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# THE VOXAIR

The Winnipeg Military Community News Source Since 1952

## Snow Day For Thanksgiving



17 Wing and Winnipeg dealt with the after effects of a mid-October blizzard that dumped up to 75 cm of snow in some areas of Manitoba on the Thanksgiving weekend. Photo: Bill McLeod, Voxair Manager

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# Girls in Aviation Learn to Take Flight at 17 Wing

by Martin Zeilig, Voxair Photojournalist

Kristin Long, a West Jet pilot for the past 20 years, said she saw potential as she gazed over the crowd of over 200 eager young girls and their chaperones gathered in the base theatre for the Fifth Annual Girls in Aviation Day on October 5.

Some of the girls, like Jillian and Sara, both age 10, might end up as pilots, engineers, flight attendants, airplane mechanics, or, perhaps, even owning their own airline one day.

They might even become astronauts.

Girls in Aviation Day is designed to introduce and educate girls ages 8-17 on the many career choices offered by the aviation/aerospace industry, said advance publicity.

The day, which ran from 10 am – 2 pm, included interactive workshops and the opportunity to meet inspirational female role models from all walks of aviation/aerospace life while learning about various careers in the aviation/aerospace industry.

There were static aircraft displays and tours in 16 Hangar, as well as various career stations like; Aerospace Engineer; Pilot; Flight Attendant; CAF Careers; and Aeromedical Attendant set up in the gym.

The keynote speaker was Teara Fraser who launched the first 100 percent Indigenous women-owned airline in Canada.

Major Genevieve Dussault organized the event but couldn't be there. Master Corporal Blythe Ing stepped in to take charge.

"I'm surrounded by amazing women, including my wife and daughter," said Colonel Eric Charron, 17 Wing Commander as he pointed out that 20 percent of the personnel in the Royal Canadian Air Force are women.

"We want more and need more," Col Charron continued. "In our Reserves, we're up at almost 30 percent women."

"It makes us better. Whenever we go on a mission and there's at least one woman with us, you make us better. Our military is making big steps."

"We have Brigadier-General Darlene Quinn," Col

Charron continued. "She is in charge of all the Canadian Forces in Europe. There's also Major-General Frances Allen in Ottawa. She is Deputy Vice Chief of the Defence Staff. Lieutenant-General Chris Whitecross, is another successful woman. She is the Commandant for the NATO Defence College in Rome, Italy. The sky's the limit. Don't let people tell you otherwise. You could be a Wing Commander too one day."

He challenged the young women in attendance to be a Wing Commander 25 years from now. He also mentioned that some indigenous girls from northern Manitoba were flown into Winnipeg by Calm Air.

"There's potential in each one of you," Ms. Long stressed to the girls. "I want you to know that if you set your mind to something and you work hard, then you can achieve anything. Don't let anybody stand in your way if they say the job you want to do is not for you. I want you to believe that you have the ability in yourselves to succeed. There aren't a lot of women in these in Aerospace jobs. There are many opportunities for people to come into these fields."

She also observed that there's going to be a labour shortage in Canada, "and we need smart, bright, passionate people like you girls" to come into these STEM fields (Science, Technology, Engineering, Mathematics), and to be successful at their jobs.

"These are jobs that are very rewarding and you'll have a great career," Ms. Long, who was wearing her pilot's uniform, said. "I want you all to believe in yourselves and be inspired by these fabulous women role models."

During her PowerPoint presentation, Ms. Fraser encouraged the girls "to know that you belong wherever you dream" of being.

"Wherever that is," she said. "What dream do you want to have take flight? Once you have a dream, then you design it and you do it and always write "Love" on the post it note. Dream, design, do."

"Becoming a pilot changed everything about my life. Getting my wings or getting my pilot's license has truly given me wings for everything else in my life. When I



Girls in Aviation event held on October 5th, 2019 at 17 Wing. Photo: Cpl Angela Gore, 17 OSS Imaging

made that seemingly impossible thing to become a pilot possible, it opened the doors for other possibilities and for me to believe in other possible things, and literally gave me wings."

Charlotte, 14, a grade nine student from Garden City Collegiate said she's possibly considering a career in aviation.

"I feel that with flying, the sky's the limit literally," she said to a reporter in the gym, where various career stations were set up.

"You can go so far and feel so free."

Meanwhile, Sara, who was with her mother and two friends, was wide-eyed with excitement after her group's tour in a CC-130 Hercules in 16 Hangar.

"I think that it's really cool," she said. "It would be cool to be a pilot and fly planes. I think I might be an airplane mechanic."

Jillian, who was with her rural Girl Guide group, said the entire day had been fun and a really good experience for someone who wants to have a career as a pilot or in some other aspect of the aviation industry.

**GCWCC**  
@ 17 Wing

## Veterans the Focus of GCWCC Campaign at 17 Wing

by Martin Zeilig, Voxair Photojournalist

Dave Dowd was a member of the Canadian Armed Forces Reserves when he had a stroke in June 2007.

"After the stroke, I had to learn to walk and talk again, and get my brain functioning again," said Dowd during a telephone interview. He was a member of the Regular Forces from 1977 to 2002 before joining the Reserves.

"The United Way provided funding to the organiza-

tion that assisted in my recovery." The organization was the Stroke Recovery Association of Manitoba.

"My recovery would not have been possible without the support of the United Way," Dowd emphasized. He also had quadruple bypass heart surgery in January 2019,

Whitney Morrison, Partnership Development Manager, United Way Winnipeg and the local Government of Canada Workplace Charitable Campaign manager, talked about homelessness among veterans and the United Way's leadership challenge when she visited 17 Wing.

She said that under the leadership of Deputy Wing Commander Lieutenant Colonel Marc Fugulin, 17 Wing's campaign is focusing this year on homelessness among veterans.

Veteran homelessness is a growing issue in Canada, Morrison said.

The State of Homelessness in Canada 2016 reports that there are 2,950 veterans in shelters, making up 2.2% of annual shelter users.

"About 25 % of the veteran population in Canada face difficulties transitioning from military service to civilian life and could face a risk of homelessness, mental illness and addictions," says the report.

"While veterans make up approximately 2% of the Canadian population, advocates are concerned with the overrepresentation of veterans in the homeless population."

Morrison pointed out that homeless veterans are older on average than homeless non-veterans.

"We also took a look at what Veterans Affairs Canada is saying about all this," she said. "What veterans have

called for is help transitioning out of military life and into civilian life."

"Supports with personal finances, budgeting, vocational rehabilitation, family counselling, mental health, substance use, housing, paper work, and finding civilian jobs are just some of the supportive services that veterans mentioned they would like to receive," according to information from United Way Winnipeg.

Morrison noted that mental issues and substance abuse are sometimes due to Post Traumatic Stress Disorder.

While 11% of veterans suffer from PTSD, many reported using alcohol to deal with their mental health, and some started using it while in the military, says the UWW factsheet.

"These are all very critical concerns for United Way and the over 100 agency partners that we fund," Morrison commented.

Morrison said that Wawanesa Mutual Insurance Company is sponsoring a leadership challenge this year and will be matching leadership gifts.

In order to qualify as a leadership donor, you must make your gift of \$1200 or more to United Way Winnipeg, says a fact sheet provided by Morrison.

"For new leaders, Wawanesa Insurance will match that gift up to \$1200, so the impact of your gift is doubled," it says.

"My father is a veteran (of the U.S. Navy), and he gave me some very good advice when I started out in my career," Morrison said.

"Leadership is not what you have; it's what you give," she said "Whether in the form of mentorship,

service to your community and country, or in the case of the United Way, taking the lead in supporting your community through monetary contributions. I am a leadership donor. For 50 dollars a paycheque, I am investing in the health and well-being of our community, including veterans."

### THE VOXAIR

#### OFFICE HOURS

Monday to Friday  
0800 -1500 hrs

#### CONTACT

**Ad Sales/Main Office**  
(204) 833-2500 ext 4120

**Accounting**  
(204) 833-2500 ext 4121

**Submissions/Reporter**  
(204) 833-2500 ext 6976

voxair@mymts.net  
bill.mcleod@forces.gc.ca

#### VOXAIR STAFF

**LCol Marc Fugulin**  
Dep Wing Commander  
(204) 833-2500 ext 5281

**Martin Zeilig**  
Photojournalist  
(204) 833-2500 ext 6976

**Broose Tulloch**  
Layout/Ad Design

**Misra Yakut**  
Accounting

**Tina Bailey**  
Managing Editor  
(204) 833-2500 ext 4299

**Maureen Walls**  
Sales Coordinator  
(204) 895-8191

**Traci Wright**  
Proofreading

**Bill McLeod**  
Voxair Manager  
(204) 833-2500 ext 4120

**Lt Becky Major**  
Wing Public  
Affairs Officer

Printed By  
**Derksen Printers**  
204-326-3421

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# TEME Breakfast a Satisfying Event



**TEME members delivered a great hot breakfast that included eggs, bacon, sausages, pancakes, hash browns, beans, juice, and Tim Hortons coffee at the TEME Breakfast on Oct 18, 2019. All photos: Bill McLeod, Voxair Manager**

by Bill McLeod, Voxair Manager

“Why do we care?” 17 Wing Commander Colonel Eric Charron asked the audience at the end of the TEME Breakfast for the Government of Canada Workplace Charitable Campaign (GCWCC) on the morning of Oct 18 at Building 129.

“We care because we are part of this community,” he answered. “We have a role to play in making our community better.”

The 2019 TEME Breakfast, organized by Pte Dimitri J. Mckeown-Rodrigues, Pte Jesse Lizotte, and Master Corporal Rob Chorley, was held at the TEME garage from 7:00-9:00 am. According to Pte Mckeown-Rodrigues the members of TEME served over 500 diners and raised \$3354 for the GCWCC.

Although the majority of the funds for the GCWCC come from the canvassing by the campaign ambassa-

dors, events like the breakfast are important to the campaign.

“We need to be present,” said Whitney Morrison, Partnership Development Manager, United Way Winnipeg and the local Government of Canada Workplace Charitable Campaign manager, as she manned an information table. “We need to get our name out, that’s why we’re here today. We’re proud to be part of this.”

According to Pte Mckeown-Rodrigues the breakfast received donations by Pratt Wholesale, Sysco, the Tim Hortons at Mount Royal and Ness, and Thermea Spa.

The Thermea Spa Gift Package was won by Robert Kushnir, RP Ops,

Roads and Grounds. Raffleing the spa package raised \$576 for the GCWCC.

The winner of the 50/50 draw was MWO Pugh of 17 OSS. He won \$605 and made a sizable donation back to the GCWCC.

Just prior to the prize draws, Kyra Gawalko, representing Health Partners, spoke to the diners about the importance of the GWCC.

“I’m here to represent the 87%,” she said. “Eighty-seven per cent of Canadians will be affected by one or more of the illnesses supported by Health Partners.”

She then introduced the guest speaker for the breakfast, Shonna Newans, a breast cancer survivor, who related her experience when she found a lump during a self examination. The moment she went to her doctor her life became a whirlwind.

“All of a sudden this flood of appointments hit me like a ton of bricks,” she said. Her normal life was put on hold.

“This is what it’s all about,” Shonna Newans. “All of these campaigns are more important than you realize. What happens with Health Partners and the giving campaigns are important. I can’t stress how far they’ve come with treatments due to the money raised and research.”

Shonna Newans also talked about how even though she was cancer free some of the aftereffects of the chemo therapy had left her a different person. According to Newans, the chemo affected the way she thinks and she now has to focus and concentrate on tasks that were rote for her before her treatment.

During the breakfast, military police members arrived to arrest members for the Jail and Bail event that was happening concurrently. Warrant Officer John Hibbert of TEME was put up for arrest by his coworkers.

The Wing Commander, who spoke last at the breakfast, worked out a compromise for the Jail and Bail event. He knew he had a lot of work to do before he could go on leave so he said that for anyone who paid \$20 to have him jailed, he would match the funds to stay out so he could work done.



**Winnipeg DND members enjoyed a great breakfast for a donation to a worthy cause at the TEME Breakfast held on Oct 18, 2019, at Building 129.**

## Welcome to the 17 Mission Support Squadron Administration Flight



**17 MSS Orderly Room - Pay and Records HRA's (Left - Right): Avr EK Reimneitz, Cpl TP Baker, Avr RW Legault, Cpl RK Pannu, Pte SR Traini. Photo: MWO Baker**

by 17 MSS Admin Flt

The 17 MSS Administration Flight is comprised of four primary sections: Pay & Records; Claims; Releases; and Wing Taskings. Located in the Wing HQ Building B-137, the WOR is responsible to provide crucial administrative support to all major units belonging to 17 Wing; and in addition, to over 20 Units located across a large geographical area from Thunder Bay to Saskatoon.

Among the four sections within the WOR, the largest section is Pay & Records. Given the large number of members, this section is responsible for approx. 950, the diligent team of Human Resource Administrators (HRA) and Civilian employees continue to evolve best practices. One such practice has been to divide the nominal roll by letter group, each of which has been assigned to one of the HRAs working within the OR. This allows members to have a primary point of contact (HRA) for their administrative support.

As 17 Wing ramps up to high readiness in the New

Year, the 17 MSS Orderly Room will be actively involved in the administrative process, guaranteeing all information for every member is up-to-date as part of the Annual Personnel Readiness Verification (APRV). In support of this, all Military members will be required to ensure their APRV documentation is completed. To facilitate the large volume of appointments required as part of this task, the Orderly Room will be focusing on APRVs (schedule to be promulgated). In collaboration with Unit Chain of Command, individual appointment times will be arranged and disseminated to members through their own CoC.

To aid in the efficiency of your APRV appointment, it is important that you consider if there have been any changes to your personal information. If there is a requirement to make changes to your Next of Kin, Emergency Contact, Family Care, or Memorial Cross forms, they are to be completed electronically. Forms are available in the Forms Catalogue on DWAN. However, if updates are required to your Will or Supplementary Death Benefits, these changes will need to be completed during your appointment. Additionally, it is kindly requested that you have the following items with you at your appointment: NDI 20 (military ID), ID discs, Passport (if applicable), DND 404's (if applicable), and Civilian driver's licence. If you arrive to your appointment without the above identification, your appointment will unfortunately have to be rescheduled.

The 17 MSS Orderly Room is open for customer service Monday-Wednesday-Friday 0900-1400 hrs. In addition to the customer service provided at the WOR, personnel can also submit their enquiries via email as follows: Pay & Rcds: +17 MSS OR@17 MSS@Winnipeg (DWAN), or 17MSSOR@forces.gc.ca (Civilian email).

The 17 MSS Tasking cell provides base wide deployment preparation services for members deploying domestically, internationally and to CFS ALERT. Spe-

cific services include Personal Readiness Verification, advising theatre specific training requirements, special passport/visa processing, pre-deployment and deployed benefit/allowance administration and all deployment related travel and claims admin/processing. 17 MSS Taskings is also the Primary Force Generator (PFG) for OP IMPACT on a rotational basis when 17 Wg is assigned high readiness.

The Release Section is situated in the MSS Orderly Room and is staffed by a Sgt and a Civilian Administrator. The Release Section is engaged with personnel all across Saskatchewan (less 15 Wing Moose Jaw), all of Manitoba (except Shilo), and stretches into ON taking care of Kenora and Thunder Bay. The Release Section releases roughly around 150 members from the Canadian Armed Forces, either voluntarily, medically or for those who have reached the age of retirement.

The 17 MSS Claims Cell is located in the Wing HQ, and is responsible for providing financial services relating to reimbursement and travel arrangements. The mission of the Claims Cell is to complete a plethora of claims for members of 17 MSS and supporting units. Claims include, but are not limited to, Temporary Duty, Movement, Imposed Restriction, Boot Reimbursement, Leave Travel Assistance, General Allowance, Education Reimbursement, Minor Travel Expense, and others. The FSA's and Fin Svcs Civilian employees arrange travel for members who are required to leave the local area to complete training and taskings across the country and internationally. The Claims Cell team works cooperatively with WOR HRA's & Admin staff, Wing Comptroller, and Cashier services to ensure successful, efficient and expedient travel and financial reimbursement.

In keeping with the motto of the Royal Canadian Logistics Service “Servitium Nulli Secundus”, personnel of the 17 MSS Admin Flt look forward to providing you with service that is “Second to None”.

# Injured CAF Member Moves Back Into Home

## LODGER UNIT in FOCUS

by Martin Zeilig,  
Voxair Photojournalist

Petty Officer Second Class Rick Wassing calls his completely renovated farmhouse phenomenal.

His wife, Tracy Wassing, uses the ad-

jective awesome to describe their almost 2000 square foot residence, which is located on their 38 acre farm in Nourse, Manitoba, 57 kilometres east of Winnipeg.

The Wassings only moved back home in late August after spending two years living in the 2500 square foot barrier-free transitional home at the 17 Wing north side residential housing units.

Rick Carleton, Services Coordinator with the Transition Centre Winnipeg, recently went on a visit to PO2 Wassing and Tracy Wassing in their new home.

It's been a long haul for the couple.

"Petty Officer Second Class Rick Wassing won't soon, if ever, forget the day that changed his life forever," said an earlier article, CAF Member Determined and Optimistic after Catastrophic Injury (The Voxair February 7, 2018).

"He and his wife, Tracy, were at home on their 38 acre farm, just east of Winnipeg. 'Tracy had gone out to do some chores, and I was working in the shop-- putting our ducks away for the winter,' PO2 Wassing said, 'I stepped on some ice, but didn't see it because it was covered with snow. My feet flew out beneath me, and I landed on the ground. When I tried to move, I couldn't feel anything from the neck down.'

In that instant he had become a paraplegic.

"Today, PO2 Wassing, a native of Fort McMurray, Alberta, who's been in the Canadian Armed Forces for almost 31 years and had been working at the Recruiting Centre downtown for the past few years, is confined to a motorized wheelchair," the article said.

"After his fall, PO2 Wassing said he 'yelled for Tracy to call for our neighbour, Chris, who was here in under a minute.'

The CAF covered hotel stays for Tracy as well as all his medical expenses, he said.



Petty Officer Second Class Rick Wassing and wife Tracy in their fully accessible farmhouse. Photo: Martin Zeilig, Voxair Photojournalist

"If it wasn't for the CAF, I don't know where we'd be," Tracy Wassing said in the earlier article.

Once PO2 Wassing was discharged from the hospital, they moved into the barrier-free house at 17 Wing, while they waited for their farm house to be renovated and remade into a barrier free home.

It took two years from start to finish-- seeing what needed to be done, arranging funding, obtaining a suitable contractor, and the actual work, Carleton said about the renovation of the Wassing's farm house.

"We're very fortunate that we had a very good contractor, who listened to the family because in the end they have to be comfortable in it," he said.

He explained that the funding for the work came through the Treasury Board under the Compensation Benefits Instructions.

"It's a reimbursable benefit," Carleton said during an interview following the visit to the Wassing's farm. "The

family has to put the cost out first and then they're reimbursed. We set it up over different pay cycles with the contractor. They'd give me a pay receipt. Ottawa would issue up a claim. We'd take it over to the cashier and the money would be in the bank within five to seven business days. So, hopefully, the family isn't taking too much risk."

It's all on a line of credit, he added.

"You're not using your own money, but you are using your line of credit," Carleton explained.

"Now, they've got a beautiful house."

The whole top level, or main floor, of the house was gutted and rebuilt, a new kitchen and new entry way were constructed, PO2 Wassing pointed out during the tour.

"They replaced all our appliances as well because of accessibility for me," PO2 Wassing said. "We've gone to a wall oven at a height where I can actually reach into it. They also put an induction countertop on. As soon as you turn the burner off, it's completely off. It's a little warm, but you don't burn yourself. It's phenomenal."

Among the other new features are a large garage for their new van; an automated lift for PO2 Wassing to enter and exit the garage from the house; a four foot by five foot wash station that allows PO2 Wassing to rinse the mud off his wheelchair; a new enclosed sunroom and ramp at the back of the house, among other things.

Their contractor was Mr. Curtis Caruk of Structural Homes Ltd. out of Dugald, said PO2 Wassing, who will be officially retiring on October 28, 2019 after 33 years in the CAF.

"It's essentially a new house," PO2 Wassing said. "The whole upstairs is basically brand new. The basement was untouched because I can't have access to it. But, everything from the flooring to the walls to the ceiling, doors and windows all replaced.

"It's phenomenal. It was unlucky that the accident happened. But, I'm glad I was in the service when it did because if it wasn't for the military, I wouldn't have a house like this."

"We're very happy with it," Tracy Wassing said. "It's very accessible for Rick. It's a lot bigger than it used to be. We're very appreciative. It took a while, but was worth the wait. We're thankful to finally be back home."

## Youth Reporter Competition

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

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

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

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

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## Le concours de jeunes journalistes

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

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

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

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

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# Winnipeg RCAF Member Wins Archery Awards



Major David Dunwoody takes aim at at the 2019 Outdoor Provincial Championship and Manitoba Open. Photo: Supplied

by Martin Zeilig, Voxair Photojournalist

For Major David Dunwoody, Deputy Commandant RCAF Barker College, competing in archery competitions, or even just practising shooting arrows, is very much a Zen sport.

It's meditative and, as with the practise of Zen Buddhism, there's something spiritual about it.

Maj Dunwoody won his division—Senior Men's Recurve—in the 2019 Manitoba Indoor Archery Championships on February 16th at West Kildonan Collegiate. He also won the 2019 Outdoor Provincial Championship and Manitoba Open on July 13 at the Sanford Archery Range, just southwest of Winnipeg.

He later placed seventh in his category at the 2019 National Archery Championship in Prince Albert, Saskatchewan, August 7-11.

"I managed to defend my title from the previous year in both events at the provincials," Maj Dunwoody, a na-

tive of Elie, Manitoba, said, during an interview on Oct 7.

There were about 50 participants at the indoor championships, and some 25-30 people at the outdoor competition, he noted.

"At the indoor competition, you shoot at the target from a distance of 18 metres," Maj Dunwoody explained. "You're very close to the targets. But, the outdoor is a lot more exciting and challenging. The targets we shoot at for the recurve bow are at 70 metres. You're trying to hit a target seventy-five percent the length of a football field, and that's the size of a DVD to get your points."

His interest in archery began in 2012, soon after he and his wife moved here from Canadian Forces Base Greenwood, Nova Scotia.

"We bought a house in St. James- Silver Heights," said Maj Dunwoody. "We live about two minutes from the Heights Outdoors and Archery Range. They were offering 10 lessons for seventy-five dollars back then. So, I started going there once a week. It was a lot of fun.

After the third lesson, I was hooked. I've been shooting ever since."

The sport is just about you and a target, he added.

"Unlike any other sport, when you're shooting there's just one shot," Maj Dunwoody, who's Vice-President of the 17 Wing Archery Club, said. "There's no strategy. With golf, for example, it requires multiple shots to get to the hole. With archery, it's one arrow, one shot. That's it. It's very relaxing. Your world becomes archery and that target."

At full pull, the draw weight of a bow can be 35-40 pounds or even more.

"My bow is tuned up to about 47-48 pounds," said Maj Dunwoody, who was the Archery Coach for the 2018 Invictus Games, as well as having coached the Winnipeg Blue team at the 2018 Manitoba Winter Games. "The sport uses very specific muscles in your back and rotator cuff. So, it's a unique set of muscles. My trainer at the

PSP Fitness, Sports, and Recreation Centre, prescribed a specific set of exercises."

He observed that for beginners, archery equipment like bows, arrows, and a quiver can be quite affordable.

"If you take care of your equipment, it can last a long time," Maj Dunwoody said. "The first bow I bought was a used one and was about 50 or 60 years old."

His current bow with all the attachments and equipment cost about \$4500, he said, while indoor arrows are \$20-\$25 each and outdoor arrows range from \$80-\$90 each.

"But, as long as you take care of your equipment it's a good investment," Maj Dunwoody said. "I'd love to try out for the Olympics. I've achieved the minimum scores, but the people heading off to the Olympics are well above those scores. The other big challenge is just putting in the time and effort. They're shooting three to four hours every day."

He also encourages people to come out to the local club here on base.

"There is no age limit," Maj Dunwoody said. "We meet every Wednesday evening and Sunday mornings. Just come out and give it a try. It's a wonderful sport, and great camaraderie."



Maj Dunwoody (Left) is presented with the 2019 Manitoba Open Plaque - Senior Men's Recurve Category. Photo: Supplied

# New RCAF Band Music to be Released



Capt Matthew Clark, RCAF Band Commanding Officer, conducts the Royal Canadian Air Force Band and the University of Manitoba Concert Band during the Collaboration Concert held at Jubilee Place, Winnipeg, on 8 February 2019. Photo: 2Lt Becky Major

by Martin Zeilig, Voxair Photojournalist

Captain Matthew Clark, Royal Canadian Air Force Band Commanding Officer, calls his band's new recording, *Above and Beyond*, an ambitious project.

The 72 minute CD is a compilation of wind band music.

It was recorded over a four day period in June at St. John's Anglican Cathedral, on Anderson Avenue near Main Street and the Red River in the North End area of Winnipeg.

Capt Clark commented that the CD features compositions by the British-Canadian composer Peter Meechen, who lives in Winnipeg; Robert Buckley, a resident of Vancouver, B.C.; Kevin Lau, who served as the Affiliate Composer of the Toronto Symphony Orchestra (2012-15), and was composer in residence of the Niagara Sym-

phony Orchestra from 2018-19; and, American composers, Julie Giroux and Onsbay Rose.

"It took a lot of work to put it together," Capt Clark said during an interview in his office on October 15. A recording like this captures in time where the band is, its level. It's something we'll have forever."

"The band hasn't done such a recording for about ten years because they've had the contemporary component which has been the primary element of the premiere ensemble of the band," he observed.

"I'm sure that when people hear the recording they'll hear how big and resonant the church really is," Capt Clark said. "It's a serious study of military wind band music. So, there's two major symphonies on it. All the music on this album is a world premiere recording of that music. I wanted to have music from three nationalities, British, Canadian and American. It's a reflection on conflict and war."

It was the 75th anniversary of D-Day this year that really got him thinking about doing this recording, he explained.

"We had the full band playing plus we brought in a bunch of musicians from other CAF bands and some community musicians coming in to help us out too," said Capt Clark, mentioning as well that the band had a week of rehearsals first. "Some of these pieces need up to 50 musicians to work. Because we had such high levels of collaboration with other bands, it was

a team effort. I believe that the ensemble rose to the occasion and they played so incredibly well."

"It was a special performance. I think anybody who would enjoy good music would appreciate this music," Capt Clark continued. "It's got more of a serious side to it. It's wonderfully recorded. The music itself is excellent. The music educators in town are looking forward to it. Anybody would really enjoy this recording."

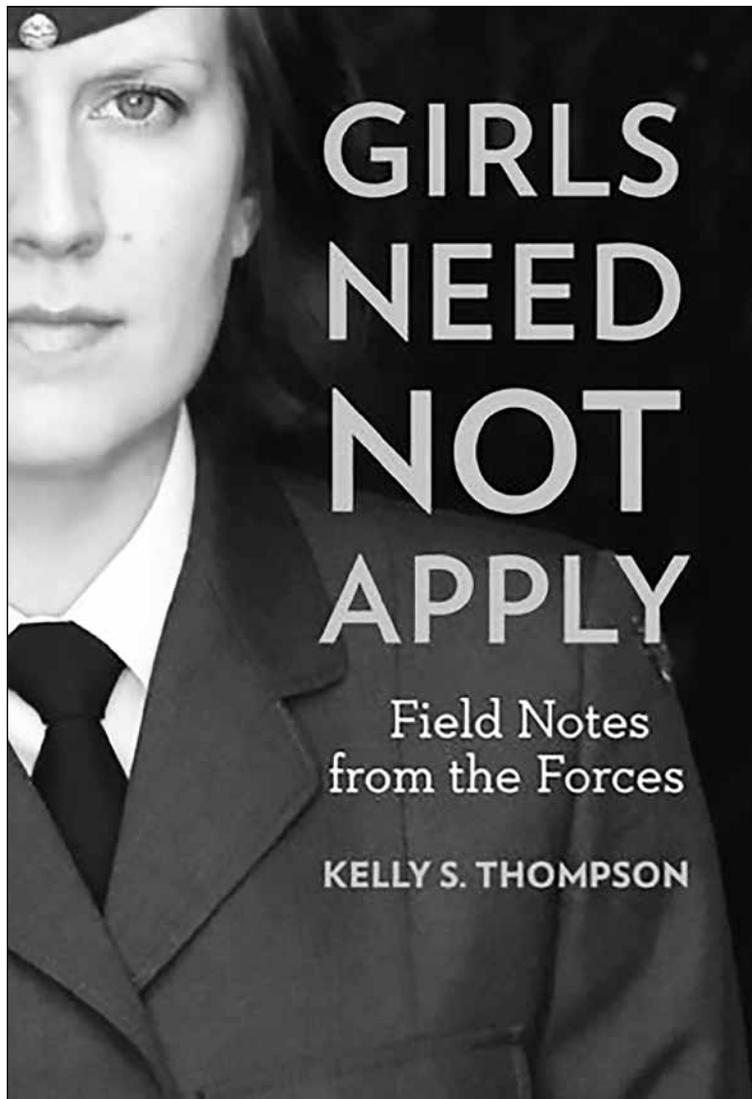
The CD will be available for free at the RCAF Band's



The Royal Canadian Air Force Band, a group of 35 professional musicians, played with the University of Manitoba Concert Band, a 60 piece ensemble, during the Collaboration Concert held at Jubilee Place, Winnipeg, on 8 February 2019. Photo: 2Lt Becky Major

Remembrance Concert, which will feature wind band music, on November 8 at 7:30 pm at Westminster United Church, located at 745 Westminster Avenue. Patrons will be asked to make a donation to a charity.

# Girls Need Not Apply



**Review by Martin Zeilig, Voxair Photojournalist**

Kelly Thompson was 18 years old when she enlisted in the Canadian Armed Forces.

Despite coming from a family with a long military tradition, including her father, who was a 35 year veteran of the CAF, the young woman had doubts about her decision and abilities to make it as an officer cadet.

Girls Need Not Apply, Kelly's first book, is an unwavering look at the author's eight years of service to her country. The book was number eight on the Globe and Mail's bestseller list after its debut week.

Kelly S. Thompson is a former captain in the CAF. She retired due to an injury. Thompson, whose husband is also a member of the CAF, is an honours BA in Professional Writing from York University, an MFA in Creative Writing from the University of British Columbia, and is a PhD candidate in Literary and Critical Studies at the University of Gloucestershire. Her work has appeared in Maclean's, Chatelaine, and Maisonneuve, as well as in various anthologies.

"The route to basic training, from Barrie, Ontario, to Saint Jean-sur-Richelieu, Quebec, wound coincidentally through Ormstown, where my Grandpa Thompson was buried," she writes. "After 9/11, I'd convinced myself that the attack on the Twin Towers demanded I carry on the Thompson military legacy, which extended back four generations on both sides of the family."

She was going to be a logistics officer in the Royal Canadian Air Force.

"Dad encouraged but also ribbed me for, as the air force was known as the cushier environment within the Forces," she says.

She soon realizes that her belief of "life as a soldier" isn't wholly correct.

As this young woman's career moves forward, gender politics, harassment, and invisible obstacles eclipse her hard work and professional achievements, until she discovers "the courage to take a stand against it all."

"I accepted the harassment and sexism as part and parcel of the military experience: like something I had signed up for when I signed up to serve and not an issue I was 'allowed' to complain about," she writes.

The author deals bluntly with these issues, all the while plumbing the depths of her troubled feelings towards the CAF.

Her writing is laced with self-deprecating humour and compassion, especially when probing into her fa-

ther's battle with Post Traumatic Stress Disorder.

At one point, her father says to her: "I know I have depression. But, I don't know about this PTSD thing."

"Dad, I don't know how to break the not-so-gentle news, but you're a textbook case," she responds. 'Stigmatizing it only stops people from coming forward when they're struggling.' Soldier on' (the saying, not the program designed to introduce physical activity to injured members) and all that garbage, telling people to keep it all in. Where did soldiering on get me? A broken leg that won't heal and a career that's over. And it got you in a mode of still dealing with s\*\*t more than thirty years after it happened."

The author has no regrets over her time in the military and writes that she's proud to have served Canada. She showed great strength of character overcoming the adversity she encountered. She also found love along the way, plus, as she says, the necessity of teamwork.

Kelly Thompson made herself available for a telephone interview.

The Voxair: Why did you decide to write this memoir?

Kelly Thompson: I initially didn't set out to write a memoir, but rather, felt we didn't have enough stories in the world about women in the Forces, specifically in Canada. So I started, during my MFA at the University of British Columbia, to write a novel about two female officers, best friends who deployed overseas together. But once I finished the program and had obtained a literary agent, both she and I realized the book wasn't working as fiction and the characters felt sort of leaden. And I felt I

had to place these characters in a war zone because it was how I felt I'd be taken seriously.

I didn't deploy during my time in the military--I had an injury--so I wrote what I felt made for a "better story." Instead, I needed to discuss issues that relate to women in the military but present it through the lens of my own professional experience and think that the book is stronger for it.

TV: What were your main reasons for the joining the CAF in the first place?

KT: What's funny is that I always swore I wouldn't join the Forces, and instead was determined to be a writer. I was applying for a degree in Professional Writing, but then 9/11 happened in my final year of high school and my life perspective really changed. I come from four generations of soldiers on both sides of my family, and so I thought of how this act would affect our family and the lives of so many others, and the devastation...well. It was hard to ignore. In enrolling, I wanted to do something bigger than myself for a purpose greater than myself. That, and I'm always honest that the lure of a free degree through the ROTP program was awfully tempting!

TV: What has been the response to your book from your former colleagues in the military and from others?

KT: I have had both wonderful and difficult reactions to the book, but I have to say (and I'm surprised), that the response has been overwhelmingly positive.

I haven't heard much from former male colleagues, except a small smattering. But those who have reached out expressed that they felt nothing had ever happened to me, that I was capitulating to "feminist propaganda," and that I was going to "throw the military under the bus." It's clear to me that these men have not read the book because Girls Need Not Apply really is a love story to the military. I still fully believe in our troops, in what and why we serve, and in the goals and missions we have around the world. But that loyalty to the Forces doesn't equal blanket blindness and silence these days, now that I'm a veteran.

TV: What do you say, or would you say, to a young woman considering a career in the CAF today?

KT: I would tell her to go into the Forces with her eyes wide open, confident in who she is, confident in her morals and values, and prepared to be the best soldier she can be. So for women, and anyone who feels like an "other," I think we need to encourage people to know the qualities and strengths they bring to the table of their work. I hope, putting this book into the world, can be a vehicle for change for the next generation of female soldiers.

It should be noted that in the years since Captain (Ret'd) Thompson's time in the military, Operation HONOUR, the CAF's mission "to eliminate harmful and inappropriate sexual behaviour in the Canadian military," has become official policy. "Every CAF member has a role to play in eliminating sexual misconduct. Our goal is to give personnel easy access to as many resources as possible," says Commodore Rebecca Patterson, Director General of the CAF Strategic Response Team on Sexual Misconduct on the Government of Canada website.

## College Corner



### PART II - ELECTRONIC ATTACK

This is the second of a three-part series on electronic warfare (EW). Previously, we discussed electronic warfare support (ES), and now we will discuss electronic attack (EA). After data is collected from ES and processed into intelligence, the operating parameters of a radar will be known, and from there methods to defeat it can be developed. According to CF Joint Pub 3-6, EA attacks an enemy through the electromagnetic spectrum to deny the ability to operate. These can be destructive or disruptive, offensive or defensive. A classic example of disruptive EA is jamming. Jamming is the deliberate radiation or re-radiation of an electronic signal in order to disrupt an enemy. In this example, a stronger signal is radiated to hide an aircraft in clutter on a radar screen, or make a communication signal impossible to hear. Two examples of jamming are a standoff jammer jamming an early warning radar to hide incoming strike aircraft, and a fighter's self-defence pod jamming the tracking signal of an incoming missile. In both cases, the goal is to keep an enemy from being able to effectively use the EMS. Destructive EA, as opposed to disruptive EA, is using electromagnetic energy to physically damage or destroy enemy systems. Some examples of this are anti-radiation missiles, which home in on radar energy in order to destroy air defence systems; or directed energy weapons, such as lasers. For more on this subject, RCAF Barker College hosts two serials of Advanced Operational Electronic Warfare to discuss this and other topics.

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

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

## RCAF Barker College News

# The Voxair #TBT 1952: Higher Education!

\* Reprinted from the Voxair - Issue 1, Volume 1, May 30<sup>th</sup>, 1952

## The University of Manitoba Squadron

by Flight Lieutenant Deller

**I**N 1948, the RCAF, realizing that the complex machines of war required skilled men to design and to maintain them, decided to increase its recruiting of university-trained men. As one means of reaching the university graduate, the University Reserve Training Plan was inaugurated to recruit into the Reserve suitable undergraduates. These young men were to be trained as junior officers, who, upon graduation, would fit into the Service in one of three places—into the Regular, the active Reserve (Auxiliary) and the inactive reserve (Supplementary). This put the RCAF into the business of training junior officers in all branches of the Service so that some would join the Regular upon graduation and the remainder would form a partially trained manpower pool of technical Officers.

The University of Manitoba Squadron (PR) is one of ten such organizations. To carry out its work it has a Commanding Officer of Squadron Leader rank and an Administrative Officer of Flight Lieutenant rank. Both of these men are University professors. Very broadly it might be said that their work consists of training and of liaison with the University. The real work is done by a Flight Lieutenant Resident Staff Officer and a Corporal clerk admin. F/L Deller and Cpl. de la Fontaine at present hold these two posts.

The strength of the different squadrons varies with the size of the university. The University of Manitoba squadron has an establishment of 100 Cadets in the three years. Cadets enter the Squadron after an interview board and a medical examination while attending first year of university. Training is in two phases—a winter lecture program and summer school.

The winter lectures are of general interest, topics such as RCAF history, Canadian geography, Principles of War, Air Power, the Roles of the Navy and Army are given.

The summer training is much more extensive. The first summer all cadets go to Reserve Officers School, held at RMC, Kingston where they receive a basic knowledge of the operation of the Air Force. After seven weeks there, they then go to trade schools for their particular branch for the rest of the summer. The second summer is spent at the trade school and if the Cadet is successful he is commissioned to the rank of Pilot Officer in the fall. In his last year the new P/O is posted to an active unit where he assists the appropriate technical officer.

The more glamorous part of the Service, the Aircrew trades, are not stressed in this scheme. The RCAF training of aircrew for the Regular and for NATO is too heavy to permit of the training of more than 70 university undergrads. These people attend the Reserve Officers School and then are sent to one of the aircrew schools for training. At the end of the second summer, if the Cadet is still in aircrew training, he is granted his wings and is commissioned. His third summer is spent with transport or Com Flight units as a member of the aircrew staff.

Great stress in this University Reserve Training Plan is laid on the technical training and for this reason recruiting is aimed particularly at the engineering students for the AE, CE, Armament, and Telecom branches. These people come not only from Engineering but also from Science courses where they study maths and physics. Of course all other branches

are represented including Medical, Padre and Physical Education.

Now that female officers are being enrolled into the RCAF it is expected that the University Squadrons will start recruiting female Flight Cadets, particularly for the Admin, Supply and Messing branches. It is felt that this will cause an even greater interest on the part of the 1st year university males in the URTP.

This summer it seems certain that some of these people will be posted to the various units around Stevenson Field. Perhaps a word or two to clear up misconceptions might be in order here. University students are just that—students. They go to school to learn and are in the Service for the summer for the same reason. You people in the Regular who have completed your training can help them, and incidentally your own Service, if you will remember this and aid them whenever you can.



"BUT I DON'T LIKE THE NAME VOXAIR!"

# Around The Wing



Wing HQ seen through the snowstorm over the Thanksgiving weekend. The snow began Thursday, Oct 10, and continued until Saturday, Oct 12, without stopping. Due to the temperature, the snow was heavy and wet and caused a lot of damage to trees and power lines throughout the province. Photo: Bill McLeod, Voxair Manager

**(Below) Girls in Aviation event held on October 5th, 2019 at 17 Wing. Photos: Cpl Angela Gore, 17 OSS Imaging**



17 Wing Chief Warrant Officer Claude Faucher receives his annual Flu Shot from Michelle Long, a Community Health Nurse at 23 Health Services on October 15th, 2019 at 17 Wing. Photo: Cpl Angela Gore, 17 OSS Imaging



17 Wing Commander, Colonel Eric Charron receives his annual Flu Shot from Cpl Jennifer Paziuk, a Medical Technician at 23 Health Services on October 15th, 2019 at 17 Wing. Photo: Cpl Angela Gore, 17 OSS Imaging



17 Wing Commander Colonel Eric Charron is presented with his t-shirt for earning silver on the Force Fitness Test by (L) Chris Merrithew, 17 Wing Fitness, Sports, and Recreation Manager, and (R) Leeona Bond, 17 Wing Fitness Coordinator, on Oct 18, 2019, at a Wing Commander's PT session. Photo: Bill McLeod, Voxair Manager

# Jail And Bail

(Below) Members of 17 Wing Winnipeg take part in the 2019 Jail and Bail on October 18th, 2019 at 17 Wing, Winnipeg, Mb.

All photos: Cpl Angela Gore, 17 OSS Imaging



## École francophone

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École la plus près de la 17<sup>e</sup> Escadre

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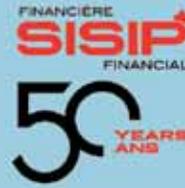
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# Canadian Armed Forces members released prior to February 2016 can now request a Veteran's Service Card

# Les membres des Forces armées canadiennes libérés avant février 2016 peuvent maintenant demander une carte de service des anciens combattants

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Reconnaissance de  
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Forces armées canadiennes



[canada.ca/carte-service-anciens-combattants](http://canada.ca/carte-service-anciens-combattants)

The Veteran's Service Card is now available upon request to all eligible former and releasing Canadian Armed Forces members. Veterans who have completed basic training and have been honourably released can now apply for the new Veteran's Service Card at the following website.

The first stage of the Veteran's Service Card was announced in September 2018. The Department of National Defence, Veterans Affairs Canada, and Library and Archives Canada are working together to ensure that the necessary resources are in place to verify, produce, and distribute the Veteran's Service Cards in a timely manner.

"The women and men who have served in the Canadian Armed Forces deserve our full support as they transition to post-military life," Vice-Admiral Haydn Edmundson, Commander Military Personnel Command said. "We introduced the Veteran's Service Card in September of 2018, rolled out the stage two distribution last December and, as promised, the stage three distribution now begins. We have a sacred obligation to our women and men in uniform, and the Veteran's Service Card acknowledges and recognizes their devoted service to Canada."

In stage three, cards will be produced and issued upon request to all eligible Veterans who released prior to February 2016. Eligible Veterans in the stage two group—those who released between February 2016 and September 2018—who have not yet requested the card may also apply.

Moving forward, all Canadian Armed Forces members who are eligible receive the card automatically upon their release.

The Veteran's Service Card provides a tangible symbol of recognition for former members, and encourages an enduring affiliation with the Canadian Armed Forces. It has no expiry date and it is not intended for use as an ID card, pursuant to Treasury Board of Canada Secretariat and other guidelines on official identification cards.

All serving Canadian Armed Forces members and Veterans are encouraged to register for a MY VAC Account with Veterans Affairs Canada.

For more information on the Veteran's Service Card, or to apply, visit [www.canada.ca/veterans-service-card](http://www.canada.ca/veterans-service-card).

La carte de service des anciens combattants est maintenant disponible sur demande pour tous les membres des Forces armées canadiennes admissibles qui sont retraités ou au stade de la libération. Les vétérans qui ont réussi leur instruction de base et qui ont été libérés de façon honorable peuvent maintenant présenter une demande pour obtenir la nouvelle carte de service des anciens combattants à l'adresse Web suivante.

La première phase du projet de carte de service des anciens combattants a été annoncée en septembre 2018. Le ministère de la Défense nationale, Anciens Combattants Canada et Bibliothèque et Archives Canada travaillent ensemble pour garantir que toutes les ressources nécessaires sont en place pour vérifier les demandes et produire et émettre rapidement la carte de service des anciens combattants.

« Les femmes et les hommes qui ont servi dans les Forces armées canadiennes méritent notre plein appui lors de leur transition à la vie post-militaire, déclare le vice-amiral Haydn Edmundson, commandant du Commandement du personnel militaire. Nous avons lancé la carte de service des anciens combattants en septembre 2018, procédé à la distribution pour les vétérans visés par la deuxième phase en décembre dernier et, comme promis, nous entamons maintenant la distribution pour les vétérans visés par la troisième phase. Nous avons une obligation sacrée envers nos femmes et nos hommes en uniforme, et la carte de service des anciens combattants reconnaît leur service et leur dévouement au Canada. »

À la troisième phase, les cartes seront produites et émises sur demande à tous les vétérans admissibles qui ont été libérés avant février 2016. Les vétérans admissibles visés par la deuxième phase (soit ceux qui ont été libérés entre février 2016 et septembre 2018) qui n'ont pas encore présenté de demande pour obtenir la carte peuvent aussi le faire.

À l'avenir, tous les membres des Forces armées canadiennes qui sont admissibles recevront automatiquement la carte au moment de leur libération.

La nouvelle carte de service des anciens combattants constitue un symbole tangible de reconnaissance pour les anciens militaires et encourage un lien durable avec les Forces armées canadiennes. Elle n'a pas de date d'expiration et n'est pas destinée à être utilisée comme carte d'identité, conformément au Secrétariat du Conseil du Trésor du Canada et aux autres lignes directrices relatives aux cartes d'identité officielles.

Tous les membres actifs et les vétérans des Forces armées canadiennes sont invités à s'inscrire à Mon dossier AAC auprès d'Anciens Combattants Canada.

Pour en savoir plus sur la carte de service des anciens combattants ou pour présenter une demande, consultez le site [canada.ca/carte-service-anciens-combattants](http://canada.ca/carte-service-anciens-combattants)



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# Get Vaccinated to Protect Yourself and Others



**Master-Corporal Danica Pineiro (Right) administers a Flu Vaccination to 435 Commanding Officer Lieutenant-Colonel John Coffin (Left) on October 8th, 2019 at 17 Wing.**

**Photo: Avr Tanner Musseau-Seaward, 17 OSS Imaging**

**by Martin Zeilig, Voxair Photojournalist**

Lieutenant Colonel John Coffin, Commanding Officer 435 Transport & Rescue Squadron, was the first in line for a vaccination at the kickoff to the 17 Wing 2019 flu clinic in Namao Hall, 3rd floor of 16 Hangar, on October 8th.

"I'm still standing," LCol Coffin joked with a wide smile to a reporter, mere moments after having been given the shot in his upper left arm by Michelle Long, the Public Health Nurse at 23 Health Services. "I definitely recommend everyone come in and get one. Ultimately, it will assist with the health of every member. Healthy military members means we can carry out our missions."

There were some 30 military personnel present to receive their flu vaccines from Long and two Medical Technicians.

Captain Andrew Armstrong, Medical Officer and Acting Wing Flight Surgeon, made some initial comments.

The flu shot is effective, says a Government of Canada website.

"The effectiveness of the vaccine varies from season to season," notes the online information. "It depends on how well the vaccine matches with the circulating flu viruses, as well as the health and age of the person getting the flu shot."

"The viruses circulating in the population can sometimes change during the time it takes to produce a vaccine. When this happens during the flu season, the flu shot may not work as well as expected."

"It is also important to remember that the flu shot protects against several different flu viruses each season. Even when there is a less-than-ideal match or lower effectiveness against one virus, the seasonal flu shot can still provide protection against the remaining two or three viruses. If you do get the flu, the flu shot may reduce the severity of your symptoms."

"Getting your flu shot is still the most effective way to protect yourself against the flu and flu-related complications." Capt Armstrong emphasized that the more people who are vaccinated the better protection we get.

"We're talking about the respiratory virus," he said. "It causes significant morbidity, and causes mortality for the very young and very old. The more people who get vaccinated, the better that herd immunity to prevent the spread of influenza. The best benefit comes from vaccinating every year because there's changes in the predominant viral strain from year to year."

Capt Armstrong explained that the vaccine gives your body antibodies.

"So, if you do become exposed to that virus in the future, you already have the antibodies and you can mount a rapid and robust immune response," he said. "The more antibodies you have in your system, the more your body is going to be equipped for different viral strains based on the antigenic drift (random genetic mutation of an infectious agent resulting in minor changes in proteins

called antigens, which stimulate the production of antibodies, Capt Armstrong said) from year to year."

Major Diana Dillard, a member of the United States Air Force detachment here, said it's important to get the flu shot not only for yourself but for the protection of others too.

"Everyone worries, it's going to make you sick," she said. "It's not. It's about the babies and old people around you."

Master Corporal Justin Ancelin, 2 I/C, 17 OSS Imaging Flight, commented that he had a negative reaction to the shot some years ago, but every other year since then it's been good.

"I have a child in school and she sometimes brings back sicknesses," he said. "So, my whole family always gets the flu shot."

As with other health care professionals, Ms. Long said she promotes the influenza vaccine yearly.

"It's the best way to prevent influenza amongst military members and civilians and their loved ones," she said. "But, people that are older or younger or have chronic medical conditions such as heart disease and lung disease and diabetes, don't respond as well to the vaccine. That's why we immunize members to cocoon their loved ones if they can't be immunized."



**233-ALLÔ**

## CALENDRIER COMMUNAUTAIRE

**23 octobre au 2 novembre** • La Cantatrice chauve et

La Leçon • Théâtre Cercle Molière

**24 octobre** • La réconciliation • USB

**24 octobre** • Festin communautaire 2019

• Cathédrale de Saint-Boniface

**25 octobre** • Ligue d'Improvisation du Manitoba • CCFM

**25 au 27 octobre** • Cinémental • Towne Cinema 8

**26 octobre** • Levée de fonds au rythme de la danse

• Paroisse Saints-Martyrs-Canadiens

**27 octobre** • Lancement - Au cœur de l'histoire

• Théâtre Cercle Molière

**27 octobre** • Partie de cartes à l'Accueil Colombien

• Accueil Colombien

**28 octobre** • Journée juridique à l'Université de

Saint-Boniface • USB

**29 octobre** • On jase de ce qu'on ne voit pas

• Fools + Horses

**29 octobre** • Cercles d'auteurs • Le 100 Nons

**31 octobre** • Meurtre à la (petite) Maison Blanche

• Le Musée de Saint-Boniface Museum

**1 novembre** • Soirée Trivia • CCFM

**1 au 3 novembre** • Cinémental • CCFM

**3 novembre** • Le conte et l'art avec Évasio Murenzi

• Théâtre Cercle Molière

**Expositions:**

**Jusqu'au 30 novembre** • TempoRéel

• Maison des artistes visuels

**Jusqu'au 09 décembre** • Projections • CCFM

Pour plus d'informations et pour voir le calendrier au complet, visitez le <http://www.sfm.mb.ca/calendrier>

# Sports Trivia

## Baseball Bumbles

by Stephen Stone

**1.** The voice of the Milwaukee Brewers, a Miller Lite pitcher, and drunken announcer Harry Doyle in the movie "Major League," in six seasons this catcher amassed a staggering .200 lifetime batting average.

**2.** He was the worst player on the worst team of all time – the 1962 Mets who lost a record 120 games. He once hit a triple but was called out after missing first and second base on his way to third.

**3.** He stood three feet, seven inches tall, and made only one plate appearance for the St. Louis Browns. His lifetime on base percentage is 1.000.

**4.** He once owned a car with the licence plate E3. He holds the Boston Red Sox record for errors by a first baseman in a single season – 29 in 1963. On June 28, 1963, he became the first first-baseman to record three assists in one inning.

**5.** Despite a career batting average of .217 and a .259 slugging percentage, he won four World Series rings with St. Louis and Oakland. In 67 World Series at-bats he hit just .115. In 1968 he went 0 for 22 in the World Series.

**6.** In 1979 he gave up eight runs off seven hits pitching for the Yankees in the only game he pitched. Unfortunately he never recorded an out. He ended the season with an ERA of infinity.

**7.** He is in the Hall of Fame. He was once thrown out three times trying to steal home. He holds the record for putouts by a short stop with 5,139. Although he stole almost 300, bases he was caught 112 times.

**8.** He managed 81 extra-base hits in 2,301 career at-bats. By comparison, Babe Ruth had 119 extra-base hits in 540 at-bats in 1921.

**9.** In 26 games he posted a 6.48 ERA over three seasons. In 1956 for the Kansas City Athletics he volunteered to throw at the heads of Yankee batters, which sparked a brawl – Duh! He also ended up coaching the Los Angeles Dodgers watching Kirk Gibson's World Series home run from the dugout.

**10.** He had no major league plate appearances and never played in the field. As baseball's only "designated runner," he scored 33 runs over bits of two seasons (1973-74). He stole 31 bases on 48 attempts. He was picked off in the ninth inning of game two of the 1974 World Series, killing an Oakland rally and giving the victory to the Dodgers.

**11.** As a back-up first-baseman for the Giants, Astros, Phillies and Rockies, he hit 21 home runs in 545 at-bats. However he batted .186 and struck out 188 times.

**12.** He stole 74 bases in 1998. He stole 260 in his career which stretched from 1994-2003. His on-base percentage was .310.

**13.** He shares the record he set in 1976-77 with Larry Littleton (1981) of the Indians of having the most at-bats by a non-pitcher without a hit. Both have a career BA of .000 in 23 at-bats, but at least Littleton managed three walks.

**14.** In May of 1912, to avoid a forfeit and a fine, and while the Detroit Tigers were on strike protesting a suspension of Ty Cobb for beating a handless fan, the Tigers used replacement players. In his only game, this replacement pitcher threw a complete game allowing 24 runs on 26 hits with only 14 earned runs.

**15.** He has the lowest career batting average of any player with over 2,500 at-bats – .170 – with two home runs.

**16.** This pitcher hit a record 277 batters.

**17.** His career ERA was 6.10, his single-season best was 5.04, and his worst season was 7.71. He played for the Phillies and the Cubs.

**18.** He was a career .243 hitter who rarely took walks, and when he did get hits, he rarely mustered more than a single. In the tainted World Series, he went two for 25, but drew five walks.

**19.** Manager Casey Stengel, when he coached the Mets, didn't think too highly of this player, saying of him, "You have to have a catcher or you'll have all passed balls."

**20.** He managed to string together 8 seasons as a starting pitcher in the National League despite walking more batters than he struck out, leading the league in walks three times, wild pitches twice, and even hit batsmen once.

**Sports Trivia Answers on page 14**

# cafconnection.ca/winnipeg

## Mental Fitness & Suicide Awareness: Supervisor Training

Force Mentale et Sensibilisation au Suicide: Formation du Superviseur

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

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



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

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

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

Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca



## 2019 FÊTE d'HALLOWEEN PARTY!

COMMUNITY RECREATION / LOISIRS COMMUNAUTAIRES

# HALLOWEEN PARTY!

2019

## SATURDAY 26 OCT LE SAMEDI

1 PM - 4 PM 13 H à 16 H

BLDG 90 - 680 WIHURI RD. BÂT. 90 - 680, CH WIHURI

Photo booth • Crafts • Games  
Haunted House • Cookie Decorating  
Bouncers • Goody Bag • Costume Parade

cabine photographique • artisanat • jeux maison hantée • décoration de biscuits  
jeu gonflable • sac de cadeau • défilé de costumes

AND TONS OF OTHER FUN ACTIVITIES FOR ALL AGES!  
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\$3 MILITARY/WITH MEMBERSHIP \$5 NON-MEMBERSHIP \$12 FAMILY - NON-MEMBERSHIP  
3\$ MILITAIRES/MEMBRE ADHÉRENT 5\$ NON-ADHÉRENTS 12\$ FAMILLES - NON-ADHÉRENTS

TICKETS CAN BE PURCHASED AT BLDG 90 FRONT DESK • VOUS POUVEZ ACHETER DES BILLETTS À LA RÉCEPTION DU BÂT. 90

## Alcohol, Other Drugs, Gambling and Gaming Awareness Training

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

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

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

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

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

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## Top Fuel for Top Performance

Bouffe-santé pour un rendement assuré

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

- Evaluate your eating patterns
- Learn to read food labels to make better choices
- Plan and prepare for training and competition
- Learn how to adjust your eating to lose weight or bulk up

- Évaluez vos habitudes alimentaires
- Apprenez à lire les étiquettes des produits
- Sachez vous préparer en vue d'un entraînement ou d'une compétition
- Apprenez à modifier votre alimentation et vos exercices pour perdre du poids ou augmenter votre masse musculaire



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National Défense / Defence nationale

Operation HONOUR

## RESPECT IN THE CAF WORKSHOP

### RESPECT DANS LES FAC

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

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

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

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



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

Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca



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BOXES ARE PREPARED MONTHLY! BOÎTES SONT PRÉPARÉES CHAQUE MOIS!

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

Afin de diminuer le montant de votre facture d'épicerie, les fruits et légumes sont achetés en grosses quantités auprès des fermiers et des distributeurs locaux.

ORDERS CAN BE PLACED ONLINE AT www.cafconnection.ca/winnipeg  
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Online order payment by credit card only. Orders are also accepted at the Rec Centre (Bldg 90) front desk with payment by cash, cheque, credit & debit.

La carte de crédit est l'unique modalité de paiement accepté par internet. On peut aussi passer sa commande au poste de surveillance du centre de loisirs (bât. 90) avec paiement par comptant, chèque, crédit ou débit.

SEPT	OCT	NOV	DEC / DÉC
ORDER BY / DATE LIMITE FRI - 13 SEPT • VEND.	ORDER BY / DATE LIMITE FRI - 18 OCT • VEND.	ORDER BY / DATE LIMITE FRI - 15 NOV • VEND.	ORDER BY / DATE LIMITE FRI - DEC 6 DÉC • VEND.
PICK UP / RAMASSER WED - 18 SEPT • MER.	PICK UP / RAMASSER WED - 23 OCT • MER.	PICK UP / RAMASSER WED - 20 NOV • MER.	PICK UP / RAMASSER WED - DEC 11 DÉC • MER.

PICK UP BETWEEN 1600 - 1730 HRS • BLDG 33  
RAMASSER ENTRE 16 H À 17 H 30 • BÂT. 33

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

TOUTS LES PRODUITS RETOURNENT AUX PARTICIPANTS. AUCUNE COMMANDE NE SERA ACCEPTÉE APRÈS LA DATE LIMITE. S'IL VOUS PLÂT APPORTER VOS PROPRES SACS / BOÎTES POUR TRANSPORTER LES PRODUITS CHEZ VOI.

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## Advertise With Us!

And reach the 17 Wing Community

Contact (204) 833-2500 ext 4120

## INTER-COMM

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

A SKILLS BUILDING COURSE DESIGNED TO IMPROVE PERSONAL COMMUNICATION!

UN COURS DE DÉVELOPPEMENT DES APTITUDES DE COMMUNICATIONS

PROGRAM IS FREE OF CHARGE! LE PROGRAMME EST GRATUIT!

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

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WEDNESDAY • OCTOBER 16 OCTOBRE • MERCREDI

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DOORS OPEN 1830 HRS LES PORTES OUVRONT À 18 H30

SHOW TIME 1900 HRS 19 H AU CINÉMA

For more information contact / Pour en savoir plus, veuillez contacter : ashley.clement@forces.gc.ca • 833-2500 ext./poste 7013



# MFRC CRFM

MILITARY FAMILY RESOURCE CENTRE  
CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES

**102 Comet Street | 102 rue Comet**  
**204-833-2500 ext. | poste 4500**

**WE ARE ON...**



**@WinnipegMFRC**  
**www.CAFconnection.ca/winnipeg**

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

**SPECIAL EVENTS**

**FIREWORKS**

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

**COUPLE FORCE**

A couples only event full of fun! Fri, Nov. 1, 1730 - 2000. Reg. by Oct 25. \$10 per couple.

**COMMUNITY COFFEE BREAK**

Network over coffee and treats. Thurs., Nov. 7, 1000 - 1100.

**LADIES NIGHT BOWLING**

Open to all women in the defense community - members, civilians and spouses Tues. Nov. 12, 1900 - 2100. Uptown Lanes, 1301 St. Mathews Ave. Reg. by Nov. 5 \$10.

**COMEDY NIGHT**

Fundraiser for the MFRC at the ANAVETS 3584 Portage Ave. Sat., Nov 16, 1900 - late Tickets at the ANAVETS, MFRC or the door (if not sold out) \$10 each.

**ADULT PROGRAMS**

**EMPLOYMENT & EDUCATION SUPPORT GROUP**

This small group environment is dedicated to offering a socially supportive atmosphere for those who are looking for employment. Tuesdays, 0930 - 1130.

**CAFÉ FRANÇAIS**

Join us for a coffee and chat in French at the MFRC. This is a perfect opportunity to practice your French. Wed., Nov. 6 and 13 at MFRC, 930 - 1130.

**FRENCH LUNCH 'N CHAT**

Bring your lunch to the MFRC and enjoy French conversation. For all levels. Thursdays 1230 - 1315.

**SOUTH SIDE COFFEE**

A social time open to everyone! Wed. Oct. 16, 0930 - 1130 at South Side Youth Centre, 347 Doncaster St.

**LEARN TO... CARE FOR YOUR BEARD**

Cleaning and care tips so you have a soft, healthy beard. Discussion of what products to use and when. Tues., Oct 29, 1830 - 2030. Reg by Oct 22.

**EVERYTHING BINDER**

Having everything in one place is a feeling of mastery and organization. Thurs., Nov. 7 0930 - 1130. Reg. by Nov 4.

**FRENCH LUNCH 'N CHAT**

Bring your lunch to the MFRC and enjoy French conversation. For all levels. Thursdays 1230 - 1315.

**LEARN TO...ADVENT CALENDAR**

Come for a fun craft night and make a personalized countdown calendar. Thurs. Nov. 7, 1830 - 2030. Reg. by Nov 1. \$10.

**PREPARING FOR DEPLOYMENT AND REUNION (FREQUENT INTERVAL SEPARATION)**

Fri. Nov. 8 0930 - 1130 Reg by Nov. 4

**MAKE AHEAD MEALS**

Come batch prep meals and have fun while doing it! Sat., Nov 9, 1200 - 1500. Reg. by Nov. 1 \$40.

**PREPARING TOURTIÈRE**

Learn to prepare Tourtière with Marie en français. Sat. Nov. 16. Reg by Nov 4. \$5.

**CRAFT DROP-IN AFTERNOON**

Are you a knitter, scrap-booker, card maker or other crafter? Pack up your supplies and work on it in our space, in the company of other crafters. We have 8 ft. tables. You have room to work! Wed., Nov. 20, 1330 - 1500.

**LEAVING THE UNIFORM**

Medically releasing? Come for the conversations, stay for the connections. Wed., Oct. 23, Nov 20, Dec 18. 1900 - 2100. Register ASAP.

**SCRABBLE AND DESSERT - EN FRANÇAIS**

Come for some friendly Scrabble en français and share some treats. Sat., Oct. 26, 1400 - 1600.

**MATURE WOMEN'S GROUP**

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

**CHILDREN & YOUTH PROGRAMS**

**OCCASIONAL CHILD CARE**

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

**CREATIVE TOTS**

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

**KIDS CLUB**

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

**KIDS IN THE KITCHEN**

For age 6-12. Learn kitchen skills and basic recipes Nov. 14, 15 and 22. Register by Nov 1 \$25.

**PARENT & FAMILY PROGRAMS**

**PARENT COMMUNITY**

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

**PARENT GROUP**

Join us for parenting discussions and networking. Wed., Nov. 13, 0930 - 1130.

**DEPLOYMENT DINNER DATE**

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

**NEW RECRUITS FAMILY CAFÉ**

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

**HOW TO TALK WITH YOUR KIDS ABOUT DRUGS & ALCOHOL**

Led by an expert from the Additions Foundation of Manitoba. Oct 22. 1830 - 2030. Free. Register by Oct. 17.

**VISIT THE ST. BONIFACE MUSEUM**

Self-guided tour. Sat., Nov 2 1330 - 1430 \$5 for ages 13 and up.

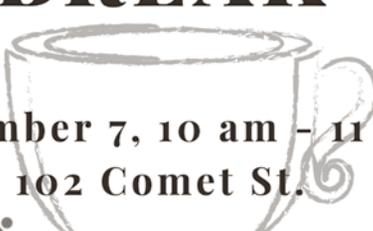
**STEPPING STONES TRIPLE P**

Do you have kids under 12 with exceptional needs? This parent program is for you! Thurs. 1900 - 2100 November 7 - Dec 12 Call for cost and registration 204-833-2500 ext. 4500. Open to all in defense community. Reg. by Oct 29.

Join us for

# COMMUNITY COFFEE BREAK

November 7, 10 am - 11 am  
102 Comet St.



**MFRC CRFM**  
MILITARY FAMILY RESOURCE CENTRE  
CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES

## LADIES NIGHT SOIRÉE POUR LES DAMES

Uptown Alley, 1301 St. Mathews  
Tuesday, November 12 - 1900-2100  
Le mardi 12 novembre - 19 h à 21 h  
Register by November 5 | Date limite d'inscription : 5 novembre



**MFRC CRFM**  
WINNIPEG

COME PARTAKE IN THE MFRC'S

## Couple Force

A NIGHT OUT WITH DINNER AND FUN WITH OTHER COUPLES. THERE WILL BE SOME FRIENDLY COMPETITION WITHIN AND BETWEEN COUPLES.

Friday, November 1 - 1730 - 1930 - register by October 25  
\$10 per couple includes dinner - ask about childcare



**MFRC CRFM**



## Fireworks AT SOUTH SIDE

OCTOBER 30, 1800 - 2100

347 Doncaster St.  
bring your lawnchair/blanket



**MFRC CRFM**

## STEPPING STONES - TRIPLE P

FOR PARENTS OF CHILDREN AGE 12 AND UNDER WHO HAVE EXCEPTIONAL NEEDS

Thursdays 19:00 - 21:00  
November 7, 14, 21, 28, December 5, 12  
Register by October 29

Defense Team - \$30/individual, \$45/couple  
Civilian - \$65/individual, \$85/couple

STAND-UP FOR FAMILIES

## COMEDY Night

NOVEMBER 16

ANAVETS Assiniboia Unit 283  
3584 Portage Ave.

Tickets available at the MFRC, ANAVETS 283 & at the door.

Tickets \$10 ea.

For more info: 833-2500 ext. 4500

## Sports Trivia Answers

1. Bob Uecker.
2. Marv Throneberry.
3. Eddie Gaedel.
4. Dick Stuart.
5. Dal Maxvill.
6. Bob Kammeyer.
7. Rabbit Maranville.
8. Rafael Belliard.
9. Tommy LaSorda.
10. Herb Washington.
11. J.R. Phillips.
12. Brian L. Hunter.
13. Mike Porter of the St. Louis Cardinals.
14. Aloysius Travers.
15. Bill Bergen.
16. Gus Weyhing.
17. Les Sweetland.
18. Swede Risberg, 1919 Chicago White Sox, better known as the "Black Sox".
19. Choo Choo Coleman.
20. Herm Wehmeier.

# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** Focus on re-arranging your finances so you'll feel more secure. You can't depend on others to help you. Commit to what is best for you. If you are challenged about your decisions, stand firm. You can meet objections and explain yourself easily when you have a plan based on facts.

**Taurus (April 20 – May 20):** Your good deeds pay off. You've helped others and kept things flowing smoothly. Now others will return the favor. You could also come up with a new and innovative idea that will make life more exciting. Make inquiries to see who would be interested in what you're proposing.

**Gemini (May 21 – June 21):** Find ways to work smarter, not harder. Speak up for yourself. You may fear rejection and exclusion, but if you're uncomfortable speaking your mind then you're not with your kind of people anyway. Be mindful of when it's best to clear the air and when it's better to quietly walk away.

**Cancer (June 22 – July 22):** You want to be sure of your decisions, so gather lots of information until you feel you know what is right for you. What you discover might disappoint you, but not knowing is worse. The logical choice will require significant adjustments. Another's lack of empathy is frustrating.

**Leo (July 23 – August 22):** Your confidence often ensures that you get what you want. You're getting lots of chances to showcase your talents. This leads to radical changes. You have the opportunity to work with a group creating something really special. Read contracts carefully. Some revisions may be necessary.

**Virgo (August 23 – September 22):** Be patient. Don't feel pressured to make speedy decisions. Petty people may try and pick fights. Focus on ensuring people feel loved and cared for. Deal with resistance to change with honest discussions about everything until the details and pluses are better understood.

**Libra (September 23 – October 23):** Though it's frustrating when people expect you to take care of everything, it's probably worth your while to oversee things. Delegating can lead to problems down the road. Avoid resentment by maintaining a balance between managing others and empowering them.

**Scorpio (October 24 – November 21):** You may feel hurt, embarrassed and/or betrayed by things that are said. Someone is jealous. Knowing this helps you stay focused on what is beautiful and special in your life. Sever ties with anyone who is a "frenemy." Explore the possibility of selling property or assets.

**Sagittarius (November 22 – December 21):** A family trip is full of excitement. You'll be calling the shots and helping others. Still consider a more cooperative approach than your usual, charge ahead style. The lack of effort of others frustrates you. Stop comparing. Their actions might not be sound but it's their life.

**Capricorn (December 22 – January 19):** Feeling stronger and ready to go after what you want. When looking at investments, pause and breathe, because you may find you have a change of heart upon further reflection. Don't rush yourself. To be content, stop the cycle of continually striving for something more.

**Aquarius (January 20 – February 18):** Take a "time-out" to assess what is important to you and how to balance your needs and wants. An emotional response to a message you receive gives you a "head's up." You'll gain a greater sense of your own self-worth when you don't seek validation from outside yourself.

**Pisces (February 19 – March 20):** Seeing results for your efforts makes you feel successful, confident, healthier and happier. Keep up the good work. Opportunities arise that will pan out in the future. Working with others is highlighted. You've worked hard and now you're in the right place at the right time. Enjoy.

**FOR APPOINTMENTS with NANCY CALL 204-775-8368**

**"You can't have everything. Where would you put it?"**

**- Steven Wright,  
Comedian**

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4:00 PM — 7:00 PM Saturday Afternoon — 3:30 PM

**LIVE BANDS**

Oct. 25 & 26 - The Otherside



**OCT 26 - HALLOWEEN DANCE**

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Winnipeg, Manitoba

**CHASE THE ACE**

Monday 6 pm

**TEXAS HOLD 'EM**

Tuesday 7 pm

**ZUMBA**

Tuesday/Thursday 10-11 am

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Wednesday 1 pm & 7 pm

**DANCE TO LIVE BANDS**

Friday 8pm-1am June-August

Every Saturday 7-11 pm

**MEAT DRAWS**

Friday 5-7 pm

Saturday 2-5 pm

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MILITARY  
CHAPEL



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MILITAIRE

CHAPEL OF THE GOOD SHEPHERD • STE. MARGUERITE BOURGEOYS



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# Is Spiritual Resiliency That Important?

by Padre Kevin Olive

Before Dr. Jan Hatanaka became a psychologist she was a nurse who worked on a hospital ward that had a lot of World War 2 Veterans. Her interactions with these individuals led her on a quest to eventually work with contemporary veterans who have struggled to find meaning and purpose in the aftermath of their war experiences. Her book, "The Natural Brilliance of the Soul: A Soldier's Story of War and Reconciliation" follows the story of a young Canadian veteran of the war in Afghanistan.

Hatanaka raises the issue of how we are good as a society to recognize grief, but we have struggled to find ways to re-integrate it into our lives and move forward. Grief is not just the loss of a loved one or a close friend, it can also come to us as the result of a form of grief in the loss of who we are and where we fit into a world that has been forever changed.

Hatanaka uses some traditional means of therapy for recovery but also touches on the Spiritual.

The young vet in her true story pushes back at her, arguing that he's not really "religious" so there's no need to explore this side of his life. She pushes on, and makes the point that he should not think in terms of religion, but rather world view.

Whether we are consciously aware of it or not, we all have a rock bed of understanding of how the world should be, and when that is challenged or falls apart, our world is literally rocked. She defines ones' personal world view as the spiritual component of a human that must find some form of re-integration or reconciliation into our lives.

A man I personally admire and have met in person, retired Major Lewis MacKenzie, has this to say about her work: "Dr. Hatanaka's

THE  
NATURAL  
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A SOLDIER'S STORY  
OF WAR AND RECONCILIATION

Jan Hatanaka, Ph.D.

exhaustive research and analysis have resulted in a book that should be an essential tool for those professionals who are assisting our soldiers having difficulties adjusting to life after the stress of service in a war zone.

Likewise, soldiers, their families, and their friends experiencing difficulties understanding their own feelings and frustrations would benefit from taking the time to read this practical toolbox of ideas."

Recently I have come across these little booklets on Emotional Intelligence by The Harvard Biz School. They have put together some of their best short articles that capture the latest research on being the best kind of leader.

The booklet titled "Resiliency" points to key three characteristics that seem to follow those who are the most resilient in life and business: A staunch acceptance of reality, a deep belief often buttressed by strongly held values that life is meaningful, and lastly, an uncanny ability to improvise.

If you have ever taken Sentinel training we touch base on the Spiritual Resiliency Model. If you have moved into the "red" when it comes to meaning and purpose, perhaps it's time to talk to someone.

I think in life we can all end up around this spot where our life changes and we feel like we are lost. The good news is, coming to terms with this phase of life can also become one of the most meaningful as we seek to make sense of our world.

*"If you're complaining, you're not leading"*  
- Jon Gordon, "The Power of a Postive Team"

## Faith and Life

### PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

**SUNDAY SERVICE:** (English Only) 900 hrs

**COMMUNITY SERVICES:**

**Sunday School:** It is held during the service for children ages 3 to 12. Childcare is provided on an as-required basis for children under 3 years of age.

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

**Baptism:** The Sacrament of Holy Baptism is available by contacting a Chaplain. Baptism Preparation is a requirement. *Please contact the Chaplain before setting the date for the baptism or arranging family travel.*

**Protestant Chapel Guild:** It meets the first Wednesday of the month at 1300 hrs in the Chapel Annex. All women are welcome.

**CHAPLAINS**

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- Wing Chaplain  
ext 5417

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

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

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

### JEWISH

**CHAPLAIN**

**Padre Noteh Glogauer**  
(Rabbi)  
ext 5272



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

### CATHOLIC

STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

**SUNDAY MASS:** (Bilingual)

Spring/Summer Liturgy Timings: 1100 hrs  
(Sunday after Easter - Thanksgiving Weekend)

Autumn/Winter Liturgy Timings: 1600 hrs  
(Sunday after Thanksgiving to Easter Sunday)

**COMMUNITY SERVICES:**

**Religious Education:** Classes can be available to children from Preschool to Grade 6.

**Sacrament of Reconciliation:** It is available by request and at special times of the year. Contact Padre Gemmiti.

**Baptism:** We recommend that you contact the chaplain's office for an appointment six months in advance. *Please contact the Chaplain before setting the date for the Baptism or arranging family travel.*

**Marriage:** Six months notice (1 year preferred) is required for weddings, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

**MAIN OFFICES**  
Administrative Assistant  
204-833-2500 ext. 5087  
Building 64,  
Lower Level, North End.

**EMERGENCY DUTY CHAPLAIN**  
Contact MP Dispatch ext 2633.

**INFO PHONE NUMBER**  
For chaplaincy services and related information, phone ext 6800 and follow the prompts.

**WEBSITE**  
Those with access to the DIN can visit 17Wing.winnipeg.mil.ca, then click '17 Wing', then 'Services'.

**CARE & SHARE BENEVOLENT FUND**  
Contact Wing Chaplain Office for further information.

# POSTED?

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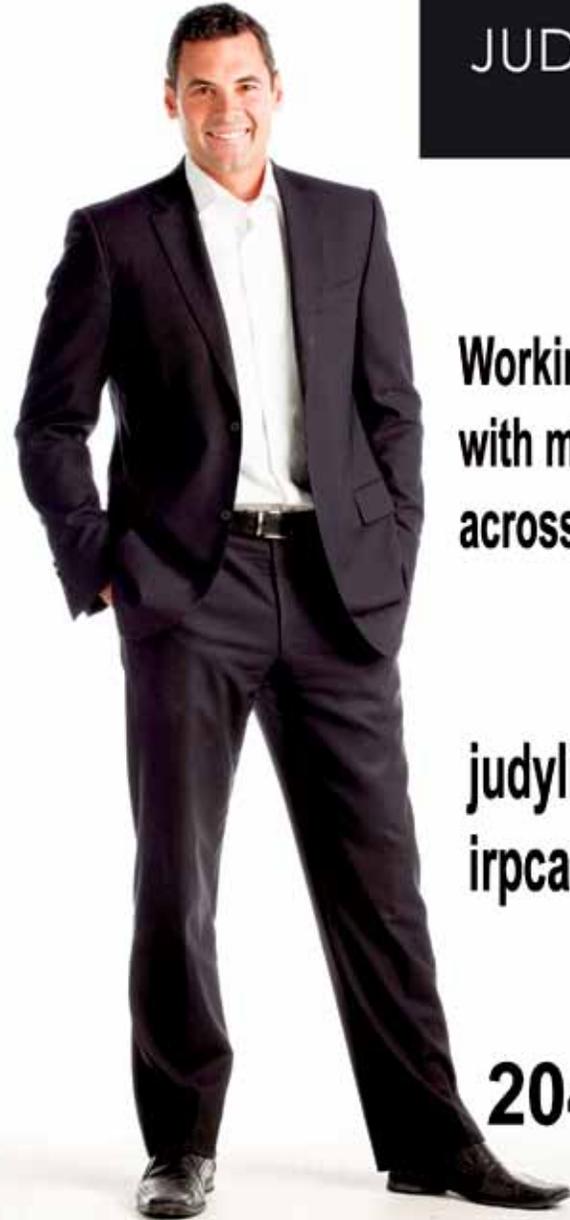
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