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THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

November 09, 2011

VOLUME 60, ISSUE 20

FREE

Military kids experience life at 17 Wing



Photo: Cpl Piotr Figiel

A tour at 435 Transport and Rescue Squadron's Lockheed CC-130 Hercules aircraft. Story on page 7

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GCWCC UPDATE



As the Herc in front of the Whyte-wold entrance shows, the GCWCC campaign is already past the half-way point to reaching its goal of \$130,000.

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Sledge hockey anyone? Soldier On brings the game to 17 Wing!

Carolyn Derksen

Regional Adapted Fitness Specialist (JPSU)

Sledge Hockey is one of the few sports where able-bodied athletes and those with disabilities can participate on a level playing field. In 2004 the sport became an official part of Hockey Canada and last year's Paralympic Games showcased stiff competition in this fast sport. You can have a chance to learn first hand what it's all about. Join us on Friday 18 November from 1330 – 1600 at the MTS Iceplex to experience this demanding game.

There will be a short briefing and then we'll get on the ice for some practice drills, followed by an exhibition game. There will be lots of opportunity to hone your skills. The Coach and players from the Manitoba Moose Competitive Sledge Hockey Team will put you through your paces. They are also supplying the sleds

and special hockey sticks that have picks on the top end for propulsion.

Military members of any ability or skill level are invited to register. The action heats up so participation in contact sports must be within Medical Employment Limitations (MELs).

This event will raise awareness for adapted sport so that all CF members understand the importance of pursuing an active lifestyle through sports, fitness or recreation activities and will provide ill and injured CF members with an opportunity to become familiar with this sport in particular.

Contact Chris Merrithew at ext 5511 by noon on Nov 14 to register. Or if you'd like just drop in to watch the action.

Sponsored by Soldier On, 17 Wg PSP, Sledge Hockey Manitoba and Regional Adapted Fitness Specialist (JPSU).



Participants at last year's Sledge Hockey workshop play a rousing game. Photo: Submitted

RC Chapel Remembrance Day Service (Eucharist)

The St. Marguerite Bourgeoys RC Chapel will be having a celebration of the Eucharist on Thursday, 10 Nov 2011 at 1900 hrs in honour and memory of all our veterans and their families.

Come and join us in prayer and hymns. For more info call 5087 or 5272.

VOXAIR

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17 Wing Mission Support Flight aids in closing of Op Moblie

Capt Jill Strelieff

On Sept. 23, approximately 50 members of 17 Mission Support Flight (MSF) from 17 Wing Winnipeg, Man. landed in Trapani, Italy to provide support for Operation Mobile.

They replace 3 MSF from 3 Wing Bagotville, Que. which deployed at the beginning of the operation in March.

"3 MSF did an outstanding job building a camp from nothing," said Major Eric Grandmont, acting Sicily air wing commander. "The infrastructure they've developed and services they've put in place have helped build not just a camp, but a community for deployed members. 17 MSF will have a solid foundation from which to continue their great work."

The MSF is an expeditionary unit ready to provide general and close logistical support to any Air Force platform during domestic or international air operations. Members of the MSF train together at their home unit and deploy together to provide support that includes equipment, fuel, electrical, mechanical, construction, plumbing and heating, fire fighting, communications, contracting, human resources, administration, cashier, welfare, feeding, postal and transportation services.

In Italy, 3 MSF has provided these services at four locations: Trapani, which includes the CF-18 Hornet flight, CC-150 Airbus Refueller flight and 3 MSF; the Air Component Element in Poggio Renatico; the CP-140 Aurora flight in Sigonella; and Task Force Libeccio headquarters in Naples.

"We've established the camps bit by bit, not knowing how long the mission will be," said Captain Jean-Francois Bidal, 3 MSF deputy commanding officer. "You sometimes don't realize how much we've grown but there are differences from week to week."

With more than 250 Task Force Libeccio personnel at Camp Fortin in Trapani, the most notable develop-

ments have been at that location. The site, which began with three hangars and an office trailer, now boasts an operations building, a medical and wellness centre, a mess facility, supply and transport offices, construction and engineering offices and storage, a post office and a Canada House.

3 MSF has excelled in providing required services quickly and efficiently.

"Our biggest success has been prioritizing the must-haves for each location, and getting things done without affecting the operation," said Capt Bidal. "Each section has pushed to make it happen, and our achievements are because of the entire MSF."

17 MSF will now pick up where 3 MSF left off.

"There is still much work to be done as Operation Mobile continues," said Major Todd Young, 17 MSF commanding officer. "17 MSF is excited to be in Italy and will carry on providing essential services to all Task Force Libeccio locations, including services that improve the quality of life for deployed personnel."

Operation Mobile is the Canadian Forces' participation in Operation Unified Protector, the NATO-led effort, as authorized in U.N. Security Council Resolution 1973 of 17 March 2011, to impose upon Libya an arms embargo, a no-fly zone and to protect civilians and civilian-populated areas in Libya.

Task Force Libeccio is the Air Component of Operation Mobile and is composed of the Task Force headquarters, based in Naples, Italy; the Air Coordination Element, based in Poggio-Renatico, Italy; and the Sicily Air Wing, based out of two locations in Sicily, Italy. There are approximately 350 personnel deployed to Italy as part of Task Force Libeccio.

In addition to the support furnished to Operation Mobile by Task Force Libeccio, HMCS Vancouver is currently conducting presence and surveillance patrols as part of the Standing NATO Reaction Force Maritime Group 1 (SNMG 1) deployed in the Mediterranean.



Members of outgoing 3 Mission Support Flight move luggage into crates to be loaded on the CC-150 Polaris Airbus taking them home to Canada from Operation MOBILE in Trapani, Italy. Photo: Cpl Mathieu St-Amour.

Our Apologies

The Voxair would like to apologize to MGen Parent for incorrectly reporting his rank on page 3 of the 26 October edition of the Voxair. As well the story about Ex Relentless Pursuit on page 9 should have been credited to Sara Ferguson.

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A weekend with the Canadian Forces Reservists and the CFLC

MCpl Gregory Rutledge
38 CBG Photojournalist

Right now, roughly 0.1% of Canadians are living a double life; by day they have full-time jobs or pursue post-secondary studies, but their personal time is spent using advanced weaponry and executing combat tactics. They could be your neighbours, your friends, your colleagues. They are reserve soldiers, men and women who are committed to the defence of Canada as a secondary duty added to full civilian lives.

Most of us have no idea what role these "citizen soldiers" play in keeping Canada secure. On paper, the Reserve Force is responsible for augmenting the Regular Force on domestic and overseas operations, often assisting with natural disasters and defending our sovereign borders.

In practical terms, that translates into the Canadian Rangers, Aboriginal army reservists from the far north who patrol Canada's remote arctic territories, the reserve sailors crewing Marine Coastal Defence Vessels that protect our vast coastlines, and the reserve soldiers fighting the floods, forest fires and other natural disasters across the country.

Reservists play an active role in defending Canada's peoples and borders from foreign and natural threats. Internationally, citizen soldiers have formed the backbone of every Canadian war effort, from the Boer War at the turn of the 19th century, through the First and Second World Wars, to modern conflicts such as Afghanistan.

Performing pivotal functions in Canada's international and domestic security obligations sometimes can take a toll on the personal lives and civilian careers of reserve soldiers. This is where the Canadian Forces Liaison Counsel (CFLC) comes in.

"The CFLC is a national organization comprising community and business leaders," explained Lieutenant Colonel (Lt Col) John Robins, Liaison Officer with the CFLC. "Their aim is to make life easier for reservists, to grease the skids for a Reservist to get time off for military training or for operations; and they also encourage employers to hire reservists."

The CFLC uses their flagship program, Executrek, to promote the benefits of employing reserve soldiers, by bringing out business leaders and employers to witness and participate in reserve training first hand. How the Executrek participants react to this experience has been central to the CFLC's success.

"It ranges from really impressed to completely surprised, that Canada has this resource and they couldn't know anything about it," said Lt Col Robins.

"They see (reserve) soldiers giving direction, giving orders, standing up confident, articulate, simple things like calling them Sir or Ma'am. They just don't experience that in the civilian workplace."



Members of The Fort Garry Horse coach 'ExecuTrek' firing the C-7 service rifle at St. Charles Range in Winnipeg, on 24 September 2011, as part of the Canadian Forces Liaison Council's ExecuTrek program. Photo: MCpl Gregory Rutledge

Randy Roller, Vice President and General Manager of Operations for FWS Group, a Winnipeg based construction company, explained why he participated in an Executrek event on September 24th, at St. Charles Range in Winnipeg.

"Well, to fire military weapons was probably the number one thing! Second is, just to spend the day in the life of a soldier, I thought it was a really good experience, and to try to understand what the military goes through on a daily basis."

After his Executrek experience, Roller spoke on benefits he perceived a reserve soldier can bring to the private sector.

"From what I've seen today, it's the leadership, the organization, all of the things that I think military training brings into (their) lives, I think it's great. I don't think they're going to get that anywhere else, especially at their age."

For the Fort Garry Horse, a Winnipeg based army reserve regiment that hosted Roller's Executrek experience, the average age of their soldiers is 18-24, and averages 45 days per year participating in training. That's 45 days on top of their full time job or education commit-

ments, and time spent with their families and friends.

So why do reservists do it? Lt Col Robins explained why he balanced a 32 year career with the Winnipeg Police Service, while concurrently serving 35 years as a Canadian Forces reservist.

"I think that it's the ideals of the Army; the adventure, the camaraderie, maybe the romance, the challenge. Those are all pretty high blown words, but I think that's what it was. I'll be sorry to leave. The army has given me all kinds of experience that I would never otherwise have had."

Through the efforts of organizations like the CFLC, reserve soldiers receive the support they need to continue serving in their vital role. The civilians that comprise CFLC are volunteers as well.

"They believe strongly in what they do," said Robins. "They believe strongly in reservists and the value they bring to the defence of Canada, and so, I think we need to pay attention to CFLC, and support them, so they can in turn support us."

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L'Administration canadienne de la sûreté du transport aérien (ACSTA) est heureuse d'annoncer que sa réunion publique annuelle de 2011 aura lieu le 6 décembre 2011 à Winnipeg.

Les membres du public sont invités.

D. Ian Glen, c. r., président du Conseil d'administration, et Kevin McGarr, président et chef de la direction, feront le point sur les progrès réalisés cette année par l'ACSTA et présenteront les projets de l'organisation. Yves Duguay, vice-président principal, Opérations et expérience client de l'ACSTA, présentera le Système de sûreté des cartes d'embarquement (SSCE) de l'ACSTA.

Les membres du public auront la possibilité de poser des questions et de se renseigner sur le mandat de l'ACSTA. Les questions doivent être préalablement envoyées par courriel à rpa@acsta.gc.ca

Veuillez vous inscrire d'ici le 30 novembre 2011 en envoyant un courriel à : rpa@acsta.gc.ca.

Pour obtenir de plus amples renseignements sur l'ACSTA ou pour visionner le Rapport annuel de 2011, veuillez visiter le www.acsta-catsa.gc.ca.

17 Wing Headquarters begins collecting donations for Christmas charities

Sgt Quinn M. Bailey
17 Wing Public Affairs

On October 28, 2011, the Wing Headquarters (WHQ) Entertainment Committee hosted a Halloween activity to commence their fall and winter donation activities.

Karen Packer, WHQ Entertainment Committee Chairperson, said the Committee represents every unit in the HQ building and the first activity was a pot-luck lunch.

The lunch was followed by a Halloween costume contest where Sgt Julie Johnston won the grand prize of the use of the 17 Wing/AFTC Commander's parking spot in front of WHQ for two weeks.

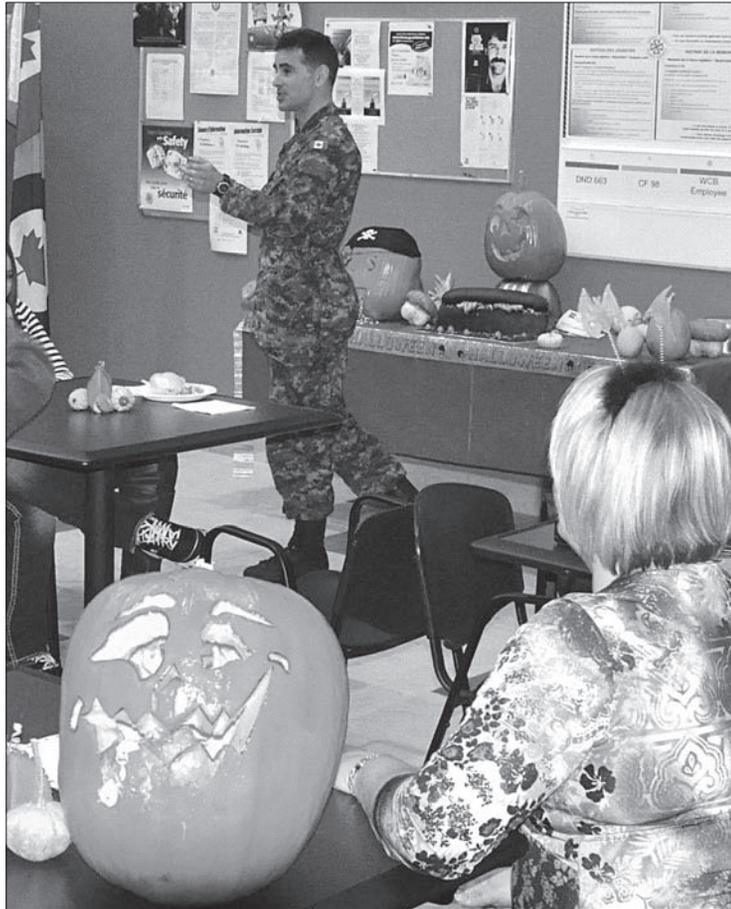
Ms. Packer added, "We had pumpkins donated, volunteers carved them, and the pumpkins were auctioned." Wing Chief Warrant Officer, Michael Scarcella, auctioned the pumpkins and an eerie cake donated by Ms. Joanne Spence, Wing Comptroller section. A huge bidding war ensued and even after dusting out his wallet, the WCWO couldn't pull off any of the winning bids.

Other fundraising activities will include a Holiday Season Turkey Dinner. The combination of the winter activities will ultimately lead to the total proceeds being donated to a charity of choice, which is yet to be determined. On top of the monetary donation that will be made, Siloam Mission of Winnipeg will receive any remaining food items from the turkey dinner to help those in less fortunate circumstances.

Our Apologies



Col B Frawley (l) is seen presenting to CFSAS Maj BD Statham (r) the Canadian Forces Decoration 1st clasp. The photo was run in the 26 October issue with the incorrect caption.



WCWO Michael Scarcella auctions the goods. Photo: Sgt Quinn Bailey

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CWO John Fougere SRCP (middle) is given a change of rank to Capt by A4 TEME LCol ES Giles (r) and A4 Logistics Col TM Ross (l). Photo: Submitted



Capt Andrea Keeping (r) is promoted to the rank of Major by A4 Logistics Col TM Ross (l). Photo: Submitted

Philatelist's Corner with Alf Brooks A Killer Cancel

As do many hobbyists, stamp collectors have their own esoteric terms that are not usually understood outside the hobby. You will hear mention of a "killer cancel," which for a stamp collector means a cancellation on a stamp that covers much of the stamp or is so smudged and messy that the stamp is uncollectable.

But then you have the stamp and postmark pictured here, a stamp from Germany, 1921, cancelled "Killer." Killer is a village in Germany, part of the town of Burladingen in Baden-Württemberg

To a collector this cancel is not a "killer" at all but would be very much worth adding to a collection of "socked-on-the-nose" (abbreviated "SON") cancels.



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Take your kids to work day

2L Phil Galbraith

WLE Assistant Administration Officer

On 2 November 2011, 56 Grade 9 students could be seen travelling in groups across the Wing. They were part of Take Your Kid to Work Day, an annual event which allows high school students to observe the daily workings of their parent's workplace. 17 Wing does this a bit differently. During the morning, students are given a formal tour of some units on the base, and in the afternoon, they shadowed their parents in their specific workplaces. This year, the students visited 402 Sqn, 435 Sqn, the fire hall, and the MFRC.

At 402 Sqn, the students were given a tour of the maintenance shop, the tool crib and both the inside and the outside of a CT-142 Dash-8 aircraft. Their tour guide, MCpl Harman, was a wealth of information, and was able to address all the questions the students asked. At 435 Sqn, the students were able to tour the cockpit, cargo area and the outside of a CC-130 Hercules, as well as examine the unique equipment the Search and Rescue Technicians (SAR Techs) use.

The next stop in the tour was to the fire hall, where the students were given a tour of the crash truck along with the rest of the hall. This provided a photo opportunity for the students, which many took advantage of. The final stop was to the MFRC, where they were informed of the various volunteer opportunities they have available to them, a service which the students can use to gain extra credits as well as experience different work environments to gain a perspective of which area of work they would like to work towards.

Despite the chilly air, the students had a great time, a were not afraid to ask questions about the various tasks or equipment they were shown. A big thank you to all those who helped make this day possible, both parents and volunteers.



Captain Chad Miller gives a tour of one of 435 Transport and Rescue Squadron's Lockheed CC-130 Hercules aircraft. Photo: Cpl Piotr Figiel



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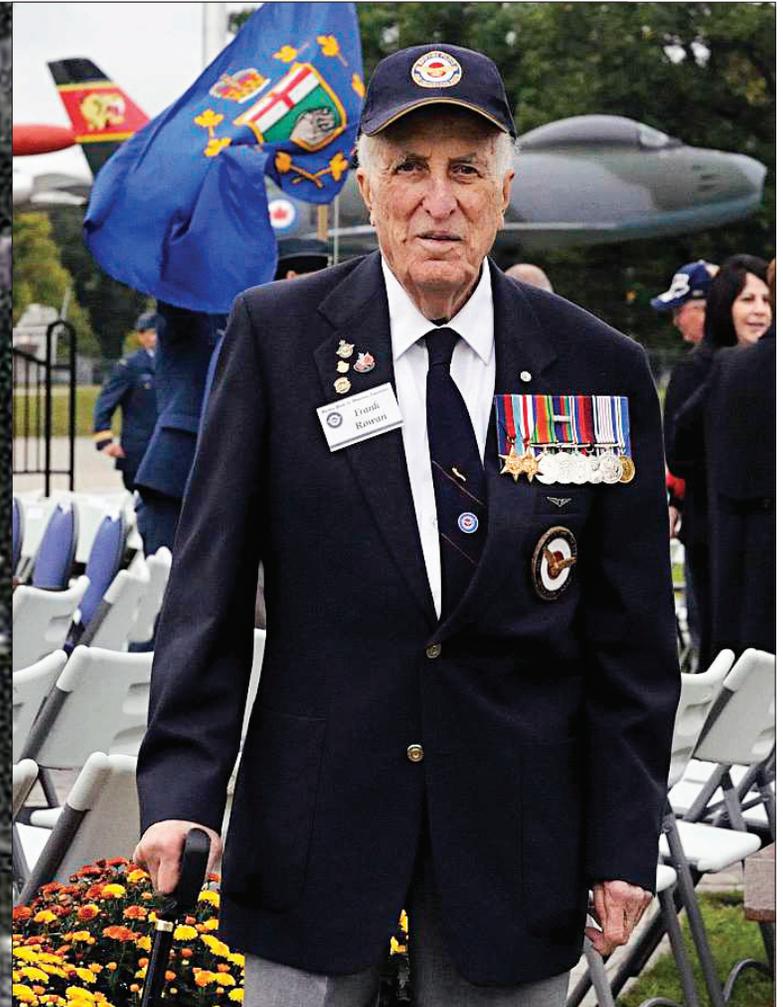
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Lest We Remember?



Flying Officer Frank Rowan as a POW in WWII. Photo Courtesy Mr. Frank Rowan



Frank Rowan standing at his post during the Battle of Britain parade at 17 Wing on 18 Sept 2011. Photo: Cpl Beverley Dunbar

Capt Yvonne DeCaire
17 Wing Public Affairs

November 11th is a solemn day to pay tribute to those who have made the ultimate sacrifice since World War I. For retired Flying Officer Frank Rowan for many years it was the only day of the year when he took time to think about his wartime service.

“When I returned from overseas, they told me not to go near the legion to avoid post-traumatic stress problems,” said Rowan. “I always went to the Remembrance Day parade, but otherwise I didn’t speak about the war.

Finally in 1988, 43 years after the war, I went to a reunion.”

Rowan was a navigator stationed in Lincoln England with a Squadron of Lancasters with the RAF in WWII. On St. Patrick’s Day 1945, after his aircraft was hit, all crew bailed at 18,000 feet. “I had the good fortune to land on a German Air Base and was immediately a prisoner of war (POW),” joked Rowan.

Two days after his capture Rowan and approximately 150 others began a gruelling 47-day march. “The Germans did not want to wait for the Allies and so took us to the Czechoslovakia border. It was very difficult for many

of the older crews and many died,” said Rowan. “I will never forget the things I saw during that march.”

Rowan relates that he had a very difficult time when he first returned to Canada. “I had lost a lot of weight and my feet were in poor shape. But I was very fortunate. Lady Eaton had a home in Muskoka and received 50 of us. I was one of the few very lucky soldiers who were treated there. That was a big big thing. I stayed there for over a month.”

Rowan no longer avoids talking about his experiences during the war. In a war where over 47,000 never returned home he feels that he was very lucky.



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“WE WILL REMEMBER THEM”

In Memory
Of Our
Fallen Comrades



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The members of the 17 Wing
Junior Ranks Mess thank the
veterans of past and present.
To all fallen comrades,
Lest We Forget.
Junior Ranks’ Mess

17 Wing Winnipeg
Winnipeg, Manitoba, R3J 3Y5

**In memory of our
fallen comrades**

500 Wing



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WE WILL REMEMBER THEM

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



**OFFICERS’
MESS**

17 WING WINNIPEG
WINNIPEG, MANITOBA

A father, a son, and a Book of Remembrance



Catherine Tremblay, Senior Officer Canada Remembers speaks with visitors to the Book of Remembrance display in the Regina Garrison. Photo: Cpl Bill Gomm

Cpl Bill Gomm
38 CBG Public Affairs

On August 26, 2011, a chance to see the seventh Book of Remembrance outside of Parliament Hill, coupled with a visit from the Portraits of Honour tour gave Regina a rare opportunity to view both tributes.

The Seventh Book of Remembrance display and presentation, located in the Regina Garrison, was seen by hundreds of visitors, and with the Portraits of Honour display just next to the Armoury, people were able to see both with ease.

Catherine Tremblay, Senior of Officer of Canada Remembers Ottawa explained the significance of the Books of Remembrance, turning the pages to the names of the fallen upon request, and also the Page of the Unknown.

"All the Books of Remembrance have a Page to the Unknown. As soon as I know there is a service-related death, I create a Commemorative Record in our database," said Mrs. Tremblay. "In the field where you would record the page number on which the deceased is commemorated, the page number of the Page to the Unknown is entered online until their name can be entered in the appropriate Book."

For Mrs. Tremblay the inspiration to take the

Books of Remembrance on a tour of Canada came to her during a "Take Our Kids to Work Day", at the Connaught Ranges in Ottawa.

"That morning started slow enough," said Mrs. Tremblay. "Around 9:00 a.m., students, accompanied by their parent(s), started to arrive. One of the parents finally came by the Book and I jumped in to explain the Book, who was in the Book, the dates of Book and finally eligibility to be commemorated in the Book."

"One Canadian Forces member came by and I asked him if he knew anyone in the Book and he said yes. It was the page on which Colonel Geoffrey Stephen Parker is commemorated, a page that I was to find requested several times that day. This member with his son by his side waited while I turned the pages to find page 237, all the while explaining why the Book wasn't in alphabetical order."

"I could see the young lad smirking some, changing feet, obviously feeling awkward with his father by his side but a few moments later, his father shoulders started to shake and standing in front of him on the opposite side of the display table, I saw his tears stream down his cheeks. I don't think the young lad knew what to do, he looked away, looked behind him, looked at me and I

lowered my eyes. He never said anything, just waited with patience while his father collected himself and then thanked me."

"They walked away towards one of the doors leading outside into the sunlight. A while later, I happened to see them again, the young lad was getting his father a hot chocolate and when he handed the cup to his father, their hands touched and the young lad looked up into his father's face and he father looked down at him. I was watching to see how they interacted. The young lad was now physically relaxed and he was more animated and speaking with his father. You could see the dynamic of their relationship had changed. I don't think the boy had ever seen the man cry. An Officer, strong and proud, brave and yet sensitive enough to cry at the loss of a friend - I think they became friends that day. Nothing I've seen like that before moved me in the same way. I knew it was the Book that had bridged the years between them."

Even though the Book contains the names of too many who were not ready to leave this earth, they are not forgotten by any of us.

ARMY, NAVY & AIR FORCE
IN REMEMBRANCE OF
OUR
FALLEN COMRADES

WE WILL REMEMBER THEM



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In Remembrance
Of Our
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Junior Ranks Mess thank the
veterans of past and present.
To all fallen comrades,
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In Memory Of Our Fallen Comrades



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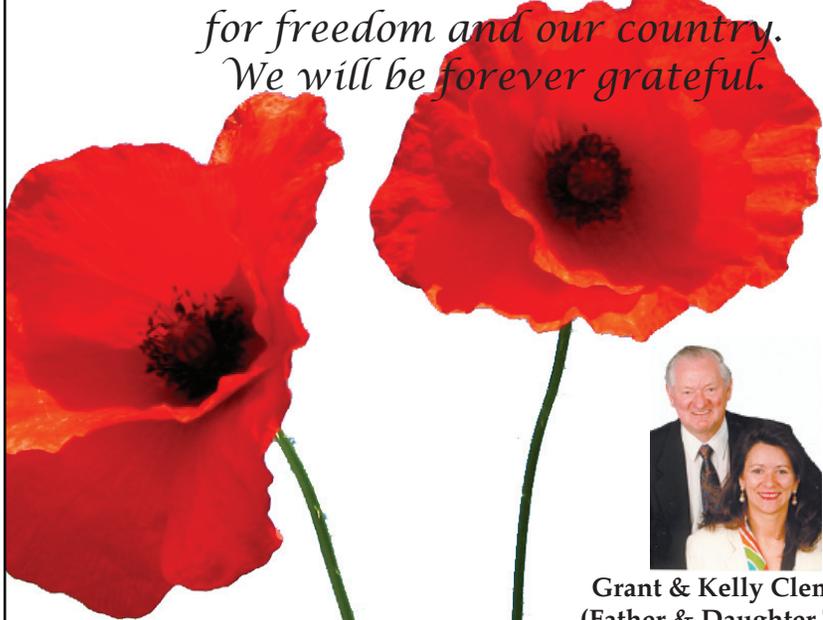
Remembering those we have lost

Through the sacrifices made by our military, we enjoy a way of life, better than most in the world.

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We owe our lives to those who took a stand for freedom and our country.

We will be forever grateful.



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253-5162
christinemelnick@mymts.net

Dispute Resolution Centre Celebrates 10th Anniversary

Capt Yvonne DeCaire
17 Wing Public Affairs

Originally named in 2005, Conflict Resolution Day is celebrated internationally on the third Thursday of October. This year's day carried a little more emphasis as the Dispute Resolution Centre at 17 Wing Winnipeg celebrated their 10th Anniversary on October 20, 2011.

"Since its inception, the Dispute Resolution Centre's focus has moved from mediations to helping build conflict competency within DND/CF so all members of the Defence Team are better equipped to resolve conflict early, locally, and informally," said Robin Kogan, Conflict Management Practitioner and Acting Coordinator of the Dispute Resolution Centre (DRC).

The DRC facilitates Alternative Dispute Resolution (ADR) processes that help parties come up with their own solutions. Resolving conflicts constructively gives parties the opportunity to rebuild trust and restore working relationships. The DRC works alongside already existing processes, such as harassment complaints and grievances. ADR can be considered at any stage in a conflict, even if another process has already started. When the conflict cannot be resolved through ADR, all parties retain the option of reverting to other available processes.

The 10th anniversary of the creation of the DRC was celebrated over two days in Winnipeg to ensure all individuals were able to attend. The first event was held on October 20 at 1 Canadian Air Division Headquarters.

"The Conflict Management Program is a fantastic tool that is at everyone's disposal. I have known many people who have achieved success in resolving issues through the services provided by the DRC, and I have benefitted from their services at previous postings," said LCol Jocelyn van Diepen, Headquarters Command-

ing Officer. "The good folks at the DRC are extremely dedicated to finding appropriate and workable solutions and they are instrumental in resolving problems in the workplace."

A second event was held at 17 Wing on October 21 to ensure that all personnel could take part in the celebration and benefit from information provided regarding resources available. "I believe this is an essentially critical process. At the end of the day ninety per cent of our problems revolve around communication and interaction between people," said Col Frawley, Commander of 17 Wing and Air Force Training Centre. "I encourage everyone to get more aware of what services ADR has to offer and take advantage of it in the workplace."

Celebrating the milestone anniversary of the DRC on Conflict Resolution Day carried special meaning. The internationally-recognized day espouses the following initiatives:

- 1) To promote awareness of mediation, arbitration, conciliation and other creative, peaceful means of resolving conflict in schools, families, businesses, communities, governments and the legal system;
- 2) To recognize the significant contributions of peaceful conflict resolvers; and
- 3) To encourage celebrations by individuals and organizations around the world.

Robin Kogan, who organized these events, recognizes that there are many ways to resolve conflict effectively. "This day is not just about the DRC and the services we provide but also the services provided by CHRO, UNDE and PIPS representatives, Harassment Advisors and Workplace Relations Advisors. This day is for all of those people who assist managers, supervisors, members and employees in resolving workplace conflicts. Today we celebrate all of you who are working towards fostering a positive, respectful, and healthy workplace."

Chaplain's Corner

Honouring the Present and the Past: A Personal Afghanistan Experience

Memory is a wonderful privilege. Memory enables us to enter a sacred space where we come face to face with the fears, joys, sadness, and the blessings of being part of the human family. I would like to share with you some memories revisited of my time in Afghanistan.

Combat in a war zone leads to a myriad of emotions, and life in a war zone can lead to life changing events that can potentially impact one's circle of relationships, especially towards self, family, and others. We are well aware of possible trauma after coming home.

I had the great privilege of serving our troops in Afghanistan from September 2008 until May 2009. To say the least, it was a very profound and sacred experience. My main responsibility was to be the padre for the 3 RCR Battle Group – an experience which brought its share of fear and risk, whether by air or land, as I had to travel extensively, either going back and forth between Kandahar Airfield (KAF) and the Forward Operating Bases (FOBs) or between FOBs.

It was an honor for me to serve as the padre of the battle group in that I got to listen and was entrusted with first hand stories of joys, fears, frustrations, and hopes of our women and men in arms. Losing a fellow soldier was not easy and it was very difficult to deal with loss of comrades. Yet, grace shines even in darkness and situations like this opened up new avenues in my relationship with the members. It allowed me to reach out to others, and to enter their sacred space and witness their vulnerabilities, fears, hopes, and joys while we trod dangerous roads. The human spirit falters in the face of suffering - wounds, losses, and death all leave an imprint on the soldiers who serve. The same human spirit longs for healing in its brokenness. Healing does not happen overnight. Let me explain.

One hot late spring day, in the final month of our deployment, I was on a routine visit conducting our end-tour memorial service at FOB – Ma Sum Ghar when we were informed of the sad and tragic news of the death of four comrades in two separate IED incidents. Two of the four fallen comrades, Cpl Justin Crooks and MCpl Scott Vernelli were best of friends and were very well known to me. The tougher part of it all was that one of them, Cpl Crooks died on his 24th birthday. The trained soldiers who were at the scene found themselves helpless at what they saw. They told me how hard they tried to save every wounded comrade but to no avail. Recurring memories of what happened appeared to disturb some of them.

Our lives are marked by events, be they good or bad they define us. For example, September 11 will always have meaning for our world. For me personally, every time I celebrate my birthday, I will remember that a comrade died. My perspective of welcoming my birthday has taken a different twist. On my 35th birthday while I was deployed in Afghanistan, on the same tour, a comrade died, Sapper Sean Greenwood, a native son of Manitoba. I was about to have a celebration with friends when I was suddenly required to report to the hospital to wait for his body to arrive by helicopter and bless his body before he was placed in the casket. For me, this incident created a tension of joy and sadness. Every time I celebrate my birthday, I will be especially mindful of the tension between life and death.

We also had our own share of joy while in theatre of operation. Gathering at Canada House to cheer for our favorite NHL team, or patiently waiting in line, at the boardwalk, to get our Tim Hortons cup

(Continued on page 15)

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The 1st Annual 17 Wing
GCWCC Holiday Social

Date: Sat, 19 Nov 11
Location: Bldg 21
Time: Doors open at 1900 hrs, until 0100 hrs
Tickets: \$10
Please contact your unit/section GCWCC rep for tickets!
Dancing! Food! Silent Auction!

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

Royal Canadian Air Force Band Caught in the Act!



On October 28, members of the RCAF Band were caught red-handed enjoying non-alcoholic punches at their Halloween Party. Using not so secret or ancient recipes, staff from Health Promotion conjured up ghastly brews for them. Diane and Penny casted their magic and created two holiday potions.

Health Promotion wants to catch your unit in the act. We encourage all units to live healthier. If you are planning an event or looking for a way to encourage active living, social or nutritional wellness contact our office. We would be glad to help.

Community Recreation Halloween party



Children were lined-up to make their own skeleton at the Community Recreation Halloween party. Other spook-tacular activities included a mummy wrap, and a bouncy castle. Photo: Submitted

We all have our (ANGRY) moments.

Managing Angry Moments (MAM)
14 & 28 November 2011
(Must attend both days.)
0800 hours to 1600 hours
Building #135, Room #132

MAM is neither a counselling nor a treatment program. Through education, it aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

For more information or to register contact:
Health Promotion
local 4150

Gérer les moments de colère (GMC)
14 & 28 novembre 2011
(Doivent assister aux deux jours.)
0800h à 1600h
bâtiment 135, chambre 132

GMC n'est ni une thérapie ni une thérapie ni un traitement. Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptation qui vous conviennent.

Pour s'inscrire, composez Promotion de la santé le 4150

Top Fuel for Top Performance

Top Fuel for Top Performance Workshop
13 & 14 Dec 2011
0800-1600 hrs
Bldg. #135, Room #132

Find out when, what and how much to eat to get the most out of your food and activity!

For more information or to register contact
Health Promotion
local 4150

Bouffe-santé pour un rendement assuré
13 & 14 décembre 2011
0800h à 1600h
bâtiment 135, chambre 132

Venez découvrir quand, quoi et quelle quantité manger pour retirer le maximum de vos aliments et de vos activités!

Pour s'inscrire, composez Promotion de la santé le 4150

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A Canadian Forces Program

Le stress : ça se combat!
Programme des Forces canadiennes

Want to increase your stress hardness, enhance your performance, ramp up your Resilience?
Stress: Take Charge!
9 & 10 November 2011
0800 hours to 1600 hours
Bldg. #135, Room #132

To register contact Health Promotion local 4150

Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?
Le stress: Ça se combat!
9 & 10 novembre 2011
0800 h à 1600 h
bâtiment 135

Pour s'inscrire, composez Promotion de la santé le 4150

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Image: Department of National Defence

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Girls Just Want to Have Fun- MFRC women's conference 2011

On Saturday, October 22, the Winnipeg MFRC hosted a women's conference for members of the military community. The all-day event was designed to appeal to women of all ages, and the committee worked hard to ensure that there was a variety of activities to appeal to a wide range of people.

The day kicked off with a meet and greet, and an address by our guest speaker Dr. Moira Somers. Dr. Somers is a psychologist specialising in financial matters. During her speech Moola Moxie: Secrets of Financially Fabulous Women, she spoke about women's relationship with money and how it reflects self-image.

Approximately 30 women participated in the conference. Feedback from the participants was positive, and everyone enjoyed being able to take some time for themselves.

Workshops included fitness activities such as zumba, belly dancing and self-defence; creative sessions including jewellery making and DIY spa; information sessions which covered business skills, health and mental health subjects and practical skills such as how to use power tools.

Participants were also pampered during manicure and hand massage sessions, provided by the aesthetics students from Scientific Marvel School.

The trade show, featuring approximately 10 vendors, offered a range of products and information for the participants as well. It was a great way for women in the military community who have small businesses to showcase their products and make connections with other community members.

The committee would like to thank all of the participants, trade show vendors, TEME from providing transportation, and 17 Wing for supporting the event. Plans are underway for next year's conference- if you have ideas for sessions you'd like to see offered, please contact us through our Facebook page www.facebook.com/WinnipegMFRC or email wpgmfrc@mfrc.mb.ca.



Some Women's Conference attendees got the day started with a burst of energy during zumba. Photo: Submitted

Holiday hamper program 2011

As in past years, the Winnipeg MFRC is partnering with the 17 Wing Care and Share program to provide holiday hampers.

The MFRC and Care and Share program realize that the holiday season can be a difficult time. If your family is struggling financially and could use some assistance during this holiday season, contact Laura Friesen at 833-2500 extension 4512.

If your unit is interested in sponsoring a family, please contact Andrea Estensen at 833-2500 extension 4506. Referrals will be accepted from Nov 1 to Dec 14.

All calls are confidential.

Upcoming MFRC Programs

Adult programs

Holiday bake exchange

Monday, December 5 7-9 p.m.

Register by November 25

Do you love all of those holiday goodies, but don't have time to make dozens of different bars or cookies? Join us for our holiday bake exchange and you will be able to take home a bunch of different goodies, and their recipes too! You will need to bring one dozen homemade treats for each participant in this program. Please bring the recipe with your cookie/squares. We will contact you November 28 to advise how many participants there are.

FRENCH CONVERSATION GROUP

Thursdays, November 17 & 24, December 8 6-7:30 p.m.

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

DEPLOYMENT HOLIDAY CARD MAKING

Saturday, November 26 @ 1 p.m.

Register by November 19

\$20 per person

Get into the holiday spirit as we enjoy each other's company and make three different holiday cards. You will leave with nine holiday cards, just in time to get them in the mail to your loved ones. No experience required and all supplies are provided.

DEPLOYMENT HOLIDAY PARTY

Saturday, December 10 2 p.m.

Register by Friday, December 2

Academy Lanes

Let's go bowling!! Ring in the holiday season by celebrating with other deployed families. We'll be spreading good cheer while throwing strikes and gutter balls. Snacks and beverages will be included. Cost is free for you and your family to participate. Please email me to register.

FRENCH LADIES' GROUP SUSHI MAKING WORKSHOP &

CHRISTMAS DINNER

Saturday, November 26 @ 4 p.m.

Join us to learn how make sushi! Christmas dinner will be held after this activity.

FRENCH COFFEE

Wednesdays 10 to 11 a.m.

Join us every Wednesday morning for a coffee and chat with Francophones! Free childcare is available.

ROAD TO MENTAL READINESS

Tuesday, November 22 @ 7 p.m.

Register by November 15

Road to Mental Readiness is designed to prepare military members and their families for the deployment experience. The objectives of this program are to improve short-term performance as well as long-term well-being. It is meant to enhance your knowledge and help you utilize the skills required to protect and maintain your health and functioning. The program is divided into three phases. Phases One and Two have been delivered to the military

personnel deploying, while the target audience for this briefing is you, the family members. Topics covered include; goal setting, stress management and self talk.

Family programs

MEXICAN FAMILY FIESTA

Wednesday, November 30 @ 5:30 p.m.

\$5 per person

Register and pay by November 24

Everyone is welcome to join us for a Mexican fiesta! We'll be having tacos and other treats from south of the border. After dinner, we'll have a presentation by Bartley Kives, author of A Daytripper's Guide to Manitoba. Please advise of any food sensitivities when registering. Copies of the book will be available for purchase. Please advise if childcare is needed when registering.

Children's Programs (0-5)

CASUAL CHILDCARE

WESTWIN CHILDREN'S CENTRE

Tuesday 9 to 11:30 a.m.

Thursday 1 to 3:30

Children under 2 \$10, children over 2 \$8. Half price for each additional child from the same family. Must book 24 hours in advance. Call 833-2500 ext 2491.

Need a break? This program provides care for children while you attend appointments, work out, run errands etc. Children must be at least 1 year old to attend the Tuesday session and 18 months for the Thursday Session. Peanut free snacks and diaper supplies should be sent.

STORYBOOK ADVENTURES

WESTWIN CHILDREN'S CENTRE

Tuesdays, Nov 1,8,15,22,29, 1-2:30 p.m.

\$30 for all five sessions or \$8 per drop-in

Register by October 28

Favourite stories are the jumping off point for science, music, movement and art activities for children 2-5 years old. Parents may relax with coffee and conversation at the MFRC while the program runs if they wish. To register, call 833-2500 ext 2491.

FAMILY NUMERACY NIGHT

WESTWIN CHILDREN'S CENTRE

Wednesday, November 23, 6:30-7:30 p.m.

Register by November 18

This parent and child workshop will consist of a variety of hands on FUN activities to explore early concepts of math. (counting /matching/ pattern/ measuring activities; songs/stories/ art; puzzles/toys/games). To register, call 833-2500 extension 2491.

Youth programs (12-17)

BABYSITTERS' COURSE

Saturday, November 26 10 a.m.—4 p.m.

\$15 includes workbook and pizza lunch

Register and pay by November 18

The MFRC is offering the Canadian Council Babysitter's course. It provides new babysitters with skills and tools needed 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 6 or be a minimum of 12 years old to participate.

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Volunteers Wanted:

1 Canadian Air Division kitshop is looking for volunteers. Flexible hours, 1 day a week between 10:00 hrs and 14:00 hrs.

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CRIBBAGE: Thursdays at 7:30 pm
DANCING: Friday & Saturday evening 8:00-12:00 pm
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

Taroscopes

BY
NANCY

Aries (March 21 - April 19):

You can't resolve everything. And your methods aren't automatically going to work for others. You have a growing awareness of the importance other people play in your life. Let time show you those who are genuine and the situations that best serve you. Unconditional caring, counts.

Taurus (April 20 - May 20):

Whether you like it or not issues must be dealt with. You can't avoid the complexities that result when others are involved. If you don't take the bull by the horns someone else will fix things for you and you may not like the end result. Get all the facts before you take action.

Gemini (May 21 - June 21):

Your confidence in your choices stems from sound logic. Find ways to make your surroundings more restful. You crave a sense of security. You know what is important to you but if you look at your world from another's perspective, it can be very enlightening. Use what you learn.

Cancer (June 22 - July 22):

New information has you pondering the past and seeing things from a new perspective. Though you want to make decisions that will positively affect others, it's not wholly your task to fix the future. You can analyze a situation before you act but ultimately there are no guarantees.

Leo (July 23 - August 22):

You can get what you want. And if you are impeccable in your efforts to do so, things will go well. Avoid using half-truths or deceit. You wouldn't appreciate it if others used these tactics on you. The end does not always justify the means. Read the fine print before signing contracts.

Virgo (August 23 - September 22):

Love is in the air. Others are eager to share their feelings. Speak from the heart during personal discussions. You are blessed. You can be both secure and be involved in new exciting interests. Continue to learn. There is still more ahead of you. Your expertise is obvious.

Libra (September 23 - October 23):

Be open to new relationships. You get what you wish for through determination and hard work. You are the centre of attention because of your skills and because of the connections you've made when helping others. Differences can be overcome with kindness.

Scorpio (October 24 - November 21):

Settling into a phase that seems to have a sense of order. But this can be easily upset if you don't communicate clearly with others. Resolve miscommunications quickly. It's time to act on something you've been talking about for a while. Make positive changes in your life.

Sagittarius (November 22 - December 21):

You're eager to jump into new experiences however you also crave the comfort of the known. The question is, is what you have done healthy? Decide what to keep and what to let go of. You can only manage so much. What drains your energy? What enriches your life?

Capricorn (December 22 - January 19):

Relationships, feelings and habits are in the spotlight. Consider what motivates you and others. Allow for creative expression and find an outlet for all aspects of yourself. You are blessed with options and possibilities to experience some of the things that make you happiest.

Aquarius (January 20 - February 18):

Change is in the air. Trust that what you've worked hard at will grow of its own accord. You don't have to watch it every step of the way. The seeds you've planted will bear fruit. You've changed and others need to accept this and respect you or you'll have to move on.

Pisces (February 19 - March 20):

Opportunities arise that allow you to showcase your talents and abilities. Continue to perfect your skills. Help others and you help yourself. You can overcome adversity. Don't give in to self doubt. If worry creeps in, get busy and do things that address inner uncertainty.

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Chaplain's Corner

(Continued from page 11)

(never mind the coffee) with high hopes of winning some attractive and coveted Roll up the Rim to Win prizes brought some sense of normalcy to our lives. It brought a smile to my face to see our soldiers wait with excitement as postage mail and care packages from friends and families were delivered and unloaded from cargo trucks in a FOB. Sharing meals, playing cards, and sharing stories at the mess hall was a downtime for most us. Seeing and watching our soldiers, cleaning their armored vehicles and their weapons, after coming back unharmed from a patrol or from a military operation was a sight to behold.

Truly, the active involvement of our soldiers, sailors, airmen and women from World War I up to the war in Afghanistan, the various international peace-support operations, and the many humanitarian operations both here and abroad have showcased what love of country, courage, and commitment, stamped with a Maple leaf, is all about.

As we join the rest of the entire nation at cenotaphs, memorials, public places, and worship spaces to remember and honour the memory of our fallen comrades, may we remind ourselves that our act of remembering is not to glorify war but simply because we choose to honour their service for the greater good. "They only did what they have ought to have done." Their service had a price and we enjoy the fruits of that sacrifice in our free and native land. And today we embrace the same spirit and passion that they embraced as we share our common values with the people of Afghanistan and the rest of

the world.

In the next few days leading to the observance of Remembrance Day, let us remember in prayer those Canadians who fought and continue to fight so that we can live in freedom. Let us also keep in mind their families and loved ones who continue to mourn their loss. As we display and pin the blood red poppy on our shirt, may it serve as a gentle reminder that the freedoms that define our country took root in the graves of those who loved it more dearly than they loved their own lives. Freedom has a price and the world harkens to listen to wisdom from fallen comrades who knew their duty and had the courage to carry it out. I am so proud to be a Canadian. Why?

The experience I have shared in this article may come across as limited but trust me it has helped shape and deepen my identity as a new Canadian. Participating in singing the "O Canada" in public gatherings or simply listening to it, for example, gives me goose bumps and tears come easy. Our country's passion in showing the world what it means to live in freedom is a source of much comfort and peace. To this, my vocation as a military chaplain is one of the concrete ways I can express my gratitude to a country that has opened its doors to, and welcomes with warm hospitality, immigrants like myself and my family. Yes, indeed, memory is a wonderful privilege and my experience as a chaplain in the military serving in Afghanistan has intensified my gratitude for living in a country which values freedom.

- by Padre Roy Laudenorio

In Memoriam



On October 29, Master Corporal Byron Greff was killed by a vehicle-borne improvised explosive device while transiting through Kabul as a passenger on an International Security Assistance Force (ISAF) vehicle.

MCpl Greff was from the 3rd Battalion Princess Patricia's Canadian Light Infantry, based in Edmonton, Alberta. He was serving as a mentor and trainer on Operation Attention, the Canadian Forces contribution to the NATO Training Mission in Afghanistan. His role was to advise Afghan National Army trainers who provide recruit training to Afghan soldiers.



Sgt Janick Gilbert, a search and rescue technician from 8 Wing Trenton, Ont., died while participating in a rescue mission near Igloolik (Hall Bay), Nunavut, on the evening of Thursday, Oct. 27.

Sgt Gilbert was a search and rescue technician with 424 Transport and Rescue Squadron.

"It is with deep sorrow that we learned about the death of Janick," said 8 Wing Commander Colonel Sean Friday. "Janick will always be remembered as a respected family member of 8 Wing who was committed to helping people in need. At this most sorrowful time, our thoughts and prayers are with his family and his many friends."

The search and rescue mission was a collaborative effort that included aircraft and crews from 17 Wing Winnipeg, Man., 8 Wing Trenton, Ont., 9 Wing Gander, N.L., and 14 Wing Greenwood, N.S. It was coordinated by the Joint Rescue Coordination Centre in Trenton. The mission itself resulted in the rescue of two local citizens.

The incident is currently under investigation.

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 (Baptist)
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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