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Our Military Community Newspaper, 17 Wing Winnipeg

October 12, 2011

VOLUME 60, ISSUE 18

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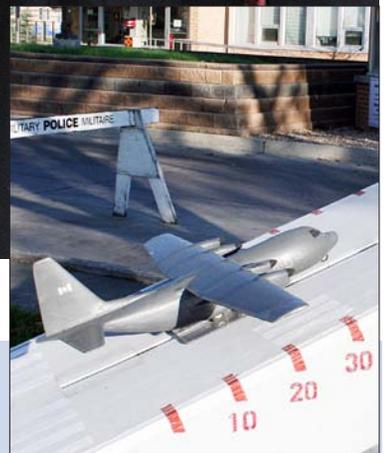
Honouring Our Fallen: Portraits of Honour visits Winnipeg



Photo: Cpl Beverley Dunbar

Wendy Hayward gazes at the portrait of her son, Cpl James Hayward Arnal, who was killed by an IED in Afghanistan. In the background WComd Col Frawley greets the mural's artist, Dave Sofa.

GCWCC Update



The HERC inside the Whytefold entrance of the base is sitting at the 20 per cent mark. Meaning the base is well on its way to meeting its goal of raising \$125,000.

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A note for the soul



The guitar's case. Sgt (Ret) Graeme Hume is still trying to decide what the next step will be for the guitar. But one thing that will stay is the dirt embedded in the case. Photo: Submitted

C MacLeod
CF Health Services

The note on the case read, "last man out please bring it home" – and that's exactly what Master Corporal Scott Lawrence did as he stowed the Epiphone AJ-200s acoustic guitar in his pack-up heading back to Canada.

"It was great for morale and a really good guitar," says MCpl Lawrence, a medical technician from 17 Field Ambulance, Winnipeg, who is currently attached-posted to 26 Field Artillery in Brandon. "It sounded great and played great; that's what made it so nice, because it played so well. It was sweet!"

The guitar that ended up being more than a just piece of kit was a morale-builder, soothing many a soul at both Kandahar Airfield and Camp Nathan Smith, in Afghanistan. But where did the note come from?

Sergeant (Ret) Graeme Hume, a reservist from the Ontario Regiment of the Royal Canadian Armoured Corps, was responsible for donating the instrument and sending it to the troops. As an amateur musician, he knew what comfort music could offer. "They [personnel from his unit] were having a

rough time over there. And the last thing you can bring in your kit is a guitar. So I thought I'd send one, because it's good for the soul," Sgt Hume says. So he went to Kevin Simpson, manager of the Long and McQuade music store in Oshawa, and asked if he would donate an acoustic guitar for the Afghanistan cause. Mr. Simpson did, gladly.

Several months after sending the guitar, Sgt Hume received an e-mail from soldiers in Afghanistan, thanking him for sending the instrument. The one that stands out was from a young soldier who, after a rough four days outside the wire, stumbled upon the guitar once back at camp. "The soldier said they were getting hammered for four days, and were pulled back to resupply and rest, when he found the guitar," Sgt Hume says. "He wrote that, 'the two nights we were there [Camp Nathan Smith] we had a campfire and a little sing-along – and this was exactly what we needed to recharge and re-motivate to get back out to the hell.'

"That was stunning to me, and proved that the guitar did more than I ever expected it to do." Another story Sgt Hume remembers is that of a soldier who lost four of his mates in one quick flash. "They gave him 10

days off to get his head back in the game. He asked to borrow the guitar and, for 10 days, it was his constant companion, no matter where he was or what he did.

"So, it's a million-dollar guitar in my opinion, when I hear about the lives it helped... just knowing it touched these guys," Sgt Hume says. "It did its job." MCpl Lawrence, who served in Afghanistan from October 2009 to April 2010, also came upon the guitar by accident while in the music club with a friend. "I was digging around in the instruments when I saw this case. And it had a note on it, 'last man out please bring home', and 'Sgt G.M. Hume' written on the side, so I thought 'this is interesting', and I opened it up. And there was this beautiful guitar," MCpl Lawrence says with a lift in his voice. "I played around with it; then, I signed the loan card and took it back to

the shacks with me."

Also attached to the guitar was a note reading, "If you play it, sign it", but many of the soldiers didn't have the heart to sign a beautiful guitar, so they signed the case instead. "I got moved from KAF to Camp Nathan Smith, so I took the guitar with me and played it the whole time," MCpl Lawrence says. "It became a hit among the other musicians in camp, so we moved it around camp and everyone played it, then signed it."

Sgt Hume is still trying to decide what the next step will be for the guitar – maybe an auction for charity. But one thing that will stay with this guitar is the dirt embedded in the case. "There's red Afghan dirt in the grain of the case," he says, "along with several markers and some Afghan money. This will have to stay."

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Printed By
The Winkler Times
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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

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Artist paints memorial to fallen soldiers



The late September sun came out to welcome the Portraits of Honour tour at the Forks Market on September 28. The ceremony included a flag part comprised of members from 17 Wing, the RCMP, The For Gary Horse, and Queens Cameron Highlanders. As well, many military personnel were in attendance. Photo: Cpl Beverley Dunbar

Sgt Quinn Watson

Clear skies, the brightly shining sun, and the warmth Manitobans are known for, welcomed the Portraits of Honour tour at The Forks Market on Wednesday, September 28, 2011.

Portraits of Honour is a hand-painted mural measuring 40-feet in length, featuring portraits of all Canadian Forces members who have lost their lives in Afghanistan. This unique tribute is being viewed and appreciated as it tours all across the country. The six Manitobans who lost their lives serving our country in Afghanistan were specifically honoured during the Winnipeg visit.

In select locations, including Winnipeg, visitors have the rare opportunity to view the In the Service of Canada: The Seventh Book of Remembrance. This living memorial contains the names of over

1,700 soldiers, sailors and aircrew that have lost their lives in service to Canada since 1947, with the exception of those commemorated in the Korean Book of Remembrance.

Colonel Blaise Frawley, Commander of 17 Wing, addressed the crowd, commending the City and community for their tremendous support for the Canadian Forces and its members.

"We share a rich history between the military community and the City of Winnipeg. From our many war heroes, to the monuments and lasting dedications like Valour Road, there is an undeniable history in this city," he said. "This link is strengthened each time we – as a community – gather to remember those who have sacrificed so much. And today we gather in a special way to honour those who have fallen in Afghanistan."

Colonel Frawley also recognised and

thanked Mr. Dave Sopha,

the artist behind Portraits of Honour, on behalf of the Winnipeg military community. "Over the years we have seen the outpouring of support for our fallen comrades. What Mr. Sopha has done to commemorate those who have paid the ultimate sacrifice is simply moving. The detail and accuracy in each face just shows his overwhelming dedication to this project," he said.

The ceremony included a flag party comprised of RCMP members and Sgt Jeffrey Grossinger, of 17 Wing TEMA Squadron, who carried the CF Flag. The Fort Gary Horse, Queens Cameron Highlanders, and many military personnel were in attendance. The RCAF Pipes & Drums also performed and their bugler sombrely provided the Last Post and Reveille as tear-filled eyes watched on. Meanwhile, a choir from Whyte Ridge El-

ementary School brought a youthful voice to the national anthem.

The Portraits of Honour is a joint initiative of artist Dave Sopha, Kin Canada and the Kin Canada Foundation. For more information on the Portraits of Honour, visit www.portraitsofhonour.ca.



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MTTF runs for the cure in Kandahar



Capt Krystal Turner

Mission Transition Task Force, Op ATHENA

On October 1, 2011 at Kandahar Airfield (KAF), Afghanistan the Canadian Forces (CF) participated in the CIBC Run for the Cure. Not unlike every other Canadian, CF members are touched by breast cancer - mothers, wives, sisters, daughters and friends of Canadian soldiers as well as CF members who are fighting breast cancer are inspirational.

The run was comprised of 378 participants currently serving in Afghanistan, including more than 120 personnel from other nations, including US, UK, Australia, Belgium, Germany, and India. Donations in excess of \$13,500 were raised! The Mission Transition Task Force (MTTF) is proud to support the Canadian Breast Cancer Foundation's mission of creating a future without breast cancer.

First time participant Captain (Capt) Matt Walker from Peterborough, Ontario was excited to run this year for a great cause. Capt Walker ran for his Mother, Linda, who was diagnosed with breast cancer last year. She underwent surgery while he was in Alberta training for the mission. "It was definitely a challenge this year, trying to be supportive to my mom back in Ontario while I was in Alberta training for the mission, but thanks to some very supportive friends and family, we were able to make it work." Capt Walker's mother completed her treatment and is looking forward to getting back to work soon.

The run in KAF was organized by Major (Maj) Doris Berscheid-King. She has participated in the Run for the

Cure many times in Canada. Events such as this have challenges for organizers, but to hold this event in KAF there were a few different challenges that Maj Berscheid-King had to contend with. "The temperature here in KAF plays a part of when we can start the run. To beat the heat the run started at 6 am. There was also the challenge of a running route which volunteers and Military Police manned to control traffic for the runners."

Veteran Run for the Cure participant Corporal (Cpl) Deborah Drummond, of Ottawa, Ontario, ran in support of the awareness of breast cancer. "I think it is incredible that we have the opportunity to hold an event like this in KAF and show our support, as I am sure breast cancer directly or indirectly affects many deployed members here. There are also some here who may not be affected by Breast Cancer directly, but have had people close to them that are battling cancer, have battled and or have been lost to cancer."

The Kandahar Airfield event was truly an international event with runners not only from Canada but the many nations who are serving in KAF as well. Maj Berscheid-King said, "The British 'pink' event held in August got a great response, and there are two other 'pink' events scheduled by the Americans as well in October, which is breast cancer awareness month. It is great

because there is a crew of Canadians that head out to the fundraising run events here, and likewise there are folks from the other countries that do the same which is great."

Capt Walker said, "Personally I think holding the Run for the Cure in KAF is a tremendous opportunity. I'm sure that most people would agree that supporting charity events becomes much more challenging than we would like to admit when trying to find time to fit everything you want to do into a busy schedule. Normally, being deployed on operations would simply mean one more obstacle that might stop us from participating in something like the Run for the Cure; but having the event locally means we don't have to make that choice."

Cpl Drummond said, "We are not just raising awareness for breast cancer when doing an event like this we are raising awareness for cancer of all types that it is out there and we all need to do our part to hopefully someday find a cure for one that will lead to a cure for all."

The MTTF's mission to ship by land, sea and air over 2,000 vehicles and sea containers of materiel and equipment did not deter them from taking the time to help create a future without breast cancer by participating in their own CIBC Run for the Cure.

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1 Cdn Air Div/Can R Honours and Awards



MGen JAJ Parent, Commander 1 Can Air Div/Canadian NORAD Region, presents Maj D Adams with the Operational Service Medal with Haiti ribbon during a ceremony held on Sept 28.



MGen JAJ Parent, Commander 1 Can Air Div/Canadian NORAD Region, presents LCol BSP Baker with the General Service Medal with South West Asia ribbon during a ceremony held on Sept 28.



MGen JAJ Parent, Commander 1 Can Air Div/Canadian NORAD Region, presents WO ML MacKinnon with his 1st rotation bar for the South-West Asia Service Medal during a ceremony held on Sept 28.



MGen JAJ Parent, Commander 1 Can Air Div/Canadian NORAD Region, presents Capt RC Mitchell with the General Campaign Star with South West Asia ribbon during a ceremony held on Sept 28.



MGen JAJ Parent, Commander 1 Can Air Div/Canadian NORAD Region, presents Maj CN Watson with the Operational Service Medal with Haiti ribbon during a ceremony held on Sept 28.



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CFSMET: Graduations, Promotions, and Presentations

Better late than never...here's what's been happening at Canadian Forces School of Meteorology (CFSMet) at 17 Wing Winnipeg since our last article in April 11.

Since the Intermediate Occupation Qualification course is currently under development (first class will be in January 2012), the only course taught in the last few months was the Met Tech Basic Occupation Qualification (BOQ) Course (Briefer-Observer). The BOQ course is designed to teach entry level Meteorological Technicians the skills and knowledge required to take weather observations, disseminate observed data and brief current and forecast weather conditions. This meteorological information is supplied to Air Squadrons, and tactical and operational commanders in support of military operations. Both Canadian Forces (CF) and Environment Canada Forecasters use weather observations to produce forecasts and to provide the raw materials needed to create weather briefings in support of CF operations. As well, data from these observations are fed into National and International Climate databases.

After snowstorms, thunderstorms and beautiful clear skies 16th June 2011 arrived and we saw the graduation of 11 new Weather Observer Briefer Technicians. Once again we had a very interesting group consisting of a mix of new re-

cruits and seasoned veterans, who wisely decided to change career paths. The "experienced" folks couldn't believe how good life on an Air Force Wing actually is and adapted quite easily. Due to occupation transformation, the BOQ course also includes several QL3 Bridge-Training (BT) graduates (Met Tech Observers who require the Briefer Qualification). The BOQ course is the first step in these new weather observer briefer's training that will eventually lead them to forecasting on future courses.

We were extremely privileged to have Col J.P.L. Meloche, Commander of CFB Borden and of the Canadian Forces Support Training Group (CFSTG) as our Guest of Honour at the graduation. He provided many words of wisdom to the graduates. Col Meloche assisted CFS Met Cndt in presenting Pte Jeanine Fraser (BOQ) and Cpl Richard Amey (BT) with the CFSMet "Certificate of Achievement" for obtaining the highest academic mark on the course. Pte Fraser is posted to the Joint Met Centre (JMC) in Gagetown and Cpl Amey is currently stationed in CFB Trenton. Pte Patrick Falardeau (BOQ) and MCpl Barry Allen (BT) received the CFSMet "Certificate of Merit" in recognition of a high standard of performance and exceptional leadership throughout the course.

All the students should be congratulated for their hard work. The BT's will

no doubt make great additions to their respective offices and the BOQ students all head to the JMC in Gagetown to begin their On-job-training. Well Done!

Along with the BOQ graduation ceremony, Major Doug Lawrie, CFSMet School Commandant presented promotions to three highly deserving instructors.

MCpl Kristian Gosbee was promoted to the rank of Sergeant. Sgt Gosbee will remain at the school as the Course Director for the BOQ. Sgt Patrick Fortin was promoted to the rank of Warrant Officer. WO Fortin remained in Winnipeg but moved to 1 Cdn Air Div A3 Met as the new Met Inspector. Lastly, Sgt Geoff Rusconi was promoted to the rank of Warrant Officer. WO Rusconi headed east to join the staff at the JMC Gagetown and will be attending a year long French course. Bonne chance tout le monde!

Along with the graduation and promotions, three staff members received their Sea Service Insignia in recognition of all the hard earned hours they spent away from their homes and families in service to the Canadian Navy.

Maj Lawrie (CMDT CFSMet), CWO Ray Fonger (SCWO) and MWO Brad Dennis (Standards MWO) were presented with their Sea Service Insignia's (SSI) (Gun Metal Level 1 given for a minimum of 365 days at sea) by Col Meloche.

Finally, to round out a busy day of

presentations, CWO Fonger (SCWO) was presented with his CWO Scroll by Col Meloche with Maj Lawrie and CWO C. Thibault (CFSTG CWO).

Congratulations Everyone!

CFSMet currently has a new BOQ course in house; the students are over half way through their training and will be graduating on the 8th Dec, 2011. So, until next time here's to clear skies and light winds.



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FIRE PREVENTION WEEK 09-15 OCT 2011

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The Canadian Forces Fire Marshal would like to wish all Fire Services, a very successful Fire Prevention Week. The theme for this year is: **PROTECT YOUR FAMILY FROM FIRE**. This theme clearly emphasizes the importance for all DND employees, CF members and their families to take all necessary steps to inspect their homes or accommodations, eliminate potential fire hazards and practice an escape route.

Le Directeur du Service des Incendies des Forces canadiennes aimerait souhaiter à tous les services des incendies, un franc succès durant la semaine de prévention des incendies. Le thème pour cette année est: **PROTÉGEZ VOTRE FAMILLE DU FEU**. Ce thème vise clairement à souligner l'importance pour nos employés du MDN, les membres des FC et leurs familles, de prendre les mesures nécessaires pour inspecter leurs résidences ou logements, dans le but d'éliminer les risques d'incendie potentiels et de pratiquer un plan d'évacuation.

Fire Prevention Week 2011 focuses on protecting yourself and others, as well as keeping homes safe from fire. Below are the three leading 2010 fire causes for DND/CF.

1. Smoker's materials: 12.23%;
2. Electrical appliances: 10.21; and
3. Cooking equipment: 8.16%.

The 2010 DND/CF fire statistics demonstrates clearly that special attention and awareness must be given to those problem areas during fire prevention week, and through out the year.

Canada

How to protect your family from fire

(NC)—Well-functioning smoke alarms and a good evacuation plan can save your life. Too often, we hear about fire tragedies that could have been lessened had the proper safety measures been put in place.

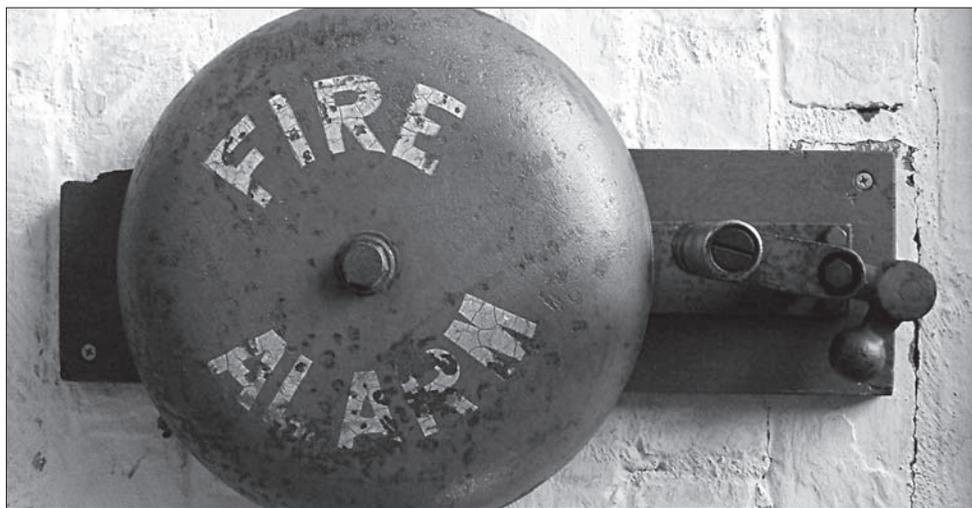
Early smoke alarms were battery operated, but people often failed to replace dead batteries, or removed them, making the alarms ineffective. Then the hardwired electrical detectors came about, but again, too many people who had simply burned toast or boiled a kettle near the alarm were disconnecting the wire to stop the noise, and then failing to reconnect it.

"We needed a mechanism to discourage people from tampering with the wiring," says Philip Rizcallah of the National Research Council of Canada. "What's more, the first generations of hardwired alarms didn't work during power failures and that's when the risk of fire is greatest since people then rely on candles, fireplaces and propane gas stoves."

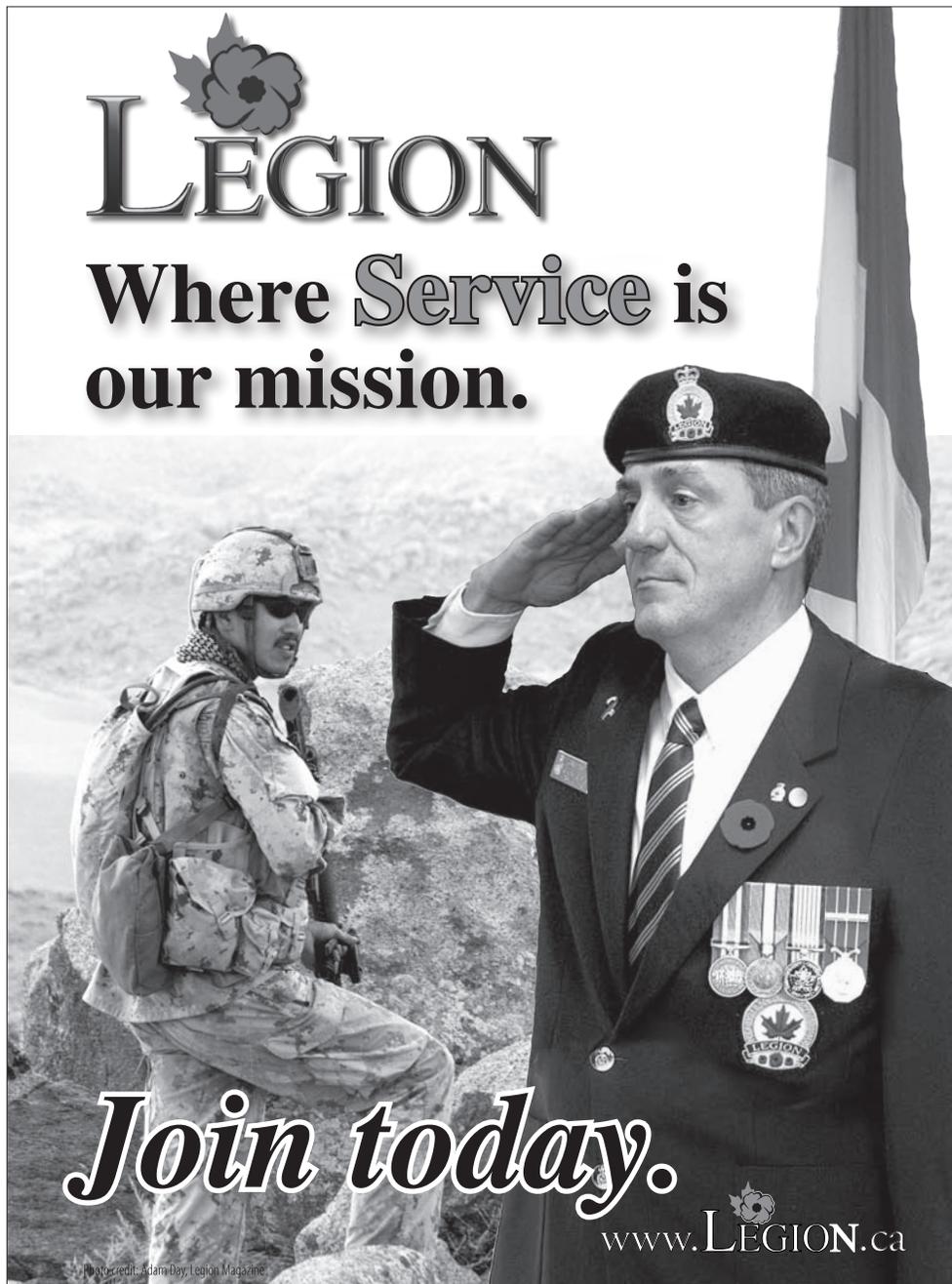
The 2010 National Building Code of Canada addresses these issues to better protect Canadians from fire. "Homes built to the new Code must have hardwired smoke alarms on all floors with a 'hush' button and a 9-volt battery backup that kicks in during power failures," explains Rizcallah. "The new code also requires a smoke alarm in all sleeping quarters as well as adjoining hallways."

So, if you are renovating your home or cottage, it may be a good time to update your smoke alarms, as doing so could help protect you and your family.

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Urban Junior Canadian Ranger Patrol opens at Indian and Métis Friendship Centre



Bonnie Korzeniowski, former Manitoba Special Envoy for Military Affairs, and the Winnipeg Junior Canadian Ranger Patrol. Photo: Cpl Bill Gomm

Cpl Bill Gomm

38 CBG Public Affairs Photojournalist

Stepping up to the plate, taking charge and being able to lead are all exceptional traits that are found in people who lead soldiers, Canadian Rangers, and Junior Canadian Rangers.

The 4th Canadian Ranger Patrol Group (4 CRPG) opened the first Urban Junior Canadian Ranger Patrol (JCR) at the Indian and Métis Friendship Centre of Winnipeg on September 22, 2011.

This patrol opening is significant because it is the first urban patrol that was opened in Canada. Previously, JCR patrols were only in sparsely settled northern, coastal, and isolated areas of Canada, where there was already a Canadian Ranger patrol.

"It is an excellent opportunity to show the communities about the Junior Canadian Rangers," said Chief Warrant Officer Dave Ames, Group Sergeant Major for 4 CRPG. "It's the first of its kind to be set up in an urban environment."

The Junior Canadian Ranger program is community sponsored in partnership with the Department of National Defence and other federal, provincial, and regional organizations. This means that youth can participate in the program for free.

As part of the event, Priscilla Rodgers, a former JCR, was presented with a Commander's Coin from Brigadier-General Paul Wynnyk, Commander of Land Force Western Area for events that happened three years prior when she was 15 years old.

While traveling home to Lynn Lake, MB from Leaf Rapids, MB the bus she was on broke down.

"We were pulling out of Leaf Rapids, it was really cold that night, lots of snow," said Ms. Rodgers. "We got stranded half way in between home and Leaf Rapids."

"We were sitting there for at least 15 minutes or so waiting, the bus driver was trying to get the satellite phone to work, he walked up and down the road looking for a signal. He couldn't get one, so he came back to the bus and just shuts the door, sits down and says we're just going to wait."

Realizing that the bus would rapidly cool down Ms. Rodgers and her friend decided to do something about it even if the driver and the other passengers on the bus wouldn't.

"We put plastic bags on our feet because we only had runners on, and got ready to go out and I asked the bus driver if he had a flashlight or an axe so we could go make a fire, he said no he didn't have them."

Using the training she received as a member of the JCRs, Ms. Rodgers and her friend left the bus, cleared snow, gathered wood and using lighters started a fire.

"Everyone else came out of the bus," said Ms. Rodgers. "Then the guys starting helping get the wood and then bus driver comes out with an axe and a flashlight. I was so angry I was like whatever, come get warm." Rodgers actions during that night represent the training that all JCRs receive.

"The award was outstanding," said CWO Ames. "It just shows the type of activities that are taught to the kids."

"When you have an adult driving a bus that didn't know what to do and we have a young teenager who stepped up the plate and got things done and looked after everybody. I think that speaks volumes of what this is all about."

Ms. Rodgers will be joining 4 CRPG, as a Canadian Ranger, in the next few months.



Ranger Leonard Dettanikkeaze sings and plays the drum during the opening ceremonies for the first Urban Junior Canadian Ranger Patrol opening. Photo: Cpl Bill Gomm

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Air Forces of America assemble in Winnipeg

Capt Mike Mitchell

The Royal Canadian Air Force recently hosted a meeting of the Sistema de Cooperación entre las Fuerzas Aéreas Americanas (SICOFAA) in Winnipeg, Man.

SICOFAA (System of Cooperation among the Air Forces of the Americas) grew from an idea within the United States Air Force in 1961 to open a dialogue amongst senior air force officials of North, South and Central America to discuss military issues and aviation topics.

This voluntary, apolitical organization strives to strengthen and promote ties of mutual support among member and observer nations.

It fosters friendships and cooperation among American air forces by sharing experiences, training and education and expertise, and by developing procedures and plans to improve interoperability and combined operations among its members.

Canada's became an observer nation to SICOFAA in 1972 and in 1992 became the 18th member.

Eighteen delegates from Argentina, Bolivia, Brazil, Canada, Chile, Colombia, Ecuador, Panama, Paraguay, Uruguay, and the United States attended the



Warrant Officer Dave Lazarowich, search and rescue (SAR) leader at 435 (T&R) Sqn, gives SICOFAA Committee 1 conference attendees a tour of the SAR section. Photo: Cpl Jorge Maldonado

"Committee 1" meeting from Sept. 5 to 9.

Secretary-General Colonel Kristian Skinner of the United States and Under Secretary Colonel Henry Perez of Peru – both from the SICOFAA permanent secretariat – and Committee President, Lieutenant-Colonel Peter Dozois from the Combined Air Operations Centre (CAOC)

in Winnipeg, presided over the conference.

Two Canadian delegates also attended – myself from 1 Canadian Air Division and Captain Dave Henriquez, the SICOFAA liaison officer from the Air Staff in Ottawa. Many support staff – including Spanish speakers from several wings and

bases – helped with conference administration.

One of the conference's primary goals was to define the requirements for a common SICOFAA command and control (C2) software platform. The RCAF showcased its air mobility C2 platform as a possible 'solution' for SICOFAA during the conference.

SICOFAA's strategic direction was also discussed in detail; its renewed focus is that of an operational organization of American Air Forces, cooperating to support humanitarian relief operations in the member countries with the combined resources of all countries effectively supporting the relief effort.

An operations manual has been developed over the last year using the lessons, knowledge and expertise gained from SICOFAA's Exercise Cooperación 1, hosted last October in Chile.

A crew and CC-130 Hercules from 435 Transport and Rescue Squadron from 17 Wing Winnipeg and an airlift planning representative from 1 Canadian Air Division in Winnipeg participated in the exercise.

For more information on SICOFAA, visit www.sicofaa.org.



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Present current military identification, or a pay stub at Birchwood Chevrolet Buick GMC to qualify for discounts.

Information on flu shot clinics from 23CF Health Services

- Influenza vaccine is available and is strongly recommended.
- A single dose of vaccine in adults is protective throughout the flu season until vaccine for the following season is available. No need for repeat (booster) doses;
- Ideal time for influenza immunization is from Oct to mid-Nov. Immunization later during the season may still be of benefit.
- The best method to prevent influenza (the flu) is by getting vaccinated with the vaccine.

Persons who should not receive the influenza vaccine include those with severe allergies to any ingredients to the vaccine e.g. thimerosal (preservative), formaldehyde.

Getting vaccinated against influenza:

A block of time has been dedicated for the administration of the influenza vaccine in October and November 2011.

To date, the following clinics are planned for military members in their workplace
Friday, October 21st, 9-1115 hrs, Wing Logistics & Engineering Branch, Bldg 125, Room 105A, 105B

Monday, October 31st, 1330-1500 hrs, 1 Can Air Div, Mynarski Hall

Friday, November 4, 1330-1500 hrs, 3 CFFTS in Southport, Hilly Brown Bldg

E-mail the Care Delivery Unit (CDU) Clerk at Roberta.Smith@forces.gc.ca or call 833-2500 ext. 5777 to book an appointment. Individuals are to bring their immunization record (booklet) and arrive on time. If you choose to leave a message, your call will be returned within the next 2-3 business days.

Three clinics are scheduled for "drop-ins" in room # 216, Bldg 62 23 CF H Svcs Centre. Military members will be immunized as first come first served.

Wednesday October 19 from 13:30 to 15:00 hrs

Wednesday October 26 from 13:30 to 15:00 hrs

Wednesday November 2 from 13:30 to 15:00 hrs

Civilians

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

Eligible groups to receive the vaccine from 23 CF Health Services include:

All CF Members: Regular and Reserve (Reserve Class C & B \geq 180 days), All CF Members as indicated above who have medical or operational reasons include those

who are: higher risk for influenza-related complications e.g. cardiac or pulmonary disorders, diabetes, renal disorders, pregnant, obese (BMI \geq 40), Aboriginal/First Nation, household contacts of people at high risk of influenza complications, provide regular child care to children under 24 months of age, new entrant training, Regular or Reserve between Oct 2011 and March 2012, deploying/or deployed during the flu season, posted to one of Her Majesty's Canadian Ships afloat, assigned to be on stand-by for short notice (less than 7 days) deployment outside of Canada, travelling outside Canada (for leisure or on duty) during the flu season, stationed outside Canada during the influenza season e.g. posted to an Embassy or on a foreign training or exchange. Such individuals are encouraged to seek vaccination from their normal health care provider.

health care workers (HCWs) and have direct patient contact (includes individuals who directly interact with patients in the conduct of their duties).

Additional information regarding the use of influenza (flu) vaccine:

Influenza (the flu) is an infection caused by a virus spread easily from one person to another through coughing, sneezing or sharing food or drinks. Flu can also be spread by touching objects contaminated with flu virus and then touching the mouth, eyes or nose. It's important to wash hands regularly and practice cough and sneeze etiquette (coughing or sneezing into the elbow, sleeve or using a tissue). The flu season in Manitoba usually begins in the late fall and lasts into the spring.

Vaccine strains for 2011-2012 (Flu strains expected to circulate):

A/California/7/2009-like, (H1N1), the 2009 pandemic H1N1 strain

A/Perth/16/2009-like (H3N2), and

B/Brisbane-like strain.

Protection occurs approx. 2 weeks after receiving the vaccine. The vaccine contains 3 flu virus strains. When there is a less than ideal match with the circulating strains or the vaccine provides lower effectiveness against one strain, the vaccine may still protect against the other two flu strains. For these reasons, even during seasons when there is a less than ideal match, vaccination is still recommended. This is important for people at high risk for serious flu complications, and their close contacts.

Common side effects: soreness, redness and swelling where the vaccine was given. Some people may have fever, chills or fatigue. These are mild reactions and usually last one to two days. The vaccine can not give you the flu because it contains inactivated (dead) strains of the virus.

23 FC Centre des Services de Santé Winnipeg, Clinique vaccination contre la grippe 2011

- Le vaccin contre la grippe est disponible et fortement recommandé.
- Une dose unique du vaccin chez les adultes fournit une protection tout au long de la saison de la grippe jusqu'à ce vaccin pour la saison suivante est disponible. Une dose de rappel n'est pas nécessaire.

Le temps idéal pour la vaccination est d'octobre à la mi-novembre. La vaccination plus tard au cours de la saison peut être encore protectrice.

La meilleure méthode pour prévenir l'influenza (la grippe) est de se faire vacciner avec le vaccin.

Les personnes qui ne devraient pas recevoir le vaccin contre la grippe sont ceux qui souffrent d'allergies sévères aux ingrédients du vaccin par exemple le thimérosal (préservatif), le formaldéhyde

Se faire vacciner contre la grippe:

Un bloc de temps a été consacré pour l'administration du vaccin contre la grippe en Octobre et Novembre 2011.

Présentement, les cliniques suivantes sont prévues pour les militaires dans leur milieu de travail:

Vendredi, le 21 Octobre, 0900-1115 hrs, Wing Logistic & Engineering Branch, édifice 125, salle 105A, 105B

Lundi, le 31 Octobre, 1330-1500 hrs, Quartier général de la 1ère Division aérienne du Canada, Salle Mynarski

Vendredi, le 4 novembre, 1330-1500 hrs, 3 CFFTS a Southport, Hilly Brown Build-

ing

Envoyez un courriel à de l'Unité de la prestation des soins (CDU) au commis Roberta.Smith@forces.gc.ca ou appeler 833-2500, poste. 5777 pour réserver un rendez-vous. Les patients sont à apporter leur carnet de vaccination (livret) et arriver à temps. Si vous choisissez de laisser un message, votre appel sera retourné dans les 2-3 prochains jours ouvrables.

Trois cliniques sont prévues pour le "drop-in" à la salle 216, Édifice # 62, 23 FC Centre de Santé. Les militaires seront vaccinés en tant que premier arrivé, premier servi.

Mercredi, 19 octobre de 13h30 à 15h00 heures,

Mercredi, 26 octobre de 13h30 à 15h00 heures

Mercredi 2 novembre de 13h30 à 15h00 heures

Civils:

Les civils par. ex. les fonctionnaires, les parents ou les contacts familiaux (enfants inclus) des membres des FC, sont encouragés à accéder au vaccin auprès de leurs fournisseurs de soins de santé habituels, par exemple médecin, bureau de santé publique.

Les groupes admissibles à recevoir le vaccin des services de santé 23 FC comprennent :

Tous les membres des FC: régulière et de réserve (réserve classes B et C \geq 180 jours) **(Continuer sur la page 11)**

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Changes for the Military Police

On 1 April 2011, the Canadian Forces Provost Marshal (CFPM) assumed full command of all Military Police. This restructuring created, among other things, the Air Force Military Police Group (AF MP Gp), Commanded by LCol David Shuster, which is a formation with the mandate to provide policing and security services to the Air Force. The formation is comprised of a HQ in Winnipeg and three subordinate units: 1 MP Sqn (Cold Lake), 2 MP Sqn (Trenton) and 3 MP Sqn (Greenwood). Under each MP Sqn, individual MP Flights are tasked with normal policing and security operations for their respective Wings.

So how does this restructuring affect you? In short, from a day-to-day policing perspective, it does not. Under the restructuring, what was once called 17 Wing MP Detachment, is now called 23 Military Police Flight and its Officer Commanding is Lt(N) C.M. Ladner. They will continue to deliver day-to-day MP services to the 17 Wing AOR. 23 MP Flt can be contacted 24/7 for inquiries or requests for police assistance, by calling the MP Dispatcher at (204) 833-2633, or extension 2633. For emergencies, as always, dial 911.

2 MP Sqn, commanded by Maj Marc St-Pierre, is tasked to provide support, direction and guidance on MP policy and issues to the three MP Flts under its command: 21 MP Flt (Trenton), 22 MP Flt (North Bay), and 23 MP Flt (Winnipeg). 2 MP Sqn does not provide MP services to 8 Wing, which is a function of 21 MP Flt.

For more information on the recent restructuring, please visit the CFPM website at: <http://vcds.mil.ca/sites/page-eng.asp?page=9228> or <http://www.vcds-vcemd.forces.gc.ca/cfpm-gpfc/index-eng.asp>.

Get ready to start seeing Double Doubles



The signage may not be up yet, but there's no mistaking the building. The Tim Hortons on Ness Avenue will be up and running in time for those cold winter drives to work.

Information au sujet de la grippe (continuer)

Tous les membres des FC, comme indiqué ci-dessus qui a des raisons médicales ou opérationnelles comprennent les personnes suivantes: risque plus élevé de complications liées à la grippe par exemple troubles cardiaques ou pulmonaires, le diabète, des troubles rénaux, enceintes, obèses (IMC ≥40), Autochtones/Premières nation, les contacts familiaux des personnes à risque élevé de complications de la grippe, fournisseurs des services de garde réguliers aux enfants de moins de 24 mois, les membres qui participe à l'instruction des recrues, et ainsi que les membres des FC en période de formation à partir du mois d'octobre 2011 jusqu'au mois de mars 2012, le déploiement/ou déployés au cours de la saison de la grippe, posté à l'un des navires canadiens de sa Majesté à flot, individus en état d'alerte en vue d'un déploiement à court préavis en dehors du Canada, voyage à l'étranger (en dehors du Canada pour loisirs ou travail) au cours de la saison de la grippe, travailleurs la santé (TS) et avoir des contacts directs aux patients (y compris les personnes qui interagissent directement

avec les patients dans la conduite de leurs fonctions).

Information supplémentaire concernant l'utilisation du vaccin contre la grippe:

Infection: L'influenza (la grippe) est une infection causée par un virus qui peut se propager facilement d'une personne à l'autre par la toux, les éternuements ou le partage de la nourriture ou des boissons. La grippe peut aussi se propager par contact avec des objets contaminés par le virus et ensuite en se touchant la bouche, les yeux ou le nez. Il est important de se laver les mains régulièrement et de tousser ou éternuer dans le coude, le manchon ou en utilisant un mouchoir. La saison de la grippe au Manitoba commence habituellement vers la fin de l'automne et dure jusqu'au printemps.

Les souches vaccinales pour 2011-2012 (Souches du virus de la grippe attendues à circuler):

Californie/7/2009 (H1N1), souche de la Pandémie 2009

A/Perth/16/2009 (H3N2) et

B/Brisbane/60/2008

Protection se produit environ 2 semaines après avoir reçu le vaccin antigrippal. Le vaccin contient trois souches de virus. Quand il y a un match moins idéal avec les souches circulantes ou le vaccin fournit une efficacité moindre contre une souche, le vaccin peut protéger

contre les deux autres souches du virus de la grippe. Pour ces raisons, même pendant les saisons où le match des souches n'est pas idéal, la vaccination est quand même recommandée. Ceci est important pour les personnes à risque élevé de complications graves de la grippe, et leurs contacts étroits.

Effets secondaires fréquents: douleur, rougeur et gonflement où le vaccin a été donné. Certaines personnes peuvent avoir de la fièvre, des frissons ou de la fatigue. Ce sont des réactions mineures et durent généralement un à deux jours. Le vaccin ne peut pas vous donner la grippe car il contient des souches du virus inactivé (mort).

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Kids of Steel Splash and Dash makes its mark

Ryan Cameron and Tara Gill
Co-Race Directors

On Tuesday, August 23rd, T3 Triathlon Club hosted the first annual Splash and Dash for the Kid's Of Steel event sanctioned by Triathlon Manitoba.

The Kids of Steel program provides opportunities for young people from the ages of 6 right up to 19 to participate in a fun, challenging sport that combines swimming, cycling, and running. Due to the nature of the busy streets of Winnipeg, we omitted the bike portion and made this event exclusively a swim/run race.

It was a very hot day, peaking at about 35 C. Fortunately, there was a good wind to mitigate the heat. Everyone had a great time and received a prize upon completion of their event. As well, we had awards for the top finishers and door prizes. We had a total of 28 participants and numerous volunteers. The 6 and 7 year olds did a 50 m swim and a 500m run. The 8 and 9 year olds did a

100m Swim and a 1.2km run. The 10 and 11 year olds did a 200 m swim and 2.4km run. The 12 and 13 year olds did a 300m swim and 3.6km run. The 14 and 15 year old did a 500 m swim and 4.8km run.

Information about T3 Triathlon Club can be obtained from 17 Wing Community Recreation at local 5976 or 2057.

T3 club would like to thank all of the volunteers comprised of the club members, family and friends of the club members and race participants, Triathlon Manitoba, 17 Wing Fitness & Recreation and all of the enthusiastic young athletes for their patience and making this years event a success in such a short period of time.

We can already anticipate next years' event is going to be even bigger with the number of participants and awards. We hope to see you all next year and many new faces.

Thank you

Ryan Cameron and Tara Gill
Co-Race Directors



Some Splash and Dash volunteers and participants gather for a photo. Submitted.

Ten day in the life of the common cold

(NC)—It's fall, and the enemy is at the gates. Even with more than 100 types of viruses that cause the common cold, they all lead to the same misery. The first step to a strong defense against infection is to know your enemy.

Touching elevator buttons, doorknobs or shopping-cart handles is the most common way of collecting viruses on your fingertips. If you then touch your eyes or nose before you've washed your hands, here's what your next 10 days might look like.

The virus moves down your tear duct into your sinuses, or up your nose to the back of your throat, where it penetrates a healthy cell. It then uses the host cell as a factory, to make so many copies of itself that the cell eventually bursts. Within 8-12 hours, this fresh batch of viruses floods the area, entering surround-

ing healthy cells, and starting the cycle again.

For as much as three days you can share viruses with your family, friends and coworkers without even knowing you've caught a bug. It can take this long for the infection to grow large enough to trigger an immune response, and for you to start feeling the first symptoms.

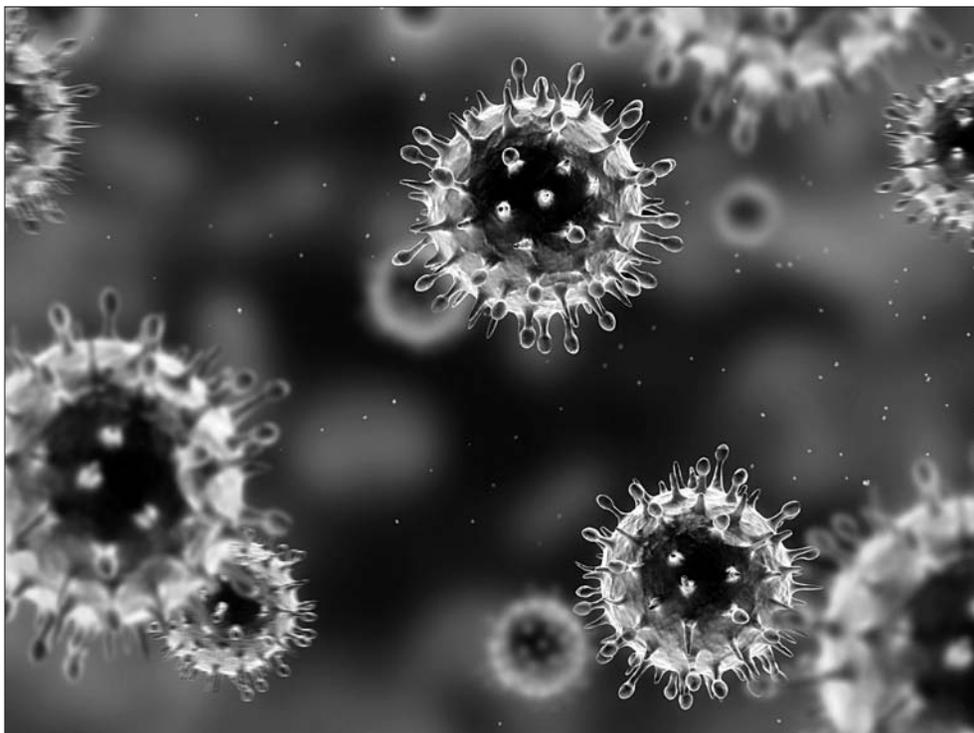
Your scratchy throat is the result of white blood cells gathering at the site of infection, and releasing substances called mediators that inflame the area. On top of making your nose red and sensitive, the inflammatory response also attracts other cells of the immune system to come pitch in for the fight. Meanwhile other mediators increase mucus production, and stimulate sneezing and coughing reflexes to flush the virus out of the body.

Immune cells called macrophages,

which is Greek for "big eater," are now on the patrol, engulfing and digesting viruses, while Natural Killer cells destroy the virus factories. It can take another week and a lot of energy for your immune system to successfully fight off the infection, so it's important to give it all the help you can: reduce your exertion to a minimum to conserve your energy, take your

Cold-FX, which improves the work done by macrophages and Natural Killer cells, and drink plenty of fluids to help flush viruses away. Taking these three steps for a full 10 days from the moment you feel that first tickle will help get you back on your feet and feeling fine more quickly.

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23 November/novembre 2011

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Artful Antics Astound



Families came together at the Artful Antics workshop to explore their creative side. A number of different art mediums were used to create masterpieces! Our next family workshop will focus on Numeracy. Parents and preschoolers can explore early math skills through fun hands on activities. The workshop will take place on November 23 6:30-7:30 pm. at Westwin Children's Centre. Call 833-2500 ext 2491 to register for this free program.

An A-Maze-Ing afternoon



Military families enjoyed a beautiful day at the corn maze on October 24, 2011. Thank you to SISIP for the financial support that allowed us to offer this event at no charge.

Upcoming programs

French conversation: OCTOBER 2011
 Conversation française : OCTOBRE 2011
 October 6 and 13
 November 17 and 24
 December 8

6 et 13 octobre
 17 et 24 novembre
 8 décembre
 6 to 7:30 pm
 18h à 19h30

Starting in October, this group will meet once a week at the MFRC to improve their French language skills. You will have the opportunity to discuss a number of topics in French. Participants must have obtained an intermediate level to attend. Register today, it's free! For more information, call ext. 4515.

Groupe de rencontre pour les gens qui veulent améliorer leur français langue seconde. Le groupe se rencontrera une fois semaine, pendant 5 semaines. Vous aurez la chance de discuter en français sur différents sujets. Vous devez être de niveau intermédiaire pour vous joindre au groupe. Inscrivez-vous dès maintenant, c'est gratuit. Pour plus d'informations, composez le poste 4515.

Family Counselling Program

The Winnipeg MFRC Family Counselling Program offers help to military families and community who require the expertise and services of helping professionals who understand the unique experiences of the of the military lifestyle.

The program offers a wide range of services including counselling, child care services, support groups, resource information and educational workshops. MFRC provides services to individuals, couples, children and families. Services are free of charge and information is kept confidential.

Services

Adult Counselling

Individuals are offered services in the alternative coping skills, deployment issues, separation and loss, relationship issues, addictions, family functioning and operational stress injuries

Children and Youth Counselling

Assistance is provided to children and youth in the areas of mental health, deployment issues, bullying, school related concerns, separation and divorce, sexuality, communication skills, significant relationship issues including peers, parents and siblings.

Parenting Support

Information is provided for parents in the areas of single parenting, divorce and the impact on the family, parent and child/youth conflict, education on parenting skills, and other parenting challenges.

Respite

We provide assistance in accessing information on deployment, emergency and casualty childcare. We help families develop their family care plan and explore childcare options.

Community Development and Resources

Presentations on families and the military, consultations with community service providers, resources packages, books, videos and handouts are available on variety of topic and government publications. We can develop an information package that is relevant to the needs of you and your family.

Contact

For further information about services please contact program social workers.
 Jenny Armatas MSW, RSW
 833-2500 ext 4512
 Laurie Anne Johnson MSW, RSW
 833-2500 ext 4478

OCTOBER 2011 | OCTOBRE 2011

WOMEN'S HISTORY MONTH
MOIS DE L'HISTOIRE DES FEMMES



WOMEN IN CANADIAN MILITARY FORCES:
A PROUD LEGACY

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Women in the military: A proud legacy

Last week, the Minister of Public Works and Government Services and Minister for Status of Women Rona Ambrose, accompanied by her colleagues Defence Minister Peter MacKay and Veterans Affairs Minister Steven Blaney, as well as Canadian military veterans, announced this year's Women's History Month theme, Women in Canadian Military Forces: A Proud Legacy.

This theme celebrates women's contributions, now and throughout history, to the Canadian military forces.

"The Government of Canada salutes all the brave women in uniform who, throughout our history, have been there, fulfilling essential roles, working to uphold peace and security in Canada and across the world," said Minister Ambrose. "As Canadians everywhere celebrate Women's History Month, I encourage them to learn about the inspiring stories of the women heroes among us and those who have gone before us."

"As soldiers, sailors and airwomen, women have been there for Canada, on the front lines and behind the scenes, on foreign shores and here at home," said Minister MacKay, "Canadians can be very proud of the tremendous contributions of women in every field of military endeavour."

"In times of war and in times of peace, we must always remember the sacrifices of all veterans, including the women who have served in Canadian military forces," said Minister Blaney. "Women's History Month gives us an ideal reason to learn about their accomplishments and to celebrate their contributions."

Canadians are encouraged to take an active role in celebrating Women's History Month. Activities will be taking place across the country, and Canadians can either attend these events or organize their own.

For more information on the women who have played a role in Canada's military history or for more information on Women's History Month, please visit www.swc-cfc.gc.ca/dates/whm-mhf/index-eng.html.

And for a timeline of the history of women's contributions in the Canadian Forces, visit www.forces.gc.ca/site/news-nouvelles/news-nouvelles-eng.asp?id=3675.

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Sunday 1100 hrs

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

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

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

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

Protestant

CHAPLAINS

Padre Will Hubbard
(Anglican) Office 833-2500 ext 5349

Padre Gord Mintz
(Anglican) Office 833-2500 ext 5785

Padre Frank Staples (Baptist)
Det Dundurn Office (306) 492-2135 ext 4299

Sunday Services (English Only) 0900 hrs

Sunday School is held during the service for children ages 3 to 12, except on the last Sunday of each month. Childcare is provided on an as-required basis for children under 3 years of age.

Marriages Contact the chaplain at least six months in advance. A marriage preparation course is a requirement.

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

Protestant Chapel Guild meets the first Sunday of the month at 1800 hrs in the Chapel Annex. All women are welcome.

Food Bank

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

Emergency Chaplain

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

Other Phone Numbers:

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

Interfaith Prayer Room

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



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Taroscopes

BY NANCY

Aries (March 21 - April 19):

This is a transition time for you, which requires that you be practical, responsive, and flexible in dealing with a multitude of things that need your attention. Even though you have lots to do yourself, you are still the one people come to for assistance. Share your coping skills.

Taurus (April 20 - May 20):

Seeing the "seeds you've planted" grow to fruition takes time. Out of chaos you can create an orderly life. This takes a great deal of work. And you may feel alone in the crowd of "live in-the-moment," type people that surround you. Adapt to changes and issues as they arise.

Gemini (May 21 - June 21):

Step out into the unknown. Expand your horizons. You're faced with many choices. With each decision you move further away from what no longer suits you. The hope of something better keeps you going. A vision of your future sustains you through the complexities of life.

Cancer (June 22 - July 22):

Don't create trouble for yourself. Learn how to calm your fears and worries. Cope with what makes you feel uncertain or limited in any way. You do have options. The limiting beliefs are the real problem. Practice seeing the glass as half full.

Leo (July 23 - August 22):

Assess your options and determine the steps you must take if you feel the need for a stronger sense of security. A sense of separateness from others can be shifted through reconciling seemingly opposite, personal needs and by being more realistic. Life is what you make it.

Virgo (August 23 - September 22):

You feel vibrantly alive when you're in tune with your deeper desires. If you don't already know them, do some soul searching to determine what you believe in and what your goals are. Build on your strengths in areas that will assist you to feel more whole and fulfilled.

Libra (September 23 - October 23):

There is a natural cycle to most of life. Initial passion and excitement will shift to a sense of "this is the norm." Persevere and allow things to unfold slowly. If you are unsatisfied, seek answers inside yourself. Then look at ways to address any unmet needs.

Scorpio (October 24 - November 21):

You're breaking free from the beliefs that don't serve you. Only you know what is best for you. You're learning to let go and leave behind that which is dragging you down. As your optimism increases so does your faith in your own abilities and the choices you've made.

Sagittarius (November 22 - December 21):

A sense of dissatisfaction with life cannot be resolved by working harder and acquiring more. You need to feel involved with what is happening with the people you care about. If you've lost touch, reconnect. Free up some time to pursue personal interests.

Capricorn (December 22 - January 19):

As you get a better handle on time management your energy returns. Enjoy time with old friends and also expand your circle of friends. Take time for personal growth. Learn to be still and listen to your heart. Then have the courage to follow its lead.

Aquarius (January 20 - February 18):

Your wisdom and experience is evident. If others cannot see past what is immediately obvious - at least you do. You provide strong leadership when you hold to your standards and your own truths. You are making progress. An opportunity comes from out of the blue.

Pisces (February 19 - March 20):

Introspection and revelations lead you to do more of what you love. You'll see a positive response from others which validates your work and leads to financial returns. The networking and skill development you do now leads to future growth. Use your head; go with your gut.

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