre #315
 S'inscrire avant le 17 novembre 10

Pour obtenir de plus amples renseignements et pour s'inscrire, communiquer avec l'équipe de promotion de la santé, poste 4150, 4160 ou 4995.



www.mfrc.mb.ca

204.833.2500 ext. 4500



Canada Post continues free delivery to deployed troops for '10 holiday season

Canada Post announced that it will continue to provide free delivery of letters and parcels from family and friends to Canadian troops deployed in Afghanistan and elsewhere overseas during the upcoming holiday season. This will be the fifth consecutive year that Canada Post has offered this service. Last year more than 25,000 parcels were forwarded to our Canadian troops an increase of 23 per cent over the previous year.

Canada Post will accept regular parcels free of charge to designated Canadian Forces Bases overseas from October 18, 2010 until January 7, 2011. Lettermail weighing up to 500 grams to deployed troops can be sent free of charge until December 31, 2011.

With capacity limitations on military aircraft carrying

supplies and munitions to deployed forces, this offer is restricted to family and friends of the deployed service men and women serving overseas in war zones. That includes members of the Canadian Forces serving in Afghanistan, Bosnia-Herzegovina, Sinai and Jerusalem. Troops serving on any of the deployed Her Majesty's Canadian Ships are also included in the offer.

To ensure the proper customs declaration forms and addressing information are provided, parcels and letters should be deposited at one of Canada Post's more than 6,600 full-service retail outlets across the country. Items dropped in a Street Letter Box are at risk of being returned to sender or considered undeliverable if they do not contain proper documentation or addressing information.

Parcels and letters must be addressed to a specific soldier, and include rank and mission information. They must also be directed to the appropriate ship and/or Canadian Forces Base. Once delivered to the designated Military Base, the Canadian Forces Postal Service will take charge of the items and ensure their delivery overseas. Senders can purchase additional options for their parcels, such as coverage for loss or damage and signature.

Mail intended for Christmas delivery to Canadian Forces personnel serving overseas and using a Belleville address must arrive at Belleville by 19 November 2010.

Families may also drop off their packages at their local Military Family Resource Centre.

MFR C Comedy Night



The MFRC held a fundraising comedy night on October 17. Mike MacDonald (left), a well-known Canadian comedian took to the stage at the 17 Wing Theatre and entertained the crowd of more than 100. Winnipeg's own Big Daddy



Tazz (right) got the show started with his fast-paced upbeat act.

Thank you to all who purchased tickets and enjoyed the show. Be on the lookout for similar events in the future.

MFRC upcoming events

For more information on these activities, visit www.mfrc.mb.ca to check out the latest newsletter. If you'd like to receive the newsletter by email, please email wpgmfr@autobahn.mb.ca

Make it Monday

November 15 1:30-3:15 p.m.

Register by November 8

Come learn how to make a knitted scarf \$5.

Munch around Manitoba

November 24 6 p.m.

Register by November 19

Come join us for an evening out at Alycia's and sample some of the best Ukrainian dishes Winnipeg has to offer. It's fun for the whole family.

Participants pay for their own meals.

Mom's night out

November 9 6:30-9:30 p.m.

Register by November 4

This month, it's a movie, munchies and mocktails.

NEW PROGRAM:

What's up?

Thursday, November 18

Register by November 12

This week, there will be a presentation about stress and how it impacts us.

Triple P

Mondays, November 8, 15, 22 and 29 7 to 8:30 p.m.

Southside Youth Centre

Register by November 5

This program gives useful ideas to help meet the challenges of raising children.

Babysitting course

November 19, 20, 21

Register by November 5

\$15

Learn the skills needed to care for children. Learn how to handle emergencies, child safety, nutrition and other skills. Minimum age for this course is 12 years.

Home childcare information session

November 17

Register by November 4

7 to 8 p.m.

Learn about the process and provincial regulations required for a licensed home childcare business.

Yellow Ribbon Gala

Tickets on sale now
at the Winnipeg MFRC and at
www.yellowribbongala.ca

Guest speaker
Senator Mike Duffy

Performance by Sierra Noble

Entertainment by The Air Command Band

Saturday, February 19, 2011
Cocktails 6 p.m. Dinner 7 p.m.
Delta Winnipeg, 350 St. Mary Avenue

Celebrating 20 years of serving military families.

Padre X

Celebrate Remembrance Week!



Padre X is the amazing true story of WWII chaplain John Weir Foote, the only Canadian chaplain to win the Victoria Cross.

After displaying tremendous heroism on the fire-soaked beaches of Dieppe, Foote stayed behind and spent three years as a POW so he could continue to minister to the men in his care.

Tuesday, November 9, 2010

7:00 pm

Building 90, Base Theatre

Tickets available at the
MFRC or at the door.

Tickets
\$12.00

Fax: 204.489.8587 • Email: wpgmfr@autobahn.mb.ca
102 Comet Street PO Box 17000 Stn Forces, Winnipeg, MB R3J 3Y5

Chaplain's Corner

Acts of Remembrance



Lest we Forget, we say as we remember those Military members fallen or past away.

Do this in remembrance of me, Jesus instructs his followers.

Why? Why are we continually reminded of those who have gone before, of the symbols of our faith? Week after week, year after year, we commemorate these remembrances via the institutions in which we participate. To what end? We do it for our sakes more than for the sake of the dead.

We remind ourselves of the sacrifice of others, that we might emulate their deeds. We remind ourselves of the faith we profess, so that we can live up to the ideals of faith. We remember, that we might internalize the virtues which motivated them, and us to action. We need to be reminded of these things, because the daily grind of life causes us to forget the

bigger picture. We are not just cogs in a wheel, although we can easily feel that we are indeed just that.

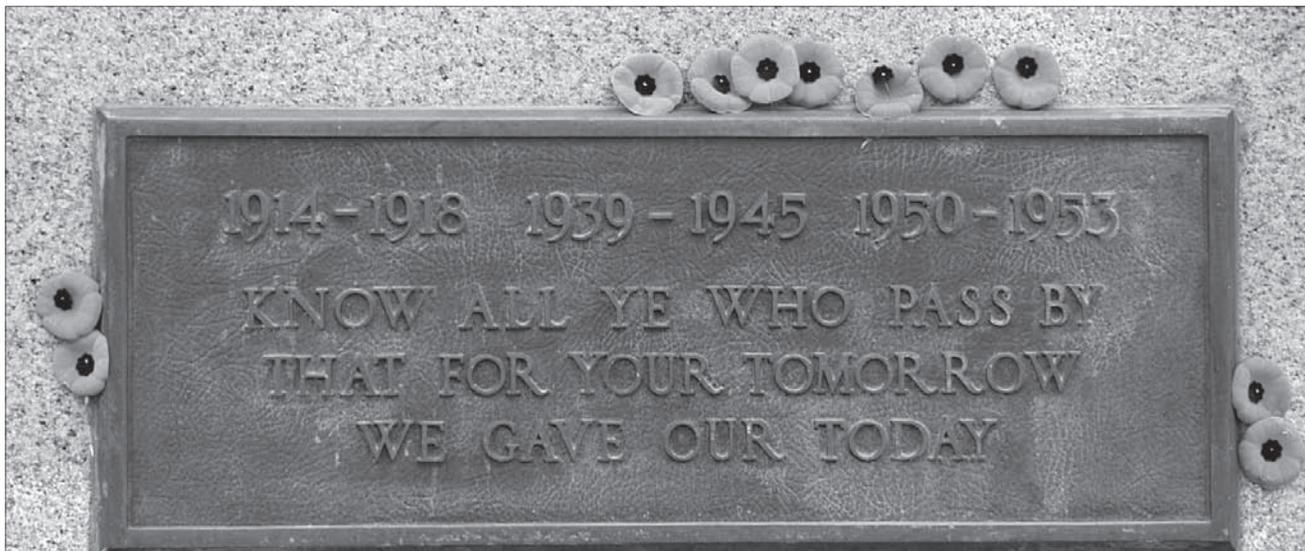
We, the members of the Canadian Forces, and those who support us, are defenders of freedom at home and abroad. The price of liberty was borne by others, and we have an obligation to remember them, because they deserve and have earned that honour, but also so that we might be prepared for the same engagement.

So said Abraham Lincoln in the closing of his famous Gettysburg Address, commemorating a battlefield in which many died: It is for us, the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before us...that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion; that we here highly resolve that these dead shall not have died in vain; that this nation, under God, shall have a new birth of freedom; and that government of the people, by the people, for the people, shall not perish from the earth.

In remembrance, we honour the dead, and we commit ourselves anew to the cause for which they served and died. We draw on their sacrifice to increase our own devotion. And in so doing, we are reminded of the overarching principle which gives our lives meaning: we are free people.

And in this the scripture bears witness. It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery, says St. Paul (Galatians 5).

In the week ahead, remember, and dedicate yourself afresh to the cause of freedom, both of heart and mind, in this society and for peoples around the world.



Together in Church

CATHOLIC

CHAPLAINS

Padre R. Laudenorio

Roman Catholic Office 833-2500 ext. 5272

Padre Mark Mawson

Roman Catholic Office 833-2500 ext 5956

Masses (English only)

Sunday 1100 hrs

Religious Education classes are available to all students from Preschool to Grade 6. Please call the office for information.

Confessions The sacrament of reconciliation is offered 20 minutes before mass and by appointment. Contact the chaplain's office.

Baptisms We recommend that you contact the chaplain's office for an appointment prior to the birth of your child.

Marriages Six months' notice is required for marriages, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required.

Catholic Women's League meets in the Chapel Annex the third Monday of each month at 1830hrs.

PROTESTANT

CHAPLAINS

Padre Bonnie Mason

(Presbyterian) Office 833-2500 ext 5417

Padre Bob Granholm

(Mennonite Brethren) Office 833-2500 ext 4277

Padre Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Gord Mintz

(Anglican) Office 833-2500 ext 5785

Padre Curtis Duclos (Baptist)

Det Dundurn Office (306) 492-2135 ext 4299

Sunday Services (English Only) 0900 hrs

Sunday School is held during the service for children ages 3 to 12, except on the last Sunday of each month. 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. A marriage preparation course is a requirement.

Baptisms The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

Protestant Chapel Guild meets the first Sunday of the month at 1800 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'.

INTERFAITH PRAYER ROOM

Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.



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The VOXAIR is looking for a commissioned sales person!

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For further information call 833•2500 ext 4120

For sale: 2009, Yamaha 450 Kodiak, ATV. Black (original owner). Brand new, driven less than 40 hours, includes accessories, cover, cargo seat, windshield, and foot pegs. Paid over \$9,000, asking \$7,500 O.B.O.

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Taroscopes

BY NANCY

Aries (March 21 - April 19):

It's important to let others know where you stand but don't rush important decisions. If you've taken on too much, you may be overwhelmed and unable to complete tasks. Reset your course with more reasonable goals and expectations for yourself. Patiently wait for results to occur.

Taurus (April 20 - May 20):

Change your environment to reflect your personality. When making long range plans, allow some flex time. This ensures you aren't stressed when the unexpected crops up. Use logic and avoid assumptions when communicating with others. Decide who or what you have faith in.

Gemini (May 21 - June 21):

Something that seems like a crisis will be a godsend in the end. Keep seeing things in a positive light. Get comfortable with change. You will be able to adapt effortlessly when you relax and let things develop. Good things result once the initial shock and confusion pass.

Cancer (June 22 - July 22):

Reflecting on happy times makes you eager to host a celebration that brings everyone together. You may feel the need to get organized as your awareness of time passing increases. A sense of immediacy and urgency prevails. Procrastination creates stress. If it needs doing - just do it.

Leo (July 23 - August 22):

You may feel limited; forced to conform and to deal with reality. You easily have the ability to come up with solutions as you're an idea person. Think outside the box. Do something that motivates and inspires your creativity. Add some color to your world to stimulate your senses.

Virgo (August 23 - September 22):

You may feel compelled to turn your back on the familiar in hopes of finding something more rewarding. Be prepared for self doubts and fears that spring up by establishing a strong support group who will help you keep things in perspective. Do some financial planning now.

Libra (September 23 - October 23):

A change is as good as a rest they say. Don't get hypnotized by the same old same old and sleepwalk through this phase. There's fun in trying new things, exploring crazy new ideas and meeting people. You're secure enough to do this without losing yourself in the process.

Scorpio (October 24 - November 21):

You've got many great options but all will take work. Thankfully you're feeling energized. This could come from healthier habits or from getting more rest. Or even just from the fact that you've finally made a decision about something that was weighing on your mind.

Sagittarius (November 22 - December 21):

The status quo is about to shift. Don't try so hard to explain what's going on. Let the answers come to you. Trying to defend your stand will be exhausting if you negate reality. Be prepared to laugh at yourself if you lose a debate. This is a gentle wake-up call for you.

Capricorn (December 22 - January 19):

You're ready to take a leap of faith because what has sustained you is no longer working. Something special is within reach if you will only take the necessary action. Your belief, that life can be fair, returns. You know what is right for you and you are willing to go for it.

Aquarius (January 20 - February 18):

Your sense of safety and security is shaken. Challenges and circumstances beyond your control create stress. You can draw strength from the knowledge that someone cares deeply for you. But someone else's resentment or jealousy can make your life difficult.

Pisces (February 19 - March 20):

Renewed hope allows you to look at things differently. This is reflected in the decisions you now make. You feel stronger in body and spirit when you implement healthy habits. You no longer waste time on incidental people or things. Expose yourself to the magic of the moment.

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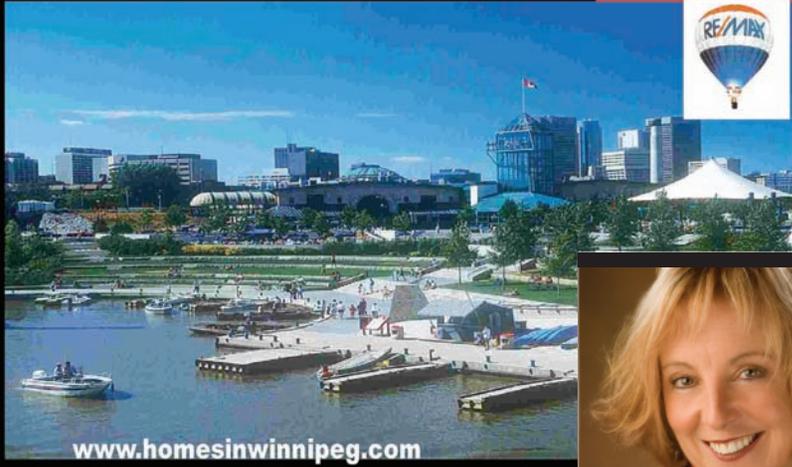


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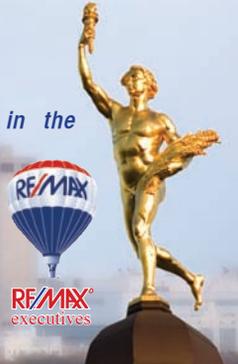
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