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# THE VOXAIR

The Winnipeg Military Community News Source Since 1952

## TEME Tire Change Raises Money for GCWCC



Master Corporal Jean-René Kelly-Poulin, Mission Support Squadron Vehicle Technician, removes lug nuts from a tire during the RCEME Tire Change Event, 17 Wing on 1 November 2019. Please see complete story on page 2. Photo: Sgt Daren Kraus

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# Morale and Welfare Services CEO Visits Winnipeg



Sean Cantelon, CEO of CFMWS addresses a group of CFMWS employees, which includes CANEX, SISIP, MFRC, PSP, and Staff of NPF. Mr Cantelon spoke to the staff on Oct 29 at the Base Theatre.  
Photo: Bill McLeod, Voxair Manager

by Martin Zeilig, Voxair Photojournalist

When he was a ship's captain in the Royal Canadian Navy, Sean N. Cantelon, Chief Executive Officer, Canadian Forces Morale and Welfare Services (CFMWS), said people assumed he knew things that, as he confesses, he didn't know at all, so, he would wander down to the engine room and/or the galley to learn more about the workings of his ship, he said during a town hall meeting for CFMWS staff in the theatre of Building 90 on October 29.

Mr. Cantelon retired as a Commodore in 2018 after an impactful 38-year career with the Canadian Armed Forces, notes his biography. His military career commenced in 1981 when he served in the Queen's Own Rifles as a Rifleman. After joining the Regular Force, he went on to graduate from Royal Military College with a Bachelor of Arts Commerce. He has completed a number

of military professional courses, culminating with the National Security Program at the Canadian Forces College, Toronto. He also holds a Masters of Administration in Security and Defence Management and Policy from Royal Military College and is a graduate of the Queen's University School of Business Executive Program, as well as the U.S. Department of Defense Resource Management Institute.

Mr. Cantelon served over 15 years at sea, culminating in Command of the Frigate HMCS Charlottetown and the Auxiliary Oiler Replenishment ship HMCS Protecteur. He has served in both the Atlantic and Pacific fleets, including missions with NATO and in the Middle East. He also had

the opportunity to serve with Canada's Joint Task Force North Headquarters in Yellowknife where he led operations across Canada's Arctic region.

His final years of service were in Ottawa where he worked for the Vice Chief of Defence Staff. In that capacity, he worked with his Canadian Armed Forces (CAF) and Public Service colleagues on future military force structure/capabilities, long-term capital investment strategies, national strategy development and a number of complex Government policy issues.

Mr. Cantelon was appointed as CEO of Canadian Forces Morale and Welfare Services in 2019.

In his current role, he leads the team of 4,500 employees of the Staff of the Non-Public Funds Canadian Forces, an autonomous employer who serves those who serve, nationally and internationally. The employees of CFMWS manage the CAF's Non-Public Property social

enterprise operations under the authority of the Chief of the Defence Staff. In that capacity, the CEO of CFMWS acts as the Managing Director of Non-Public Property.

"I got my job to look at the organization in my 34th year of service," Mr. Cantelon said. "I got bitten by the bug. This is an amazing organization. I started to educate the Armed Forces leadership and I said this is something very unique. I do town hall meetings with the troops and I now say, 'Canadian Forces Morale and Welfare is your co-op.'"

He also mentioned that the Canex is "your co-op store," while SISIP is our co-op financial services that offers insurance and financial planning.

"Our cooperative has business partners such as The Personal, where you can get your auto and home insurance," Mr. Cantelon said. "The co-op runs recreational and well-being activities and your fitness programming. You're the owners. That's why you get a dividend back to your base fund. You buy co-op insurance from SISIP and financial services or from our partners in The Personal."

Mr. Cantelon noted that he was hired by General Jonathan Vance, Chief of the Defence Staff, to be CEO of CFMWS after his retirement from the CAF.

"He now understands that as a CDS, he has the Armed Forces as employees and this really unique staff of civilians called the Staff of NPF," he said.

"The CDS has been a tremendous supporter of where are we now and where are we going as an organization, and that's partly why I'm sticking around, because we all found a mutual agreement."

Mr. Cantelon emphasized that CFMWS is trying to work harder to be a better employer.

"One of the things we've got to do is enable you to do that (work) better, so you're happier at work," he said. "We do that partly with your compensation benefits. You're in good hands. We're looking at trying to improve your benefits, and providing opportunities to move around the country.

**GCWCC**  
@ 17 Wing

## Tire Change Raises Money for GCWCC

by Martin Zeilig,  
Voxair Photojournalist

The grinding echoing sounds of impact

torque wrenches loosening lug nuts on the tires of passenger vehicles echoed through the expansive garage in Building 129 during the annual Government of Canada Workplace Charitable Campaign fall tire change, October 31-November 2.

It was open to all military and civilian personnel and even their family members.

"We have a full crew this year and we're doing a lot more vehicles," Master Corporal David Clark, the OPI for the tire change, said during the morning on November 1. "We're actually having a lot more vehicles come in. We're having a lot more people come in. I pushed it a week earlier this year."

MCpl Clark and his crew were changing summer tires to winter tires and changing rims too.

People were coming in with aluminum rims, plus they had their winter tires on steel rims, he said.

"We'll change them over and check the pressure and look for any wear and tear on their vehicle, and then let them know," MCpl Clark said. "We had one vehicle this morning that had rear brake issues. We actually let the customer know."

The cost of mounting and balancing the tires was \$60.00, while customers were charged \$30.00 just to swap already mounted wheels.

MCpl Clark offered a shuttle too, so people could be driven back to their work place anywhere on base while their vehicle was being serviced.

Those doing the tire changes were members of the Transport and Electrical and Mechanical Engineering (TEME) Flight and the Corps of the Royal Electrical and Mechanical Engineers (REME).

They included vehicle techs, weapons tech and other trades.

Corporal Aaron Bergen had earlier taken the tires from a Volkswagen Golf that was on a hoist down to the tire bay.

"We just put them back on and the customer is about to get his vehicle back," said Cpl Bergen, a native of Winnipeg, noting that his usual job is to maintain military buses. "It's good. It's for charity."

Master Corporal Caroline Rodrigue, a vehicle tech and a member of the CAF for the past 14 years, had already swapped tires on over 20 cars when she agreed to be interviewed.

"I love doing this," she said. "It's fun, and we get to

help society."

Sergeant Michael Kirk and a couple of colleagues were over at the tire bay balancing, breaking down and installing tires from rims.

"It's all good," Sgt Kirk, a mechanic by profession, said. "It's a good place to work."

MCpl Clark commented that everyone was working for the same cause.

"If we run into a problem we let the customer know and try to rectify it," he said. "We don't do the repair work. We'll try to figure something out to get them back on the road. It goes to a good cause. We take pride in our work. We also take pride in donating to fundraisers."

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# Cancer Survivor Talks about Her Experience

by **Martin Zeilig,  
Voxair Photojournalist**

After Shonna Newans was diagnosed with breast cancer in 2016, she knew it would be the fight of her life.



**Shonna Newans love of life was renewed after her battle with cancer.**

**Photo: Martin Zeilig, Voxair Photojournalist**

Ms Newans was the guest speaker at the TEME breakfast for the Government of Canada Workplace Charitable Campaign on October 18. She spoke on behalf of the Canadian Cancer Society, which is one of 16 health charities that form HealthPartners, noted Whitney Morrison, Partnership Development Manager United Way Winnipeg.

Health Partners and the United Way are the two designated charities for the GCWCC.

"Shonna is a wonderful spokeswoman for HealthPartners, and we're so glad to have her as part of the campaign," Morrison said, during a follow-up interview with Ms Newans on October 31.

Ms Newans, who works in Human Resources at the Winnipeg Regional Health Authority, said she only found

out later, after the initial cancer diagnoses, that she was Hormone Estrogen Receptor 2 Positive (HER 2 P).

About 80 percent of all breast cancers are "ER-positive" which means the cancer cells grow in response to the hormone estrogen. About 65% of these are also 'PR-positive which grow in response to another hormone, progesterone.

"The (HER 2 P) increased my grade from a one to a three and in cancer there are only three grades and they don't like to see anyone in three", said Ms Newans, who, along with her husband, Ron, has four adult children in a blended family. "None are favourable, but one is the best place to be. It was very frightening for me and my family. It put everybody on their heads. So, I decided to just fight and see where this takes me, and hopefully I'll still be here to finish raising my family."

She did end up having a unilateral mastectomy on the left side, as well as reconstructive surgery.

"Everything went really well," Ms Newans continued. "Then I got a call from the intake nurse afterwards saying 'Okay. We need to set you up for chemotherapy.' Because I worked in healthcare as an HR all of my career, I had a lot of friends at HSC. So, I asked 'Can I please have my treatments at HSC where all my friends are so they can come have coffee with me while I'm having my chemo?'"

Since she was HER 2 Positive and grade three, they needed to treat her as quickly as possible to eradicate all the cancer cells that were inside her.

"Had I not found that lump on a self-exam and had I not gone to my doctor and said 'This doesn't feel right.' Who knows? Because I didn't look sick or feel sick," Ms Newans said. "I was doing my job and raising my family and running around, anything that normal people do during a day without thinking of it."

She started treatments as quickly as possible post-surgery, eight weeks following the surgery, at the Grace Hospital.

"I was plugged into an IV getting chemotherapy," Ms Newans said. "It was horrific. Some people breeze through it. I did not. I hoped to be dead instead of continuing with the treatments because they were really awful."

She endured "a whole host" of side effects that people could get with chemo.

"I think I hit every one of the side effects on the list," she said. "My husband, bless his heart, said 'you're such an over achiever you even created a few of your own that

they hadn't heard of.' Every chemo treatment meant an emergency visit for me because it was beyond what anyone could handle at home. We managed to get through that. I did feel like I came through that, four treatments once every four weeks, being dragged through a knot-hole."

She doesn't remember a lot from that period of time apart from getting through it minute by minute.

"Chemo was rough," Ms Newans acknowledged. "We did make it through. And, I did come through on the other side. I have a head of hair again, which is nice."

She also had to continue on with 18 intravenous treatments of the non-chemotherapy drug, Herceptin.

"It took just a little bit over a year, once every three weeks," Ms Newans said. "The side effects were not like chemotherapy. My hair still had time to grow back during these treatments as I finished them off."

She's cancer free now.

"I'm in full remission," she said. "I just have to look after myself. I started running after my diagnoses. I don't think I've run since high school. It was very exciting to get my body into better shape than it had ever been in. It's a freedom I get to do now. I get so much support from my family. They were so encouraging and proud of me."

She's also back at work full time.

"Work is hard," she admitted. "When you go through such intense treatments, you not only lose your hair but it does a whole host of things to your body. It really affects your brain. It affects how you think, how you multitask. We have to work so much harder on focus and concentration. At the end of a day, I go home and hit the couch. I'm pretty tired."

She praises her husband and four children, plus her parents, friends and co-workers for their support.

"I don't if I would have come through it the same way," Ms Newans said "It just gave me something more to live for and keep trying and keep going. They were so encouraging and proud of me."

"I'm here and I'm glad I made it through."

Now is a time to give back.

"I really enjoy giving these kinds of talks and getting the awareness out there, and plastering self-check diagrams on the mirror for women in our washroom at work, just so the awareness can get out there of how important it is to do self-checks regularly. Because, if I had not found that lump and knew that it wasn't right for my body, then I may not have thought much about it."

## Annual Learning, Career and Transition Planning Fair brings out CAF members, veterans and family members



**The MFRC Career Fair at the Holiday Inn West on Oct 23. Photo: Bill McLeod, Voxair Manager**

**from MFRC**

Every fall the Military Family Resource Centre hosts a fair to help our community with their learning and career plans. 2019 marks a significant growth year as more resources for transitioning members and their family were incorporated. This growth instigated a name change for the event and the Learning, Career and Transition Planning Fair was born.

Some other changes to the event included a partnership with the Transition Centre to assist with planning. The most notable change was the increase in attendance by partner organizations. Fourteen employers and eight higher education organizations including local and national organizations were in attendance. The broad-

ening of the scope of the event to include transitioning members also brought eight service organizations encompassing on base and off base services available to members, transitioning members, veterans and their families.

Once again there were workshops offering interactive learning opportunities. The afternoon session on Networking Effectively (and Finding Your Dream Job) delivered by Laurie Sutherland from Veritas drew rave reviews of the skills taught. The early evening session was a LinkedIn 101 for those new to using it for networking and job hunting. Presentations by the Transition Centre, Veterans Affairs Canada and the CAF Vocational Rehab program were also offered.

The MFRC would like to thank the participating organizations as they were integral to the success of the event. A special thanks to Bill McLeod from the Voxair for providing the 'head shot lounge' for participants who were looking for a professional picture for their LinkedIn and other social media.

This event is just a small part of the programs and services offered by the Employment and Education Service at the MFRC. If you are looking for additional support with Career counselling and development, job search, resume writing or any other aspect of your employment or education or for those who are looking for additional guidance on their career plans, job search or educational planning, the MFRC offers a weekly Employment and Education Support Group on Tuesday

mornings at the MFRC, 102 Comet St. from 9:30 am – 11:30 am with childcare available. Call John Bailey for more information at 204-833-2500 ext. 4511 or by email at john.bailey@forces.gc.ca

Veterans, transitioning CAF members and their families are invited to contact Dana Glover, Veteran Family Program Coordinator for assistance navigating their transition. She can be contacted at 204-833-2500 ext. 4507 or at dana.glover@forces.gc.ca

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# Big Donation Wraps Up 2019 RCAF Run



Chief Warrant Officer (CWO) Jean-Claude Parent, 1 Canadian Air Division CWO, Major General Alain Pelletier, Commander 1 Canadian Air Division, and Lieutenant Colonel Brian Quick, 2019 RCAF Run Chair, present a cheque for \$20,000 to Sean Cantelon, CEO Canadian Forces Morale and Welfare Services (CFMWS), and CWO Marco Cote, CFMWS CWO, 17 Wing on 29 October 2019.

Photo: Sgt Daren Kraus

## Lt Becky Major, 17 Wing Public Affairs

Thanks to the help of more than 350 people working behind the scenes, the 2019 RCAF Run was able to make a \$20,000 donation to Support Our Troops (SOT) during a presentation at 17 Wing HQ on Tuesday, October 29. Over its 11-year history, the event has raised over \$250,000 for SOT, which provides support to serving members, veterans and their families.

During the presentation, there was a common theme of gratitude and thanks towards CFB/17 Wing Winnipeg and the entire RCAF Run Committee. LCol Brian Quick, the Chair of the 2019 RCAF Run, wanted to thank the committee and those members who helped host a successful race. After a four-year decline in participation, the 2019 event sold out with over 2000 registrants participating in the 3Km Family Walk/Run, 5km, 10km, and half-marathon races.

Attendees also heard from Major-General Alain Pelletier, Commander 1 Canadian Air Division, who serves as the Canadian Armed Forces patron for the sport of running. "I am a runner myself," MGen Pelletier explained to the crowd, "I travel light, but I always have my running gear with me." MGen Pelletier highlighted

the importance of fitness within the CAF, and thanked LCol Quick for hosting another successful event.

Sean Cantelon, CEO for the Canadian Forces Morale and Welfare Services, accepted the cheque on behalf of Support Our Troops. Mr. Cantelon described how the RCAF Run's donation would help send kids to summer camp and assist families with special needs. "Even now heading into the winter, we can use these funds to support families in distress," he explained.

The cheque presentation represented an end to the 2019 event, and opened the door to the 2020 RCAF Run on Sunday, May 24th. The twelfth annual event will celebrate the 50th anniversary of the iconic Canadian Forces Snowbirds, and introduce a new slogan – "Come and earn your wings!" Participants will once again have a chance to run side-by-side with members of the RCAF as we celebrate fitness and family. We will also be recognizing history alongside our Winnipeg community with Manitoba 150, as 2020 marks 150 years since Manitoba became Canada's fifth province.

For more details on the 2020 RCAF Run and how to register, go to [www.rcafrun.ca](http://www.rcafrun.ca).

# Halloween Party a Howling Good Time



Doorway to Nightmares (brought on by excessive candy intake). Photo: Bill McLeod, Voxair Manager

## by Bill McLeod, Voxair Manager

It was a howling good time for families as Batmans, unicorns, princesses, and teenage mutant ninja turtles swamped the 17 Wing Fitness and Recreation Centre on Saturday, Oct 26, as Personnel Support Programs (PSP) Community Recreation hosted the annual Halloween Party.

"It's a day for the families to come together and have a little fun while decorating cookies, dressing up, or going through a haunted house," said PSP Senior Manager Tina Bailey as she toured the attractions with her daughter, son-in-law, and grandson.

Attractions at the family-friendly event included a colouring station, a cookie decoration station, an arm painting station, and a funny photo booth. Two bouncy castles and a number of skill games were available on the gym floor as well.

In the newly refurbished base theatre, Scooby Doo episodes kept some of the younger children enthralled and downstairs in the multi-purpose room a haunted house provided some thrills for adults and older children.

"The kids are so excited today," said staff member Laura Mosienko, who was selling tickets for snacks and drinks and collecting admission fees.

"We had 35 kids pre-registered and 88 kids by half-

way through," she said. It was estimated that close to 400 people attended the Halloween Party. That figure includes all the adults and children that attended.

17 Wing Fitness, Sports, and Recreation Manager Chris Merrithew says that the event relies largely on our PSP Community Recreation staff and a few volunteers coming together to make it all work.

"We have some military volunteers who come in to set up and tear down the bouncers and Community Recreation (Comm Rec) brings in extra staff to manage everything," he said. "It is great to see so many families out enjoying the events that we have planned for Halloween Howl. You could see the excitement on the kids' faces while they entered the building in anticipation of being a part of all the Halloween activities that our staff had planned for this day. It was definitely a great success based on all the positive responses we received."

"The best part of the party is all the kids in their costumes," said Ashley Clement, Comm Rec Coordinator, as the sound of children laughing and enjoying themselves could be heard in the background.

# Sacrifice and Legacy: Two Amputees Share a Special Bond



War Amps helped forge a bond between veteran Lloyd Brown (left) and CHAMP member Sean Borle (right). Photo: Supplied

## from War Amps Canada

Sean Borle, 24, recalls meeting Second World War veteran Lloyd Brown, 96, for the first time six years ago at a Remembrance Day ceremony. "We had this magical moment where I reached out my right hand and he put out his left, to shake hands," he says.

Borle was born missing his left hand, and Brown lost

his right arm on October 18, 1944 while serving with the Loyal Edmonton Regiment in Italy. "I was staked at a farmhouse which had a children's treehouse located behind it," says Brown. "In the treehouse was a sniper who kept shooting at our boys. A tank then came which shot out shells, the shrapnel hitting my right arm."

When Brown arrived at the hospital, the doctors had to amputate his arm. "Fortunately, I was in such shock that I didn't feel a thing," he recalls.

The ability to find the positive in a dark situation is one reason why Borle admires Brown. On Remembrance Day, the pair share a special tradition of laying a wreath on behalf of The War Amps, an organization entering its second century of service this year.

The War Amps was started by war amputee veterans returning from the First World War to help each other adapt to their new reality as amputees. They then welcomed amputee veterans following the Second World War, sharing all that they had learned.

Borle grew up in The War Amps Child Amputee (CHAMP) Program, which provides financial assistance for the cost of artificial limbs, emotional support and regional seminars to young amputees across Canada. It was started by War Amps Members, like Brown, who realized their experiences of living with amputation could

help others.

Through what they call "Operation Legacy," Borle and his fellow members of CHAMP have now "taken up the torch" of remembrance to pay tribute to the veteran members of The War Amps, whose efforts have made a difference in the lives of thousands of amputees.

"I can't overstate the impact that these programs have on young amputees and their futures," says Borle. "Knowing that there are people like Lloyd who understand what it's like to be missing a limb, makes you feel like you're not alone."

When Brown attends the Remembrance Day ceremonies, he reflects on all those in his regiment who never came home. "It's heartbreaking to think of all those who lost their lives and it's important to remember them," he says.

For Borle, it's special to share Remembrance Day with Brown. "I would not be the person I am today had it not been for that decision more than 100 years ago to begin The War Amps," says Borle. "It is our commitment as Champs that the legacy and sacrifices of Lloyd, and all the war amputee veterans, will be remembered and carried forward."

# LODGER UNIT in FOCUS

## Giving back to the Canadian Youth

by Capt Léonie Laflamme-Savoie, CD

When he started working for the Regional Cadet Support Unit Northwest (RCSU NW) as a Training Support Warrant Officer, Petty Officer First Class

(PO1)Eric Kenney was already familiar with youth organizations.

"I've been involved with the Navy League Cadets of the Navy League of Canada since 1994 when a roommate of mine suggested that I come to help teach drill" says Kenney. "He said I should come and help, just for one night, and here I am, still involved many years later."

Eric Kenney originally enrolled in the Canadian Armed Forces in 1989 as an army weapons technician and switched to the Navy in 1991. He spent most of his career on the west coast and was posted to RCSU NW in 2016.



**BATA cadets marched in the Islendingadagurinn (Icelandic Festival of Manitoba) parade in the town of Gimli, 03 August 2019. Photo supplied**

"My main job here is to help cadet corps and squadrons who require support for their field training exercises. I make the requisitions for transport, campgrounds, rations and equipment so they have everything they need to go out for a weekend in the field", explains PO1 Kenney.

During the last two summers, he acted as the Chief Warrant Officer at the Gimli Cadet Flying Training Centre (GCFTC) where, each summer, 255 cadets attend to complete either their Glider Pilot Scholarship or their Basic Aviation Technology and Aerospace Course (BATAAC). A big part of his work revolves around working with the senior staff cadets who instruct and lead the younger course cadets.

"I've never worked with air cadets before, it really was an eye opener for me" he said. "I usually let the staff cadets conduct the daily routine at the GCFTC I stay in the background mentoring and guiding them when they need me. They are very good and, to be honest, sometimes I had more fun than the cadets themselves."

For PO1 Kenney, who will be heading back to Victoria next summer, volunteering his time is really all about giving back. "My favorite quote is: if you don't take the time to teach young people the right way in life, someone might take the time to teach them the wrong way in life." I don't have kids myself, but this is my way to give back what I've received myself when I was younger."

RCSU NW oversees 216 cadet corps and squadrons spread out across Manitoba, Saskatchewan, Alberta, Yukon, Northwest Territories and Nunavut. The region includes around 10,000 Air, Sea and Army Cadets and 1567 members of the Cadet Organization and Administration Training Services (COATS), members of the Regular and Reserve Force as well as civilians.



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### PLAYSAFE: Don't Let It Happen to You

Adam



Rebecca



The War Amps new "kids-to-kids" safety video, featuring stories from young amputees who have lost limbs in accidents, delivers the hard-hitting but positive message: "Spot the danger before you play!"

Visit [waramps.ca/playsafe](http://waramps.ca/playsafe) for the video and safety resources.

 The War Amps

# College Corner



## PART III - ELECTRONIC ATTACK

In this final installment on electronic warfare (EW), we will discuss electronic protection (EP). This is a little-known, yet vital part of EW and indeed modern operations. Electronic protection allows friendly systems to operate despite enemy use of EW, as well as natural phenomenon, like solar flares, which can disrupt electronic systems and communications; it focuses on system attributes or processes that make friendly operations more resilient in the face of enemy EW. Measures used to protect systems can be either technical or procedural. Technical measures are built into an electronic system and affect its operation, such as frequency hopping radios, whereas procedural measures are steps an operator can take. An example of this would be limiting radio chatter, changing call signs, or by coordinating spectrum allocation to ensure that users are not interfering with each other. Another example of EP is stealth technology, which is a collection of techniques used to reduce the radar cross section of an aircraft, vehicle or ship. To accomplish this, radar waves are reflected away from a receiver or absorbed so that only a tiny fraction of the transmitted power is received back, thus making a large object appear no bigger than a bird. For more on this subject, RCAF Barker College hosts two serials of Advanced Operational Electronic Warfare to discuss this and other topics.

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

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

# RCAF Barker College News



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# How to wear a Poppy

## from Royal Canadian Legion Wear a Poppy to Remember

Throughout the Remembrance period, we see Poppies worn with pride in every corner of our lives to honour our Veterans. The Royal Canadian Legion provides a Poppy Protocol to guide Canadians on appropriate and respectful wearing of the lapel Poppy. However, wearing a Poppy is a personal expression of Remembrance, and how someone chooses to wear a Poppy is always an individual choice.

### How to wear a Poppy

The Poppy should be worn with respect on the left side, over the heart. The Legion's lapel Poppy is a sacred symbol of Remembrance and should not be affixed with any pin that obstructs the Poppy. Also available through some Branches is the Legion's reusable black centre Poppy pin to affix your lapel Poppy.

### When to wear a Poppy

The lapel Poppy should be worn during the Remembrance period, from the last Friday in October until November 11. The Legion encourages the wearing of Pop-

pies at funerals of Veterans, and for any commemorative event such as a memorial service, or the anniversary of the Battle of Vimy Ridge. As well, it is not inappropriate to wear a Poppy during other times to commemorate Fallen Veterans and it is an individual choice to do so.

### How to remove a Poppy

Poppies may be worn throughout the Remembrance period, including in the evening after Remembrance Day Ceremony. Some choose to remove their Poppy at the end of the day on November 11. Some choose to remove their Poppy at the conclusion of the ceremony and place their Poppy on the cenotaph or on a wreath as a sign of respect. This has become a poignant tradition each year at the National Remembrance Day Ceremony in Ottawa as thousands of Poppies are placed on the Tomb of the Unknown Soldier.

When a Poppy is removed, it should be stored appropriately or it may be disposed of respectfully. We encourage anyone who finds a Poppy that has fallen to the ground to pick it up and brush it off so that it can be kept or disposed of respectfully.

While Poppies are always free, The Royal Canadian Legion gratefully accepts donations to the Poppy Fund, which directly supports Canada's Veterans and their families in need.

Canadians outside of the country can get a Poppy from Royal Canadian Legion Branches in the U.S., Mexico, Germany and the Netherlands, or through their Canadian Embassy or Consulate.

The Legion's lapel Poppy is the Poppy you will see most during the Remembrance period, and the one the Legion distributes during the Poppy Campaign to help raise Poppy Funds for Veterans and their families. For Canadians who want to show their pride and support year-round, the Legion's Poppy Store sells Poppy brooches and other products to show you remember. Proceeds from the sale of these products help support the Legion's mission to care for Veterans and promote Remembrance.

We invite everyone across the country to honour and remember Canada's Veterans by proudly wearing this symbol of Remembrance and taking a moment to reflect.

**SUPPORT  
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## Conflict and Complaint Management Services (CCMS)

### from Conflict and Complaint Management Services

Under the Vice Chief of Defence Staff, Director General Integrated Conflict and Complaint Management (DGICCM) has 16 CCMS centres on various bases / wings across Canada. The Winnipeg office opened in July 2018 and is currently providing service to the Defence Team throughout Manitoba and Saskatchewan.

### How can we help you?

If there is conflict or complaint that is causing you, or someone you know, to not be giving their 100% at work because their mind is somewhere else, come speak to a CCMS Agent. Topics include but are not limited to: interpersonal conflict, Harassment Complaints, Grievances, Human Rights Complaints, PER disputes, sexual misconduct, Op Honour issues, policy and process questions, registration and use of the Integrated Registration Tracking System (ICRTS).

### Are services confidential?

Yes, when you meet with an Agent or Practitioner services are confidential.

### What is the role of an Agent?

- To assist both members and the Chain of Command navigate the conflict and complaint management mechanisms within the institution.
- Provide education and awareness sessions on the spectrum of resolution options available.
- Assist members in providing a clear picture of their issues and the process / policies available to resolve those issues.
- Triage of files and referrals to other professionals as appropriate.
- Ensure conflicts and complaints are actively managed from cradle to grave.
- Encourage all members of the Defence Team to use an early, local, informal (ELI) approach whenever possible to manage conflicts and complaints.
- Assist Workplace Relations Advisors, Unit Harassment Advisors, Grievance Analysts and Assisting Members with process or policy questions.
- Assist Chain of Command / Point of Contacts with the Integrated Registration and Tracking System (ICRTS).

### What is the role of the Conflict Management Practitioner?

- The Conflict Management Practitioner is a specialist in Alternate Dispute Resolution.
- Provide education and awareness sessions on Alternate Dispute Resolution.
- Offers tailored training for Units interested in learning more about Alternate Dispute Resolution.
- Conflict Management Practitioners provide the following services to both Members and the Chain of Command:
  - Consultations;
  - Conflict coaching;
  - Leadership assistance;
  - Facilitation;
  - Mediation;
  - Group processes.

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# LEST WE FORGET

## Remembrance Day Services 2019



RBC Convention Centre	375 York Avenue	Arrive at 1000.
Community Campus Aboriginal Veterans' Day-Nov 8	181 Higgins Ave	Service begins at 1030
St James Legion Br 4	Portage Ave	Service at Bruce Park for 10:45 start-Parade marches back to St James Legion down Portage Ave following service
Minto Armoury	969 St Matthews Ave	Arrive NLT 10:45
Strachan Armoury	551 Machray Ave	Arrive by 1030
Royal Winnipeg Rifles Memorial	Vimy Park-Portage and Home	Arrive nlt 1015
Valour Road Memorial	Valour Plaza-Sergeant Ave at Valour St	Begins at 1045
HMCS Chippawa	1 Navy Way	Seated for 1015
ANAVETS Assiniboia Unit 283	3584 Portage Ave	Seated for 1030 in main hall
Charleswood Legion Br 100	Oak Park High School 820 Charleswood Rd	Service held at Oak Park High School. Must be seated before 1030 sharp.
Deer Lodge Centre	2109 Portage Ave	Service begins 1400
Brooklands & Weston Legion Br 2	1613 Logan	Service commences at 1045. Lunch served downstairs after.
Ukrainian Legion Br 141	618 Selkirk Ave	Seated for 1200
Winnipeg South Osborne Legion Br 252	426 Osborne St	Doors open at 1000 and close at 1045 Service begins at 1100
West Kildonan Legion Br 30	1748 Main St	Doors open to hall at 1030 for 1055 service
Prince Edward Legion Br 81	Holy Eucharist Hall 460 Munroe	Doors open at 1000, service commences at 1050
Norwood St Boniface Legion Br 43	134 Marion	Service to be held at St Phillips Church. Legion members to march from Legion at 1015 to church for service at 1045
Henderson Highway Legion	Eastview Community Church 3500 DeVries Ave	Seated for 1030
Elmwood Legion Br 9	920 Nairn Ave	Doors open at 0930 and locked if capacity reached. Colours marched on at 1050
Fort Garry Legion Br 90	1125 Pembina Hwy	Doors open at 0900 until capacity reached. Commences at 1045
Transcona Legion Br 7	117 Regent Ave East	Parade forms up at branch at 1000 and marches to Transcona East End Arena, 517 Pandora for service
St Norbert Cenotaph	St Norbert Cemetery, Rue St Therese Ave	Service begins at 1045
Springfield Collegiate	841 Cedar Ave, Oakbank	Service at 1030
Stonewall Legion Br 52	459 Main St	Doors open at 1030, service at 1100
Winnipeg Beach Legion Br 61	20 Hamilton Ave	Service begins at 1045
Selkirk Recreation Complex	180 Easton Dr	Sevice begins at 1030

Dress for military personnel is DEU 1A (medals), headdress Navy-service cap/bowler, Army-beret, Air Force-wedge. Please note-UN blue and MFO orange berets are not authorized for wear on Remembrance Day.

The Voxair attempts to confirm all services and Remembrance Day events but if you are planning to attend a Remembrance service in your local area you should confirm all timings and service locations with the organizers.

### In Remembrance Of Our Fallen Comrades Of Past Wars



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1914-1918 and 1939-1945  
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In Memory Of Our Fallen Comrades  
in Two World Wars  
1914-1918 and 1939-1945  
and Korea



17 Wing  
Warrant Officers'  
and Sergeants' Mess  
17 Wing, Winnipeg, Manitoba

In Memory Of Our Fallen Comrades



17 WING OFFICERS'  
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# Around The Wing



Master Corporal Chris Griffiths, a Search and Rescue Technician at 435 Transport and Rescue Squadron, discusses search and rescue with members of the Manitoba Moose, an American Hockey League team, as part of a visit to 17 Wing Winnipeg on October 16, 2019, in preparation for the Moose's military appreciation night on November 11.  
Photo: Sgt Daren Kraus



A little monkey and his panda mother take in all the activities at the Halloween Party hosted at Building 90 on Oct 26. Photo: Bill McLeod



## VETERAN FAMILY PROGRAM

For Medically Releasing CAF Members, Medically Released Veterans and their Families



## LE PROGRAMME POUR LES FAMILLES DES VÉTÉRANS

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The Veteran Family Program supports medically releasing Canadian Armed Forces members, medically released Veterans and families. If you are transitioning visit your local Military Family Resource Centre, [CAFconnection.ca](http://CAFconnection.ca), or call the Family Information Line at **1-800-866-4546**.

Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez [ConnexionFAC.ca](http://ConnexionFAC.ca) ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au **1-800-866-4546**



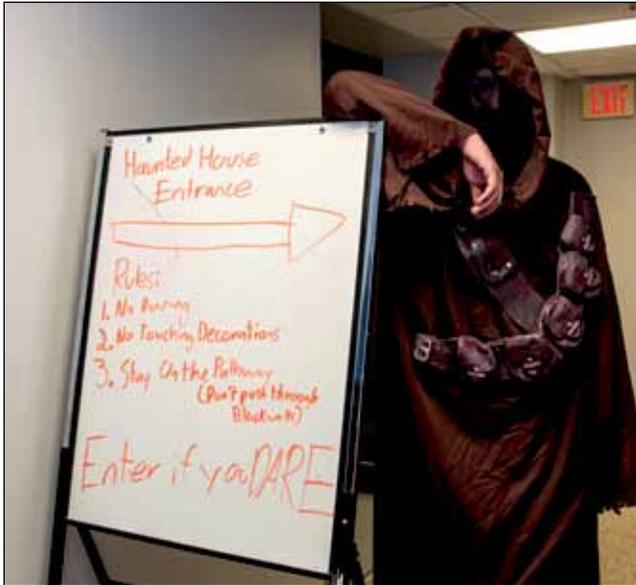
# Around The Wing



Seraphim, left witch, and Evelyn, right witch and grandmother to Seraphim, enjoy some colouring at the Halloween Party hosted by PSP at Building 90 on Oct 26. Photo: Bill McLeod



LCol Brian Quick, 2019 RCAF Run Chair, and Colonel Eric Charron, Commander 17 Wing Winnipeg, with RCAF Run volunteers, 17 Wing on 29 October 2019. Photo: Sgt Daren Kraus



A scary hooded figure mans the entrance at the Haunted House which was a feature of the Halloween Party at Building 90 on Oct 26. Photo: Bill McLeod



Tatum and Kaitlyn pose for photos at the photo booth set up at the Halloween Party on Oct 26 at Building 90.



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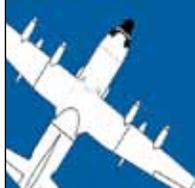
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- 6 au 9 novembre** • Théâtre : Pièces de résistance • USB
- 7 novembre** • Soirée chansonnier • USB
- 7 novembre** • Coup de cœur francophone - Anique Granger et Gen + Tonic • CCFM
- 7 novembre** • 1er siècle de l'Église dans l'Ouest canadien  
• Salle Paroissiale des Saints-Martyrs-Canadiens
- 7 novembre** • Lancement du recueil "à deux degrés du paradis" • CCFM
- 8 novembre** • Coup de cœur francophone – Pierre Guitard et Justin Lacroix Band • CCFM
- 9 novembre** • Coup de cœur francophone – LGS et Red Moon Road • CCFM
- 9 novembre** • Soirée humour et danse  
• Théâtre Cercle Molière
- 12 novembre** • 45e anniversaire des Éditions du Blé  
• CCFM
- 12 novembre** • Ateliers de danse folklorique française  
• Collège Louis-Riel
- 14 novembre** • 14e Banquet annuel du Centre Flavie-Laurent • CCFM
- 15 novembre** • Une soirée de curling doubles  
• Club de curling Heather
- 16 novembre** • Vente d'artisanat de la Villa Aulneau  
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**Sports Trivia**

**The World Series**

by Stephen Stone

1. In 1949 a group of New York baseball writers established the Babe Ruth Award for the MVP in the playoffs. Who was its first recipient?
2. In 1955 Sport Magazine created the World Series MVP award. Who was its first recipient?
3. Who are the only players to be World Series MVP twice?
4. Who is the only World Series MVP from the losing team?
5. Who was the first African-American manager to win the World Series?
6. Who was the only player to be the last out of a World Series by being caught trying to steal a base?
7. Which team did the Red Sox beat to break "The Curse of the Bambino" in 2004?
8. Prior to the 2017 World Series, who are the only players to have five hits in a single WS game?
9. Who holds the record for ejections from World Series games?
10. We all know the Yankees have won the most World Series. Which team has won the second most?
11. Who was the last triple crown batting winner be the last out of a World Series?
12. In the Blue Jays first World Series win, who was involved in the final Series out?
13. Who holds the MLB record for career grand slams?
14. The 1956 World Series is noted for Don Larsen's perfect game. Which Yankee pitcher also threw a shutout and beat Don Newcombe of the Dodgers in game seven by a 9-0 score?
15. Who was the Umpire behind the plate during Don Larsen's perfect game?
16. Who is the only player to break up a World Series no hit bid in the sixth inning or later?
17. Who was the last pitcher to win three games in the same World Series?
18. Who were the first Cy Young winners to face each other in the World Series? (hint: they did not know they were Cy Young winners until after the Series and the season were over.)
19. Since the World Series went to a best-of-seven competition, how many series went the full 7 games?
20. Which team has won the most game sevens?

**Sports Trivia Answers on page 14**

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**Clothes Dryers & Fire Safety**

There are some very important things to remember when using clothes dryers; the most important is the prevention of fire and life safety.

Because this appliance is electrical and uses heat to dry clothing, it has a potential as a starting point for fire. As is the case with any appliance it requires periodic maintenance checks on its condition. There are a few very simple steps in using a clothes dryer properly and safely and some that are little more in depth that require a bit of time.

These units come with various types of lint traps. They are a very important part of the dryer so it can be used safely and efficiency. Lint is produced by the drying of clothing and is accumulated in the lint trap. There is also a certain amount of lint that gets beyond the lint trap. It gets in and around the bottom of the dryer and the electric motor. With the dryer motor and blower fan running along with belts turning more dust and lint get drawn into this area, and are not seen because of the concealment within the dryer housing.

After your clothes are done drying you should immediately remove the lint trap and clean it. This is not only for safety but it also helps your dryer work more efficiently and saves you money. Either on the front or back of your dryer there is a service panel. This service panel will allow you access to the under side of your dryer where dust and an accumulation of lint has built up over time. Before removal of the access panel ensure the power to the dryer is off by unplugging the unit. Any electrical appliance while being worked on must be de-energized. After gaining access you will find that lint and dust has collected in and around the electric motor and though out the bottom of the dryer. Taking a vacuum cleaner, clean this area. You may require a small, light bristled brush to get in some of the hard to get spots. Pay particular close attention to where the vent hose and blower connection meet.

Poor venting systems and improper use are among the major causes of fires involving clothes dryers. Improperly vented dryers can cause backpressure and can result in lint and dust accumulation inside the appliance. If any metallic object is left in an article of clothing and makes its way into the heating element, it could short it out and possibly ignite clothing; lint and or dust build up.

Here are some items that have turned up in the heating elements when clothes dryer fires are investigated – coins, paper clip, and even items of jewellery.

Clothes dryer vents are extremely important in that they vent off heat from the dryer and prevent humidity and lint from being blown around your home. There are some very important things to watch out for while installing your vent hose. Make sure that the manufacturer's guide for installation and operating instructions are followed:

- Do not exhaust a clothes dryer's vent through a chimney.
- Use an exhaust duct system no longer than specified by the manufacturer.
- Ensure that there are no kinks or extreme bends in the exhaust duct system.
- Use only a non-combustible exhaust vent for your clothes dryer i.e. metal

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0930-1600 hrs

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PLEASE SEND LUNCH & SNACKS (NOT FREE PLEASE)

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4 & 5 year olds may register for mornings ONLY - 0930-1230 hrs	4 & 5 year olds can register for either half or full day with the MFRC
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## DROP 'N' SHOP

SATURDAY 14 DECEMBER, 2019

### SCHEDULE OF ACTIVITIES

COMMUNITY RECREATION • AGES 4 - 12 YRS  
\* 4 & 5 yr olds may register for mornings ONLY - 0930-1230 hrs

TIME	FACILITY	ACTIVITY
0930 hrs	Bldg 33 - Rec Room	Holiday Crafts & Snack
1015 hrs	Bldg 33 - Activity room	Games
1100 hrs	Bldg 90 - Squash Court #3 & #4	Racquet Games
1145 hrs	Bldg 90 - Theatre	Pizza Lunch & Movie
1300 hrs	Bldg 90 - Gym	Sports
1400 hrs	Bldg 90 - Pool	Swimming
1500 hrs	Bldg 33 - Rec Room	Change - back to Bldg 33 - Snack
1530 hrs	Bldg 33 - Rec Room	Free Time

MFRC MILITARY FAMILY RESOURCE CENTRE WINNIPEG

MILITARY FAMILY RESOURCE CENTRE • AGES 18 MTHS - 3 YRS  
\* 4 & 5 yr olds can register for either half or full day with the MFRC

TIME	ACTIVITY
0930 hrs	Free Play & Holiday Crafts
1045 hrs	Snack
1100 hrs	Outdoor Play
1215 hrs	Lunch
1300 hrs	Quiet Time - play dough, puzzles & games (nap time for nappers)
1430 hrs	Snack
1500 hrs	Outdoor Play
1600 hrs	Home Time



## FAMILY HOLIDAY FUN!

Bldg 90 SUNDAY DEC 8 2019 1pm - 4pm

AN AFTERNOON FILLED WITH FAMILY FUN!  
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For more info: 204-833-2500 ext. poste 5139 or 2057 • Register online at: www.cafconnection.ca/winnipeg

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LOISIRS COMMUNAUTAIRES

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une heure dans le gymnase pour jouer à des jeux • une heure dans la piscine • création d'artisanat et de décoration de biscuits • visite du père Noël

ENTRÉE GRATUITE POUR ADULTES!  
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2019

14 YRS + 14 ANS +



SNACKS AVAILABLE FOR PURCHASE \$1 each

DES COLLATIONS SONT OFFERTES À 1 \$ chacune

WEDNESDAY • NOVEMBER 20 NOVEMBRE • MERCREDI

BLDG 90 THEATRE BÂT. 90 - THÉÂTRE

DOORS OPEN 1830 HRS LES PORTES OUVRONT À 18 H30

SHOW TIME 1900 HRS 19 H AU CINÉMA

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

## Free! MOVIE NIGHT

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2019

14 YRS + 14 ANS +



SNACKS AVAILABLE FOR PURCHASE \$1 each

DES COLLATIONS SONT OFFERTES À 1 \$ chacune

WEDNESDAY • DECEMBER 11 DÉCEMBRE • MERCREDI

BLDG 90 THEATRE BÂT. 90 - THÉÂTRE

DOORS OPEN 1830 HRS LES PORTES OUVRONT À 18 H30

SHOW TIME 1900 HRS 19 H AU CINÉMA

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

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

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

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

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

## Celebrate National Child Day

### Nurturing their roots

Free art activity

17 Wing Winnipeg  
The Community Recreation Department is hosting the CELEBRATE NATIONAL CHILD DAY

Saturday November 16 - from 9:15am to 11:30am - in the Westwin Community Center (bld 33) - MPR  
Snacks will be provided

Each child will be featured with his/her photo in a collage of words and pictures that represent that child  
Parents are to accompany children under ten years of age

BMO sponsoring this National program

CAFCONNECTION.CA/CHILD-DAY

## Advertise With Us!

### And reach the 17 Wing Community



Contact (204) 833-2500 ext 4120

## Célébrons la Journée nationale de l'enfant

### Enrichir leurs racines

Activité artistique gratuite

17<sup>e</sup> Escadre Winnipeg  
Le service des Loisirs Communautaires Organise la Journée CÉLÉBRER LA JOURNÉE NATIONALE DE L'ENFANT

Samedi 16 novembre - de 9h15 à 11h30 - au Westwin Community Center (bld 33) - MPR  
Des collations seront fournies

Chaque enfant sera présenté avec sa photo dans un collage de mots et d'images qui le représentent.  
Les parents doivent accompagner les enfants de moins de dix ans  
BMO sponsorise ce programme national

CONNEXIONFAC.CA/JOURNEE-ENFANT



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

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

**WE ARE ON...**



**@WinnipegMFRC**

**www.CAFconection.ca/winnipeg**

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

**SPECIAL EVENTS**

**COMMUNITY COFFEE BREAK**

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

**LADIES NIGHT BOWLING**

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

**COMEDY NIGHT**

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

**ADULT PROGRAMS**

**EMPLOYMENT & EDUCATION SUPPORT GROUP**

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

**CAFÉ FRANÇAIS**

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

**FRENCH LUNCH 'N CHAT**

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

**SOUTH SIDE COFFEE**

A social time open to everyone! Wed. Nov. 20, 0930 – 1130 at South Side Youth Centre, 347 Doncaster St.

**CRAFT DROP-IN AFTERNOON**

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

**LEAVING THE UNIFORM**

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

**MATURE WOMEN'S GROUP**

Join us for an evening of coffee and conversation as we discuss topics geared to midlife. If you're a 45+ woman this is a great way to meet others while sharing your wisdom and expertise about navigating life's journey. Mon., Nov. 25, 1900 -2100.

**MENTAL HEALTH FIRST AID – VETERAN COMMUNITY**

Attendance is mandatory both days. Tues. Nov. 19 and Wed. Nov 20 0800-1600 each day. Register by Nov. 8.

**CHRISTMAS CARD MAKING**

Make 6 holiday cards (4 to keep and 2 to give away) and a 3D paper craft. Tues., Nov 19. \$20 Register by Nov 12.

**CRAFT TIME**

A three hour session in a child free place with 8 ft tables for you to work on your craft project. Sat., Nov. 30, 1300 - 1600. Register by Nov. 29.

**CHILDREN PROGRAMS**

**OCCASIONAL CHILD CARE**

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

**CREATIVE TOTS**

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

**KIDS CLUB**

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

**MOTHER GOOSE IN FRENCH**

Continuing program.

**YOUTH PROGRAMS**

**DEPLOYMENT ACTIVITY: READ AND CRAFT (4-12)**

We will reading and doing crafts together. Drop off is optional. Sat., Nov. 23, 1000 – 1130 \$5 per child. Reg by Nov 18 LIMITED SPACES!

**PARENT & FAMILY PROGRAMS**

**PARENT COMMUNITY**

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

**PARENT GROUP**

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

**NEW RECRUITS FAMILY CAFÉ**

Calling all family members of a new military member! Come learn about the services the MFRC can offer you and your family. Light refreshments will be served. Sat., Nov. 30. 1100 - 1200.

**VISIT THE ST. BONIFACE MUSEUM**

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

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TICKETS AVAILABLE AT THE MFRC, ANAVETS 283 & AT THE DOOR  
BILLETS DISPONIBLES AU CRFM, À ANAVETS 283 ET À LA PORTE

FOR MORE INFO, CALL / POUR DE PLUS AMPLES INFORMATIONS, COMPOSEZ LE : 833-2500 EXT. / POSTE 4500

**Bake Exchange!**

Wednesday, December 4  
7:00 - 8:30

**MFRC, 102 Comet St.**

**Register by November 22**

Bake a dozen for each participant plus a dozen to share. Bring your recipe too! Baking quantities to be confirmed by Nov. 26

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

**Christmas Card Making**

NOVEMBER 19  
1900 - 2100  
at the MFRC

**\$20, Register by Nov. 12**

**Make 6 cards (keep 4 & 2 cards will be sent to a deployed CAF member)**

**BONUS: Make a 3D project to keep**

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

## Sports Trivia Answers

1. Joe Page, New York Yankees.
2. Johnny Podres, Brooklyn Dodgers. Podres also won the Babe Ruth Award the same year.
3. Bob Gibson, Reggie Jackson, and Sandy Koufax.
4. Bobby Richardson, New York Yankees - 1960.
5. Cito Gaston, Toronto Blue Jays - 1992 and 1993.
6. Babe Ruth.
7. St. Louis Cardinals.
8. Paul Molitor, 1982 and Albert Pujols, 2011.
9. Bobby Cox with 2. 1992, when the Braves played the Blue Jays, and 1996, when the Braves played Cleveland.
10. St. Louis Cardinals with 11.
11. Miguel Cabrera, Detroit Tigers, 2012 - caught looking at strike 3 on a pitch down the gut by Sergio Romo of the Giants.
12. Otis Nixon of the Braves bunted to Jays pitcher Mike Timlin who threw the ball to Joe Carter for the game winning and Series clinching out.
13. Bill Mazeroski, Pittsburgh, 1960 - bottom of the 9th vs the Yankees.
14. Johnny Kucks struck out Jackie Robinson to end the game and the Series. It was Robinson's final at bat as he retired at the end of the season.
15. Ralph "Babe" Pinelli. It was his last plate appearance since he retired after the Series.
16. George Springer, Houston Astros - game 4, 2017.
17. Randy Johnson, Arizona Diamondbacks - 2001. Johnson won games 2 and 6 as a starter then came on in relief to win game 7.
18. Bob Gibson, St. Louis and Denny McLain, Detroit. Gibson won both games they faced each other but the Tigers won the 1968 Series.
19. 37.
20. St. Louis Cardinals - 8.



### CAF National Running Championship Championnat national de course des FAC 22-24 May 2020/Du 22 au 24 mai 2020



\*To be eligible for the CAF National Running Championship, submit your official qualifying time from a sanctioned race (which must be no more than 14 months prior to race day).

**NLT Fri 17 Jan 2020**

\*Pour être admissible au Championnat national de course des FAC, veuillez soumettre votre temps de qualification officiel obtenu lors d'une course sélectionnée (courue moins de 14 mois avant le jour de la course).

**APTL vendredi 17 janvier 2020**

Contact/ Communiquez avec Dawn Redahl  
[Dawn.Redahl@forces.gc.ca](mailto:Dawn.Redahl@forces.gc.ca) Local/poste 5511

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4:00 PM — 7:00 PM

#### MEAT DRAWS

Friday Night — 7:00 PM  
Saturday Afternoon — 3:30 PM

#### LIVE BANDS

Nov. 8 & 9 — Bowman Brothers  
**REMEMBRANCE DAY**  
Nov. 11 — HMCS Chippawa Band  
Nov. 15 & 16 — Uncle Basic  
[www.303rockwood.ca](http://www.303rockwood.ca)



# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** By using humor to make light of things and deflect questions you may be distancing yourself from people who can help you. Good communication skills can improve relationships. You cannot orchestrate everything to your convenience. Show respect when trying to connect with others.

**Taurus (April 20 – May 20):** Get organized. Good time management is needed now. Check rules and costs associated with the options you are considering. Even small changes can make a big difference. Make the effort to take care of yourself and to enroll in or commit to a program for self-improvement.

**Gemini (May 21 – June 21):** Though you think you are pragmatic, peace of mind will elude you if you don't acknowledge regrets. Review how your own inability to engage or accept opportunities has led you to a point of feeling emotionally isolated. Make more time for the people you enjoy being with.

**Cancer (June 22 – July 22):** Tasks take longer than expected. In order to change things, you have to be willing to go where you've not gone before, do things you're not skilled at and risk looking foolish. Be mindful of the words you use. You could get so carried away you go too far when trying to make a point.

**Leo (July 23 – August 22):** How you face adversity says a lot about your character. Show others how optimistic you can be while being realistic as well. Work with what you have. Keep pushing yourself until you find the perfect fit. See challenges and setbacks as a fact of life. Don't take things personally.

**Virgo (August 23 – September 22):** This is a challenging time for you. You may question yourself a lot. If you wonder, "Did I do enough? Could I have done things differently?" Take a mental break. Use routine tasks to regain a sense of detachment. Play with ideas and stop insisting on perfection.

**Libra (September 23 – October 23):** Every cloud has a silver lining. What might seem to be a crisis could become the basis for a special opportunity. Something profoundly moving, financially viable, or a chance for your soul to evolve could be hidden in the midst of total chaos. Stretch out of your comfort zone.

**Scorpio (October 24 – November 21):** Consider a new approach for getting what you want. You want to be independent but often it's through partnerships that you can create a stronger foundation on which to build your future. Explore new ventures, long range possibilities and where you want your life to go.

**Sagittarius (November 22 – December 21):** Over thinking and assuming can keep you frustrated and unsatisfied. Pushing for perfection and control stifles joy. Let others have a say in decision making. Share responsibilities. Learn this and you'll realize you were never as stuck as you thought you were.

**Capricorn (December 22 – January 19):** Establish your own definition of success and work towards what you want. You may have integrated other people's expectations and created assumptions about yourself and your life based on this. Strong people challenge you to be your best. Be true to yourself. Keep it real.

**Aquarius (January 20 – February 18):** Negotiations are delicate and require mental agility when the people involved are very different. Listen and let others reveal themselves. Eliminate distractions so everyone stays focused. Find a way to keep everyone talking. Point out that there is a cost to discord.

**Pisces (February 19 – March 20):** Taking care of yourself is job #1. Do not be distracted by petty issues or people. Work to make your environment reflect how much you care for yourself. Physical labour can be therapeutic. Sharing your concerns helps relieve stress. Connect with friends and ask for assistance.

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

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**- Agnes MacPhail, Canada's first female MP**



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Tuesday/Thursday 10-11 am

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# The Duty to Remember

by Padre Laura Coxworth

This is the time of year that every military member searches around for the various places where they have stored their Poppies from last year. Many members I know have a stash of them pinned to the visor in their car, or tucked in different pockets and drawers for safe keeping. Just the other day, I was thinking I'd have to get some, when my eyes focused on a Poppy I had tucked into the frame of a picture over my dresser. I literally looked at it every day for a year, and yet forgot it was there. Some of you have Poppies that live in the car and they become that funny faded magenta/orange from being in the sun.

These Poppies from last year, faded in colour and fading into the background, are a great metaphor for what Remembrance Day is all about.

I used to think it was strange that military people, who wear the flag and the uniform every day, some of whom do the difficult work of defense every day, would still need to remember. One only has to realize how easily we lose track of our Poppies to realize just how important remembrance is.

There is a Duty to Remember.

We all know it, but do we KNOW it! At a recent discussion, a long-serving member said, once the body bags can no longer be seen, people forget. That is a grim picture, and yet I think it is so true. Mid-Afghanistan, many of those walking into a recruiting center had decided that they would join despite the likelihood that, or perhaps hoping, they would be deployed to a combat zone. In speaking to those recruited after Afghanistan, many joined simply to have a good job and interesting experiences, while acknowledging they may be needed elsewhere.

Those who have experienced deployments to combat zones have expressed that they feel torn between being happy that the younger generation won't have the same dangers and hardships, while wishing for them the same triumphs and victories that combat brings.



Some days I cannot believe that we are far enough out of Afghanistan that there are recruits whose CAF experience consists of "post Afghanistan". I cannot fathom that the events which occupied my heart and life for almost a decade are now relegated to history.

It is a great amount of hubris to think that I, with my limited experience and this limited space, could add much to the conversations about Remembrance after 100 years. Speeches, prayers, poems and paintings have all done much more credit to this subject than I ever could.

Personally, and perhaps you feel this too, I find it is too easy to forget, to let the day to day draw my attention away but when I do take a moment, I see with fresh eyes. However, I'm left to wonder at the people who have walked these pathways, which of the members of our messes went on to do great things. We can see the history in the shapes of the buildings and the places where old-timey mail slots still sit. And really, each time we see a Hercules, we have a literal lifetime of experience flying over us.

Mostly though, when I take a moment and listen to God Save the Queen, I realize that my beloved Grandfather was here in Winnipeg during WWII. That all the while as he was fixing aircraft, falling in love with my Grandmother, complaining about the wind at Portage and Main, and exclaiming over the vast prairie sunsets. He was saluting the same God Save the Queen and serving our same nation with all its hopes and dreams. In this shared experience, there is a visceral feeling that we are part of something bigger than ourselves.

When we don't stop to remember, it is so easy to forget.

## Faith and Life

### PROTESTANT

#### GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

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

**COMMUNITY SERVICES:**

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

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

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

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

**CHAPLAINS**

**Padre Kevin Olive**  
(Pentecostal)  
- Wing Chaplain  
ext 5417

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

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

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

### JEWISH

**CHAPLAIN**

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



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

### CATHOLIC

#### STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

**SUNDAY MASS:** (Bilingual)

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

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

**COMMUNITY SERVICES:**

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

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

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

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

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

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

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

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

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

# POSTED?

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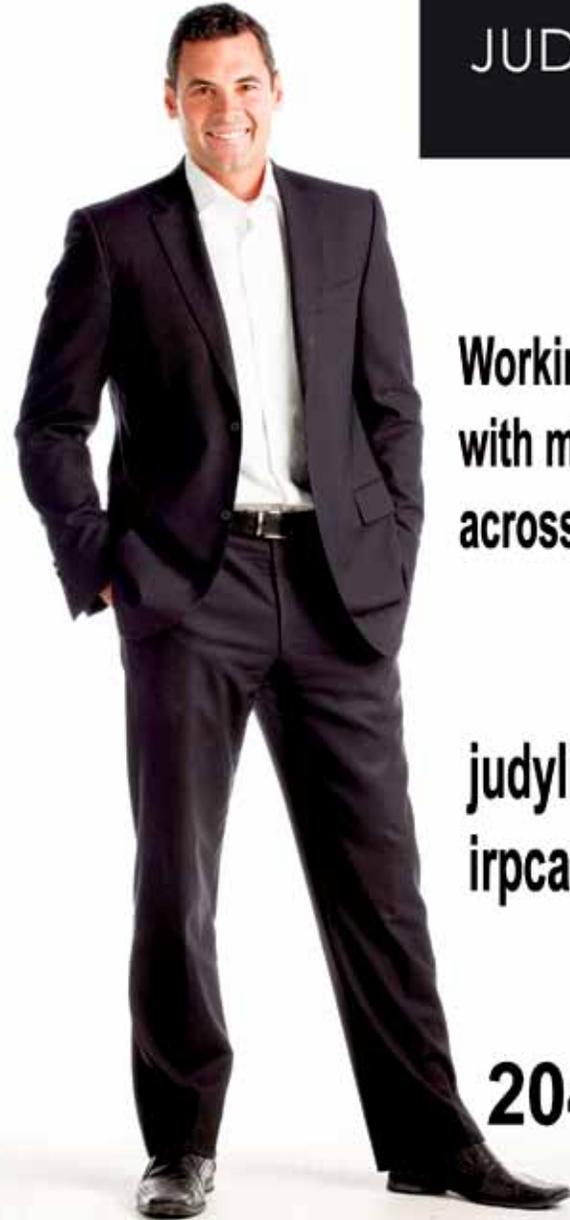
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