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October 10th, 2012 VOLUME 61, ISSUE 18 FREE

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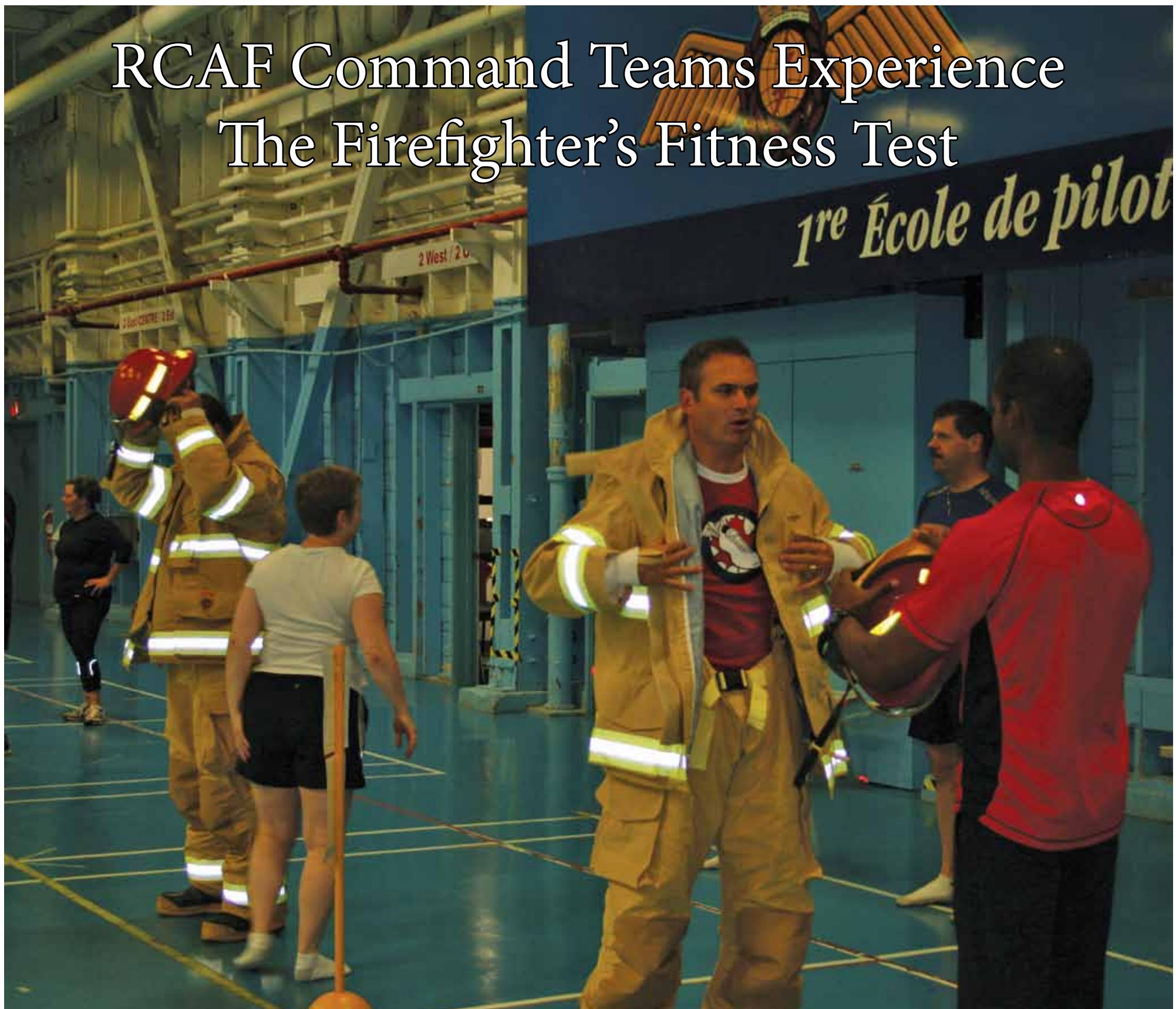
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17 Wing/AFTC Commander Col Blaise Frawley gets suited up in full fire fighting gear with the help of PSP team member Anil Sukhan on October 3rd. For the full story see page 3.

Photo: Alison Dickey

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PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

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402 Squadron Celebrates 80th Anniversary



On Saturday September 15th, 2012 the 402 "City of Winnipeg" Squadron at 17 Wing Winnipeg hosted a dinner at the Officer's Mess to celebrate its 80th Anniversary. Photo: Cpl Piotr Figiel

WO Barry Wright 402 Squadron

402 Squadron Members, both past and present, were recently honoured and acknowledged for their professionalism and dedication during a celebration of the Squadron's 80 years of history serving Canadians and representing the City of Winnipeg.

Members of one of the oldest RCAF Squadrons were recently treated to a night of nostalgia and camaraderie during a dinner held in the Officers Mess at 17 Wing on September 15, celebrating the Squadrons inception and the 80 years of service since. A multimedia presentation played throughout the evening highlighting glimpses of 402 Squadron's extensive history, including many of the aircraft and personnel that worked with the squadron both in

wartime and in peacetime. Featured during the evening were many of the aircraft involved in the rich history of the squadron such as the Avro Tutor, Hawker Hurricane, De Havilland Vampire, Douglas CC-129 Dakota and most currently, the De Havilland CC/ CT-142 Dash 8 "Gonzo." Additionally, an event such as this would not be complete without also paying tribute to the Air and Ground crews that have kept these machines flying throughout the years. There was no shortage of countless photos of members both past and present, evoking entertaining comments from all present. What evening would be complete without a little accompaniment? Stellar Entertainment was supplied by the 402 Sqn "Loud and Proud" Pipes and Drums and the Airforce Jazz Band which were both visibly enjoyed by all during the

evening.

Several of the guests attending this gala event have been affiliated with 402 Sqn for 40 plus years including reserve force member WO Brian Arnold, and WO (ret) Cliff Cooke the present Drum Major of the Pipes and Drums since 1967. Other notables included Cpl Don Blain a member of the Pipes and Drums since 1972, and Sgt Warren Ryan a member of 402 since 1974.

The night was filled with many a highlight and the Commanding Officer LCol Marc Rittinger reflected by mentioning, "It is pertinent to pause and reflect on the heritage of 402 Squadron as we celebrate our 80th Anniversary. The Squadron's honorable legacy of meeting challenges head-on during wartime, and in a variety of roles from the 50's through the 90's, provides a helpful perspective for the difficult challenges that are currently testing the character and professionalism of our integrated Regular and Reserve Force membership. This positive connection with our heritage, combined with the dedication I observe in our current personnel, gives me absolute confidence in our ability to overcome adversity and continue to succeed with our mission long into the future."

Originally formed in Winnipeg as No. 12 (Army Cooperation) Squadron on 5 October, 1932 operating bi-planes such

as the De Havilland Gypsy Moth and the Avro Tutor, the squadron (as it is today) was heavily involved in training. Years later in 1939 in anticipation of WWII the Squadron was renumbered No. 112 Army Cooperation Squadron, equipped with the Westland Lysander and deployed overseas. It was at this time that it received its current moniker as "The City of Winnipeg Squadron" and issued its Squadron Colours by the mayor of Winnipeg. During the war it was decided the Lysanders were not needed and a fighter squadron would be more valuable to the cause. December 1940 saw the introduction of Hawker Hurricanes and the amalgamation of 110 and 112 Army Cooperation becoming No. 2 Canadian Squadron. In March of 1941 while stationed in RAF Digby, Lincolnshire, England the unit became what it is known as today ... 402 Squadron.

This celebration would not have been possible without the backing of the organizing committee who helped raise 500 dollars through various fund raising initiatives. These included a flag shadow box raffle and an 80's theme party at the Officers Mess which helped to augment ticket prices for this unforgettable event. Thanks to all that attended and in the very near future we will be celebrating the 85th anniversary.

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

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

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Fast, Fun and Thankfully, No Fire!

A glimpse at the 2012 Combined Commanders Training Session team building fitness activity



The participants in this year's Combined Commanders Training Session gather in the lobby of the 1 Canadian Air Division building. Photo: Cpl Piotr Figiel

**By: Major Isabelle Robitaille
1 CAD/CANR Senior PAO**

For a staff officer like myself, it is a privilege to be invited to take part to the annual Combined Commanders Training Session (CCTS), held this year at 1 Canadian Air Division in Winnipeg from 1 to 4 October. It is a chance to observe the exchange of ideas, to learn about new initiatives and see first hand the dedication of our Royal Canadian Air Force (RCAF) leadership.

The true privilege, however, was hands down to see almost all of the RCAF leadership in one room, being told to run faster, push harder and to keep up the pace!

Kidding aside, the CCTS, designed to encourage open discussion on a myriad of strategic, operational and tactical RCAF issues, is generally a pretty serious affair. The proposed solutions and

decisions reached or suggested during such meetings have a direct and often immediate impact on the RCAF operations as a whole. To add a fitness break to this year's agenda was certainly welcome by all.

The fitness activity, organized by 17 Wing Personnel Support Program (PSP) team and supported by the 17 Wing firefighters, was definitely a great chance to see our leaders, from our very own MGen St-Amand, Commander 1 CAD, to our Wing Commanders, Wing Chiefs, and division staff laugh, smile and have a great time as they completed a challenging circuit training activity that replicated firefighters training through ten different stations.

Throughout this hour-long event, one could hear nothing but laughs and good-humoured comments made at each other's expense (which will not be

quoted here!) as our RCAF leaders climbed ladders, dragged casualties and ran in full firefighter's gear.

"This is such a great activity! Kudos to the 17 Wing PSP staff and the firefighters for organizing such a fun and challenging event," said MGen St-Amand, catching his breath between stations. "We have all learned a great deal more about the tough training that our firefighters go through to stay fit and as a bonus, we are having fun," he added. "I could not have asked for a better team building activity."

Indeed, although the RCAF leaders are already working as a team, the increased sense of camaraderie was obvious following this activity. And as a witness to it all, I can tell you that there was no shortage of red faces, laughter and pats on the back...and thankfully no fire to tame!

45th Annual Hubbell Awards Dinner Honours Cadets



Francine Chartier (L) from 49 Royal Canadian Sea Cadet Corps, Rear-Admiral (RAdm) Jennifer Bennett, the Chief of the Reserves and Cadets and the Army recipient of the Lieutenant (Lt) Laurence Gillmor Sherman Award, Warrant Officer (WO) Hillary Lecocq (R) from 2701 (PPCLI) Royal Canadian Army Cadet Corps. Photo: Cpl Jean Archambault.

By: Lauren Parsons

Three deserving cadets from Land, Air, and Sea were honoured at the 45th annual Hubbell Awards dinner Saturday September 22.

The awards are handed out annually in the form of scholarships to three deserving cadets, one Air, one Army, and one Naval, from Manitoba. They are named after Major Ted Hubbell, a World War II veteran, who devoted much of his life encouraging the development of youth. After his death, his colleagues decided to honour his memory by awarding the annual scholarships.

"I'm impressed with the caliber of the young people who wear our uniforms," said Rear-Admiral Jennifer Bennett, Chief of Reserves and Cadets, who presented the awards. "It's not just about badges and medals. It's about belonging, and achieving goals."

This year's dinner kicked off with some confusion, as the band began to play the Brazilian national anthem before the

Canadian anthem. This was to honour a Brazilian national who is on exchange for a year and living with Cadet WO Hillary Lecocq, of 2701 PPCLI Cadet Corps, who received the Lieutenant Laurence Gillmor Sherman Award.

Each cadet accepted their awards graciously, and spoke a few words of their plans for the future.

Cadet Lecocq has been accepted to the University of Manitoba where she plans to pursue nursing with hopes of becoming a field medic technician with the PPCLI.

Cadet CPO1 Francine Chartier is working towards a Bachelor of Science at Universite de Sainte Boniface, and aims to be a forensic scientist in the RCMP Laboratory system.

Cadet Chartier, of the 49 John Travers Cornwell Royal Canadian Sea Cadet Corps could not stop smiling all night – especially when she was handed the Surgeon Captain Gordon P. Fahrni DSC, MB Award.

Cadet Flight Sargent Daniel Kang, of 176 Boeing of Canada Squadron

Royal Canadian Air Cadet Corps, could not be in attendance because he is already attending McGill University in Montreal. F/Sgt Kang hopes to pursue international law, and would eventually like to work for the United Nations.

Rear-Admiral Bennett spoke about the cadet program, which she said holds true to the values of loyalty, professionalism, integrity, and mutual respect. She said cadets take these values with them into their adult lives to become successful leaders.

"Remember how hard you worked," she said. "Remember how hard it was to shine those boots, and how easy it is now."

The 2013 Hubbell Awards are scheduled to take place next September. And since there are such a large number of Air Cadets in Manitoba, for next year they've added a second award for another deserving Air Cadet, which will be named in honour of FSgt Fred Marean. Cadets in grades 11 and 12 are encouraged to apply for the 2013 awards.

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Wing Commanders Honours and Awards Ceremony

On 25 September 2012, Colonel Blaise Frawley, Commander 17 Wing/AFTC hosted an Honours and Awards Ceremony at the 17 Wing Officers' Mess. All photos by: Cpl Piotr Figiel.



Honorary Colonel 17 Wing Winnipeg Ross Robinson with his HCol Commissioning Scroll.



Sergeant Gregory York received his General Campaign Star - South-West Asia (GCS-SWA) medal 1st Rotation Bar.



Corporal Edmund Tatchell received his General Campaign Star - South-West Asia (GCS-SWA) medal 1st Rotation Bar.



Captain Brian Noel received his General Service Medal - South-West Asia (GSM-SWA).



Master Corporal Russell Klassen received his General Service Medal - South-West Asia (GSM-SWA).



Leading Seaman Georges Ghazal received his Operational Service Medal - EXPEDITION (OSM-EXP).



Mr Ray Wiegand was presented with his Queen Elizabeth II's Diamond Jubilee Medal.



Master Warrant Officer Line Cramb received her Canadian Decoration Medal (CD2) rosette.



Master Corporal Jason Rowles received his Canadian Decoration (CD) Medal.



Warrant Officer Leigh Joiner received his Canadian Decoration Medal (CD1) rosette.



Sergeant Gordon Matheson received his Canadian Decoration Medal (CD1) rosette.



Captain Annie Maheux received her Canadian Decoration (CD) Medal.



Master Corporal Sylvain Leboeuf received his Canadian Decoration Medal (CD1) rosette.



Captain Neil Prescott received his Canadian Decoration (CD) Medal.



Captain Alan Rydman received his Canadian Decoration (CD) Medal.



Captain Stewart received his Canadian Decoration (CD) Medal.



Sergeant John McEachern received his Canadian Decoration (CD) Medal.



Corporal John Shaw received his Canadian Decoration Medal (CD2) rosette.



Master Corporal Darryl Sumner received his Canadian Decoration (CD) Medal.



Corporal Jennifer Drummond received her Canadian Decoration (CD) Medal.



Corporal Steven Hartwig received his Canadian Decoration (CD) Medal.



Corporal Warrick Jake-man received his Canadian Decoration (CD) Medal.



Corporal Jonathan Nebel received his Canadian Decoration (CD) Medal.



Corporal Aaron Shiell received his Canadian Decoration (CD) Medal.

MONDAY – THURSDAY

Lunch	1130 – 1300 hrs
Afternoon	1500 – 1900 hrs

(Hours may be extended to 2200 hrs depending on attendance)

FRIDAY

Lunch	1130 – 1330 hrs
Afternoon	1500 – 2400 hrs

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Wing Commanders Honours and Awards Cont'd...



Private Norman Bay was presented with the Canadian NORAD Region Recognition of Superior Performance Award.



Major Andrew Sawatzky received the Royal Canadian Air Force Commander's Commendation.



Master Corporal Nicole Cloutier was presented with a 17 Wing Commander's Commendation.



Corporal Pierre Boivin was presented with a 17 Wing Commander's Commendation.



Major Dennis Scharf received a National Defence Flight Safety Good Show Award.



Corporal Jonathan Nebel was presented with the Canadian NORAD Region Recognition of Superior Performance Award.



Private Michael Hill receives his Canadian Decoration (CD) Medal.



Sergeant Bill McLeod received the Assistant Deputy Minister (Public Affairs) Communications Award of Excellence.



Major Bill Dalke with his CF Commissioning Scroll.



Lieutenant Kelsey Penner with her CF Commissioning Scroll.



Second Lieutenant Christopher Aumand-Bourque with his Commissioning Scroll.



Chief Warrant Officer David Martin receives his Chief Warrant Officer's Scroll.

Final Wing Commanders Golf Tournament A Success

By: Chris Merrithew
Wing Sports Coordinator

There were 64 golfers that converged on the Carman Golf Course to participate in the final WCOMD Golf tournament of the season. The course was in excellent condition and the weather turned out well.

The following awards were presented at the closing ceremonies: Low Gross

(Men) 72- MCpl Dave Tower, Low Gross (Women) 97- Misty Burrows, Longest Drive Men (hole #11) - Sgt Leon Ledgister, Longest drive (Women) - Sue Paxton and closest to the pin (hole # 6)-Cpl Jon Ilag. Thanks to everyone for participating in all the WCOMD/PSP golf tournaments throughout the summer and we look forward to having everyone back next summer.



Jon Sim chips the ball onto the 9th green at the Carman Golf Course. Photo: Submitted



MCpl Dave Tower tees off on the 1st hole at the WCOMD Golf tournament. Photo: Submitted

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WAdmin O Hosts Branch BBQ



The new Wing Admin Officer, LCol Aaron Spott addresses the attendees of the Wing Admin BBQ on September 28, 2012 in the Red River Lounge of the Junior Ranks Mess. Photo: Alison Dickey

RHU Block Party Well Attended



The RHU block party was underway at the South Side Youth Centre on Saturday September 29th. The event gave over 120 residents the chance to meet their neighbours and celebrate the arrival of autumn. Hot dogs, chips and a large BBQ were provided for the event at both RHU sites. Photo: Alison Dickey



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Time to get your Flu Shot

By: 23 Health Services

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 2012-2013 (Flu strains expected to circulate):
- A/California/7/2009-like, (H1N1), the 2009 pandemic H1N1 strain
- A/Victoria/361/2011-like (H3N2), and
- B/Wisconsin/1/2010-like virus (Yamagata family 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. For more information, please consult the provincial Seasonal Influenza (Flu Shot) fact sheet at the following link: <http://www.gov.mb.ca/health/flu/docs/seasonal.pdf>

Scheduled “Drop-ins” clinics for military members* Immunization to occur on a “first come, first served” basis

Dates	Times	Locations
October 10	09:00-11:30 hrs	Room # 214, Bldg 62 23 CF H Svcs Centre
October 17	13h15-15h30 hrs	Same as above
October 23	13h15-15h30 hrs	Same as above
October 30	13h15-15h30 hrs	Same as above
November 5	13h15-15h30 hrs	Same as above
November 7	13h15-15h30 hrs	Same as above
November 9	13h15-15h30 hrs	Same as above
November 14	13h15-15h30 hrs	Same as above

Clinics planned for military members* in their workplace

Dates	Times	Locations
October 9	13:15-15:30 hrs	Headquarters: # 1 & 2 Can. Air Divisions, Mynarski Hall
October 12	13:30-15:00 hrs	3 CFFTS in Southport, Hilly Brown Bldg.
October 16	13h15-16h30 hrs	Hangar 16 (435 & 402 Sqn)
October 18	09h00-11h30 hrs	Wing Logistics & Engineering Branch Bldg # 129 RM#: 105A, 105B
November 19	13:15-15:30 hrs	Headquarters: # 1 & 2 Can. Air Divisions, Mynarski Hall

Clinics by appointment only Military members are to book a 10 min. appointment by calling local: 5777

Dates	Times	Locations
October 9	09:00-11:30 hrs	Room # 214, Bldg 62 23 CF H Svcs Centre
		<i>Note: Only the influenza vaccine will be administered.</i>
October 11	09:00-11:30 hrs	Same as above
November 1	09:00-11:30 hrs	Same as above
November 6	09:00-11:30 hrs	Same as above

17 Wing Winnipeg to Participate in World Squash Day



Major Doug Chess is responsible for coordinating 17 Wing Winnipeg's involvement in the International movement, World Squash Day, in an effort to earn a bid for the sport in the 2020 Olympic Games. Photo: Submitted

**By: Alison Dickey, Voxair Photojournalist and
Maj Doug Chess, 17 Wing World Squash
Day Coordinator**

On Saturday, 20 October 2012, 17 Wing Winnipeg will participate in a global sporting event. Squash players from all over the world are uniting to create the biggest squash match in history, with two teams playing in one global event designed to back the sport's bid for

a place in the 2020 Olympic Games. The event, known internationally as World Squash Day, is expected to attract hundreds of thousands of participants from over 140 different countries playing on over 50,000 squash courts. It has already received the endorsement of a number of leading professionals in the sport, including reigning world champions Nick Matthews and Nicole David.

Here in Winnipeg at 17 Wing, Maj Doug Chess is leading the charge to get as much participation for the event. Chess began playing approximately 25 years ago and says it has grown into a real passion for the sport, "I started back in Shearwater with some friends and it stuck - a love affair with the game was born."

The format of the tournament, in recognition of the 2020 Olympic bid, also has a 20-20 theme. Players will

be assigned to one of two teams of 20 players each (Team Squash or Team 2020) and will compete in a head-to-head, 20 game match. Each game will be played to 20 points using the point a rally scoring (PARS) system. 17 Wing's results will be registered on the World Squash Day web site and combined with similar results from around the world in order to declare a winning team. The global results will also be used to qualify for a Guinness World Record.

There are actually eight different sports that are vying for only one spot in the 2020 Olympic bid. "It's good to see this type of international movement and support for the sport," says Maj Chess. "Squash has bid for the Olympics before, so hopefully this kind of exposure will improve our chances."

As of October 2nd, 464 clubs had registered for the event so far.

The event is supported by Squash Manitoba who is providing funding for snacks, refreshments, as well as advertising for the event. 17 Wing PSP is also supporting the event by providing court access, tournament support and a reduced drop-in fee of \$3 for players who are not members of the recreation facility. Players interested in participating in the event may contact the 17 Wing Tournament Coordinator Major Doug Chess at 204-833-2500, local 2181 or via email at doug.chess@forces.gc.ca. To read more about the event, please visit www.worldsquashday.com

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Change of Leadership for the RCAF



LGen André Deschamps, outgoing commander of the RCAF (L), Gen Walt Natynczyk, CDS, and incoming commander of the RCAF, LGen Yvan Blondin (R), sign the change of command certificates. Credit: Cpl Darcy Lefebvre.

DNews

Command of the Royal Canadian Air Force (RCAF) officially changed hands at a ceremony held September 27th, 2012 at the Canada Aviation and Space Museum in Ottawa.

In the presence of Defence Minister Peter MacKay, the new Commander of the RCAF and Chief of the Air Force Staff, Lieutenant-General Yvan Blondin, assumed command from Lieutenant-General André Deschamps at a ceremony presided over by General Walt Natynczyk, Chief of the Defence Staff.

"With the leadership of Lieutenant-General Deschamps, the Royal Canadian Air Force has significantly increased domestic and international operations and supported Canada's military mission to Afghanistan," said Minister MacKay. "As Lieutenant-General Blondin

takes command of Canada's modernized and highly-capable Air Force, Canada's military airpower will meet the defence challenges of today and well into the future."

"Our recent operational achievements have demonstrated that the RCAF is a professional and skilful force that delivers the effects needed to make Canada and the world a safer place," said Lieutenant-General Blondin. "I intend to keep up the momentum as we continue to modernize our force and build on these achievements."

"Our airmen and airwomen are making tremendous contributions to Canadian Forces operations at home and around the world. Thanks to their professionalism and dedication, we will continue to succeed in these exciting and challenging times."

As the senior air force officer in the Canadian Forces, the Commander of the RCAF and Chief of the Air Force Staff acts as an advisor to the Chief of the Defence Staff

on strategic air force issues. He is also responsible for training, generating and maintaining combat-capable, multi-purpose air forces to meet Canada's defence objectives.

Lieutenant-General Blondin has accumulated more than 3,000 flying hours, flying aircraft such as the T-33 Silver Star and the CF-18 Hornet. His most recent appointments have included Deputy Commander of the RCAF, Commander of Canadian NORAD Region, Commander of 1 Canadian Air Division, Director of Staff at NATO International Security Assistance Force Headquarters in Afghanistan and Wing Commander of 3 Wing Bagotville.

LGen Deschamps is retiring after 36 years of distinguished service with the RCAF.

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Slo-Pitch National Championships



17 Wing Winnipeg – Prairie Region Men's Team was coached by: #7 Tom Dillon and took home the silver medal at this year's National Championships in Borden, Ontario.

Players: #11 Sgt Wes Baxter, #17 MCpl Sean Donovan, #9 2Lt Joe O'Donnell, #3 MCpl Kevin McIntyre, #5 Capt Chad Chipchase, #20 Cpl Keith Ivany, #15 Cpl Scott Hefferan, #14 Cpl Cody St. George, #21 Lt Colin Brewster, #8 Cpl Dan Vandale, #6 Sgt Chris Burns, #18 MCpl Mike Burns, #19 Sgt Gord Matheson, #13 MCpl Jason Fortin. Photo: Cpl Alexandre Paquin.

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SAREX Prepares Crews for Emergencies



Ziya Tong, one of the hosts of Daily Planet on the Discovery Channel, acts as a simulated casualty for MCpl Carl Portman and Sgt Joel Manaire, 435 (T&R) Squadron SAR Techs at SAREX held in Yellowknife in July. Photo: Cpl Jean Archambault.

**Sgt Bill McLeod
17 Wing Photojournalist**

They are always training, but this year has been a little busier than most for the Search and Rescue professionals at 17 Wing Winnipeg's 435 (Transport and Rescue) Squadron.

Since July the squadron has trained at their own Search and Rescue Exercise (SAREX) in Yellowknife, NT, an International SAREX in Greenland, and a Na-

tional SAREX at Val d'Or, Quebec. As well, a few squadron members participated in a provincial Ground Search and Rescue Exercise at Riding Mountain National Park.

During the same period the squadron responded to 8 call outs from the Joint Rescue Coordination Centre in Trenton.

"We are always busy," said Deputy SAR Team Lead Sergeant Joel Manaire. "Even when we aren't on exercise or missions we are constantly training to keep our skills and equipment up. We have two toboggans being shipped back to us from the north that have to be received and inspected and every Friday morning one of us teaches a 40 minute class on a medical condition or technique. This Friday we will be combining treating a patient while on a cliff face."

"We threw a lot of equipment out the back of the aircraft recently," Sgt Manaire added.

Even though the Search and Rescue Technicians (SAR Techs) didn't get a chance to jump into any of their call outs so far this fall they did have lots of opportunities to jump during training. SAR Team Lead Warrant Officer Mike Hurtubise talked about the International SAREX they participated in at Ella Island off Greenland.

"We were the only country that brought a jump platform," said WO Hurtubise, "and the only people who jumped into the scenario." The scenario of the exercise was an Arctic cruise ship that had a fire on board with 27 simulated casualties that had to be treated.

"There were also 122 other casualties that had to be triaged, treated, and transported," said WO Hurtubise. "The whole logistics and infrastructure that went into treating over 120 casualties was amazing."

"We brought Sgt Sean MacEachern from 413 Squadron in Greenwood and Master Corporal Sean Daniell from 442 Squadron in Comox," said WO Hurtubise. "It just shows how interoperable we are that we can bring

SAR Techs from anywhere and work together on a major event like this."

The International SAREX included the participation of the 8 Arctic nations consisting of Canada, the USA, Finland, Iceland, Norway, Russia, Sweden and the Kingdom of Denmark. Assets for the exercise included 4 warships.

As soon as the SAR crews left the International exercise they went straight to Val-d'Or, Quebec, for the National SAREX.

"The organizers came up with 3 scenarios to challenge everyone," said WO Hurtubise. "The first was a mountain rescue with stuck climbers on a cliff face. The first rescuers in a helicopter have a hard landing so then another crew has to jump in from a CC-130 to treat everyone and be picked up by a CH-149 Cormorant."

"The second scenario is a response to a mayday on a sinking vessel," WO Hurtubise said. "There were boats in the water, overturned boats, real simulated casualties, Rescue Randys, helicopters coming in, and the Canadian Coast Guard and the Province of Quebec were involved."

The last scenario was a night rescue. The SAR Techs had to jump into a confined area under flares.

"At the end we did a little saturation para so everybody could step out," said WO Hurtubise. "Major-General St-Amand (Commander 1 Canadian Air Division) said the SAR Techs step out of an aircraft like they are going to their office."

The Search and Rescue professionals of 435 Squadron will be featured in upcoming episodes of Discovery Channel's Daily Planet on October 10 and 11 at 6:00 p.m. local time. Host Ziya Tong joined the squadron at the SAREX in Yellowknife in July and participated as a casualty for a medical exercise that involved the SAR Techs jumping in to assist.

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ELECTION FOR THE PAYMENT IN LIEU (PIL) OF CANADIAN FORCES SEVERANCE PAY(CFSP)

By: the Director General of Compensation and Benefits, Chief of Military Personnel

The time to make a decision about your Canadian Forces Severance Pay (CFSP) is fast approaching. Estimates of years of eligible service for the Payment in Lieu (PiL) of CFSP were mailed to the same address at which you receive your T4. If you did not receive your estimate, or if you believe there is an error, you may need to confirm/correct the information on your estimate with your Base or Unit Orderly Room. If you think you might want to elect for a PiL, any uncorrected errors may affect the amount.

During the election period, from 14 December 2012 to 13 March 2013, you have an opportunity to elect to receive all or part of your severance pay as a PiL. This election period is established by Treasury Board and cannot be extended for any reason. There are three options available with respect to your election as detailed below.

You may choose, during the election period, to receive a PiL of all your accumulated years of eligible service prior to your release or transfer from the Regular Force or the Primary Reserve. Your PiL will be processed following a verification of eligible service by the PiL Audit Team.

Alternatively, you may also choose, during the election period, to receive a PiL for a portion of your accumulated years of eligible service. Under certain circumstances, Base or Unit Orderly Rooms will be able to process payments directly in the pay system. Otherwise, payments will be processed following a verification of eligible service by the PiL Audit team. When you release or transfer from the

Regular Force or the Primary Reserve, if eligible, you will receive a CFSP benefit for the remaining portion calculated at your rate of pay for your substantive rank at that time.

Any PiL of CFSP is considered Employment Income under the Income Tax Act and is taxable. If you have unused RRSP room, you can request a reduction of income tax at source. Please consult the Canada Revenue Agency or Revenu Quebec for further details.

The third option is to choose not to receive a PiL and when your release or transfer from the Regular Force or the Primary Reserve, if eligible, you will receive a CFSP benefit for all the years of accumulated eligible service calculated at the rate of pay for your substantive rank at that time.

Whatever you decide, make sure you have all the facts. You are strongly recommended to talk to a professional advisor who can help you understand the financial, tax and other implications of your decision.

For more information on CFSP and PiL, including a useful and detailed Q and A section, visit the Director General Compensation and Benefits website:

(Intranet - Eng)

http://cmp-cpm.forces.mil.ca/dgcb/en-graph/home_e.asp?sidesection=1;
(Intranet - Fr)

http://cmp-cpm.forces.mil.ca/dgcb/fr-graph/home_f.asp?sidesection=1;
(Internet - Eng)

<http://www.cmp-cpm.forces.gc.ca/dgcb-dgras/wn-qn/index-eng.asp;>
(Internet - Fr)

<http://www.cmp-cpm.forces.gc.ca/dgcb-dgras/wn-qn/index-fra.asp>

CHOIX DU PAIEMENT TENANT LIEU (PTL) D'INDEMNITÉ DE DÉPART DES FORCES CANADIENNES (IDFC)

Par le Directeur général – Rémunération et avantages sociaux, Chef du personnel militaire

Le moment de prendre une décision à propos de votre indemnité de départ des Forces canadiennes (IDFC) approche à grands pas. Les estimations du nombre d'années de service admissible au paiement tenant lieu (PTL) d'IDFC ont été postées à la même adresse où vous avez reçu votre T4. Si vous n'avez pas reçu votre estimation ou si vous croyez qu'il y a une erreur, vous devrez confirmer/corriger les renseignements qui s'y trouvent auprès de la salle des rapports de votre unité ou de votre base. Si vous envisagez de choisir un PTL d'IDFC, prenez note que toute erreur non corrigée peut avoir des incidences sur le montant auquel vous avez droit.

Au cours de la période déterminée pour exercer une option, du 14 décembre 2012 au 13 mars 2013, vous pouvez choisir de recevoir, en tout ou en partie, un paiement tenant lieu de votre indemnité de départ. Cette période est déterminée par le Conseil du Trésor et ne peut être prolongée pour quelque raison que ce soit. Tel que détaillé ci après, vous avez le choix entre trois options.

Tout d'abord, au cours de la période déterminée pour exercer une option, vous pouvez choisir de recevoir un PTL d'indemnité de départ pour toutes vos années de service admissible avant votre libération ou votre mutation de la Force régulière ou de la Première réserve. Votre PTL d'indemnité de départ sera traité après la vérification de vos années de service admissible par l'équipe de vérification des paiements tenant lieu d'indemnité de départ.

Par ailleurs, toujours au cours de la période déterminée pour exercer une option, vous pouvez également choisir de recevoir un PTL d'IDFC pour une partie de vos années de service admissible. Dans certaines circonstances, la salle de rapport de la base ou de l'unité pourra traiter les paiements directement dans le système de paye. Autrement, les paiements seront traités après une vérification de votre service admissible par l'équipe de

vérification des paiements tenant lieu d'indemnité de départ. Au moment de votre libération ou de votre mutation de la Force régulière ou de la Première réserve, si vous êtes admissible, vous recevrez une IDFC pour la partie restante calculée au taux de la solde de votre grade effectif à ce moment là.

Tout PTL d'IDFC est considéré comme un revenu d'emploi en vertu de la Loi de l'impôt sur le revenu et est imposable. Si vous avez des droits de cotisation à un REER inutilisés, vous pouvez demander une réduction de l'impôt sur le revenu prélevé à la source. Veuillez consulter l'Agence du revenu du Canada ou Revenu Québec pour de plus amples renseignements.

La troisième option consiste à choisir de ne pas recevoir de PTL d'IDFC. Au moment de votre libération ou de votre mutation de la Force régulière ou de la Première réserve, si vous êtes admissible, vous recevrez une indemnité de départ pour toutes les années de service admissible accumulé, calculée au taux de la solde de votre grade effectif à ce moment là.

Quelle que soit votre décision, assurez-vous de connaître toutes les données. Nous vous conseillons fortement de parler à un conseiller professionnel qui pourra vous aider à comprendre les aspects financiers, fiscaux et autres de votre décision.

Pour de plus amples renseignements concernant l'IDFC et le PTL d'indemnité de départ, de même que pour avoir accès à des questions utiles et détaillées, veuillez consulter le site Web du Directeur général Rémunération et avantages sociaux :

(Intranet - Eng)

http://cmp-cpm.forces.mil.ca/dgcb/en-graph/home_e.asp?sidesection=1;
(Intranet - Fr)

http://cmp-cpm.forces.mil.ca/dgcb/fr-graph/home_f.asp?sidesection=1;
(Internet - Eng)

<http://www.cmp-cpm.forces.gc.ca/dgcb-dgras/wn-qn/index-eng.asp;>
(Internet - Fr)

<http://www.cmp-cpm.forces.gc.ca/dgcb-dgras/wn-qn/index-fra.asp>

17 Wing Winnipeg Local CFSP PIL Briefings:

October 15th, 2012, Base Theatre - Building 90, 08:00 - 10:30

And

October 23rd, 2012, Base Theatre - Building 90, 08:00 - 10:30

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Image: Department of National Defence

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Crossword & Sudoku

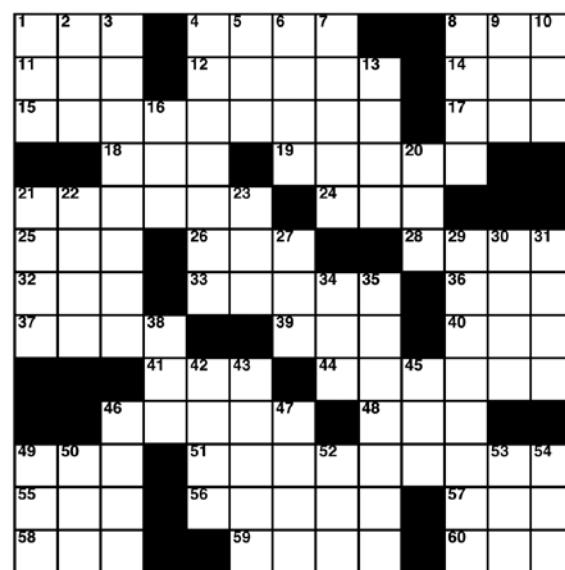
Canadiana Crossword

World Class Wonders

By Bernice Rosella and James Kilner

ACROSS

- 1 Scoundrel
- 4 Pen parts
- 8 J. Beliveau or B. Geof-
- frion
- 11 Clay, now
- 12 Pain or angle preceder
- 14 Arab outer garment
- 15 Old Fords
- 17 Haul
- 18 Palm leaf paper
- 19 A World Heritage Rocky Mountain Park
- 21 Obscure
- 24 Athletic supporter?
- 25 Extinct New Zealand ratite
- 26 Toff
- 28 Alberta's _____ Buffalo World Heritage park
- 32 Not much, in Noyen
- 33 Ancient Greek colony
- 36 Sib
- 37 Acronym for certain cameras
- 39 Everyone
- 40 Weave, in a way
- 41 _____ Mahal
- 44 Yukon's World Heritage Park
- 46 Italian city
- 48 Friend, in Francoeur
- 49 Buzzy bee
- 51 Vexation
- 55 Altar utterance
- 56 _____ aux Meadows, Newfoundland World Heritage site
- 57 Epoch
- 58 Freon or neon
- 59 Hear
- 60 Telegraphic Signal



DOWN

- 1 Mining machine
- 2 Words preceding mode
- 3 Alberta World Heritage park
- 4 Northwest Territories World Heritage park
- 5 Off, in a way
- 6 Subdivision, slangily
- 7 Ermine
- 8 Word before back
- 9 _____ Dhabi
- 10 Sack
- 13 Serf
- 16 Underwriters acronym
- 20 Not many
- 21 Refs
- 22 Christmas
- 23 Stickum
- 27 Act of British Parl. that created Canada
- 29 Got
- 30 Algerian port
- 31 Shower with love
- 34 Sort
- 35 Assuaged
- 38 RC luminary
- 42 Up tight
- 43 Whale's tidbit?
- 45 Actress Thurmond
- 46 With Morne, Newfoundland World Heritage park
- 47 Lucy Maude creation
- 49 Get it, in a way
- 50 Harem
- 52 Chemical suffix
- 53 Magnon preceder
- 54 Erode

My Sudoku

Rated: Advanced

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

1	6		4	2	8			
						3		
	2		8	7				
9					2	5		
4		6	3					
	8	9				2		
		3		5	9			
		1			6			

©My Sudoku #8 vol 1

Thank you Fountain Tire!



17 Wing wishes to thank Fountain Tire for supporting the Winnipeg Military families by providing the BBQ lunch at this year's Fall Fair. Photo: Mike Sherby.

Keep Warm and Save Energy this Winter Part II: At the Workplace

By: 17 Wing Sustainability Office

As the temperature begins to drop this season, we typically rush to turn up the thermostat or plug in our portable electric heaters, but did you know that there are plenty of ways to make your home and workplace feel warmer this winter without turning up the heat? In the last edition of the Voxair, the 17 Wing Sustainability Office offered winterization tips for your home. In this edition we are providing tips on how to stay warm in the workplace.

By following these tips, you can make your space more comfortable while saving energy and money. In addition, by conserving energy, you will also reduce the amount of green house gas emissions emitted into the atmosphere (which are contributed to climate change).

1. Report Drafts

Did you know that according to the U.S. Department of Energy, drafts can waste 5% to 30% of a building's overall energy use? Therefore, if you think there is an improperly sealed window, door or air leak in your workplace, please report it by notifying your Building OPI. They can submit a work order to have it assessed and fixed.

2. Report Unusual Building Temperatures

While most of the buildings on the Wing are automatically controlled to a comfortable setting, sometimes malfunctions with the local thermostat or heater can cause a room to become extremely cold or even too warm at times. If you suspect your workplace temperature is not within the normal settings, please notify your Building OPI.

3. Let the Sun Shine In

During the day, open the blinds on south facing windows to allow the warm sun to

shine in. Remember to close the blinds at the end of the workday to help prevent heat loss during the night.

4. Get Active

If you're feeling cold, try to move a little more often. Being active will increase the blood flow in your body and will make you feel warmer, so get off of your chair and move around. Next time the phone rings, try standing up while you talk, or take a trip to your office coffee station and make yourself a hot drink.

5. Put on a Sweater!

As for the simplest method of controlling the temperature around you, just dress for it! Did you know that a light long sleeved sweater can add approximately 2°C in added warmth? To be prepared, keep an extra sweater in your workplace and also a fresh pair of socks that can be used if your feet get wet while coming to work.

6. Be Responsible with a Portable Heater

Most portable heaters are not energy efficient and should therefore be only used when necessary. If you are adamant about having a portable heater in your workplace, please ensure you consider the initial steps above before turning on your heater. Additionally, please remember to turn them off when you leave your workspace. Lastly, as these heaters can become a fire hazard, please ensure they follow the 17 Wing Fire Orders (WSO 30-6, paragraph 21).

Good luck with staying warm this winter!

For any questions or comments, please contact the 17 Wing Sustainability Office at +17WSustainabilityOffice@forces.gc.ca

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Fun Family Getaway Celebrates Recreation

Jen Seipp
DGPFS

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

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



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

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

"The type of work that I do often in-

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

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

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

To learn more about the benefits of recreation or to learn more about local PSP programming at 17 Wing, log on to www.pspwinnipeg.ca.



HEALTH AND PHYSICAL FITNESS FOR LIFE / SANTÉ ET CONDITION PHYSIQUE POUR LA VIE

Life and Work Harmony

Did you know that October is Healthy Workplace month in Canada? This year's theme is Life Work Harmony – working towards a great life.

The workplace can have a significant impact on the health of its employees. When you think about it, most people spend over half of their waking hours on the job. So it isn't surprising that research shows that the work people do and their work environment has a direct impact on their health, both mental and physical.

Creating and maintaining a healthy workplace environment has many benefits. These include: increased productivity, increased employee morale, reduced absenteeism, reduced injuries and/or illness, reduced employee turnover, improved job satisfaction and improved company image. In a time when we are all asked to do more with less, having a healthy workplace just makes sense. The alternative is not something people would voluntarily choose. No one wants to work in a toxic environment. Unhealthy workplaces stifle creativity, destroy team cohesion and restrict initiative.

So how can you create a healthy workplace? Here are some things you can do to promote your physical and mental health.

1. Pay a Compliment to a Colleague – Co-workers feel great when they're recognized for a job well done. And you'll feel great about making them feel good.

2. Have a Proper Lunch Break – Even for a short while for a more energized afternoon

3. Have a Cell-Free Night – Turn off all your PDA's and cell phones from 6:00 pm to the next morning

4. Decorate Your Workstation Day – provide the material or decorations, or distribute a list that encourages people to reuse materials from home. Let the creativity flow.

5. 5 minute Clean Up – take 5 minutes to clear up the clutter around your workstation

6. Practise Stress Busters – Take a break, do some deep breathing exercises, practice meditation, laugh

7. Practise Workstation Stretching – practise good stretching technique everyday and you will have more energy at the end of the day

8. Take a Health Promotion Course – Health Promotion offers many courses to improve your health. Sign up for one of our courses today.

Looking for more information? The Healthy Workplace Month website, www.healthworkplacemonth.ca, is full of ideas that can make your workplace a happier and healthier place to work.

For more information please contact Health Promotion at (204)833-2500 ext 4995 or 4160.

Discover DFit.ca – Your Online Source for Fitness Information

By Jen Seipp
DGPFS Communications Advisor

This October, the PSP Directorate of Fitness is pleased to launch a new web-based fitness tool, www.Dfit.ca, to help Canadian Forces personnel plan, monitor and enhance physical fitness training.

To mark the launch of DFit.ca, 17 Wing Fitness and Sports will be hosting a special event on October 11 at 0900 hrs in Building 90. Fitness and Sports Director Al Brazeau says that the Wing Commander will be on hand to officially join the program. Throughout the day Brazeau says he expects most of the Wing Exec to show up and sign up officially. The goal of the program is to have 100% enrolment.

To help achieve this goal, starting on the 11th, there will be informative displays and a sign up kiosk located in Building 90 and 1 Canadian Air Division. Brazeau says there will also be raffle prizes given away on the 11th, as well as a grand prize, which will be awarded to one lucky

registrant on November 9th.

This innovative, interactive web application will help you meet your fitness needs wherever you are located, in Canada or abroad, on a base or on deployment. Dfit.ca provides a variety of fitness training plans, video demonstrations, injury prevention information, and online journals to help you record your activities and stay on track.

"Dfit.ca is a modern, easy-to-use tool that provides state of the art, professional fitness programs and resources right at Canadian Forces members' fingertips," says Daryl Allard, Director of Fitness. "You can log in from a home computer, a DWAN work station, or even a smart phone or tablet to access fitness information whenever and wherever you need it."

Whether you're training to prepare for a deployment, pass your annual fitness evaluation, run a marathon, or improve your regular workout routine, Dfit.ca can help. The application features video demonstrations of hundreds of unique exercises, and allows you to generate

your own fitness training plan based on your specific environment, length of training, workout frequency, and your current fitness level. This combination of ready-to-go materials and individual customization makes Dfit.ca a great hub of information that's easy to adapt to meet your goals. Should you encounter a question, Dfit.ca's interactive forum connects you with PSP Fitness personnel who can provide helpful feedback and advice.

"Dfit.ca is all about connecting Canadian Forces members with an accurate, interactive and effective health and fitness resource," says Ben Ouellette, Senior Fitness Manager. "We know that Canadian Forces members can't always visit our PSP fitness and health promotion personnel for one-on-one advice, so Dfit.ca enables members to go online and access the tools they need to maintain a high level of fitness, and be physically ready for any operational challenge."

Log in to www.Dfit.ca to start planning and improving your fitness routine today.



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(WHYTEWOLD ROAD NORTH OF NESS AVE). OCTOBER 24, 2012, 1400–1500HRS. TOURS WILL BE GIVEN AFTER THE CEREMONY. **RSVP BY 19 Oct 2012: CATHY McCULLOUGH - CATHYMC@MYMTS.NET - PHONE 204-837-3653**

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WEDNESDAY, OCTOBER 24 6:30 TO 9:30 P.M.
REGISTRATION REQUIRED
REGISTRATION DEADLINE: OCTOBER 19
COME OUT AND ENJOY A NIGHT JUST FOR THE LADIES. THIS MONTH'S THEME IS "GAMES, GIGGLES AND GOODIES". BRING IN YOUR FAVOURITE APPETIZER TO SHARE WITH OTHERS. WE WILL PLAY SOME FUN GAMES, LAUGH A LOT AND HAVE SOME GREAT MUNCHIES.

HALLOWEEN HOOT

WESTWIN CHILDREN'S CENTRE
THURSDAY, OCTOBER 25 9:30 TO 11 A.M.
\$1 PER FAMILY
PARENT PARTICIPATION IS REQUIRED
REGISTRATION DEADLINE : OCTOBER 22
HAVE A "HOOT" AS WE DO SOME HALLOWEEN GAMES, CRAFTS AND STORIES. WEAR A COSTUME IF YOU LIKE OR DRESS UP/MAKE UP WITH SOME OF OUR SUPPLIES. CALL 204-833-2500 EXT 2491 TO REGISTER.

BOO AT THE ZOO

FRIDAY, OCTOBER 26, 6 - 8 P.M.
BOTH YOUTH CENTRES WILL BE HEADING TO BOO AT THE ZOO AT ASSINIBOINE PARK ON FRIDAY, OCTOBER 26TH, 2012. THE COST IS \$10 PER PARTICIPANT AND INCLUDES TRANSPORTATION AND ADMISSION. EACH PARTICIPANT IS ALSO PERMITTED TO BRING UP TO \$10 FOR CONCESSION PURCHASES IF THEY WISH. SIGN UP TODAY AT YOUR YOUTH CENTRE. BE SURE TO HAVE YOUR PERMISSION FORM AND MONIES IN BY MONDAY, OCTOBER 15TH TO SECURE A SPOT! WE WILL NOT BE ACCEPTING ANY LATE OR DAY OF REGISTRATIONS.

*MEMBERSHIP/ MEDICAL FORMS MUST BE COMPLETED! PLEASE SEE STAFF FOR MORE DETAILS.

CREATIVITY CAFÉ

TUESDAY, OCTOBER 30, 10 TO 11:30 A.M.
\$5 PER PERSON, PRE-REGISTRATION REQUIRED
REGISTRATION/PAYMENT DEADLINE: OCTOBER 25
THIS MONTH WE WILL BE REUSING OLD PICTURE FRAMES TO MAKE AN EASY BULLETIN BOARD FOR YOUR KITCHEN, KIDS ROOM OR YOUR OFFICE. YOU WILL BE USING PAINTS, PAPER AND FABRIC TO CREATE YOUR OWN ONE OF A KIND BULLETIN BOARD. CHILD CARE IS AVAILABLE.

STORYBOOK ADVENTURES

WESTWIN CHILDREN'S CENTRE
TUESDAYS IN NOVEMBER FROM 1:00-2:30 P.M.
\$30/5 SESSIONS OR \$8 DROP IN
THIS PROGRAM IS FOR CHILDREN 2-5 YEARS OLD. IT USES FAVORITE STORIES AS A JUMPING OFF POINT FOR MUSIC, MOVEMENT ART AND SCIENCE ACTIVITIES. PARENTS MAY MEET AT THE MFRC FOR COFFEE AND CONVERSATION DURING THE PROGRAM IF THEY WISH. CALL 833-2500 (2491) FOR MORE INFO OR TO REGISTER.

HAUNTED WALKING TOUR

SYMBOLS, SECRETS & SACRIFICES UNDER THE GOLDEN BOY
FRIDAY, Nov 2, 6-8 PM, \$10 PER PARTICIPANT
COME JOIN US AS WE TAKE A HAUNTED TOUR OF THE MANITOBA LEGISLATIVE BUILDING AND SEE FOR YOURSELF WHAT LIES WITHIN ITS WALLS. LEAVE THE TOUR WITH A COMPLETELY NEW UNDERSTANDING! RECOMMENDED FOR ADULTS AND YOUTH 15+. PLEASE REGISTER AND PAY BY OCTOBER 25TH. FOR MORE INFORMATION PLEASE CONTACT EXT. 4506

BABYSITTER'S SKILLS COURSE

SATURDAY, NOVEMBER 24TH
10 A.M. TO 4 P.M.
MFRC 102 COMET ST
Cost: \$20 (INCLUDES MANUAL AND PIZZA LUNCH)
THE CANADIAN SAFETY COUNCIL'S BABYSITTING COURSE WILL BE OFFERED. IT PROVIDES NEW BABYSITTERS WITH THE SKILLS AND TOOLS TO START WORKING AS BABYSITTERS. ON COMPLETION OF THE COURSE, PARTICIPANTS MAY OPT TO BE INCLUDED IN THE MFRC BABYSITTERS LIST. CHILDREN MUST BE IN GRADE SIX OR BE A MINIMUM OF 12 YEARS OLD TO PARTICIPATE.
REGISTER AND PAY BY NOVEMBER 15

Chaplain's Corner

The New Kid on The Block

**By: Lt(N) Rev. Darryl Levy
Chaplain**

My name is Lt(N) Rev. Darryl Levy, and I am the new chaplain for 435 Sqn, 402 Sqn and the MP's. I arrived here in mid August after having been in CFB Gagetown for seven years, a long posting for a chaplain. I have to admit that when I arrived I was a little bewildered, because all of a sudden I found myself being the new kid on the block, or at least one of them, and it had been a while since I had been in that situation. The question became, what do I do with this? Before I answer that, let me tell you a little more about me, if you will permit me.

I grew up in a small town in Nova Scotia, known as Mahone Bay which was known for its shipbuilding, specifically world class solid hull fibreglass sailboats. After completing high school I went on to Acadia University and Acadia Divinity College, in Wolfville, NS. From there I finished my last year of schooling at Providence Seminary in Otterburne, MB just south of here. I pastored two churches and then came into the Reg Force in 1999. I have done four overseas tours, 3 postings and now I am here in Winnipeg, and what do I do with this? A small town boy who has mainly found himself in small areas in the midst of the big city – and it is indeed different. The food is different, the driving is definitely different, well, in reality it's just different. Was I thoroughly in love with it at first glance, not really – they have taken a Maritimer (who loves the sea) and land locked him. And, to add a little more fuel to the fire, I had to come on IR for a while we wait for our house to sell; something I am sure many of you are fa-

miliar with.

So, once again, what do I do with this? The reality, when I sat down and thought about it, is that it is and was, purely up to me. I can get bitter and twisted and get my face in a knot, or I can look at the up side - let me explain. A number of years ago in my gallivanting around the globe, or at least half way around it, I realized for myself that I could find beauty no matter where I went, if I was willing to be open to new things. In 2001 on my way to the Persian Gulf on HMCS Charlottetown we had a port visit in Dubai, and we went on a desert safari to a Bedouin Village. Our guide explained that there is great beauty in the desert if one simply cared to look. I never forgot that. I love taking pictures, particularly flowers, and sometimes the beauty of the picture is not always what you initially think it will be, sometimes it is simply the way the light lays on the subject. One has to be open to possibilities.

So for me the answer here has been once again to look for beauty. Each day as I drive back to my apartment I drive by the Legislative building and the beautifully kept grounds around it, as well as the flowers in front of the buildings on the other side of the street, and I am reminded once again, that I am not alone. God has used my search for beauty no matter where I may be as a reminder that he is with me and I am not alone.

I am sure there are some of you who are reading this, who are also the new people on the block too. My encouragement to you would be to find the beauty in things or people around you. When you meet someone smile and say hello, perhaps you might be able to make some new

friends. Don't be afraid to ask for some help with some things, it might save you a lot of time. The day after my car arrived from being shipped I had to find a garage to get some repairs done. I asked one of the retired ladies in the chapel where she would recommend, and she gave me the name and address of the garage she dealt with. They gave great service and I knew I wouldn't get ripped off, because if she felt comfortable with the service there, and not taken advantage of, I knew I would feel the same. There are times when one is new that one has to move outside their comfort zone a bit.

So, as for my saga, after being here for a bit, I am settling in. I am slowly finding where to find this and that, I don't get lost quite as easily, and I try and remember each day to see the beauty in what is around me. From my recent tour to Afghanistan I remember the smiles on the faces of the children as they went to school, as they played, and their beautiful dark eyes, all this in the midst of chaos and destruction, surely I can find beauty in our land of peace.

Just last week as part of the thought for the day, I found this, and I leave it for you to ponder:

"T"

There are many things that life throws our way.

It is our choice on how we respond.

We have the option of becoming better or bitter.

The only difference is "T".

Until we meet again via this means, take care of yourselves and each other, and may God Bless each of you and all those whom you love.

Together in Church

CATHOLIC

CHAPLAINS

Padre Mark Mawson (Wing Chaplain)

Roman Catholic Office 833-2500 ext 5417

Padre Ray Laudenorio

Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre

Roman Catholic Office 833-2500 ext. 5956

Ms Catherine Landry

W Chap Admin Assistant

Office: 833-2500 ext 5087

Masses (English only)

Tues, Weds, Thurs 1210 hrs

Sunday 1100 hrs

Religious Education classes are available to all students from Preschool to Grade 6. Please call the office for information.

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

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

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

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

PROTESTANT

CHAPLAINS

Padre Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Gord Mintz

(Anglican) Office 833-2500 ext 5785

Padre Frank Staples (UCC)

Det. Dundurn. Office 833-2500 ext. 4299

Sunday Services (English Only) 0900 hrs

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

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

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

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

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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

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Deer Lodge Centre Auxiliary is hosting a Christmas Craft Sale!

Saturday, November 3rd
10:00 – 3:00
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Room Mate Wanted

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Wanted: Volunteers!

1 Canadian Air Division is looking for volunteers to work in the kitshop. Flexible hours. 1 day a week between 10:00 hrs and 14:00 hrs. Please contact PO2 Jennifer Ross at 833-2500 ext 6512

170 Squadron's 70th Anniversary- Alumni Reunion Social

Where: 3584 Portage Ave- Army Navy Air Force Legion #283 (3584 Portage Ave)
When: October 20th, 2012
Time: 8:00pm-1:00am
Ticket Price: \$15.00
Contact Info: WO Tracy Graham, local 5654 or e-mail 170sqn_social@hotmail.ca

Volunteers Wanted!

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

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BY NANCY

Taroscopes

Aries (March 21 - April 19): If you sense emotional undercurrents but don't understand them, don't try to guess what's going on. Also it feels worse to change to try and fit in than it does to be "out of the loop." Be your strong, confident self. Enjoy the good times and the challenging times. Dance to your own beat.

Taurus (April 20 - May 20): Promises may not be as easy to keep as you thought they'd be so consider carefully before giving your word. You want to be respected; to be seen as competent. You also want to fit in while maintaining your individuality. Going against the flow has consequences and rewards.

Gemini (May 21 - June 21): Focus on finances and taking care of yourself and your surroundings. Be patient in doing this. Rushed decisions can lead to regrets. Consider the pros and cons before you act but also consider your feelings. What investment is best for your heart, your soul and your peace of mind?

Cancer (June 22 - July 22): If you feel like time is running out, diversify and delegate. Determine what is working and what isn't. Don't put all your eggs in one basket. A major change is required to ensure things work out as you'd like. Look for creative solutions to problems. They won't solve themselves.

Leo (July 23 – August 22): It's frustrating when something you want seems out of reach. You feel better when you are seen as a success. Being smart is important but you also need to have good timing and be able to read situations and people well. Avoid exaggeration. Stay "real" and you'll impress others.

Virgo (August 23 – September 22): Sometimes what we want isn't good for us and sometimes what we don't think we'd want ends up being just right. You learn a lot about yourself and life through trial and error. True friends are those you can trust. And they are there to listen to you when you need to talk.

Libra (September 23 – October 23): You want so much and yet no matter how hard you try and how much you wish things would go as planned sometimes you miss the mark. But keep trying. There is great satisfaction not just in reaching a goal but in getting there. The journey is everything. Enjoy!

Scorpio (October 24 - November 21): Conflicts, set-backs and the ups and downs of life are exhausting but they are all part of the journey. Effortless living is almost impossible when you have responsibilities. Purchase something that makes work easier. Consider investments that pay off sometime down the road.

Sagittarius (November 22 - December 21): You've got some regrets but you also have it pretty good so it's hard to complain. Healing an old wound isn't easy. In fact it's best to isolate yourself for a while before taking action. After a period of introspection you may find it's best to just let go of the past.

Capricorn (December 22 - January 19): Real life is a great teacher. Relationships and situations that were once strong, dynamic, and interesting may have reached their expiry date. It's time to look at making changes that will serve you better over the next three years. Get out and live life to the fullest.

Aquarius (January 20 - February 18): Seek inspiration and find what motivates you. Set short term goals so that you can see that your efforts show results. If you feel isolated because you've taken the road less travelled, trust this was right for you. Cut connections with those who want to maintain the status quo.

Pisces (February 19 - March 20): You are full of energy and bright ideas. People are starting to notice that you are both practical and creative. You calmly deal with emotionally-loaded situations. Others seek your assistance in finding solid footing in an ever changing world. Help them but also take time for yourself.

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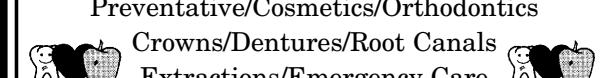
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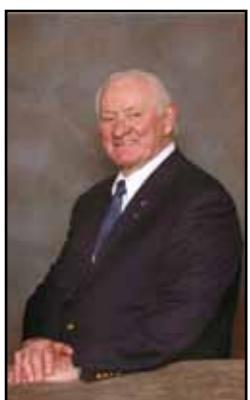
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