



THE REPAY ROBERTSON THUEN TEAM

**ULTIMATE SERVICE GUARANTEED
CALL US TODAY!**

204.227.6705

rrt-team.ca rrt@coldwellbanker.ca

**COLDWELL
BANKER**

PREFERRED REAL ESTATE
MILITARY RELOCATION SPECIALIST

Volume 67, Issue 16

17 Wing Winnipeg / 17e Escadre Winnipeg

26 September 2018

THE VOXAIR

The 17 Wing Community news source since 1952

100 Yr Old Battle of Britain Vet Remembers



Battle of Britain Veteran and Retired Flying Officer, Mr. Ralph Wild, lays a wreath during the Battle of Britain Memorial Service on September 16th, 2018 at 17 Wing. For our article and more photos please see page 3. Photo: Cpl Bryce Cooper, 17 Wing Imaging

435 Sqn Assists Injured Hiker on Mantario Trail

Page 2

Brookside Cemetary Commemorates 100th Anniversary of Armistice

Page 5

17 Wing Honours and Awards Recognizes Members' Achievements

Page 6

Pulling Together for the GCWCC While Competing at the Plane Pull

Page 10

17 Wing Language Training Centre a Leader in Second Language Training

Page 11

Dealing With the Unplanned Chaos Means Finding Time to Reconnect Spiritually

Page 15

THEVOXAIR.CA

FACEBOOK.COM/THEVOXAIR

FREE



Hon. Steven
FLETCHER
MLA ASSINIBOIA
3723 Portage Avenue
Winnipeg, MB R3K 2A8
204-944-1049



DOMENICA'S FLORAL DESIGN

2255-G Ness Avenue (at Whytewold Rd)
Ph.: 885-3665 or 832-6978

Send flowers to your loved one
Around the world or in the city

DAILY SPECIALS

Free Delivery to both North & South Base Locations

435 Squadron Assists Injured Hiker on Mantario Trail



The Search and Rescue (SAR) crew from 435 (Transport and Rescue) Squadron, located in Winnipeg, that provided assistance to a hiker on the Moosehead Lake Trail on September 9. (L-R) Master Corporal (MCpl) Louis Labrecque, SAR Technician, Corporal Christopher Rancourt, Loadmaster, Captain (Capt) Steve Huntley, Air Combat Systems Officer, Capt Charles Lindell, Pilot, Sergeant Kim Blake, Flight Engineer, and MCpl Donovan Ball, SAR Tech. Missing: Aircraft Commander Major Tony Meikle, Pilot. Photo: Bill McLeod, Voxair Manager

by Martin Zeilig, Voxair Photojournalist

For Search and Rescue (SAR) Technicians Master Corporal Donovan Ball and Master Corporal Louis Labrecque of 435 Transport and Rescue Squadron (435 Sqn), providing assistance to an injured hiker near Moosehead Lake was a “textbook” mission.

They were putting theory and training into action, in an emergency situation.

On Saturday, September 9, Manitoba Ambulance Dispatch contacted the Joint Rescue Coordination Centre (JRCC) at CFB Trenton requesting assistance from 435 Sqn for a man in his fifties who sustained a head injury or stroke while hiking on the Mantario Trail. The trail is located within Whiteshell Provincial Park, about 90 minutes east of Winnipeg.

A STARS (Shock, Trauma Air Rescue Society) helicopter from Winnipeg was unable to land in the area, so the STARS physician requested SAR tech deploy-

ment to provide medical care until the patient could be extracted, according to the official mission report.

Other members of the crew included the aircraft commander and pilot Major Tony Meikle; Captain Charles Lindell, Pilot; Capt Steve Huntley, Air Combat Systems Officer; Sergeant Kim Blake, Flight Engineer; and Corporal Christopher Rancourt, Loadmaster.

“We got a call at about 1030 hours on September 9th about a hiker on the Mantario Trail,” MCpl Ball said. “He had fallen backwards and lost consciousness. The call came from the JRCC at CFB Trenton. STARS was going to pick him up, but winds were strong and there was limited landing area so we were tasked to go in and see what we could do.”

They arrived on station at 0100 hours.

“Winds were extremely strong at 50-60 knots at 2500 feet,” MCpl Ball said. “We were planning to do a water jump. Our limitations for training for night water is 20 knots.”

Capt Huntley observed that the winds in nearby Kenora, Ontario were gusting 16 to 26 knots. “That was totally doable for us,” he said.

The two SAR Techs got everything prepared for their jump from the C-130 Hercules, but there was wind shear and darkness to contend with. “We [also]

had to locate them which took a little bit of time. They had a big fire which really helped us,” said MCpl Ball.

“We got all of our flares and all of our coordinates,” MCpl Ball continued. “We dropped a wind drift indicator which simulates a 200 pound person. When it lands we fly over the wind drift indicator over the target and we count. In this case, it was 26 seconds. We move 200 feet every second. So, we moved 30 seconds up from the target and that was our release point.”

The two SAR techs landed in the waters of Moosehead Lake, just off the trail, and swam to shore – a distance of less than 100 metres. They both had flotation devices attached to their gear, as MCpl Labrecque pointed out. They arrived on scene at 0330 hours, said MCpl Ball.

“The patient was resting on his side,” MCpl Ball said. “The story was they were setting up their camp after hiking ten or fifteen kilometres that day. He took a step backward. There was a little pothole or uneven ground. He fell backwards. After that he’s not sure if he hit his head and lost consciousness.”

After regaining consciousness, the patient was disoriented, he added.

“He was helped up, and said he couldn’t feel his legs,” said MCpl Ball, a member of the Canadian Armed Forces for 16 years and a SAR tech for the last seven. “They laid him down on his side in a recovery position. He was with four other hikers. That was around 10 at night. For the next three hours he stayed in that position because it was suspected that it might have been a spinal injury. They weren’t sure if he had broken anything.”

“They kept him on his side until we arrived on scene and started our evaluation. We worked on him and he was incredibly uncomfortable on his side. So, we moved him from his side using proper spinal movements. We moved him onto his back. We went with our pain protocol and we gave him some pain medication. We kept him as comfortable as possible, with as little pain as possible, until first light.”

In the meantime, some Manitoba Natural Resources personnel had moved in two or three miles from where the two SAR Techs had landed, he noted.

They cut down two trees to make a larger landing area for the STARS helicopter, the MCpl said.

“STARS was trying to get out of Winnipeg but because of thunder and lightning, they kept on re-landing,” he noted. “They got on scene by about 0830 hrs. We did a handover with STARS and got the patient loaded up. MCpl Labrecque and I went with MNR to their base camp which was a couple miles away. They gave us a 90 minute car ride back to Winnipeg.”

The patient was medically evacuated to the Health Sciences Centre in Winnipeg.

“The last thing I heard was that he was recovering and was stable in the hospital,” said MCpl Ball. “The other hikers walked out. They had another 20 kilometres to go.”

“I became a SAR tech for situations just like this,” MCpl Ball said. “I just want to look at it as if I was out there hurt, I would want someone like us to come out and help. It’s an amazing opportunity to help someone like that.”

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
+VOXAIR@PersSvc@Winnipeg

VOXAIR STAFF

LCol Brian Quick
Dep Wing Commander
(204) 833-2500 ext 5281

Rick Harris
Managing Editor
(204) 833-2500 ext 4299

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

Martin Zeilig
Photojournalist
(204) 833-2500 ext 6976

Maureen Walls
Sales Coordinator
(204) 895-8191

Capt McCulloch-Drake
Wing Public
Affairs Officer

Broose Tulloch
Layout/Ad Design

Misra Yakut
Accounting

Traci Wright
Proofreading

Printed By
Derksen Printers
204-326-3421

Visit Us Online: thevoxair.ca

VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col Charon. Opinions and views expressed do not necessarily reflect those of the Editor, the Wing Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. We will not be responsible for any loss or damage to any advertiser or third party resulting from the failure of an advertisement to appear in any of our editions or from any error or omission in any advertisement which is published.

Correspondence should be addressed to:
The Voxair
17 Wing Winnipeg,
PO Box 17000 Stn Forces
Winnipeg, MB R3J 3Y5
This newspaper is printed using
environmentally safe inks.
Publications Mail Agreement No. 1482823

Promotion of Private Businesses in articles submitted for publication is not permitted except in cases of appreciation for donations where only the company name is included. (Companies or individuals that are currently in arrears shall not be published.) Individuals or groups shall not make any offer of promotion in The Voxair Newspaper of products and/or services for exchange in donations.

HOMEWATCH

Planning your vacation or your annual migration to the south? Plan to leave your home to us.

Commissionaires is Canada’s premier security company, offering a unique combination of integrity, experience and innovation. For more than 90 years, Commissionaires has protected people and property across Canada. Make sure you are in compliance to your Homeowner’s Insurance Policy.

Military Discount for Commissionaires Mobile Services.

Don’t leave your home to chance, leave it to Commissionaires.



COMMISSIONAIRES
TRUSTED · EVERYDAY · EVERYWHERE

Ph: 1 204 942 5993 x2300

admin@commissionaires.mb.ca

www.commissionaires.mb.ca



First Major Air Campaign Remembered



The Royal Canadian Airforce Band plays during the Battle of Britain Memorial Service on September 16th, 2018 at 17 Wing, Winnipeg. Photo: Cpl Bryce Cooper, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

“What General Weygand called the Battle of France is over. I expect the Battle of Britain about to begin.

Let us therefore brace ourselves to our duties, and so bear ourselves that, if the British Empire and its Commonwealth last for a thousand years, we will say, “This was their finest hour.”

British Prime Minister Sir Winston Churchill, 18 June 1940.

The Battle of Britain, 10 July- 31 October 1940, was a Second World War air campaign waged by the German Air Force (Luftwaffe) against the United Kingdom in the summer and fall of 1940. It was the first major campaign to be fought entirely by air forces, and the largest, most sustained aerial bombing campaign to date.

The objective of the campaign was to gain air superiority over the Royal Air Force (RAF) as a prelude to the planned ‘Operation Sea Lion’ invasion of Britain, but disagreements among commanders meant that the

Luftwaffe’s choice of targets kept shifting-- from shipping convoys and ports, to airfields, to factories, and finally to centres of population, primarily London.

While the RAF’s Spitfire and Hurricane front-line fighters were on par, in quality and numbers, with the primary Luftwaffe fighter (ME-109), the British were fighting above their home airfields while the German fighters were at the limits of their range. Proximity to airfields and quick work by ground crews meant RAF fighters could sometimes fly several

sorties per day, multiplying their effect.

Germany failed to achieve its operational objective of destroying Britain’s air defences and its strategic objective of forcing Britain to negotiate an armistice or surrender. The Battle of Britain was one of the first major defeats suffered by the Axis Powers in the Second World War and was a turning point in the war.

In Canada, the third Sunday of September each year is the most honoured day in the RCAF calendar. The day is marked by parades at RCAF bases across the country. The national ceremony is held in Ottawa.

A total of 21 Canadian Aircrew were killed in the Battle of Britain; while another 39 Canadian aircrew served in the B of B but later died on active service during the Second World War.

Source: AFOD Block 1-Introduction to the RCAF (reprinted in the program for the 17 Wing Battle of Britain Parade on September 16, 2018)

100 Year Old Battle of Britain Veteran Remembers



Flying Officer (Ret'd) Ralph Wild, Battle of Britain veteran, lays a wreath during the Battle of Britain parade at building 21, 17 Wing, 16 September 2018. Photo: Sgt Daren Kraus

by Martin Zeilig, Voxair Photojournalist

Meeting Mr Ralph Wild, a 100 year old veteran of the Battle of Britain, was “living history” for 15 year old Denise Quick.

The grade 10 student at Westwood Collegiate was at the Battle of Britain Commemoration on September 16 at Building 21, along with her father Lieutenant-Colonel Brian Quick and some 300 other military and civilian guests, which included among other dignitaries, The Honourable Janice C. Filmon, Lieutenant Governor of Manitoba, and her husband, The Honourable Gary Filmon. Fittingly, Building 21 is one of the few remaining buildings on 17 Wing built during the Second World War.

The ceremony included : welcoming remarks; an invocation by Padre Major Hope Winfield; reading the Roll of Honour; a reading of Lest We Forget by Mr Wild; the Last Post and Lowering of Flags; a two minute silence; Reveille and the Raising of Flags; The Lament by a piper; the Laying of Wreaths; and the playing of the “God save the Queen” and “Oh Canada” by the RCAF

Band.

During the small reception held afterwards at the Officers’ Mess, Mr Wild was presented with a framed letter of appreciation for his service during the war by Lieutenant-General A.D. Meinzinger, Commander of the RCAF.

Mr Wild, who was born and raised in Great Britain, has lived in Winnipeg for 71 years.

He joined the Royal Air Force in 1938 and was first trained as ground crew before becoming a navigator on a Halifax Bomber in Bomber Command. Mr Wild mentioned previously that he was in the first contingent of British military to be trained under the British Commonwealth Air Training Plan. He trained in Carberry, in the Rural Municipality of North Cypress in southwestern Manitoba, located 50 kilometres east of Brandon, Manitoba.

He met his future wife to be, Myrla, a Registered Nurse at the Grace Hospital in Winnipeg, while on leave in Manitoba’s capital city. After his graduation from the BCATP, Mr Wild., who ended the war as a Flying Officer, was posted back to Bomber Command in the spring of 1944. He and his wife moved to Canada permanently in 1947.

“The Canadian people were good to me during training here,” Mr Wild, a father of three/grandfather of five/great grandfather of seven, who was employed as an accountant with a major insurance company here, said in that earlier story. “My wife wanted to return home, and things were very difficult in Britain after the war.”

“It was pretty cool to meet him,” Denise Quick said after getting a photograph taken of her and Mr Wild together following the morning’s ceremony.

17 Wing Commander Colonel Eric Charron commented that it was an honour having Mr Wild present at the ceremony.

“To have a link to the past to a gentleman, who’s going to be 100 years old (on Sept 27, 2018) and still remembers what it meant in 1940, and the sacrifice some of his colleagues made, is a link to our past,” he added. “We have a lot of young air personnel who are starting their careers here, and for them to be exposed early on

Sports Trivia

Sports in Song

by Stephen Stone

The following quiz features song lyrics that are associated with sports. Name the sport and the artist. If the sport is in the title, well, no need to name the sport.

1. I used to be a rolling stone you know, if a cause was right
2. Risin’ up, back on the street, did my time, took my chances
3. They storm the crease, like bumblebees, they travel like a burning flame
4. Oh put me in coach; I’m ready to play today
5. I knew ‘em all, from Boston to Dubuque, especially Willie, Mickey and the Duke
6. I am just a poor boy though my story’s seldom told
7. Season’s end, and the stands come down, one less heart in one more town
8. Well, it’s Monday night and we’re ready to strike!
9. Saw him the other night at this road side bar; I was walking in, he was walking out
10. I can relate to kids going straight to the league / When they recognize that you got what it takes to succeed
11. Not many ways out of the cold northern town; you work in the mill and get laid in the ground
12. Can you move in a whirl like a hummingbird’s wing if you need to (ooh that’s fast)
13. If I don’t make a hit with him, My heart will break in two
14. But homie this is my day / Class started two hours ago, oh am I late?
15. I’m rockin’ my peers, makin’ the tears rain down like a monsoon
16. Stop right there! I gotta know right now! Before we go any further!
17. My road to glory filled with thorns, ...I train to remain strong
18. Buy me some peanuts and Cracker Jack – this is your gimme
19. He is undeterred; Says, I am the greatest there has ever been. And he grits his teeth and tries again
20. He knows how to talk; and he knows how to fight

Sports Trivia Answers on page 14

**Have you got a story you’d like to share?
Drop us a line at 204-833-2500 (ext. 6976)
or email us at voxair@mymts.net**

to part of our heritage is a golden opportunity.”

RAF Squadron Leader Richard Cooke, Combat Plans Division Chief, Combined Air Operations Centre, 1 CAD, said it’s always great to celebrate the fact that Canadians were involved in the Battle of Britain.

“That’s something that an awful lot of British people don’t remember-- that a lot of other people were involved in that and it wasn’t just a British endeavour,” he said. “Someone who’s so accomplished and has made it through the war and to 100 years. That’s phenomenal. It’s very humbling. I believe he is the only survivor left from the Battle of Britain. It’s a fantastic occasion to be here today.”

In a brief speech he gave following the presentation of the letter from LGen Meinzinger, Mr Wild confirmed that he is, indeed, the “the only living survivor” of the Battle of Britain.

“That’s something in itself,” he said. “I served my country, and I came through with flying colours. That’s for sure. On my squadron there was one man who earned a Victoria Cross, Flight Lieutenant James Nicolson. I knew him. He was the only man in Fighter Command to receive the Victoria Cross in the Second World War.”

“The Battle of Britain won the war for Great Britain,” Mr Wild said in 2017. “Germany lost the war at the Battle of Britain.”

Retiring Member Walks for Military Families



Joel Roy and Captain Wright Eruebi announce the Trek for Families on Sept 19 at the Winnipeg Military Family Resource Centre. Capt Eruebi will be walking from Canadian Forces Base Shilo to Canadian Forces Base Winnipeg on the Highway of Heroes from Sept 30 to Oct 9 to raise funds for MFRCs. Photo: Bill McLeod, Voxair Manager

by Martin Zeilig, Voxair Photojournalist

Captain Wright Eruebi, CD, Public Affairs Officer, 1 CAD/CNRHQ, will not be lazing about in a hammock or on his couch at home in his immediate post retirement plans from the Canadian Armed Forces.

He will be giving back to the institution that he says “has cradled me for the past 20 years.”

Capt Eruebi, retiring from the CAF at the end of September, will be walking from CFB Shilo to CFB Winnipeg, a distance of 200 kilometres, in order to raise money for the Military Family Resource Centre.

He will be driven to Shilo on September 29 and he will commence his trek back to Winnipeg on Sunday, September 30th to arrive in Winnipeg on October 9.

“This is such a great idea that he’s got to give back to the community,” Joël Roy said. “I was very quick to support it. I’m glad to be onboard.”

He added that the walk will help project a positive image on the CAF.

“We hope more people, even from the larger community, will take the opportunity to join with him, at least for part of the walk, to show their support,” Roy remarked. “We will be behind him supporting his effort every step of the way.”

“Over the years, I’ve come to realize that the love

and support of family, in my case my partner, is the power that propels us to do the things that we do,” Capt Eruebi said. “I’m doing this walk to honour spouses, partners and family.”

Canadians will be able to contribute to the MFRC by going to the MFRC website on Facebook, said Capt Eruebi, adding that “every penny pledged” will be going to the MFRC.

“I appeal to Canadians to support the effort and donate to the welfare of military families,” he stressed.

Capt Eruebi was born and raised in Lagos, Nigeria in West Africa.

Prior to arriving in Canada almost 20 years ago, Capt Eruebi lived in the United States where he graduated from San Diego State University with a degree in Telecommunications, Radio, Film and Television Production.

“I was very fortunate to be hired by CNN (Cable News Network) in 1984,” he

said. “I worked for CNN Headline News for that period. I was a cameraman, a teleprompter, floor director, an editor of the news, and then audio operator receiving all the news feeds from around the world, and I finished as an Associate Director at CNN for Headline News.”

Then, he returned to his birth country.

“I was the advertising production manager for a frontline advertising firm in Nigeria,” Capt Eruebi said. “I was managing the television production portfolio. That landed us with the presidential candidate, MKO Abiola (24 August 1937- 7 July 1998), who challenged the despotic military establishment. The people had had enough of the military in Nigeria.”

His company’s efforts were so effective that the population voted overwhelmingly in favour of Abiola, Capt Eruebi noted.

“Midway through the election cycle, the then military dictator, General Ibrahim Babangida, annulled the election because he could see the writing on the wall that the votes were going to my candidate at the time,” he said.

Abiola was arrested and imprisoned. Two years later he died in jail.

“During that period, I had gunmen come to my home twice in two weeks, and that put the fear for my life into me. There was no way that I knew for sure that they were political thugs. They could have been armed robbers. But, twice in less than 10 days was a little much. So, that was the point that I decided to move my family elsewhere. I recall too, and that was very instructive for me, that the Canadian Ambassador spoke out against what the military had done.”

Capt Eruebi came here with just three suitcases in total for the entire family-- “me, my spouse and our three children,” he said. “Look how far we’ve come.”

“I am so grateful to Canada and the CAF. It’s the only job I have known here. If I had to do it all over again, I would do it in exactly the same way. My only regret was that I didn’t join even earlier. But, I couldn’t join sooner than when I was in the country.”

“This is my way of saying ‘Thank you’ to Canada, I have received so much from this country. I can’t forget that. I wanted to do something to show my appreciation.”



Captain Wright Eruebi held a press conference at the Winnipeg Military Family Resource Centre to announce his Trek for Families event where he will be walking from Canadian Forces Base Shilo to Canadian Forces Base Winnipeg on the Highway of Heroes beginning Sept 29 and finishing Oct 9. Photo: Bill McLeod, Voxair Manager

Scientists and Soldiers Test Cutting-edge Technologies in Montreal



Defense technology research was conducted on September 14 at Silo No. 5 in the Old Port area of Montreal and around the Rue de la Montagne. The Disputed Urban Environment Experiment 2018 (EUC 18) is taking place from September 10 to 21 in various locations in Montreal. It brings together more than 150 researchers from five countries as well as 80 soldiers from the 2nd Canadian Division. Photo: CPLC Julie Turcotte, 34e Groupe-brigade du Canada

by CPLC Julie Turcotte, 34e Groupe-brigade du Canada

During the first three weeks of September, Montreal served as host to over 150 scientists from five countries and nearly 100 members of 3 Battalion, Royal 22e Régiment (3 R22eR) to test over 50 new technologies on the streets of the city’s downtown core, on the Belvedere at Mount Royal, at an out-of-commission grain silo in the Old Port, and around an armoury on Côte-des-neiges.

Known as the Contested Urban Environment experiment 2018, or CUE 18, Defence Research and Development Canada (DRDC), the Canadian Armed Forces (CAF), and partners from the United States, the United Kingdom, Australia and New Zealand tried to answer the following question: what do we need to know about a city in order to operate effectively?

The objective of the experiment was to test new technologies in a dense and complex city, similar to the types of conditions in which future armed forces will have to operate.

Why pick the city of Montreal? Chosen because of its varied terrain – “urban canyons” of street corridors flanked by high rises and houses, the panoramic peak of Mount Royal overlooking city, and the gritty historic sites of the Old Port, Montreal set itself as an ideal location to run this year’s experiment.

The director of the experiment, Patrick Maupin, explained the relevance of testing these new technologies in an urban context, “The most interesting thing about CUE is that it brings together technologies that would otherwise only be tested in labs or in separate countries.”

On De la Montagne Street, those strolling down the street had a chance to see soldiers wearing or carrying some of the technologies such as laser range finders that determined the distance of objects, infrared goggles, and exoskeletons.

The summit of Mount Royal provided the ideal venue for scientists and deployed soldiers to test their long-range observation and sensing technologies and

thermal night vision optics during the night.

However, it was at Silo No. 5, a former industrial complex and current heritage site, where the most impressive technologies were tested. The soldiers had the opportunity to familiarize themselves with the use of optical sensing systems, vehicle barriers and perimeter security systems, while researchers used various unmanned aerial and ground-based vehicles to scan and analyse the area.

The final stage of the experiment took place around the home base of the Côte-des-neiges armoury, where the technologies came together to be tested in one final showdown.

Major Kim Bériault, commander of B Company, 3 R22eR, summarized how important it was for CAF members to participate in these experiments, saying, “What I like most is that soldiers are being asked for their feedback on the technologies such as the usability and challenges that come with deploying them in this type of urban setting.”

Although it is still too early to determine which technologies may be useful to the CAF in the future, most of the troops agreed that they were particularly impressed by a radar that made it possible to see through walls.

The Contested Urban Environment experiment is in its second year. The first experiment was held in Australia in November 2017, and the third one will be held in the United States in 2019. The final one slated for the UK is in the planning stages for 2020.

CFS Met Graduation

by MCpl Christian Couture

The Canadian Forces School of Meteorology (CFS Met) is proud to have graduated 8 students on the Met Inspection Course 1801 on the 10th of September 2018.

The goal of the Meteorological Inspection course is to qualify senior meteorological personnel to perform quality control functions for various meteorological programs in the CAF. These Meteorological Inspectors will be responsible for conducting regular inspections; coordinating siting, service and repair of specialized equipment, and reporting on program deficiencies to the various chains of command.

This course is designed to ensure the integrity of the weather observing, briefing, and forecasting programs supporting a variety of operations; including those at Wings, Tactical Helicopter squadrons, aboard Her Majesty's Canadian Ships, and within field artillery units.



CFS Met graduates of the Met Inspection Course 1801.

Front Row L-R: -

WO S.D. Manning (CI), Maj D.G. Jones (Cmdt CFS Met), LCol C.A. Spurgeon (DComd CFINT-GP), CWO M.P. Taylor (SCWO), Capt P.G. Gemmiti (17 Wing Chaplain), MWO M.J.L. Boucher (Stds MWO)

Back Row L-R:

WO D.C. Montemont, Sgt K.A. Gosbee, Sgt A. Bezanson, WO A.D. Conrad, Sgt C.B. Petrie, Sgt J.R. Fraser, WO A.M.W. Williams, Sgt C.D. Chevrier

Missing: MWO B. McDonald (Instructor)

Photo: MCpl Justin Ancelin

Graduation de l'école de météorologie des FC

par MCpl Christian Couture

L'école de météorologie des FC est fière d'avoir diplômé huit étudiants du cours d'Inspecteur Météorologique 1801 le 10 septembre 2018.

Le but du cours d'Inspecteur Météorologique est de qualifier le personnel expérimenté à performer un contrôle de qualité pour les différents programmes météorologiques des FC. Ces inspecteurs de météorologie auront pour responsabilité de performer des inspections régulièrement; coordonner les choix d'emplacement, entretenir et réparer l'équipement météorologique et rapporter tous problèmes avec le programme aux diverses chaînes de commande.

Ce cours est formulé de façon à assurer l'intégrité des programmes d'observation, de présentation et de prévision en support de plusieurs opérations; incluant les escadrons, les escadrons d'hélicoptères, à bord des Navires Canadiens de Sa Majesté et les unités d'artillerie.



CFINTCOM Deputy Commander, LCol Charles Spurgeon presents the Canadian Forces Decoration to MCpl Vicky Farr during the Met Inspectors Serial 1801 on September 10, 2018 at 17 Wing, Winnipeg, Manitoba. Photo: MCpl Justin Ancelin, 17 Wing Imaging



CFINTCOM Deputy Commander, LCol Charles Spurgeon, presents the Canadian Forces Decoration 1st Clasp to MWO Marc Boucher during the Met Inspectors Serial 1801 on September 10, 2018 at 17 Wing, Winnipeg, Manitoba. Photo: MCpl Justin Ancelin

Candlelight Service Commemorates 100th Anniversary of Armistice at Brookside Cemetary

A Candlelight Service Commemorating the First World War Armistice Ceremony was held on September 19, 2018 at Brookside Cemetery, Winnipeg. As Western Canada's largest cemetery, Brookside is also considered Canada's most significantly designed Military Field of Honour, with more than 11,000 veterans interred. All photos: MCpl Justin Ancelin, 17 Wing Imaging

by LT Jason Rheubottom

On September 19 2018, as thousands of candles lit the crisp fall air, a Candlelight Service was held at Brookside Cemetery in Winnipeg to commemorate more than 11000 of Canada's deceased veterans and war dead interred there.

Following blessings from Elder Mike Calder of the Bear Clan and Major Hope Winfield, 17 Wing Chaplain, a ceremony was held to mark the 100th anniversary of the Armistice that ended the First World War. Dignitaries including Major General Christian Drouin, Commander 1 Canadian Air Division; His Worship Mayor Brian Bowman; Mr. Jon Reyes, Special Envoy for Military Affairs for the Province of Manitoba; and Scott

Gillingham, Winnipeg City Council Liaison – Veteran and Military Affairs, gave short greetings before the ceremony in front of the Commonwealth War Graves Commission's Stone of Remembrance, the only one of its kind in North America. Mr. Claude Michon, former Commanding Officer of HMCS Chippawa, recited In Flanders Fields, followed by Mr. Armand Lavalley's recitation of the Act of Remembrance. As the sun began to set, and the thousands of lit candles became visible in the rising dark, a bugler played the Last Post, and a moment of silence was observed. A piper played the Lament, and the bugler played the Reveille/Rouse. Two Air Cadets responded with the Pledge of Remembrance, and two wreaths were laid on the Stone of Remem-

brance, one on behalf of veterans by Sgt (retired) Devin Beaudry; and the other on behalf of the Silver Cross parents, by Mr. Jim Seggie.

Finally, Mr. Gillingham, in his role as Master of Ceremonies, called for cadets to place the final candles, and to place a pair of boots from the Vimy memorial on the Cross of Sacrifice. As the sun faded away, the thousands of candles gave silent testament to the sacrifice of those buried beneath them. As MGen Drouin observed in his remarks, "we lose our connection with each other only if we forget the thread of our history."

WE WILL REMEMBER THEM.



Wing Commander's Honours & Awards



17 Wing Commander, Col Eric Charron (Left) presents the GCS-SWA 1st Ribbon Rotation Bar to MCpl Kyle MacKenzie with assistance from 17 Wing Chief Warrant Officer Jerome Rossignol (Right) during the 17 Wing Commander's Honours & Awards Ceremony on September 18, 2018 at 17 Wing. All photos: MCpl Justin Ancelin, 17 Wing Imaging



MCpl Shawn McNeely received the GSM-Expedition medal.



Sgt Guy Gill received the GSM-Expedition medal.



Capt Jason Miller received the SSM-NATO medal, the 12 Wing Commander's Commendation, and the Flight Safety Coin.



Sgt Daren Kraus received the SSM-NATO medal.



Sgt Bern Leblanc received the SSM-NATO medal.



Sgt Scott Matheson received the SSM-NATO medal.



Cpl Roxanne Jussaume received the SSM-NATO medal.



LS Lorraine Toews received the SSM-NATO medal.



Cpl Sheldon Lesperance received the SSM-ALERT medal.



LS Lorraine Toews received the NATO-Non Article 5.



Sgt Bern Leblanc received the Canadian Armed Forces Decoration 2nd Clasp.



Capt Matthew Clark received the Canadian Armed Forces Decoration 1st Clasp.



Capt Jennifer Finateri received the Canadian Forces Decoration.



Lt Michal Luczynski received the Canadian Armed Forces Decoration.



MCpl Tom Bisson received the Canadian Armed Forces Decoration.



MCpl Robert Bryan-Pulham received the Canadian Armed Forces Decoration.



MCpl Isaac Ilag received the Canadian Armed Forces Decoration.



MCpl Jordan Labossiere received the Canadian Armed Forces Decoration.



Sgt Karen LeBlanc received the Canadian Armed Forces Decoration.



MCpl Douglas Maruca received the Canadian Armed Forces Decoration.



MCpl Ruairi Phelps received the Canadian Armed Forces Decoration.



MCpl N.D White received the Canadian Armed Forces Decoration.



Cpl Phillip Arseneau received the Canadian Armed Forces Decoration.



Cpl Bryce Cooper received the Canadian Armed Forces Decoration.



Cpl Rene Gauthier received the Canadian Armed Forces Decoration.



Cpl Chris Hiebert received the Canadian Armed Forces Decoration.



Cpl Eric Johnen received the Canadian Armed Forces Decoration.



Cpl Devin Quinlan received the Canadian Armed Forces Decoration.

Wing Commander's Honours & Awards



Sgt Robyn Arnold received the Wing Commander's Commendation.



Lt Brian Weigelt received his Commissioning Scroll.



2Lt Rebecca Major received her Commissioning Scroll.



2Lt Gabriel Orsini received his Commissioning Scroll.



17 Wing Commander, Col Eric Charron & 17 Wing Chief Warrant Officer Jerome Rossignol enter the Officer's Mess during the 17 Wing Commander's Honours & Awards Ceremony on September 18, 2018 at 17 Wing, Winnipeg.
Photo: MCpl Justin Ancelin, 17 Wing Imaging

Thinking about what's next?



JOIN OUR TEAM

Joining Cascade means a future with a team of dedicated professionals in a dynamic specialty aerospace and defence company with a standard of providing customers with quality services and products. **Cascade is seeking Permanent Full Time Aircraft Maintenance Engineer- E (Avionics) – Learners, Licensed Technicians and Unlicensed Technicians.** Cascade offers competitive wages, relocation packages and benefits in accordance to the Collective Agreement.

Avionic Technicians perform tasks of servicing, troubleshooting, maintenance, repairs, modifications, fabrication, installation and functional tests on electrical systems and their components utilizing the tools and equipment applicable to aircraft industry specification.

WHO WE ARE

Cascade Aerospace is a leading Canadian specialty aerospace & defence company trusted for its engineering and maintenance expertise for operators in domestic and international military, government, original equipment manufacturers and commercial environments. Cascade Aerospace is a proud Canadian organization located in Abbotsford, British Columbia.

Cascade Aerospace Inc.
An operating unit of IMP Aerospace & Defence
1337 Townline Road, Abbotsford, BC

Apply online: www.cascadeaerospace.com/join-the-team/
Contact Us:
HR@cascadeaerospace.com

Around The Wing



Lieutenant-Colonel Brian Quick, 17 Wing Deputy Wing Commander, presents the Canadian Forces Decoration to Captain Paul Gemmiti, a chaplain at the Wing after Mass on Sunday, Sept 23. Photo: Bill McLeod, Voxair Manager



John Clarey, Winnipeg SISIP Financial Manager, presents a gift certificate to 2Lt Phillip Pageot. He won the prize in a draw at the Fall Fair. Photo: Bill McLeod, Voxair Manager



Sergeant Brandon Schetterer, 435 Squadron Search and Rescue Technician, places a parachute on a visitor to the Winnipeg Jets FanFest, Bell MTS Iceplex, Winnipeg, on 15 September 2018. Photo: Sgt Daren Kraus



Sergeant Eric Beaudoin and Sergeant Brandon Schetterer, 435 Squadron Search and Rescue Technicians, demonstrate Search and Rescue equipment to visitors attending the Winnipeg Jets FanFest, Bell MTS Iceplex, Winnipeg, on 15 September 2018. Photo: Sgt Daren Kraus



CP connects veterans with competitive pay, benefits and potential advancement opportunities. Connect to a rewarding career.

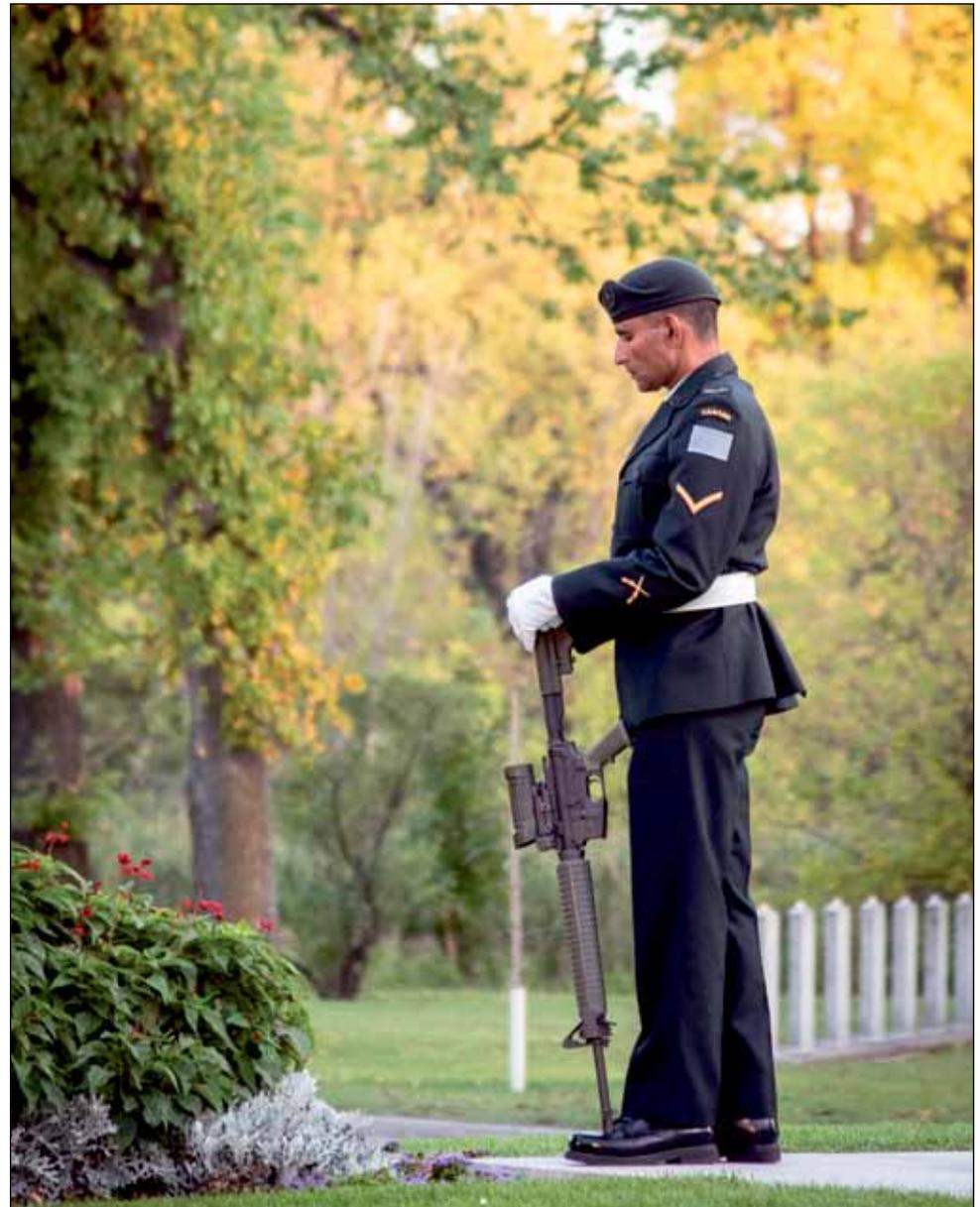
Apply now at CPR.ca/Veterans



Around The Wing



17 Wing Commander Colonel Eric Charron and Winnipeg CANEX Manager, Mike Clementson, cut the CANEX 50th Anniversary cake on September 14th, 2018, at 17 Wing, Winnipeg. Photo: Cpl Kyle Morris, 17 Wing Imaging



Sentries take post during the Candlelight Service Commemorating the First World War Armistice Ceremony on September 19, 2018 at Brookside Cemetery, Winnipeg, Manitoba. Photo by: MCpl Justin Ancelin, 17 Wing Imaging

Honoured to be of service to all constituents

Dr. DOUG EYOLFSON, MP
CHARLESWOOD-ST. JAMES-ASSINIBOIA-HEADINGLEY

3092 Portage Avenue 204.984.6432
Doug.Eyolfson@parl.gc.ca @DougEyolfson

École francophone
Maternelle à 8^e année
École la plus près de la 17^e Escadre

Transport scolaire
Garderie francophone
Centre de la petite enfance et de la famille

École Roméo-Dallaire

DEVISION SCOLAIRE FRANCO-MANITOBAINE
81, chemin Quail Ridge, Winnipeg (Manitoba) http://rdallaire.dsfm.mb.ca

(204) 885-8000
romeo.dallaire@dsfm.mb.ca



ATTENTION CANADIAN FORCES MEMBERS

In recognition of your service to the Canadian Military, Winnipeg Hyundai and Hyundai Canada are proud to offer you special pricing:

PARTS AND ACCESSORIES 15% OFF!

PURCHASE A NEW VEHICLE FOR 3% OVER COST!

The offer is extended to all DND, CF Members, veterans and immediate family members. Winnipeg Hyundai wants to thank you!

To find out if you are eligible for these discounts and more, please visit cfappreciation.ca

Please visit military.hyundaicanada.com and www.winnipeg.hyundai.com/contact/military-discount/

WINNIPEG HYUNDAI
I love my car!

3700 Portage Avenue, Winnipeg
Sales: 1 (204) 774-5373
Service: 1 (204) 831-2025
Parts: 1 (204) 786-0896

www.winnipeg.hyundai.com

Pulling Together With Those in Need



17 Wing Winnipeg team assists the Thrive Community Support Circle team pull the Boeing 727 aircraft during the United Way 2018 Campaign Kickoff, Stevenson Campus Red River College, 14 September 2018. Photo: Sgt Daren Kraus

by 2Lt Becky Major, 17 Wing Public Affairs

On Friday, 14 September, United Way Winnipeg held their annual plane pull event at the Red River College Stevenson Campus to kick off their city-wide fundraising campaign.

As a supporter of United Way and the Winnipeg community, 17 Wing provided a Hercules aircraft, manned by a crew from 435 Squadron, for participating teams to use during the event, a novelty for many who had never seen the aircraft up close before. The 435 Squadron crew members were at the event all day while close to forty workplace teams from across the City tried their luck at pulling the large aircraft.

17 Wing also entered a team into the competition with the hopes of upholding last year's title as Steam

Team Champions, which they earned by having the fastest pull time. Sergeant Nicole Fagan, from 17 Mission Support Squadron (MSS) Air Movements Section, organized the 17 Wing team which included members from 17 MSS and 402 Squadron. She provided excellent leadership and motivation during a pre-pull pep talk. The team pulled an impressive 11.57 seconds, enough to earn them second place overall.

During the event, the 17 Wing team was approached by the Thrive Community Support Circle team looking for "extra people" to help with their turn on the plane pull, and our military members were happy to oblige. Meeting the members of Thrive was especially important because their organization is a direct recipient of funds raised by the United Way Winnipeg campaign. The 17 Wing team quickly learned the actual strength behind the Thrive team was their work in the community.

Thrive's mission is to offer services that support women, men, pregnant women, children; in all stages, to cultivate life, to empower individuals and to grow community. What does that look like on the ground? As Executive Director Rhonda Elias-Penner explains, "We have a parenting program, emergency food, baby supplies, new-born supplies, therapy, crisis counselling, a thrift shop, free clothing..." and the list goes on. But she was elated that 17 Wing was able to help out their team for their plane pull. As Elias-Penner put it, "We pull lives together, we don't really pull planes." Another team member echoed similar sentiments, "I can help clients out one-on-one, but this? Totally different game than providing counselling therapy."

The Campaign Chair for 17 Wing's United Way Campaign, Lieutenant-Colonel Brian Quick, Deputy Wing Commander, was there cheering on the 17 Wing team and celebrating their support of Thrive. After hearing the list of services Thrive provides to the Winnipeg community, he described them as "mind-boggling" because of the range of services they offer. "By meeting the employees of Thrive Community Support Circle, our military members had a chance to learn more about United Way, and see a concrete example of how their donations can benefit people in the Winnipeg community."

The members of the Thrive team were dressed up in green themed outfits with sparkly wings, to represent how "Thrive gives you wings." The green costumes of Thrive next to the military green of the 17 Wing military uniforms was an extraordinary sight. The diverse team represented the importance of connecting communities through a great cause. Lieutenant-Colonel Quick pointed out that through the Government of Canada Workplace Charitable Campaign (GCWCC), every dollar raised or donated makes an impact. Please support the GCWCC events, and consider making a donation when the 17 Wing/CFB Winnipeg Ambassadors ask.

233-ALLÔ

CENTRE D'INFORMATION

233-2556 1-800-665-4443

CALENDRIER COMMUNAUTAIRE

26 septembre • **Forum de la francophonie manitobaine** • SFM • 204-233-4915

26 septembre • **Semence de compassion** • Alliance Française • 204-477-1515

26 au 29 septembre • **Festival International des écrivains de Winnipeg** • Thin Air • 204-927-7323

27 septembre • **Vernissage – Candace Lipischak et Roger Sutherland** • La Maison des artistes visuels • 204-237-5964

29 septembre • **Atelier – Candace Lipischak** • La Maison des artistes visuels • 204-237-5964

29 septembre • **Gala du Homard** • Théâtre Cercle Molière • 204-233-8053

29 septembre • **Lancement du nouveau recueil de Bertrand Nayet – l'enfant rouge** • Les Éditions du Blé • 204-237-8200

29 septembre • **Le festival libère l'esprit pour St.Amant** • Fondation St.Amant • 204-258-7050

29 septembre • **Nuit Blanche** • Nuit Blanche Winnipeg • 204-942-8221

2 octobre • **Mardi jazz – Brian Ratushniak** • CCFM • 204-233-8972

3 octobre • **Soirée de reconnaissance Louis Tétrault** • CDEM • 204-925-2329

4 et 11 octobre • **Bon Appétit Saint-Boniface** • Tourisme Riel • 204-233-8343

6 octobre • **Atelier d'écriture – Franchir les frontières** • La Maison Gabrielle-Roy • 204-231-3873

11 octobre • **AGA de la SFM** • 204-233-4915

Exposition:

Inspiration manitobaines • Centre culturel franco-manitobain

Fable du déclin de Stéphanie Morissette • Centre culturel franco-manitobain

Programmation:

Conseil 55+ • 204-793-1054

Club Toastmasters Fancs-Parleur • 2014-233-6703

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

College Corner



In March 2018, Barker College took delivery of a new Ground Control Station (GCS) for the CU171 Unmanned Aerial System (UAS).

The GCS is a 25 ft trailer, which will act as a command center, maintenance facility, and transport for the CU171. The exterior of the GCS is covered with decals designed by our own Multi-Media Lab, consisting of promotional material for Barker College and the RCAF, as well as targets and resolution charts to be used while airborne with the Electro-Optical Infra-Red camera, used by the CU171.

The CU171 UAS is built and operated by Barker College in support of the Aerospace Studies Program, and the Operational Test & Evaluation Project Officers Course.



RCAF Barker College News

Advertise With Us!
And reach the 17 Wing Community

Contact (204) 833-2500 ext 4120
thevoxair.ca

17 Wing Language Training Center a Leader in Second Language Training

by Mikel Coté, 17 Wing LTC Headteacher

To share their knowledge, strategies and teaching techniques in French as a second language, eleven participants, teachers and managers, took part in a 3-day conference at 17 Wing. From September 11th to 13th, Winnipeg's Language Training Centre's (LTC) team led discussions on best teaching practices used in Winnipeg to help advanced students attain their C-level in the Public Service Commission's (PSC) test of Oral Proficiency (TOP).

The 17 Wing LTC is not proclaiming to be an authority in C-level second language training. However, the school is getting noticed by the other elements and Canadian regions and has the reputation of being an excellent school. Over the past year, 14 students from other elements and bases have specifically requested to undergo language training in Winnipeg. "As the only RCAF language school with full-time public service staff, the LTC in Winnipeg has a wealth of experience it can share with other teaching institutions", states Frédéric Samson, Staff Officer, Second Official Language Education and Training Manager of the Royal Canadian Air Force.

"Achieving the C-level at the TOP is not an easy task. It requires extra attention, precision, planning and advanced skills from everyone involved in the process. It takes commitment from everyone involved in the training, starting with the student", declares Michèle Divorne, Wing Coordinator of Official Languages (WCOL) and LTC coordinator. "The PSC has very specific requirements and the attainment of "C" results are truly earned by each candidate", declares Mikel Côté, Headteacher of the LTC.

"We came to Winnipeg to make sure language teaching professionals of the Navy are all on the same page and use effective teaching techniques in order to help advanced students attain the results they need to further their careers," comments Maggie MacDonald Staff Officer, Language Training to Senior Officers of the Royal Canadian Navy.

According to the school's Headteacher, it's all in the approach. "Before teaching any concept, we try our best to understand each individual's motivations, values and way of thinking. This is an effective starting point for any gainful training. Afterwards, we can adjust our teaching methods and meet the student's needs", he concludes.

Le Centre de formation linguistique de la 17ième escadre un leader en matière de formation en langue seconde

Mikel Coté, Conseiller pédagogique du CFL à la 17e Ere

Afin de partager, leurs connaissances, stratégies et techniques d'enseignement en français langue seconde, onze participants, enseignants et gestionnaires, ont participé à une conférence de trois jours à la 17e Escadre (Ere). Du 11 au 13 septembre, le centre de formation linguistique (CFL) a animé des discussions portant sur les pratiques exemplaires à employer dans le but d'aider les étudiants du niveau C à décrocher un C au test de compétence orale (TCO) de la Commission de la fonction publique (CFP).

Le CFL de la 17e Ere ne s'identifie pas comme étant l'autorité en matière de formation au niveau C, mais fait son excellente réputation attirer de plus en plus de clients de partout au Canada. L'an dernier, 14 candidats des autres éléments de

partout au Canada ont demandé de suivre leur formation linguistique à Winnipeg. « Étant la seule école qui compte une équipe de fonctionnaires à temps plein, le CFL de Winnipeg est en mesure de partager une expertise de grande valeur aux autres établissements de formation », indique Frédéric Samson, gestionnaire de l'Éducation et formation en seconde langue officielle de l'Aviation royale canadienne.

« L'obtention du niveau C au TCO, ce n'est pas facile. Ça demande de l'attention particulière, de la précision, de la planification et des compétences avancées de toutes les personnes qui y travaillent. Ça exige un engagement sérieux en formation et la première composante de cet engagement doit venir de l'étudiant. », déclare Michèle Divorne, Coordonnatrice de langues officielles de l'Escadre (CLOE) et du CFL. « La CFP a des exigences particulières au niveau C et chaque candidat mérite ses résultats », affirme Mikel Côté, conseiller pédagogique du CFL.

« Nous sommes venus à Winnipeg pour s'assurer que les enseignants de français langue seconde de la Marine sont sur la même longueur d'ondes et utilisent des techniques efficaces afin que les étudiants puissent obtenir des résultats qui les aideront à progresser dans leur carrière. », commente Maggie MacDonald, gestionnaire de la formation linguistique pour les officiers supérieurs de la Marine royale canadienne.

Selon le conseiller pédagogique de l'école, tout est dans l'approche. « Avant d'enseigner tout concept, nous essayons de comprendre les motivations, les valeurs et la façon de penser de chaque candidat. Il s'agit du point de départ pour toute formation. Après avoir identifié ces facteurs, nous pouvons ajuster nos méthodes et répondre aux besoins de chaque individu. », conclut-il.



(From left to right) Cdr Croucher (posted in Halifax), LCol Cunningham (posted in Ottawa), teacher Abdoulaye Koné (17 Wing LTC) and Cdr Hingston (posted in Halifax), discussing the meaning and nuances of different terms during a CAF leadership discussion as part of their advanced French course. Photo: Supplied

(de gauche à droite) Le capf Croucher (muté à Halifax), le lcol Cunningham (muté à Ottawa), l'enseignant Abdoulaye Koné (CFL de la 17e ERE) et le capf Hingston (muté à Halifax), discutent des définitions et des nuances associées à différents termes en discutant de leadership dans les FAC pendant leur cours de français de niveau avancé.

HOOK & SMITH
Barristers, Solicitors & Notaries Public
201-3111 Portage Ave,
Winnipeg, Manitoba R3K 0W4
Dennis A. Smith, Winston F. Smith, Q.C.,
Grant W. Davis and Bernard Toews

Telephone - (204) 885-4520 Fax - (204) 837-9846
Email: general@hookandsmith.com
Providing legal services to the community since 1984 in the areas of corporate and commercial law, real estate (residential and commercial), civil litigation, wills and estates, family law and transportation law.

baldwinson
INSURANCE BROKERS
HOME INSURANCE!
TENANTS INSURANCE!
CAR INSURANCE!
DRIVERS LICENSES!

204-889-2204
17 WING WINNIPEG
in the CANEX BUILDING

autopac
A Manitoba Public Insurance product

WIN

A COPY OF STÉPHANE GRENIER'S BOOK,
AFTER THE WAR: SURVIVING PTSD AND CHANGING MENTAL HEALTH CULTURE
BY SENDING AN EMAIL TO
VOXAIR@MYMITS.NET TO
PROVIDE US WITH A LITTLE
FEEDBACK TO LET US KNOW WHAT
WE COULD IMPROVE ON OR WHAT
WE ARE DOING RIGHT IN THE
VOXAIR.

cafconnection.ca/winnipeg

THE VOXAIR

Give us a call:

204-833-2500 ext. 4120

Find out the benefits of advertising with us

17 WING WINNIPEG 17^E ESCADRE WINNIPEG

GOOD FOOD BOX

PROGRAMME DE LA BOÎTE VERTE

A community-based program designed to encourage healthier eating through the promotion of fresh fruits & vegetables!

Il s'agit d'un programme communautaire qui a pour but d'encourager une alimentation saine grâce à une plus grande consommation de fruits et de légumes frais!

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

THE BOXES ARE PREPARED MONTHLY!

Chaque boîte contient divers fruits et légumes frais, nutritifs et de qualité. Le choix dépend de la saison et des occasions d'achat au meilleur prix.

ORDERS CAN BE PLACED ONLINE AT www.cafconnection.ca/winnipeg

La carte de crédit est l'unique modalité de paiement acceptée 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 / SÉPT	OCT	NOV	DEC / DÉC
ORDER BY / DATE LIMITE FRI • SEPT 21 SÉPT • VEND.	ORDER BY / DATE LIMITE FRI • 19 OCT VEND.	ORDER BY / DATE LIMITE FRI • 16 NOV VEND.	ORDER BY / DATE LIMITE FRI • DEC 7 DÉC • VEND.
PICK UP / RAMASSER WED • SEPT 26 SÉPT • MER.	PICK UP / RAMASSER WED • 24 OCT • MER.	PICK UP / RAMASSER WED • 21 NOV • MER.	PICK UP / RAMASSER WED • DEC 12 DÉC • MER.

Pick up between 1600 - 1730 hrs • Bldg 33

Small Box \$18
Large Box \$28

Petite boîte 18 \$
Grande boîte 28 \$

For more info/Pour plus de renseignements : Ashley.McGraw@forces.gc.ca • ext./poste 7013

2018

Free! 14 YRS +

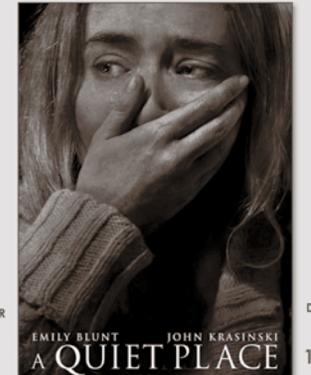
MOVIE NIGHT

SOIRÉE CINÉMA

14 ANS +

Gratuit!

2018



EMILY BLUNT JOHN KRASINSKI
A QUIET PLACE

SNACKS AVAILABLE FOR PURCHASE \$1 each

DES COLLATIONS SONT OFFERTES À 1 \$ chacune

WEDNESDAY • **OCTOBER 17** OCTOBRE • MERCREDI

BLDG 90 THEATRE BÂT. 90 – THÉÂTRE

DOORS OPEN 1830 HRS LES PORTES OUVERT À 18 H 30

SHOW TIME 1900 HRS 19 H AU CINÉMA

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

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 October 2018 0800 - 1600 hrs
4 octobre 2018 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

Health Promotion in the Canadian Forces STRENGTHENING THE FORCES

Managing Angry Moments (MAM)

Gérer les moments de colère

23 & 30 October 2018
0830 - 1600 hrs
23 et 30 octobre 2018
08h30 à 16h00

Through education, MAM aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptati qui vous conviennent.

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

Health Promotion in the Canadian Forces STRENGTHENING THE FORCES

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

11 & 12 October 2018
0800 - 1600 hrs & 0800 - 1200 hrs

11 et 12 octobre 2018
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

Health Promotion in the Canadian Forces STRENGTHENING THE FORCES

HEALTHY WORKPLACE MONTH

MOIS DE LA SANTÉ AU TRAVAIL

October is Healthy Workplace Month in Canada, a month dedicated to encouraging workplaces to foster a culture of trust and respect where people are happy and healthy at work.

Octobre est le mois de la santé au travail au Canada. C'est l'occasion d'encourager les milieux de travail à favoriser une culture de confiance et de respect où les personnes sont heureuses et sereines au travail.

WEEK 1 SEMAINE 1 OCTOBER 1 - 5 DU 1 AU 5 OCTOBRE	Mental Health Awareness <i>Sensibilisation à la santé mentale</i> Find us on Facebook and Twitter @PSPWinnipeg for resources, ideas, and strategies on how to take care of your mental health. Consultez nos comptes Facebook et Twitter @PSPWinnipeg pour des ressources, idées et stratégies sur la façon de prendre soin de votre santé mentale.
WEEK 2 SEMAINE 2 OCTOBER 9 - 17 DU 9 AU 17 OCTOBRE	Gratitude Wall @ Bldg 90 <i>Mur de la gratitude au bâtiment 90</i> Participate in our Gratitude Wall by sharing a note (and a picture if you have one) of what you're thankful for. Practicing gratitude in the workplace helps build a positive, healthy work environment. Prenez part à notre mur de la gratitude en y ajoutant un mot (et une photo si vous en avez une) décrivant ce dont vous êtes reconnaissant. En cultivant la gratitude au travail, on construit un environnement de travail positif et sain.
WEEK 3 SEMAINE 3 OCTOBER 15 - 19 DU 15 AU 19 OCTOBRE	Family Violence Prevention and Awareness Week <i>Semaine de sensibilisation et de prévention de la violence en milieu familial</i> The week will highlight the impact family violence has in the workplace and various resources, on-base support available, as well as resources in the local community. Cette semaine souligne l'impact de la violence familiale sur le milieu de travail et les diverses ressources disponibles dans la base et dans la collectivité.
WEEK 4 SEMAINE 4 WEDNESDAY OCTOBER 24 MERCREDI 24 OCTOBRE	Group Soup @ Bldg 137 foyer 1130 - 1300 hrs <i>Soupe communautaire au bâtiment 137</i> 11h30 à 13h00 Join us for a time of social connection over lunch. Make a donation in support of the GCWCC. Joignez-vous à nous pour un repas favorisant les interactions sociales. Faites un don à l'appui de la CCMTGC.

Throughout the month of October, share how you make your workplace healthy on Facebook and Twitter @PSPWinnipeg or by email at healthpromo@forces.gc.ca

Durant tout le mois d'octobre, nous vous invitons à nous dire comment vous cultivez la santé au travail, sur Facebook et Twitter @PSPWinnipeg ou par courriel à healthpromo@forces.gc.ca

PSP HEALTH PROMOTION / SERVICE DE PROMOTION DE LA SANTÉ DES PSP (204) 833-2500 LOCAL/POSTE 4150 HEALTHPROMO@FORCES.GC.CA

Health Promotion in the Canadian Forces STRENGTHENING THE FORCES

Stressed? Take Charge!

Le stress: Ça se combat!

15 & 16 October 2018
0830 - 1600 hrs
15 et 16 octobre 2018
08h30 à 16h00

Want to increase your stress hardiness, enhance your performance, ramp up your resilience?
Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

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

Health Promotion in the Canadian Forces STRENGTHENING THE FORCES

National Défense
Defence nationale

Operation HONOUR

RESPECT IN THE CAF WORKSHOP

RESPECT DANS LES FAC

19 November 2018 0800 - 1600 hrs
19 novembre 2018 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

Health Promotion in the Canadian Forces STRENGTHENING THE FORCES



Connect with us:

102 Comet Street / 102 rue Comet
204-833-2500 extension / poste 4500

www.cafconnection.ca

www.facebook.com/WinnipegMFRC

www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

For the most current information on all of our programs, visit our webpage at: www.cafconnection.ca/Winnipeg or follow us on Facebook and Twitter: @WinnipegMFRC

INTERNATIONAL DAY OF THE GIRL

Girls ages 6-12 are invited to bring a special grown-up girl to celebrate International Day of the Girl with us! We will learn about Hannah Taylor, whose efforts sparked the Ladybug Foundation and has made real change in the world! There will be pizza and fun activities! Thursday, October 11, 1700 – 1930. \$5 per person. Register by October 5

COMMUNITY THANKSGIVING LUNCH

Toss the oven mitts and the cooking stress and join other families in celebrating the harvest season with a Community Thanksgiving Meal. Meal includes: roast turkey, stuffing, honey glazed carrots, mashed potatoes, gravy, cranberry sauce, homemade biscuits, fountain drink, coffee or tea, and of course pumpkin pie! Monday Oct 8 1300 Adults \$18.75, Children \$9.50 under 2 free. Taxes and gratuities included. Tickets available at

the MFRC until September 28

MAKE AHEAD MEALS

Not sure what to make for dinner? No time to make anything? Come out to the MFRC and make some meals in advance. These are easy, healthy meals that are ready to go from the freezer! Lazy Lasagna, Taco Chili(V), Sweet and Sour Chicken, Zesty Italian Melts, Parmesan Herb Blend, and Basic Taco Seasoning Sunday November 4 1200 - 1500 \$40 Register by October 30 Please bring mixing bowls, measuring cups, spoons and an apron

INTERNATIONAL FAMILY WEEK - POTLUCK DINNER

Join us for our family potluck dinner and bring your favorite family recipe! The MFRC will provide a main dish of pulled pork, and families will provide the rest! Bring a salad, a side, a dessert, an appetizer - whatever you'd like to share with other families. Friday, October 5 1730 – 1900 \$5 per family. Register by October 2 Let us know your kids ages when you register and please bring your recipe with you.

October 0990 – 1500. \$25 per person and limited spaces available. Childcare available upon request. To register contact Laurie or Tracy, Winnipeg Military Family Resource Centre, Family Liason Officers at 2044-833-2500 ext 4478 before 15 October

Call 204-833-2500 ext 4500 to register for programs or for more information

INTERNATIONAL FAMILY WEEK
Oct 1 - 5

FAMILY GAMES NIGHT
TUES. OCT 2, 6 - 8 PM

FAMILY WEEK POTLUCK
FRI. OCT 5, 5:40 - 7 PM

MFRC CRFM
102 COMET ST | CALL TO RESERVE

ME-TREAT

Are you supporting a loved one with a physical or psychological illness or injury? Join us for a one day mini-retreat that focusses on the importance of self-care and strategies that will increase balance in your life! Saturday 20

Me-Treat
A one day retreat focusing on self care and strategies for creating balance in your life

saturday 20 october | 9 am - 3 pm
holiday inn airport west 2520 portage ave
\$25 register by oct 15
Call 204 -833-2500 ext 4478

Trek for Families
TWO HUNDRED KILOMETRES
17 YEARS IN THE MAKING
100% GIVING BACK

Captain Eruebi is "road marching" 200 kms in 9 days to raise funds for military families.

PARTNERS | SPOUSES | FAMILY STRENGTH BEHIND THE UNIFORM

ROUTE MFRC SHILO TO MFRC WINNIPEG
MFC SHILO PORTAGE LA PRAIRIE HEADINGLEY WINNIPEG
Oct 1 Oct 9

DONATE
online at bit.ly/trek4families
Cash, cheque and debit at the Winnipeg MFRC at 102 Comet St. Shilo MFRC at Bldg T144 (CFB Shilo Community Centre)

FIND US
@TrekForFamilies (204) 833-2500 ext 4500
trekforfamilies@gmail.com
MFRC WINNIPEG CHARITABLE REG. 233029368R0001

Calm Kids Mindfulness (skills) for everyday challenges
Enfants calmes Pleine conscience (compétences) pour les défis de la vie quotidienne

CHILDREN / POUR LES ENFANTS 8-12 yrs / ans

Facilitated by / Animé par Ashley Stewart-Tufescu, Ph.D., RSW & /et Michelle Warren, Ph.D., C. Psych

- Play-based coping strategies
- Mindful breathing
- Respiration consciente
- Stratégies d'adaptation axées sur le jeu
- Thought busters to deal with worries & stress
- Progressive muscle relaxation
- Relaxation musculaire progressive
- Pensées anti-stress et anti-anxiété
- Sensory awareness
- Yoga
- Conscience sensorielle

15 OCT - 26 NOV
Mondays 1815 to 1930 hrs / LUNDIS 18 h 15 à 19 h 30
NO CLASS NOVEMBER 12 / PAS DE COURS LE 12 NOVEMBRE

\$30 Defence Team • \$125 Civilian • 30 \$ l'Équipe de la Défense • 125 \$ Civilis

MFRC CRFM INFO
Contact MFRC Social Worker / Veuillez communiquer avec la travailleuse sociale du CRFM
Sherri Pierce - 204.833.2500 ext/poste 4056 • sherri.pierce@forces.gc.ca

MERCI

THANK YOU

Fall **Fair** 17 WING
Foire 17^e ESCADRE
automne

OUR COLLEAGUES / NOS COLLÈGUES

MILITARY WORK PARTY / GROUPE DE TRAVAIL MILITAIRE

UNITS INVOLVED BEFORE, DURING & AFTER / LES UNITÉS IMPLIQUÉES AVANT, DURANT ET APRÈS

VOLUNTEERS!!!! / BÉNÉVOLES!!!!

COMMUNITY ORGANIZATIONS & BUSINESSES / ORGANISATIONS ET ENTREPRISES COMMUNAUTAIRES

PARTICIPANTS!! / PARTICIPANTS!! / PARTICIPANTS!!

Fountain Tire

The 2018 Fall Fair Planning Committee is *grateful* for each individual who contributed their time and energy, enabling us to build upon and create community connections that will benefit us all!

Le comité de planification de la Foire automnale 2018 est *reconnaisant* pour chaque personne qui a consacré son temps et son énergie, ce qui nous a permis de bâtir et de créer des liens communautaires qui profiteront à tous

HOSTED BY / PRÉSENTÉ PAR **MFRC CRFM**

Join us next September! / Joignez-vous à nous en septembre prochain

COME PARTAKE IN THE MFRC'S

Couple Force

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

Friday, October 12
1730-1930
102 Comet St.
\$10 per couple
Register by October 5
Childcare available on request

MFRC CRFM
CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES

Sports Trivia Answers

1. Philadelphia Freedom – Elton John – Tennis
2. Eye of the Tiger – Survivor – Boxing (theme of Rocky II)
3. The Hockey Song – Stompin' Tom Connors
4. Centerfield – John Fogerty – baseball
5. Talkin Baseball – Terry Cashman
6. The Boxer – Simon and Garfunkel – Boxing
7. Football Song – Chumbawamba – English soccer
8. All my Rowdy Friends Are Coming Over – Hank Williams, Jr. – Football (NFL)
9. Glory Days – Bruce Springsteen – Baseball
10. Thank Me Now – Drake – Basketball (NBA)
11. Big League – Tom Cochrane – hockey
12. So You Want To Be A Boxer – Buggy Malone
13. I love Mickey – Teresa Brewer – Baseball
14. Can't Tell Me Nothin' – Jay Z – Basketball
15. Mama Said Knock You Out – LL Cool J – Boxing
16. Paradise By The Dashboard Light – Meatloaf – Baseball
17. Road To Glory – 2Pac – Boxing (written for Mike Tyson)
18. Take Me Out To the Ball Game – Jack Norworth (lyricist) & Albert Von Tilzer (composer) – Baseball
19. The Greatest – Kenny Rogers – Baseball
20. Black Superman – Johnny Wakelin – Boxing (about Muhammad Ali)

Advertise With Us!
And reach the 17 Wing Community



Contact (204) 833-2500 ext 4120
thevoxair.ca

Taroscopes

BY NANCY

Aries (March 21 – April 19): Present your concerns in a respectful, forthright manner. Observe and listen to those around you. Their feedback and responses are valuable. Adjust your expectations and plans as new information becomes available. Show confidence in yourself and others to foster a sense of hope.

Taurus (April 20 – May 20): Everything keeps changing. Though you may prefer stability keep making adjustments. This isn't a time when you can expect life to be organized and predictable. If you are unsure about what to do, seek guidance or help. Acting impulsively can get you into an uncomfortable situation.

Gemini (May 21 – June 21): A high maintenance, dramatic lifestyle might look good on the surface and appear to be the norm but it can be exhausting. Don't be fooled by appearances. Release outdated ideas about what is right for you. Discontinue dead-end activities. Focus on what leads to an authentic future.

Cancer (June 22 – July 22): Multitasking doesn't always work well especially when there are too many things beyond your control. Be prepared for your slip ups to come to light. You'll need to do some damage control. Sadly you were left in the dark about relevant details that would have been very helpful.

Leo (July 23 – August 22): You can push your agenda but don't be surprised if someone pushes back. Just because you have a lot on your plate doesn't mean you can get away with ordering others around. Use diplomacy, tact and your usual charm. It may be difficult when you're stressed but it pays off.

Virgo (August 23 – September 22): Expect major upheavals and arguments. Deal with challenges when they first crop up. Stay calm. Rest when you can. Manage as best as you can. Things will get better. Life just doesn't always go as planned. Other people's priorities differ but you can find common ground.

Libra (September 23 – October 23): Though you manage well in groups, you need time alone to review all that has been happening. There are a lot of issues to consider and having an audience watching you figure things out is off-putting. Assistance may come with strings attached. True friends don't keep score.

Scorpio (October 24 – November 21): Enjoy the fruits of your labor. Have fun. Be careful who you share your thoughts and feelings with though because passionate words and actions could be misinterpreted and give rise to unrealistic expectation. If you misspoke or over-committed, fess up. Apologize gracefully.

Sagittarius (November 22 – December 21): Finally people seem to understand your point of view and respect your efforts. Investment decisions are challenging due to the difference between what seems sensible and what you really like. There is a clash between reality and the image you want to portray.

Capricorn (December 22 – January 19): Counting your blessings will help banish regrets. You've missed some prime opportunities by playing it safe. Still if that's what you're comfortable with, honor your way of being. Living authentically counts. If you need closure, reconnect and revisit past issues. Be kind.

Aquarius (January 20 – February 18): Inner conflict results from wanting to be true to yourself and go with the flow but also wanting to be seen as accomplished and successful. Do what is right for you. Do not compare yourself to others. Beat your own personal best instead. Upgrade skills. Try a new approach.

Pisces (February 19 – March 20): Focus on creative ventures. Opportunities are coming and you need to be prepared. What is profitable? Re-organize your schedule so you're making good use of your time. Stay on task. With a big project, slow and steady wins the day. Think in terms of a Spring completion date.

FOR APPOINTMENTS with NANCY CALL 204-775-8368

THE 17 WING WARRANTS' AND SERGEANTS' MESS:

The WOSM bar will be open during lunch hours 1145hrs - 1230hrs from Monday to Friday. This will be on a trial basis starting 17 Sep 2018 for one month.



Barala Kennels
YOUR PET'S HOME AWAY FROM HOME

- BOARDING ALL BREEDS OF CATS & DOGS
- INDIVIDUAL QUARTERS AND OUTDOOR RUN
- PET EXERCISE AND PLAY AREA • SEPARATE CAT FACILITIES
- CENTRAL AIR CONDITIONED AND HEATED KENNELS
- AIRPORT PICKUP & DELIVERY

OWNERS: GARTH AND SARA GRANT
barala@mts.net www.baralakennels.com 633-2629

Ralph's Custom Tailors
Military Messkit

CANEX No Interest
Credit Program Available

Text or email for measurement appointments
Text: 204-298-5019
Email: rc5139@shaw.ca

HABING LAVIOLETTE
BARRISTERS, SOLICITORS & NOTARIES



RONALD HABING
BA. LL.B.
and
SIDNEY LAVIOLETTE
BA. LL.B.
KENNY S.R. COSTA
BA.(HON) J.D.

REAL ESTATE & MORTGAGES • WILLS & ESTATES
FAMILY LAW • BUSINESS LAW

2643 Portage Avenue
Phone: (204) 832.8322 • Fax: 832.3906
info@habinglaviolette.com

ANAVETS - ROCKWOOD 303
341 Wilton Street (204) 475-5852

CHASE THE KING & 50/50
Every Thursday @ 5:30 PM • Draw @ approx 7:00 PM

HAPPY HOUR
Every Friday & Saturday 4:00 PM — 7:00 PM

MEAT DRAWS
Friday Night — 7:00 PM • Saturday Afternoon — 3:30 PM
Sept. 28 & 29 – Vintage Groove
Saturday, Sept 29 - Sock Hop
Oct. 5 & 6 – DMG Band
Oct. 12 & 13 – Rockin Horse
www.303rockwood.ca

PROUD OF OUR PAST

PROTECTING OUR FUTURE

Welcome...
ST. JAMES LEGION
Branch No. 4
Royal Canadian Legion
1755 Portage Avenue
Winnipeg, Manitoba

CHASE THE ACE
Monday 6 pm
TEXAS HOLD 'EM
Tuesday 7 pm
ZUMBA
Tuesday/Thursday 10-11 am
LINE DANCING
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



Chaplain's Corner

Worldly Distractions and Spiritual Health

This time of year is crazy. Summer holidays are over and it is time to re-create the "Fall Schedule". Chauffeur to various after-school activities, clubs, meetings, and as soon as the schedule is figured out... a course, deployment or tasking emerges on the horizon!

A member asked me the other day, "What do Padres do to stay Spiritually Healthy – since you have to deal with so much?" Good question. I thrive in keeping busy; I love attending various events, meeting people and getting out to see what Winnipeg has to offer, but in order to deal with the unplanned chaos that military life throws our way, each of us needs to find time to re-connect with our Spiritual grounding (whatever that looks like). Whether in a church, synagogue, mosque, sweat lodge, being in nature, praying, fasting, listening to music, doing works of charity, being in community or taking time in silence, we all have need of moments where we feel rested and more alive.

It is hard to know what works until one is exposed to various experiences. I have many friends that look forward to a weekend away where they unplug from the kids, sleep more, and read during a two-day silent retreat. I tried it and made it four hours before my hand gestures and note writing landed me an invitation to a different end of the building where I could talk and get to know those around me. It was a good experience in that I discovered a reality I did not or could not see. Everyone needs to find what Spiritually nourishes them.

This Autumn, Chaplain Services is offering different types of prayer, learning opportunities and mindfulness experiences. We will have Taizé prayer starting for those who like meditative music, Blessing of Pets, Eastern Christian Iconography workshop, the DAAG will be hosting Sweats, Capt (Rabbi) Glogauer will be offering a lunch and learn to answer any questions about Judaism, Capt (Fr) Gemmiti will be offering Tuesday morning prayers (matins), workshops on restoring Hope for those who have experienced a loss, Scripture Study, Sacramental Preparation and more. All are welcome to take a moment away from their worldly

distractions to embark on a Spiritual journey of education and renewal. Keep watch online and for our recently issued activities brochure since it will continue to evolve and change with your input to us as we get to know more of what you in particular will need to also stay Spiritually Healthy.



17 Wing Chaplain Services – Service d'aumônerie de 17e escadre

17 Wing Community Chapel - Chapelle de la 17e Escadre
avenue 2235 Silver Avenue, Winnipeg, Manitoba

General Information Line - Renseignements généraux :
204-833-2500 ext. 6800

Emergency Duty Chaplain - aumônier de service d'urgence (After hours - d'hors l'heures) :
204-833-2500 ext. 2633 via Military Police Dispatch - par police militaire

Email - Courriel : 17WingChaplains@forces.gc.ca

Introduction to Taizé Prayer

Friday, September 28
6:30 to 7:30 p.m.



Introduction à prière Taizé
vendredi, le 28 septembre
à 18h30 de 19h30

17 Wing Community Chapel – Chapelle de la 17e Escadre

Register by 13 September – RVSP le 13 septembre

17WingChaplains@forces.gc.ca

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE: (English Only) 1100 hrs

COMMUNITY SERVICES:

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

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

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

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

CHAPLAINS

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

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

TBD
ext 5272

JEWISH

CHAPLAIN

Padre Noteh Glogauer
(Rabbi)
ext 6914



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

INFO PHONE NUMBER

For chaplaincy services and related information, phone ext 6800 and follow the prompts.

CATHOLIC

STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

SUNDAY MASS: (Bilingual)
Spring/Summer Liturgy Timings: 9am
(Sunday after Easter - Thanksgiving Weekend)
Autumn/Winter Liturgy Timings: 4pm
(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.

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.

Proudly assisting military members and their families for over 24 years.

THE **Clements** GROUP



Kelly Clements
S.R.E.S., C.R.E.C.
Sales Representative

Jeff Kulikowsky
Manager Client Care

- Military Relocation Specialist
- Honorable, Trustworthy and Referable
- Assisted over 2000 buyers and sellers
- Comprehensive Relocation Package
- IRP Approved Realtor

realestate.clementsgroup

www.thedementsgroup.ca

204-987-9808

RE/MAX executives realty



Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2

PH: 204-888-7973

FAX: 204-832-3461

E-Mail: info@cgklaw.ca

Website: www.cgklaw.ca

George E. Chapman, Q.C., (Ret.)

Kelly P. Land, B.A., LL.B

Mindy R. Lofchick, LL.B

Alan R. Goddard, B.A., LL.B

Serge B. Couture, B.A., LL.B

Allan L. Dyker, B.A., LL.B

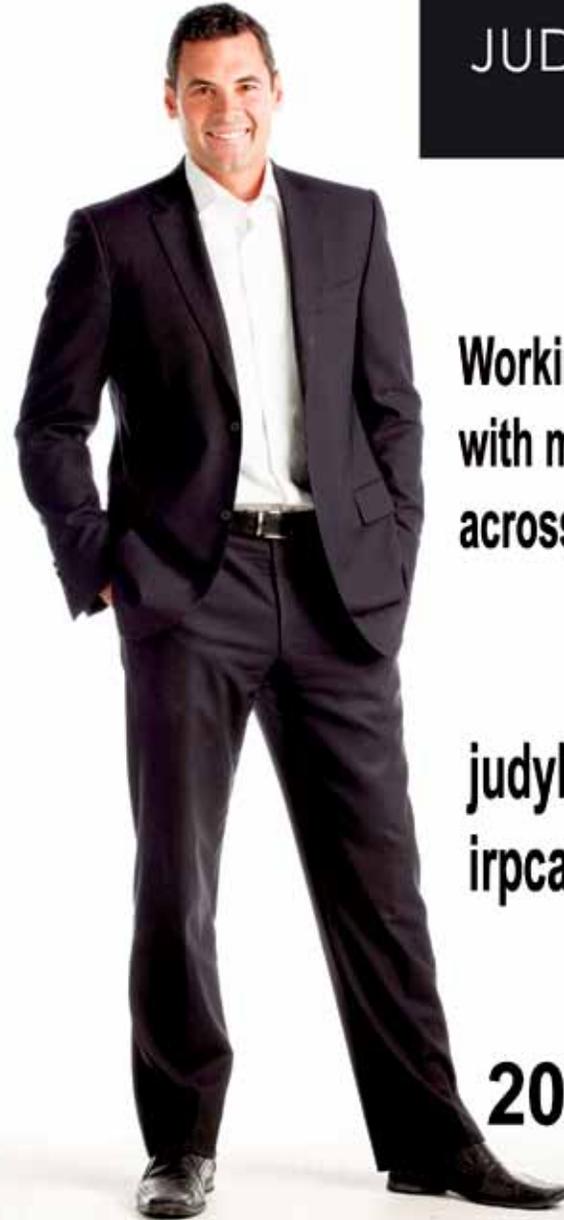
Almer Jacksteit, B.Comm., LL.B

Katherine C. Misko, B.A., J.D.

Our fees conform to the ERS guideline

A long established law firm conducting a general practice for all types of legal work.

JUDY LINDSAY
Team Realty



Working with military clients across Canada since 1984

judy Lindsay.com
irpcanada.ca

204-925-2900

THE REPAY ROBERTSON THUEN TEAM



PREFERRED REAL ESTATE
MILITARY RELOCATION SPECIALISTS

Specializing in Military Moves

Brookfield Qualified

Member and Spouse Endorsed

www.rrt-team.ca

204.227.6705

rrt@coldwellbanker.ca



coldwellbanker.ca

WE HAVE SERVED AND UNDERSTAND YOUR NEEDS

Experience the Difference



DEBRA ANN
Kaminsky

Military Relocation Expert
Since 1986

204.477.4444

DebraAnnKaminsky.com

Trudy M Johnson, B.A.



Hall of Fame
Relocation Specialist
Lifetime Achievement Award



Cell: 204.981.1529

Email: trudyj@mts.net

www.trudyj.com

40th year of Professional Success
in the Winnipeg Real Estate Market



Joanne Gebauer

RE/MAX EXECUTIVES REALTY

(204) 889-9500

Award Winning Service



Proud to Assist Military Families
Relocation Specialist

30 Years Experience
in the Winnipeg
Real Estate Market

www.joannegebauer.com

joanne@joannegebauer.com

Toll Free: 1-877-778-3388

