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THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

October 24th, 2012 VOLUME 61, ISSUE 19

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Hungry supporters of the 2012 GCWCC Campaign at 17 Wing wait in line to get some breakfast at the annual TEME Breakfast on October 19th, 2012. For an update on how the campaign is doing see page 6. Photo: Mike Sherby



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1 CAD Appoints First Ever Honourary Colonel

- 1 Canadian Air Division Public Affairs

Mr. Barry Rempel, president and chief executive officer of the Winnipeg Airports Authority, was appointed the first-ever honorary colonel of 1 Canadian Air Division Headquarters at an investiture ceremony held Friday, October 12 in Winnipeg, Man.

"Mr. Rempel has an exemplary record of working with the Royal Canadian Air Force from his time as honorary colonel at 17 Wing," said Major-General Pierre St-Amand, commander of 1 Canadian Air Division, who presided over the ceremony.

"Mr. Rempel and I have several things in common, not the least of which is controlling air power. We share runways and infrastructure here in Winnipeg, but also share a sense of purpose: keeping Canadians safe on the ground and in the air."

HCol Rempel brings extensive aviation experience to his new role, having worked with two airport authorities and two Canadian airline operating divisions over the past 37 years. He is an active member in the community and serves as director of many organizations, including the Canadian Airports Council and Cen-

treport Canada. He is also a member of the RCAF Commander's Council.

"I am honoured to be invested as the inaugural honorary colonel for 1 Canadian Air Division Headquarters," said HCol Rempel. "As a neighbour on the airfield, we clearly see the Royal Canadian Air Force's commitment to Winnipeg and are pleased to have the opportunity to help be a part of extending the reach of their commitment to this community."

With approximately 60 current appointments at any one time, the Air Force honorary colonel program provides a powerful and effective means to foster esprit de corps, promote and sustain strong community support and connect Canadians with their Air Force in all parts of the country. Honorary colonels come from a diverse range of backgrounds and include many well-known public and community figures. More than 225 distinguished Canadians have served the Air Force through the honorary colonel program since 1970.

1 Canadian Air Division / Canadian NORAD Region Headquarters serves as the central point of command and control for Canada's Air Force operations and it oversees the monitoring of Canada's airspace in support of Canada's commit-



MGen St-Amand (left) and HCol Rempel sign the honorary colonel appointment certificates. Photo Credit: MCpl Colin Aitken

Queen Elizabeth II Diamond Jubilee Medals Awarded

- Lt(N) Simone Smith, CHIPPAWA PAO

On Tuesday, October 9th, LCdr Paul Stiff, HMCS CHIPPAWA CO hosted the family and friends of 11 of his CHIPPAWA sailors in Manitoba's "stone frigate" at 1 Navy Way. These sailors each received a Queen Elizabeth II Diamond Jubilee medal. LCdr Stiff welcomed his sailors' 40 personal guests into CHIPPAWA to participate in this investiture ceremony as, "This medal is a significant recognition of the valuable contribution of these Royal Canadian Navy (RCN) sailors and I want them to share this moment with their family and friends."

Captain(N) Louis Christ, Director Naval Reserve Strategic Planning and

Western Region Advisor inspected CHIPPAWA's well-turned out Ship's Company and then awarded the medals. One of these deserving recipients was MS Alex Imhoff, RMS Clerk who received his medal for, "Outstanding dedication to duty and highly effective practical leadership in the Ship's office and the Junior Ranks Mess." MS Imhoff has three siblings in the RCN and his mother, Mrs Karen Imhoff and sisters Laura and Stephanie Imhoff joined him on this evening. After he received his medal, MS Alex Imhoff observed that, "Receiving the Queen's Jubilee medal was a great honour, especially to do so with my family in attendance. The best thing about working in the RCN in CHIPPAWA is the sense of family and camaraderie we foster in all our relationships. Being

awarded this medal with my immediate and Navy family at my side is something I will never forget."

To the delight of the parade, family and friends, LCdr John Whitfield, CHIPPAWA Trg O and Master of Ceremonies invited each recipient's family and friends to join each recipient and Capt(N) Christ at the front of the parade for a keepsake picture taken by 17 Wing Imaging's Cpl Jean Archambault.

Capt(N) Christ noted that,

"The thing that strikes me most about the reign of Queen Elizabeth II is her unwavering dedication to serving the people of Great Britain and the Commonwealth. To my mind, this is what we are celebrating in our sailors through the Queen's Diamond Jubilee Medal: service above self in the interests of the Navy and our communities. It is only through the dedicated service and personal energy of sailors like those we recognize this evening that our individual Naval Reserve Divisions



Capt(N) Louis Christ, Director Naval Reserve Strategic Planning and Western Region Advisor presents MS Alex Imhoff, CHIPPAWA RMS Clerk with his Queen Elizabeth II Diamond Jubilee medal. This presentation is truly a family affair as MS Imhoff is joined by his mother Mrs Karen Imhoff (centre) and his sisters Leading Seamen Laura (left) and Stephanie Imhoff. Photo: Cpl Jean Archambault

thrive, helping us to deliver our best to the RCN and the success of its mission."

After the medal presentation, LCdr Stiff invited Capt(N) Christ, all CHIPPAWAs and guests to a light reception in the Junior Ranks' Mess. LCdr Stiff observed that for these 11 CHIPPAWA recipients the significance of the medal is two-fold as, "We celebrate the Queen's 60 years of service and these sailors exemplify CHIPPAWA's motto, "SERVICE."

VOXAIR

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Getting a Better Fit

DRDC Conducting survey into the changing shapes of the CF



A volunteer of the 2012 CFAS get measured as part of the survey. Photo: DRDC

- Mike Sherby, The Voxair

A team of 14 researchers are about to descend on 17 Wing Winnipeg to see how we measure up.

Staff from Defence Research and Development Canada along with their contractors from HumanSystems Inc. will be visiting the base from October 29-31 as part of the 2012 Canadian Forces Anthropometric Survey (CFAS). The goal of the survey will be to get a better idea of the body size and body shape of the Canadian Forces.

While the tri-service aspect of the survey benefits the CF as a whole, this study is especially important to the RCAF as demonstrated by the CAS tasking issued to all Squadrons to support the work to the maximum extent possible. The RCAF in particular will benefit from the data gathered to support airworthiness certification and qualification of cockpits, work stations and other aviation equipment assessments conducted by Director General Aerospace Engineering Project Management (DGAEPM). The RCAF needs to know what our demographics look like to ensure that the greatest breadth of size and shape are accommodated for safe flying and egress.

The survey's project lead, Allan Keefe, is a trained kinesiologist who has been working for DRDC for over 20 years. He says that the data collected from this survey

may be used to help guide the procurement of everything from major purchases like aircraft to smaller ticket items like clothing and equipment.

"The idea is: the better you match their work spaces and the fit of their clothing, the better, and safer the soldiers will be able to do their jobs," he says.

The survey will employ a mixture of old fashioned, hands on measuring, and hi-tech 3D laser imaging to give the surveyors the best data possible. The CFAS has a target of 4000 personnel country wide (3000 males and 1000 female), and will employ a representative and proportional sampling strategy based on age, gender, occupation, and language.

Volunteers for the project will first answer some basic demographic questions before heading to the land-marking stage. Here one of the team will mark several landscapes on the volunteers' body with an eyebrow pencil. From there it's on to the measuring. More than 50 different measurements will be taken from head to toe, using tape measures, calipers and the 3D laser imaging. The whole process takes about an hour and a half.

It may seem counter intuitive to use old fashioned methods like traditional measurements when they have the 3D laser scanner, but Keefe says there's a method to the madness.

"There are certain things the laser scanners don't access well, like armpits for example. But also, if we need to compare our data to previous surveys, we need to be using the same techniques."

Keefe says that they hope to measure about 104 members from 17 Wing, of all different shapes and sizes and from all different roles. He says that getting measurements from RCAF members is especially important due to the nature of the aircraft they work in.

"Ideally, we like to start with a human and design outwards. Too often the design is 'here's your vehicle, fit the person into it', and there's always incompatibilities. You need to make sure that the pilots are able to reach and operate all the controls, for example."

An added bonus of the project is the potential for huge cost savings. The amount of money spent by the CF on personal equipment is massive, and the survey will give them a chance to find savings by ensuring the proper gear in the right quantity is acquired.

"I have some information from the DSSPM that on one project, they saved over \$5 million in one procurement, just by having a better understanding of the size and shape of the target population" says Keefe.

This will be the first time in its history that there has been a CF-wide anthropometric survey. A survey of 708 Army members was completed in 1997, but the last time there was a survey that covered the RCAF was in 1985, and it only covered male pilots and navigators. The Navy has never had a survey of this kind done. Keefe says the



A member of the CFAS Research Team takes a measurement on a volunteer. Photo: DRDC

project was overdue.

"We're providing a much more comprehensive and up-to-date data set than what we had. People change, so we try to do this sort of survey once a generation. We've seen a change in the ethno-cultural makeup of the CF, but also the population as a whole is changing. People's size and body shapes aren't the same as they were 20 years ago."

The year long project is starting to wind down now, and the next step will be to compile all the data into a usable report. Keefe says he expects that to be ready by summer of 2013, but that his team will also be working on some web-based tools for the CF as well.

"I don't just want to hand over a pile of numbers," he says. "We have a project to develop a number of tools for visualizing the data. Right now we're collecting data, and then the data will be used to populate various software tools to help with the design and decision process."

As an agency of DND, DRDC provides DND, other government departments as well as the public safety and national security communities with the knowledge and technologies needed to defend and protect Canada's interests at home and abroad.

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17 Wing Celebrates DFit.ca Launch with a Bang



17 Wing/AFTC Commander, Col Blaise Frawley, registers for the DFit Website. Photo: Cpl Jean Archambault.

- Mike Sherby, The Voxair

On Thursday, October 11, the health and physical fitness of the CF took a huge step forward into the digital age with the national launch of the DFit.ca web site. The site is intended to be a one-stop shop for all things related to the operational fitness of CF members.

17 Wing Winnipeg celebrated the day with a launch party at building 90. While a trio of members of the RCAF Band played some jazz, there were long line-ups of people waiting to use on one of three computers that are dedicated to helping people sign up for the program.

PSP Fitness and Sports Director Al Brazeau said he was very happy with the turn out for the launch.

"It's a perfect turnout," he said. "I'm glad to see so many people here to take a look at this great new program."

Shortly after 0900, 17 Wing/AFTC Commander Col Frawley came in to officially sign up for the program. He also spoke about how important the program is to all members of 17 Wing Winnipeg, and especially its lodger units.

"We're all pretty lucky here, we have what may be the best PSP staff in the country. But lots of places like Det Dundurn or Det Thunder Bay don't have regular access to PSP Personnel, so this will be especially great for them."

After his speech, PSP Fitness Coordinator James Follette gave the crowd of about 60 an e-tour of the web site and its many features. After giving a quick demonstration of how to log in to the site, Follette showed some of the exercises that the program offers. And each exercise comes with an accompanying video, so people can make sure they're doing it right.

"There are hundreds of videos up here. Any exercise we have, you can find a video for it on here," he said.

The site also allows you to generate your own original exercise program, or choose from a large selection of pre-made options. As well, coming later this year, there will be a nutrition page that allows members to explore healthy food options and even a listing of nearby restaurants that serve healthy meals. Folette says that he expects the nutritional element to be a big hit with people.

"During my demonstration, people got really engaged with that part of the site, and I got lots of positive feedback about that."

The site will eventually be replacing any other pre-existing CF Fitness webpages, such as CFexpress.com. Also, Folette says the site will be especially useful for Class A reservists or for people who don't have regular access to PSP staff, since the site includes an interactive forum where they can connect directly with staff.

"The site really encompasses all people's needs for when they're on the go, which is really important for this day and age," says Follette. "Ultimately, I think it will be a very valuable tool for both PSP staff and the Military."

As of October 16th 2012, over 300 17 Wing Members have signed up for the site. Col Frawley said at the launch that his goal for the program will be 100 per cent enrolment, and therefore encouraged all staff to sign up as soon as possible. As an added incentive, 17 Wing personnel who sign up before November 9th will be entered to win an Apple iPod Shuffle.



PSP Staff member Deanne Bennett helps attendees log in to the DFit.ca website. Photo: Mike Sherby

17 Wing Winnipeg's Toastmasters would like to invite the public to an open house with



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Ceramics Club Fires Up The Kiln

- Mike Sherby, The Voxair

Ceramics could be considered one of the earliest forms of art mankind has produced. Clay figures hardened in fire have been found dating back at least 27,000 years, dating back to the dawn of mankind.

These days, things probably look a little more modern when the 17 Wing Ceramics club gets together the fire up the kiln. The club, which has about a dozen current members on the Wings, gets together twice a week to practice this ancient art form.

The club also gets together to do special events and sales, such as its Halloween ceramics lessons, and on December 9th, they'll have a raffle table at the Christmas concert.

Club Treasurer Rita McNeil says that she got into the ceramics club when she was house hunting in Winnipeg and found herself with a free night.

"I didn't have anything to do, so I joined my sister at one of the ceramics classes. It's something fun to do, and a great way to get to know other people as well. And we have lots of fun."

McNeil says that the club has over 2000 moulds to choose from, so people can design anything from plates, to dragons or garden gnomes. Along with the moulds, they club has years of experience to help newcomers out with their projects.

"There's always someone to teach new members things. And we're also looking at doing things like bringing in instructors for special techniques. One of our members is quite good at dry brush techniques, so everyone is happy to share their knowledge."

NPP Annual Report Now Available

- Jen Seipp, DGPFS

Non-Public Property (NPP) exists to support the Canadian Forces community with services and programs that enhance the morale and welfare of Canadian Forces members and their families. To learn more about how NPP is generated and used in communities across the country, take a look at the 2011-2012 NPP Annual Report, available online at www.NPPAnnualReport.ca.

The NPP Annual Report provides

a snapshot of fiscal year 2011-2012. It details how members of the Canadian Forces community contributed to NPP through our retail, banking and insurance services. The report also highlights the myriad of ways that NPP invests these resources in helpful, unique community services for Canadian Forces members and their families. From managing the Support Our Troops Funds, to supporting deployed operations, to offering sports and recreation services, NPP is used to help make Canadian Forces communities more vibrant, appealing and fulfilling places to call home.

To read the complete report, visit www.NPPAnnualReport.ca.

The club has everything people would need to bring any ceramic project from start to finish. They have the moulds, two kilns, and people can purchase their paints, brushes, and the slip (liquid clay) from the clubs.

"Our fees are minimal for firing and stuff," says McNeil. "And the paints, their average price compared to other places is a little lower."

The process for creating a ceramic piece starts with choosing the mould you want. From there, you let it set which can take anywhere from a few minutes to a few hours. Once it dries completely, the member sands off any rough edges and fix and divots. Then it goes in for its first firing in the oven, which will turn the piece into a solid clay shape. Finally, paint is added to the design and it is fired on last time. Each firing takes a minimum of 24 hours, so most pieces take anywhere from 5 days to a week.

McNeil says that there are lots of variables that can affect how long the drying and firing process takes.

"Believe it or not, weather really affects drying time,



(L) Rita McNeil and (R) 2Lt Anna McNeil show off some of the ceramic pieces they crafted for Halloween in the studio located in the Westwin Community Centre. Photo: Mike Sherby.

and humidity. And what we learned the hard way is that the more you put in the kiln, the longer it takes to cook, because the air can't circulate as well."

The club meets two times a week, on Tuesday and Thursday evenings from 1830-2100 in Building 33. For more information on joining, contact Rita McNeil at 204-297-7627, or at local 4769, or club president 2Lt Anna McNeil at 204-793-2571.

Le Rapport annuel des Biens non publics est maintenant disponible

- Jen Seipp, DGSSPF

Les Biens non publics (BNP) existent afin d'appuyer la communauté des Forces canadiennes en lui offrant des services et des programmes qui rehaussent le moral et le bien-être des membres des Forces canadiennes et de leur famille. Pour en savoir plus sur la façon dont les fonds des BNP sont générés et investis dans les communautés au Canada, jetez un coup d'œil au rapport annuel des BNP de 2011-2012 en ligne à l'adresse www.rapportannuelbnp.ca.

Le rapport présente un survol des activités de l'exercice 2011-2012 et explique de quelle façon les membres de la communauté des Forces

canadiennes ont contribué aux BNP par le biais des services de vente au détail, des services bancaires et des services d'assurance. Le rapport met en valeur les divers investissements des BNP dans des services communautaires uniques et utiles destinés aux membres des Forces canadiennes et à leur famille. Que ce soit pour la gestion du Fonds Appuyons nos troupes, pour l'appui des opérations de déploiement ou pour les services de sports et de loisirs, les BNP servent à faire des communautés des Forces canadiennes un endroit plus dynamique, attirant et épanouissant où il fait bon vivre.

Pour lire le rapport au complet, visitez le site www.rapportannuelbnp.ca.

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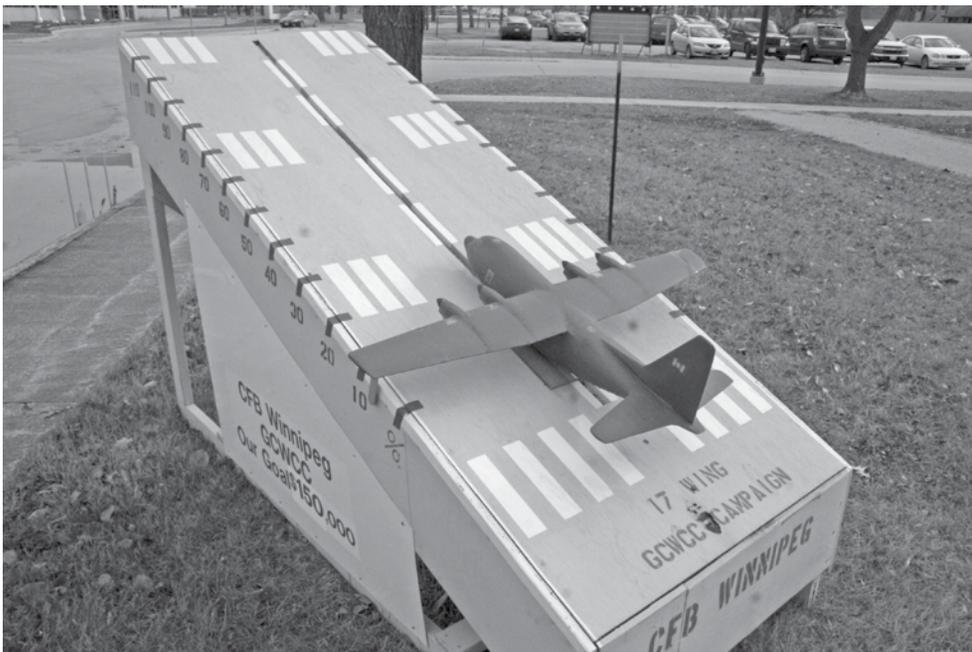
2012 GCWCC Campaign Update



"The United Way campaign organizer presents an award for 1st place in the City Wide plane pull competition to two members of the 17 Wing Aircraft Maintenance Team, Master Corporal Dwayne Grocholski and Corporal Oscar Concha, whose team won the event." Photo: Cpl Piotr Figiel



The turnout for the annual TEME Breakfast was huge. The lines were long, but they moved swiftly thanks to the fantastic volunteers. Photo: Mike Sherby



The GCWCC Herc at the Whytefold gates has begun its climb to the top in hopes of reaching 17 Wing's goal of \$150,000 for the cause in 2012. Photo: Mike Sherby

- Mike Sherby, The Voxair

You could smell the delicious aroma of frying eggs, cooked bacon, and all the trimmings from across the parking as you walked towards the Building 129 hangar for the 2012 TEME United Way Breakfast. On Friday, October 19th, hundreds of pounds of breakfast food were dished out to eager eaters, with all the money raised going towards the 2012 GCWCC campaign.

A tired but excited event organized Cpl John Bain said that he was very pleased with turnout for the event. While the final results of how much money he'd raised weren't available for press time, he estimated that it was in the thousands of dollars. He also said that one of his biggest worries, not having enough food, turned out to be completely unfounded.

"There was no shortage of food at all. We even had leftovers that are over in the transport section, we're trying to eat

them up," he said with a laugh.

Something over 500 people lined up for the breakfast, with all of the food being donated by outside companies like Sysco Winnipeg. Cpl Bain said that the response from the community for the event was incredible.

"I received a memory stick full of information from the previous organizer, and almost everyone I contacted was more than happy to help us with the event. It was really great to see the support people gave this."

This was Cpl Bain's first time organizing the event, and he says that he had a great time doing it, even if it was a little bit of an organizing nightmare at times.

"The toughest part for me was trying to juggle between doing my regular job in refuelling and doing the breakfast, it was two major jobs."

But with all of the GCWCC donations rolling in, he says that it was definitely worth all the hard work he put in.

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Tell Me A Story Soldier

Group aims to collect stories and images from those who have served in Afghanistan



Pte Jarred Braybrook, early May 2010, on guard watch at Out Post Nightmare, Route Nightmare, Panjawi. Photo by Cpl James Hudson

- Melanie Graham - Lt(N) DND PAO retired

A year ago a group of volunteers launched a project called "Afghanistan: A Soldier's Story" www.afghanistancanadianstory.ca. The objective was to collect the human stories and images of those who served - military, civilian and media, to compile them in a legacy album to share with Canadians. Publication is planned for November 2014.

A great deal has been accomplished in the past year.

The project has received a generous donation from the Power Workers' Union (PWU) of Ontario, the same organization that was the principal supporter of the documentary series "The Veterans" <http://vimeo.com/channels/theveterans>

The CDS, General Walter Natynczyk has written an introduction for the book (<http://afghanistancanadianstory.ca/about/afghanistan-a-soldiers-story-intros-and-champions/>), and MGen Vance has accepted our invitation to serve as the CF Project Champion. Respected military historian, Dr. Jack Granatstein, has agreed to write a historical introduction and the Prime Minister, the Minister of Veterans Affairs Canada and the Royal Canadian Legion have agreed to provide

message(s) and/or content.

Submissions have trickled in over the past year and I want to thank those who have shared their stories and images. Many who served, however, appear to struggle with the idea, suggesting their stories are either not worth sharing, or too colourful or covert to share. I ask you to think again.

Storytelling is a traditional and even ancient means of passing on wisdom and culture, not just a chronicling of key events. Historically, it has been how subsequent

generations were inspired and informed, not just with skills and knowledge, but with values and ideals, and a sense of belonging to something greater than themselves. Today, we rely on formalized education along with movies and television to provide the models that will shape our youth, and our leaders of the future. Far too many of us, as a result, have lost the individual art of storytelling.

Your stories, simple and unimportant though they might seem to you, are very important. When you share your experiences through storytelling, you are contributing to a powerful individual exchange, and an accumulation and consolidation of priceless knowledge beyond what is formalized in manuals and history books. Your shared narrative builds trust and understanding with your communities and with those who will come to serve after you. Your stories will also help to perpetuate a standard of professional excellence that has, more often than not, been the hallmark of those who have served Canada in the profession of arms before you.

So please, if you have a story, an image, or a video clip from your Afghan experience to share, or if you know someone else with an experience to share, please direct them to contact@afghanistancanadianstory.ca or to consult@mywrdrwx.com. Your stories and photos are more important than you may realize!

Visit our site at www.afghanistancanadianstory.ca

Facebook - <http://www.facebook.com/Canadian.Afghanistan.Combat.Mission?ref=hl>

Youtube - <http://www.youtube.com/user/ASoldiersStory>

Linkedin - http://www.linkedin.com/groups?gid=4256579&trk=hb_side_g

Flickr - <http://www.flickr.com/groups/canafghanstory/>

Fun Family Getaway Celebrates Recreation

- Jen Seipp, DGPFSS

For one lucky Canadian Forces family, this Labour Day was no work, all play.

Cpl Steve Ottar and his daughter Meghan were the happy winners of the June is Recreation Month Contest, and enjoyed a leisure-filled vacation in the National Capital region this September. Their vacation capped off a successful June is Recreation Month campaign, which invited Canadian Forces families from across the country to turn their attention to family fun and healthy activities.

"Thousands of Canadian Forces members and their families at bases, wings and units across Canada and abroad enjoy over 700 different types of recreational and leisure activities all year long," says Cmdre Mark Watson, DGPFSS. "June is our time to highlight the health benefits and importance of participation in these activities."

To help promote recreation in June and beyond, PSP National Recreation Services engaged a variety of sponsors to provide contest prizes for Canadian Forces community members who truly demonstrated the value of recreation. Grand prize winner Cpl Ottar enjoyed a trip to attend the 25th Gatineau Hot Air Balloon Festival, visit local museums and take in the sites of the region with his daughter.

"The type of work that I do often involves my being away from home, so uninterrupted time with my family is a big deal," says Cpl Ottar. "As a junior rank in a high cost area like Edmonton, the things that CFPFSS provides give me the ability to do things with my family that I wouldn't otherwise be able to do. Winning this contest and being able to give this experience to my

daughter has been incredible!"

Local participation on bases and wings is also at the heart of the June is Recreation Month campaign. PSP Recreation teams across Canada did a great job of getting their community members engaged in recreation this June by holding special events, family fun days, and encouraging people of all ages to get active, get involved, and try something new. Thanks to their tireless efforts to promote recreation in their community, the staff members at CFB Petawawa are the proud winners of a community barbecue prize package.

"For the third year in a row, BMO Bank of Montreal® was proud to sponsor the June is Recreation Month initiative," said Nick Mastromarco, Director, Acquisition and New Business Development. "As the Official Bank of Canada's Defence Community, we at BMO are grateful for the opportunity to help improve the quality of life and boost morale in the communities we serve."

In the month of June and throughout the year, recreation plays an important role in Canadian Forces communities by encouraging military members and their families get involved, lead healthy lifestyles, and get engaged within their communities. Thanks to all who participated in this year's June is Recreation Month campaign. By enjoying the benefits of recreation, we are all winners.

To learn more about the benefits of recreation or about local PSP programming in your community, log on to www.cf-rec.ca.

OPERATION TRICK OR TREAT

Op Orders: To find and collect all items on the following list and return to the MFRC. Ideally this hunt should be completed while Trick or Treating.

Op End Date: November 9, 2012 at 1600 hrs.

Required Equipment: Plastic grocery bag, a keen eye and a willingness to have a good time.

Mission Reward: Everyone who completes this mission will receive a Yellow Ribbon Lawn Sign.

Your Mission: Find the following items!

1) A yellow leaf 2) An acorn 3) A rock that looks like a ghost 4) A pumpkin seed 5) A lollipop 6) A spider 7) A candle 8) Something orange 9) Something black 10) Something that looks like an eyeball 11) A candy you don't like 12) Something with the date of October 31, 2012 on it 13) A piece of tree bark 14) A tootsie roll 15) A homemade ghost

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World Squash Day Celebrated at 17 Wing



Two participants of World Squash Day play a game at the squash courts in Building 90 on Saturday October 20th, 2012. Photo: Mike Sherby

- Mike Sherby, The Voxair

Thousands of people from around the world gathered last Saturday to celebrate World Squash Day, an international event dedicated to celebrating the sport. Around the world, clubs participating in the event split their players up into two teams, Team 2020 and Team Squash, with the aim of playing the single largest squash game ever.

Here at 17 Wing, 27 players showed up to help make the event a success. In Winnipeg the final score was Team Squash: 3 – Team 2020: 9 and worldwide the score was Team Squash: 5874 · Team 2020: 5710, with some scores still coming in.

17 Wing event organizer, Maj Doug Chess, says he was pleased to see this many people of all ages come out for the event.

“We have an age range of everyone from 12 years-old, to 81,” he said. “It’s really a sport that anyone can take up.”

The focus of this year’s World Squash Day was to raise awareness and support for the sport’s bid to be included in the 2020 Olympics. Maj Chess says that while past bids have been rejected due to inconsistencies internationally with the sports rules, those have mostly been cleared up.

“The biggest challenge right now is revenue. If you’ve ever watched squash live it’s an amazing sport, but if you try to televise it, it can get difficult because the ball moves so fast. So I think it’s a bit of a revenue generating thing.”

But all that seemed secondary on Saturday as the players engaged in exciting, fast paced matches, and lost of friendly banter in between. Mike Gray, who’s been playing squash since he was 15, says that the sport is a great way to get some exercise and meet people.

“It’s a really good social sport, and a great way to meet new people and socialize. It’s not elitist at all, it’s cheap to play, and it’s played by people all over the world.”

The sport does have an international appeal that can’t be denied, with 450-plus courts registered world wide for World Squash Day. Part of that reason may be the health benefits of the sport. In a survey published by Forbes Magazine, squash was rated the number one healthiest sport to play.

Maj Chess says that he hopes the IOC takes that into consideration when deciding whether to include the sport in the 2020 Olympics.

“You can ask any athlete: squash does strength, fitness, biometrics, it’s all there. But it comes down to can you make a buck out of it? And that’s unfortunately the bottom line a lot of the time. So hopefully we’ll get through on athletics alone, since that’s what the Olympics are supposed to be about.”



The group of participants who took part in World Squash Day at 17 Wing Winnipeg. Photo: Submitted

SAR Techs Take Part in the 100th Anniversary Grey Cup Cross-Canada Tour



Sergeant Andre Bergeron helps a young fan try on Search and Rescue Technician gear at Union Station in Winnipeg on 5 October during the 2012 CFL Grey Cup Tour. The Canadian Football League partnered with the Canadian Forces for the 100th Anniversary of the Grey Cup Tour across Canada. Photo: Capt Jordan Woodman



Sergeant Andre Bergeron and Master Corporal Matt Davidson pose with the Winnipeg Blue Bomber Cheerleaders beside the Grey Cup at Union Station in Winnipeg on 5 October during the 2012 CFL Grey Cup Tour. The Canadian Football League partnered with the Canadian Forces for the 100th Anniversary of the Grey Cup Tour across Canada. Photo: Capt Jordan Woodman

Sharon Blady
MLA for Kirkfield Park
832-2318
SharonBlady.ca

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Generous Wing Members Help Fill The Boot

- Mike Sherby, The Voxair

It's should come as no surprise that the men and women of 17 Wing are some of the most generous people in Canada, but this year it appears that we're outdoing ourselves yet again.

On October 10th, the 17 Wing Fire Hall had its annual Boot Drive to raise money for Muscular Dystrophy, and it looks like we've topped ourselves yet again in donations.

Volunteers from the 17 Wing Fire Hall were outside the 17 Wing gates bright and early holding their boots out for donations, and there was no shortage of people willing to give to a good cause. Sgt Dennis Matthews, a fire fighter at the

Fire Hall, said that while the final tally isn't in yet, this year's haul will be in excess of \$3,000.

"We already have almost exactly \$3,000, and we still have a blue box full of nickels and dimes that we need to bring in to the bank and have counted," said Matthews.

This amount is a good \$500 more than the previous years take, which came out to just over \$2,500, which itself topped 2010's donation of \$2000.

The Boot Drive is a Canada wide event that sees Fire Fighters across Canada raising money for Muscular Dystrophy Canada, which funds research to help end neuro-muscular diseases.



The donations were coming fast on Wednesday morning as the 17 Wing Fire Hall collected donations for the annual Boot Drive to help Muscular Dystrophy. Photo: Alison Dickey

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Air Cadet Sqn Celebrates 70 Years



The 170th St. James RCACS Cadet Squadron celebrated its 70th anniversary in Building 21 at 17 Wing on October 20th, 2012. Photo: Mike Sherby

- Craig Black, Squadron Sponsoring Committee Co-Chair

Local Air Cadet Squadron "170 St. James RCACS" celebrated their 70th anniversary on October 20th 2012 with a parade at Bldg 21, 17 Wing Wpg at noon. The Reviewing Officer for the ceremony was Former Squadron CO Dave O'Dell.

Warrant Officer First Class Ryan Daun, 18, was the Parade Commander for the ceremony. The Cadets of the Squadron built displays showing what they have learned from being a Cadet.

In 1942 a group of local businessmen met to sponsor an Air Cadet Squadron in the St. James area as requested by the Air Cadet League of Canada, Manitoba Branch. This squadron was approved by the Air Cadet League of Canada and received its charter on October 1st 1942. In 1946, members of the St. James Kiwanis Club met with the secretary of the Air Cadet League of Canada, Manitoba Branch to discuss the possibility of the St. James Kiwanis Club becoming a sponsor. On May 2nd 1946 the formal transfer of sponsorship papers were signed.

In October of 1956 the Squadrons' name was officially changed to No. 170 City of St. James Air Cadet Squadron and was sponsored solely by the Kiwanis for 40 years until a group of parents expressed interest in jointly sponsoring the Squadron. In 1996 the parents committee worked with the Kiwanis Club of St.

James and eventually assumed the overall sponsoring duties of the Squadron. In 2002 the parents committee became the "sponsoring committee" and the name of the Squadron was officially changed to 170 St. James Royal Canadian Air Cadet Squadron.

The Royal Canadian Air Cadets, in partnership with the Air Cadet League of Canada has been training youth in Canada for over 60 years. The Cadets are the largest government funded youth program in Canada with over 52,000 participants across Canada. The Royal Canadian Air Cadets accepts youth between the ages of 12-18 who have a desire to learn more about the air element of the Canadian Forces, wish to develop the attributes of leadership and good citizenship and who wish to promote physical fitness. There are no fees or costs to join Air Cadets and uniforms are supplied free of charge. While the program is military based, there is no obligation for a cadet to join the Canadian Armed Forces when he or she finishes their cadet career. Cadets are also encouraged to learn more about opportunities within Canada's Aviation Industry.

For more information on the Royal Canadian Air Cadets, please visit www.cadets.ca

For more information about the Air Cadet League of Canada, please visit www.aircadetleague.com

Deer Lodge Centre Auxiliary is hosting a Christmas Craft Sale

Saturday, November 3rd
1000 - 1500 hrs
at the Centre, 2109 Portage

Handicrafts and baked good for sale.
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For more info:
Rosie Sikora,
Program Manager, Volunteer Services
Ph: 204-831-2541, Fax: 204-831-2581

National Defence Supports Green Meetings and Events

- Laura Barz,
17 Wing Sustainability Office

Originating from the commitments made under the Federal Sustainable Development Strategy, DND recently created a Green Meetings Guide and Checklist. Applicable to all DND personnel, this Guide and Checklist will assist Defence employees in considering the environment and making more environmentally friendly choices when planning a meeting, event or travel (for work purposes). Personnel and management are encouraged to follow these six target recommendations in order to meet DND's commitment to responsible environmental stewardship:

Awareness: Inform the attendees that it will be a green meeting/event. Try to get everyone's support including the attendees, partners and service providers.

Green Procurement: Ask attendees to bring their own coffee mug. Place meeting minutes/notes on an overhead projector instead of printing extra paper. Only purchase items that are required and when purchasing, choose items that can be easily recycled or reused later.

Facilities, Venues and Accommodations: Ensure that the facilities and hotels are managed in an environmentally friendly manner. (Ask about their envi-

ronmental policy when selecting a venue). Remember to turn out the lights and equipment when you are finished.

Waste Management: Apply the 4 Rs (reduce, reuse, recycle and recover) whenever possible. Encourage participants to recycle and procure items that are easy to apply the 4Rs.

Travel & Transportation: Reduce the amount of travel when possible. Hold video and web conferences. (There are many video conference rooms available on the Wing). If travel is necessary, try to meet in a central location and always try to carpool.

Hospitality (Food and Beverage Services): If providing hospitality, try to purchase local and organic. Use reusable dishes instead of disposable and consider filling water pitchers instead of distributing water bottles.

Promotion of the Green Meetings Guide has already begun at 17 Wing as many of the colourful DND Green Meeting posters are already displayed in boardrooms throughout the Wing. If you would like a poster for your boardroom or would like any more information on DND's commitment to Green Meetings, please contact the 17 Wing Sustainability Office at +17WsustainabilityOffice@forces.gc.ca



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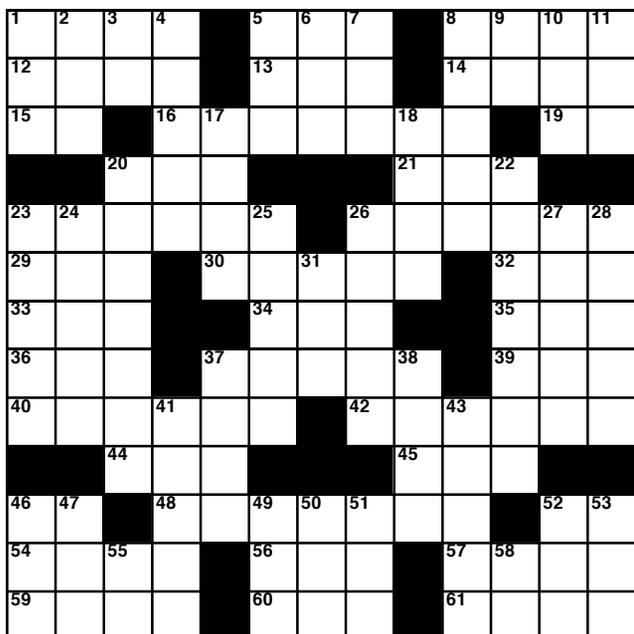
Crossword & Sudoku

Canadiana Crossword

All Saints Day

By Bernice Rosella and James Kilner

- ACROSS
- 1 Patron saint of Teachers
 - 5 Common PC
 - 8 Average marks
 - 12 Chickpea stew
 - 13 Praiseful poem
 - 14 Giant
 - 15 QB's pursuit
 - 16 Patron saint of farmers
 - 19 Yes, to Sergio
 - 20 A kind of VAT
 - 21 Actress Thurmond
 - 23 More grizzled
 - 26 Patron saint of civil servants
 - 29 Insurgent, slangily
 - 30 Patron saint of fishermen
 - 32 Foundation garment
 - 33 Spring mo.
 - 34 Bell trailer
 - 35 Soak
 - 36 ___ Lanka
 - 37 Patron saint of comedians
 - 39 Ace
 - 40 Nosegay
 - 42 Hot stuff
 - 44 Gatos preceder
 - 45 Enemy
 - 46 Nazi mil. unit
 - 48 Patron saint of accountants
 - 52 Arbour or MacInnis
 - 54 Particle
 - 56 Classic car
 - 57 Mineral deposit
 - 59 Patron saint of physicians
 - 60 Desire
 - 61 Certain votes
- DOWN
- 1 Scribble
 - 2 Ancient
 - 3 Hello, breezily

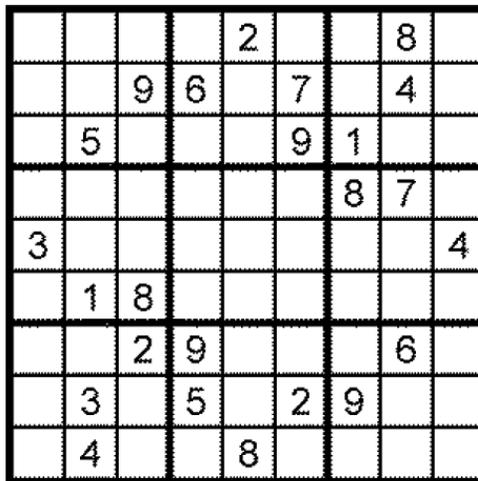


- 4 Loud
- 5 Miss Piggy exclamation
- 6 Supplement
- 7 Corporate fig.
- 8 A kind of therapy
- 9 Euro alliance
- 10 PGA star
- 11 Slalom
- 17 Stride
- 18 German industrial city
- 20 Patron saint of broadcasters
- 22 Patron saint of beekeepers
- 23 Seize
- 24 Dupe
- 25 Fasten again
- 26 Telecommunications giant
- 27 Sports centre
- 28 Fills full
- 31 Vietnamese holiday
- 37 Credit card
- 38 Lock-box
- 41 French battlefield
- 43 Ignoble
- 46 My gal ___
- 47 Vinyl Cafe host McLean, familiarly
- 49 Attempt
- 50 Athletic supporter?
- 51 Term of endearment
- 52 Golfer MacKenzie
- 53 ___ canadiens
- 55 I approve, for short
- 58 Dictionary abbr.

My Sudoku

Rated: Master

Using the numbers from 1 to 9 please fill in the blank cells. Each number can be used only once in each row, column, and 3 X 3 block. Each puzzle is rated for degree of difficulty as :
Beginner * Advanced * Master



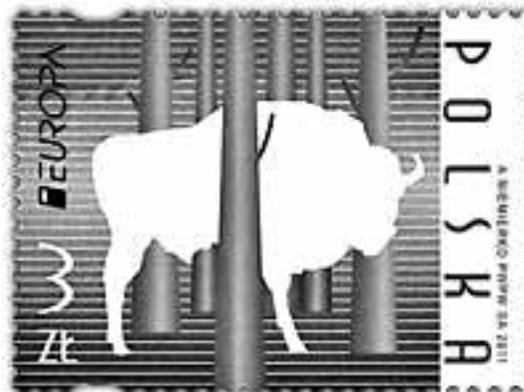
©My Sudoku #9 vol 1

Philatelist's Corner with Alf Brooks Europa

Every year since 1956 countries in Europe have issued stamps to stress European unity. The first were issued in 1956 with a common design, representing the founding six members of the European Coal and Steel Community: Belgium France, Germany, Italy, Luxembourg and Netherlands. The common design concept was continued for a number of years.

The number of countries issuing Europa stamps has increased, and more recently a theme rather than a common design guided the issuing countries. In 2011 the theme was Forests.

Each year the Asiago International Awards for Philatelic Art are presented in various categories. In 2011 a stamp from Poland was awarded first prize for the Europa issue; it pictures a European bison among trees. In addition the stamp has the scent of juniper.



The 17 Wing Defence Aboriginal advisory group would like to advertise for the following:

October 31 - November 4, 2012 is the seventh Annual Manito Ahbee Festival and Aboriginal Peoples Choice Music Awards! Its being held at the MTS center for more information go to <http://manitoahbee.com/>. Tickets are sold through Ticket master



The group meets the second Wednesday of each month. For more information, please Carolyn Usick at local 5491, or WO Judy Martin at local 5614

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Family Violence Prevention Week Wraps Up

Every October, Canadian Forces (CF) communities across the country Take a Stand Against Family Violence. Coinciding with the YWCA's Week Without Violence, this CF-wide campaign reaches out to military families, personnel and service providers to raise awareness about family violence prevention. Now in its sixth year, the Take a Stand campaign continues to spread the message that family violence prevention is the responsibility of the entire CF community.

The Take a Stand campaign addresses family violence with tailored education and prevention strategies, and stresses the importance of responding to incidents of violence appropriately, responsibly and respectfully.

"Family violence is a very complex issue with multiple, and sometimes endless, consequences," says Lieutenant Colonel Suzie Rodrigue, National Practice Leader for Social Work at Director Mental Health Services.

"As leaders, supervisors and individuals, we all share the responsibility to stand up for those affected by family violence. Why? Because living in fear is no way to live your life."

The Take a Stand campaign is administered at each CF location across Canada by Family Crisis Teams. Each team includes medical per-

sonnel such as social workers and health promotion staff, chaplains, military police, Military Family Resource Centre Prevention, Support and Intervention Coordinators and, as appropriate, professional health and social service workers from the civilian community.

"Family violence prevention and awareness is key to building strong, healthy CF communities," says Celine Thompson, Director Military Family Services.

"Military Family Resource Centre staff, along with other helping professionals, play a key role in this shared responsibility and are encouraged to be actively involved in the Take a Stand campaign in their communities."

Throughout Family Violence Prevention Week, Family Crisis Teams organized briefings to promote family violence prevention, distribute posters, pamphlets and other informative material around CF communities, and ensure that all community members know how to address incidents of family violence. These helping professionals are at the heart of the campaign, as they ensure that their community actively and effectively addresses this important issue.

Visit www.cfpsa.com to find out more about what local CF communities are doing to Take a Stand Against Family Violence.

Tip to Help you have a safe and scary Halloween!

-Courtesy Health Canada
Costume Safety



Coming up with a creative disguise doesn't mean that safety needs to be forgotten, so here are some safety tips to keep in mind.

- October 31 can be a chilly night so make sure that costumes are loose enough to be worn over warm clothing but not so baggy or long that trick or treaters can trip over their costumes.
- Trick-or-treaters should wear sturdy walking shoes.
- Choose brightly-coloured costumes that will be clearly visible to motorists. For greater visibility, add or incorporate reflective tape into the costume.
- Make-up and face paint are better than wearing masks which can restrict breathing and/or vision. If you choose to use a mask make sure it is one that allows the child to see and breathe easily.
- Swords, knives and similar accessories should be made of soft, flexible material.
- Look for costumes, beards and wigs labelled "Flame-Resistant" -- nylon or heavyweight polyester costumes are best. Flame Resistant does not mean 'fire proof'. Avoid costumes with baggy sleeves or flowing skirts to minimize the risk of contact with candles and other fire sources. Costumes made of flimsy materials have been found to burn more quickly when exposed to fire sources.
- Think twice before changing the colour of your eyes with cosmetic contact lenses. These cosmetic lenses should be used only under the supervision of an eye-care professional. In addition, wear time should be limited to the shortest duration possible. The lenses must never be worn while asleep, and cosmetic contact lenses should not be shared with others. If you should choose to wear these lenses, be certain that they are cleaned properly.

Decorating Your House

- By decorating your home, you signal to other trick-or-treaters that your household is taking part in Halloween.
- Children too young for trick-or-treating can dress

up in costume and help answer the door with a parent nearby.

- Small children should never carve pumpkins. Instead, let your child draw a face on the pumpkin.
- Make your home safe for trick-or-treaters. Remove all objects around the outside of your house that could cause children to trip or fall. Turn your outside light on so children will know they can visit your home.
- Keep candles, jack-o-lanterns, matches and lighters in a place that children cannot reach.
- Halloween candles with multiple wicks close to one another are hazardous and should not be used. When lit they can produce a single high flame or several large flames close together resulting in intense heat and the danger of igniting nearby materials such as curtains or window sills.
- Keep pets inside and away from trick-or-treaters and lit candles, especially if they are easily frightened or become over-excited in the presence of strangers.
- If using decorative lights indoors or outdoors, use lights certified by a recognized organization such as the Canadian Standards Association (CSA) or the Underwriters' Laboratory of Canada (ULC or C-UL). Check lights for broken or cracked sockets, frayed or bare wires or loose connections. Discard damaged sets. Do not overload extension cords.

Trick-or-Treat!

- On Halloween, most trick and treaters set out around dusk but the youngest wave of ghosts, witches and rock stars might begin ringing your bell in the late afternoon.
- Parents should accompany their children each year until the children are old enough to go by themselves. Still, safety-minded parents can follow along at a distance to keep an eye on the children.

Other Tips:

- Tell your children not to eat any goodies until you see them. Make sure that your child eats dinner before they set out, so they'll be less tempted to eat their goodies along the way.
- It might be a good idea for parents or children to

take along a backpack to empty the goodies into if the trick-or-treat bags become too heavy.

- Children should stay in well-lit areas and should only visit homes that have their outside lights turned on. Children should never go inside homes or cars.
- Children should walk, not run, from house to house and stay on the sidewalk or at the side of the road facing traffic, cross the road at the corner and look both ways before crossing the road.

The Goodies

- The best part about Halloween! But before your children begin to eat their loot, make sure you examine it first. Throw out any treats that are not wrapped, those in torn or loose packages, or any that have small holes in the wrappers. Check toys or novelty items for small parts and do not allow children under three years to play with them.
- You might want to offer an alternative to sugar-based treats. Gum should be sugarless. Stickers, multi-coloured pencils or beads can be a nice surprise in place or in addition to traditional treats. Ask your children what they think a good treat would be.



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For more information please call:
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www.familyforce.ca

204.833.2500 ext. 4500



The MFRC Family Counselling Program

The Winnipeg MFRC Family Counselling Program specializes in working with families from the military community who want the expertise and services of professionals who understand the unique military lifestyle.

The program offers a wide spectrum of services from counselling, support groups and educational sessions to resource materials. Services are provided to individuals, couples, children and families. All services are confidential and offered at no charge.

Adult Counselling

Services include mental health and wellness, operational stress injuries, deployment stress, separation and divorce, relationship counselling, addictions, family violence.

Children & Youth Counselling

Mental health and wellness, deployment and posting stress, bullying, sexuality, relationship issues (parents, siblings, peers), school concerns, separation and divorce.

Special Needs Services

We can assist with determining what special needs services your family and extended family may require as well as accessing government, health, education and community services in Winnipeg, surrounding areas and across Canada.

Parenting Support

Pre-natal and post-partum issues, single parenting, divorce and impact on children, parent teen conflict and coping with other parenting challenges. We also provide services designed for fathers to strengthen the bond with their children.

Respite

Information on accessing deployment, emergency and casualty childcare. Assistance in developing your family care plan and childcare options in the community.

Community Development and Resources

Presentations on families and the military, consultation with community service providers, resource packages, books, videos and handouts are available

on a variety of topics and government publications. We would be happy to put together a package of relevant materials to assist you and your family.

Family Liaison Officer (IPSC)

Provides services to families of ill and/or injured CF members and veterans.

For information on any of the information listed please contact the program social workers.

Haley Schroeder MSW, RSW
833-2500 ext 4512

haley.schroeder@forces.gc.ca

Laurie-Anne Johnson MSW, RSW
833-2500 ext 4478

laurie.johnson2@forces.gc.ca

All services are provided by registered social workers who are members in good standing with the Manitoba Institute of Registered Social Workers and Canadian Association of Social Workers.

Theraplay® Play Therapy now available at Winnipeg MFRC

The MFRC Family Counselling Program is excited to announce Theraplay® principles and practices are now available for parent-child counselling. Theraplay® can provide benefits to children as young as newborns, and up to the early teen years.

Theraplay® is structured play therapy for children and their parents. It is designed to enhance attachment, self-esteem, trust in others and joyful engagement. Sessions are fun, physical, person-

al and interactive and reflect the natural, healthy interactions between parents and children. Counsellors using Theraplay® techniques do so under supervision from the Theraplay Institute®.

Children can be seen for problems including withdrawn or depressed behaviour, overactive aggressive behaviour, temper tantrums, phobias, and difficulty socializing and making friends. Children also can be seen for various behaviours and interpersonal problems resulting

from family issues, learning disabilities, developmental delays, and pervasive developmental disorders.

Children in military families may experience a number of issues that affect their behaviour: posting, new schools, parental break-up, parental absence due to work demands, and parental illness or injury. Children finding it difficult to cope may greatly benefit from this type of support. For more information on parent-child counselling, and other counselling

services at the MFRC, please contact social workers Haley Schroeder, MSW RSW (204-833-2500 ext 4512) or Laurie-Anne Johnson, MSW RSW, Family Liaison Officer, IPSC (204-833-2500 ext. 4478).

Information provided by the Theraplay Institute®, Evanston, IL. www.theraplay.org

We would like to thank True Patriot Love for their support of Theraplay® Resources at the Winnipeg MFRC

UPCOMING MFRC PROGRAMS

REMEMBRANCE DAY AT FORT WHYTE ALIVE

Come and experience the natural beauty at Fort Whyte Alive. Sunday, November 11, 1 to 5 p.m.

FREE Admission for all Veterans and current Armed Forces and family members upon presentation of a valid military ID card, VA ID, Gym ID or military dependant ID. A letter of presentation can also be obtained from the Winnipeg MFRC. For information, contact the MFRC at ext. 4500.

ADULT PROGRAMS HAUNTED WALKING TOUR

Symbols, Secrets & Sacrifices under the Golden Boy
Friday, Nov 2, 6-8 pm, \$10 per participant

Come join us as we take a haunted tour of the Manitoba Legislative Building and see for yourself what lies within its walls. Leave the tour with a completely new understanding! Recommended for Adults and Youth 15+. Please register and pay by October 25th. For more information please contact Ext. 4506

A PARENT COMMUNITY

Fridays, November 2, 9, 16, 23, 30

NEW TIME: 9:30 to 11:30 a.m.

A community of parents will discuss topics related to parenting children of all ages. Stop by the MFRC and have a coffee while your children socialize with others. Child care is provided for children 18 months to 5 years; the younger children stay with mom.

CASINO BUS TOUR

McPhillips Station Casino
Friday, Nov 16th, 7-11 pm
FREE for Adults 18+

If you have not experienced Winnipeg's McPhillips Station Casino, or have and can't wait to go back, here is your chance! We will be providing a FREE and FUN bus tour, transportation to and from the Casino, games and prizes onboard, a tour of the facility for new visitors and even a way to earn \$10 in FREE slot play. It really doesn't get any better than this! Must be 18+ to attend. For more information please contact ext. 4506. We meet at the MFRC, 102 Comet Street
<http://www.mcphillipsstation.com/>
Registration deadline: 9 November 2012

FRANCOPHONE LADIES GROUP CHRISTMAS CARD MAKING WORKSHOP

Sunday, November 18 - starts at 1 p.m.

\$20/person, includes all material
Registration deadline: November 14
Would you like to learn how to create your own Christmas cards and give them a personal touch? Come express your talents and creativity! For more information, contact Mélanie at ext. 4515.

CHILDREN'S PROGRAMS (0-5 YEARS OLD)

STORYBOOK ADVENTURES

WESTWIN CHILDREN'S CENTRE

Tuesdays in November from 1:00-2:30 p.m.

\$30/5 sessions or \$8 drop in
This program is for children 2-5 years old. It uses favorite stories as a jumping off point for music, movement art and science activities. Parents may meet at the MFRC for coffee and conversation during the program if they wish. Call 833-2500 (2491) for more info or to register.

KID'S CARE (BEGINNING 6 NOVEMBER)

MFRC CHILDCARE CENTRE, 630 WIHURI RD.

Tuesdays & Wednesdays, 9 to noon
Thursdays 9 a.m. to noon or 1 to 4 p.m., and 9 a.m. to 4 p.m.
Children 6 months to 2: \$12/3 hour session, \$28/7 hour session

Children 2 to 5 years old: \$10/3 hours session, \$24/7 hours session
Half price for each additional child from the same family.
Must book 24 hours in advance. Call 204-833-2500 ext 2491.
Need a break? This program provides care for children while you take some time for yourself. Peanut free snacks

CHILDREN & YOUTH (6-18 YEARS OLD)

GLOW-IN-THE-DARK ARCHERY

Friday, November 23, 6 - 8 p.m.
Both Youth Centres will be heading to the Heights Archery for Glow-in-the-Dark Archery on Friday, November 23rd, 2012 from 6-8pm. The cost is \$10 per participant (7+)* and includes transportation, 2 hours of glow-in-the-dark archery, pizza and pop. Sign up today at your Youth Centre. Be sure to have your permission form and monies in by Friday, November 9th to secure a spot! We will not be accepting any late or day of registrations.
Membership/ Medical forms must be completed! Please see staff for more details.

*Due to the nature of the activity, Heights Archery only permits 7 years olds and older to attend. Sorry for the inconvenience this may cause some.

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

Chaplain's Corner

Where is Your Passion?

What do we do with what seems to be an antiquated organization? Not an easy question to answer because our social fabric is full of old institutions that are closing their doors. For instance, our Legions, that were once full of veterans, are closing their doors. For the most part we prop up the old institutions, even if we know they are dying.

Sometimes we hear that old institutions are of great value. They are because they contribute some funds to special concerns. We hide behind a truth that many of us do not believe in the old ways. The people that believe, are stemming the tide against a largely materialistic culture that only cares about shopping for that, "special something".

Many old institutions are beginning to disappear. Take for instance our Church guilds. In the 1950's they were a strong vital part of the community. They raised funds for all sorts of causes, especially those causes that fed the poor and the needy. They also kept friends close because the friends could work towards an altruistic end. People found meaning in good works and they bound closer to each other. All the women that went to church belonged to the group. If they had any difficulties, they worked it out.

Today, many women do not be-

long to these groups. More to the point, we rarely see people work together towards a specific cause. We even hear that most Canadians do not exercise their vote. What has happened to the passion that our parents showed?

Just last night, I went to our Chapel Guild and I discovered about nine women who have worked to raise about six thousand dollars. They distribute the money to a variety of charities and also spend some on their own group trips. They have grown together and experience a unity where they are driven to do "good works".

Yesterday, the Chapel Protestant Guild voted for their small board (which stayed unchanged) and they will continue to work, in earnest, for what they believe to be good causes. They laugh and joke. They sometimes fight. I marvel at how this small group keeps on going. I celebrate their achievements because they are a forgotten part of our history that can be re-vitalized. Their work is important because it is every ones work. They help to develop and work as part of a community while many others stay at home and self isolate. Many people claim tiredness and watch their TV.

Could it be that passion is dead? Could it be that all our old valued institutions are empty, meaning-

less? With the ladies Guild the answer is, "no" Even if just two or three meet, we have hope for tomorrow. We should celebrate how each small group takes courage in trying to act on their beliefs. We can celebrate the diversity and similarity of what these groups try to do:

- 1- They try to feed the poor.
- 2- they help the broken.
- 3- they provide warm gloves to the homeless, and
- 4- they help to build hospitals in far off places.

In short, a lot of small different groups do wonderful things for your community. Perhaps it is time that we engage our selves in building the small group into active passionate large bodies that accomplish good deeds? Take time to look at our old institutions and re-invigorate their good works? The Nights of Columbus need people. The Shriners still help to build hospitals. Siloam Mission needs people to cook food. Our Guild would love to have your talent to develop new activities that are fun and fantastic.

Matter of fact, I am going to start looking for a group to join and see how I can help my community. For none of us is entirely alone. We are all made stronger when we join a group of friends.

- Padre Will Hubbard

Together in Church

CATHOLIC

CHAPLAINS

Padre Mark Mawson (Wing Chaplain)

Roman Catholic Office 833-2500 ext 5417

Padre Ray Laudenerio

Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre

Roman Catholic Office 833-2500 ext. 5956

Ms Catherine Landry

W Chap Admin Assistant

Office: 833-2500 ext 5087

Masses (English only)

Tues, Weds, Thurs 1210 hrs

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 Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Gord Mintz

(Anglican) Office 833-2500 ext 5785

Padre Frank Staples (UCC)

Det. Dundurn. Office 833-2500 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'.



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 The Western Canada Aviation Museum is looking for volunteers in the artifacts, library and restoration departments. Applicants must be able to use a computer for data inputting and indexing. Let us know what your skills are but if you're willing to learn new things, we can teach you! We are always looking for help in other departments as well.
 Please contact the museum reception desk at: 204-786-5503 to volunteer.

Send us an e-mail today to place your FREE Classified ad at Voxair@mts.net

Taroscopes

BY NANCY

Aries (March 21 - April 19):
 Though it can feel good to be the centre of attention it may also make you feel like you have to "perform the role" you've been cast in. You want people to appreciate the "real you." Explore your part in this to discover if you can change the dynamic and create truer connections.

Taurus (April 20 - May 20):
 When something you've created takes off it's very encouraging. Continue to experiment and play with new ideas. Act promptly. You'll be able to learn as you go and make adjustments when necessary. The main thing is to proceed with confidence. Factor in some fun time too.

Gemini (May 21 - June 21):
 If it's got to be done - just do it. You manage well under pressure. Don't let others belittle your efforts or try to take the credit for your achievements. Inconsiderate, hurtful behavior or harsh words are a reflection of others not of you. Focus on staying centered in challenging situations.

Cancer (June 22 - July 22):
 When you feel uncertain, take a time out. Putting aside worries for a while may help you solve problems more readily. Apply yourself to an artistic or creative endeavor as a way of distancing yourself from what concerns you most. Consider how your beliefs shape your assumptions.

Leo (July 23 - August 22):
 Hiding some aspects of yourself to make a positive impression isn't always the best move. How you handle failure can make a positive impression, especially if you bounce back with greater integrity and reliability. Don't take shortcuts. Fulfill your responsibilities. Keep promises.

Virgo (August 23 - September 22):
 Sometimes the aftermath of impulsive action is fixable but don't leave it too long. Act quickly. Focus on what is healthy for you. Deal with an old issue that needs to be finalized. Make necessary decisions. Take the lead when others are paralyzed by doubts or uncertainty.

Libra (September 23 - October 23):
 Get out and have fun. Life is to be enjoyed. Take in a concert or a show. Relax. This is a time to appreciate taking things slow and connecting with others. If you want to show how much you care and express your deeper feelings do so over dinner or on a quiet walk.

Scorpio (October 24 - November 21):
 You can move on after an emotional upset more readily if you get involved in an engrossing personal pursuit. Fortunes and situations change at the drop of a hat so if you feel isolated, remember this is just a phase. Move back into the mainstream only when you're ready.

Sagittarius (November 22 - December 21):
 Someone you dismissed as foolish you now see is actually wiser and stronger than you realized. If you have lost something you took for granted don't get stuck in a place of regret. Instead, appreciate all that you have now. The past is gone. Live and learn.

Capricorn (December 22 - January 19):
 You are an inspiration to others. Though you're proud of all you've accomplished it can also leave you feeling trapped by a sense of responsibility. Nothing is cast in stone. Situations and people change. Determine how to meet your own needs - they too are changing.

Aquarius (January 20 - February 18):
 Sometimes it is sensible and fair to simply leave behind non-constructive situations. It doesn't have to be a big deal. Make a logical assessment and act for the best for yourself and others. Stretch your assumptions. Meet new challenges. Re-ignite forgotten passions.

Pisces (February 19 - March 20):
 You're confident and decisive in making decisions because they are based on past experience. Things are falling into place. You have all you need to get things done. New information helps you solve an old puzzle. People are attracted to your energy and attitude.

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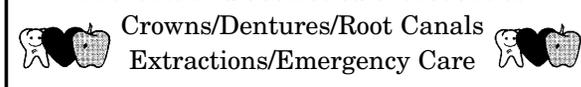
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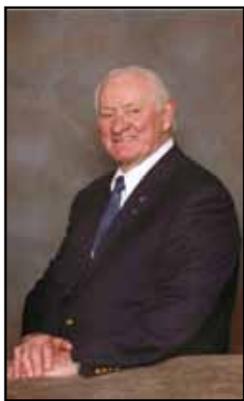
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