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THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

October 7, 2015

VOLUME 64, ISSUE 17

FREE

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17 Wing Stands With OP Honour



WCWO Mike Robertson (left) and WComd Col Andy Cook (right) stand '100%' with Gen Vance and OP Honour, the new CAF initiative to end sexual misconduct and harassment in the Armed Forces. For more on Op Honour see page 3. Photo: Mike Sherby

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17 Wing Goes Hollywood for Hyena Road Film Shoot

By Martin Zeilig
Voxair Photojournalist

If actor/director Paul Gross required any proof of the believability of his new war movie, *Hyena Road*, all he had to do was ask some of those CAF members who were extras in the ramp ceremony scene shot in Hangar 10 on the cool evening of October 14, 2014.

"When I walked out on the ramp and saw the Herc positioned as it was, back opened, and the Canadian Flag draped down, it immediately took me back to when I last saw that same image, 2010 in Afghanistan," said Lieutenant(N) Padre Darryl Levy in an email to The Voxair.

"There is only one instance when you see a Herc dressed like that, and unfortunately it is to send one of



WO Mike Manny (left) and Capt Meaghan Manny (right) with Paul Gross (center) during the filming of the ramp scene at 17 Wing on October 14, 2014. Photo: Submitted

our own home. It was a vivid reminder of who we are as Canadian Armed Forces personnel, the pride and honour that we feel, and the sacrifice that we are willing to make for our country and to keep our loved ones safe."

The movie, which opens nation-wide on October 9, follows a CAF sniper unit in action during the construction of a highway in the Panjawi District, Kandahar Province, Afghanistan. It weaves together three subplots: the story of the war in Afghanistan, a romance, and a story about the Afghans, some of whom were partners with the Canadians, while others were enemies.

Hyena Road attempts to capture the complexities of Canada's involvement in the war in Afghanistan, as well as some of the physical and emotional effects on members of the CAF and Afghans civilians. It also examines the sometimes random and chaotic nature of modern warfare.

Gross said that he wanted to pay close attention to detail with the movie's scripting, acting, dress and pacing to the locales. The bulk of the movie was filmed at CFB Shilo and in Jordan.

"Almost all the events and characters were told to me by soldiers in Afghanistan, or when I came back," said Gross during an interview with The Voxair. "All the characters were based on real people."

He said he wasn't "at all surprised" by the CAF's cooperation because of their previous support during the making of Gross's 2008 epic about Canadian soldiers in World War One, *Passchendaele*.

"They were quite willing to open doors, and no one asked to read the script, or sought artistic approval," Gross said.

"We were interested in making an honest and authentic movie, and The Canadian Armed Forces were extraordinarily helpful."

Sergeant Mackenzie Landry, a piper with the RCAF Band, can be seen in his Tartan kilt playing the bagpipes during the ramp ceremony scene.

Sgt Landry was in an armoured vehicle with 2 Platoon, Force Protection Company Task 1-07 when he was

wounded in action just outside of Kandahar, Afghanistan on March 8, 2007. He had to opportunity during filming to correct a mistake that he saw.

"They gave all the civilian extras a crash course on how to salute after I said, during an earlier take, 'How come they're not saluting when the planes are being loaded with coffins?'," Sgt Landry said.

After watching the film, Sgt Landry said that the details were "close enough to get the point across."

"It was an artistic rendering, not 100 percent accurate. They didn't actually use my playing the pipes in the final cut instead they used the sound track from the movie."

Warrant Officer Mike Manny said being an extra along with his wife Captain Meaghan Manny, was an awesome experience.

"It was a long, chilly evening however spirits were high by all," he said in an email. "I have to say though, I wish there were more military members who were there for the actual filming of the ramp scene. There were moments where many of us military members were showing the civilian extras how to do certain things, like how to wear the uniform correctly, saluting correctly, and not looking at the casket with their eyes or moving their heads when it passed in front of them."

After the filming of the scene, WO Manny and Capt Manny got to meet and take pictures with Paul Gross and the other actors from the film.

"Paul was very thankful for all of us being there to re-create the ramp scene," WO Manny said.

At the Red Carpet Screening of 'Hyena Road' at the Centennial Concert Hall on September 23, 2015, the husband and wife team made sure to chat with Gross again.

"Although there were many people there to see and talk to him, he was gracious again with his time by allowing my wife and I to have another selfie with him. He thanked us both once again and mentioned that the ramp scene turned-out extremely well and he was sure we'd both enjoy how it looked."

Wing PA Officer Plays Key Role in Coordinating Film Shoot

By Martin Zeilig
Voxair Photojournalist

Getting a request from the producers of 'Hyena Road' to film a ramp ceremony at 17 Wing was definitely not something that Captain Bettina McCulloch-Drake, Public Affairs Officer for 17 Wing, expected when she started her posting in Winnipeg.

"The telephone call came to me about a week into my job at Public Affairs Officer," Capt McCulloch-Drake said. "I got a phone call from 1 Canadian Air Division Public Affairs, and they forwarded an email to me from

Paul Gross."

The request from Gross, the writer, director, and star of *Hyena Road* was for use of one of 435 Squadron's Hercules aircraft, as well as a portion of the tarmac and for extras for the scene.

Gross got the idea for the scene after seeing a photo of CAF members saluting a casket at a ramp ceremony, and wanted to recreate it as faithfully as possible.

"He wanted to do his best to recreate the feel of that scene by coming here to Winnipeg because we were closest to CFB Shilo where most of the Canadian part of the filming was done," she said. "We had the benefit of what they were looking for."

But there were a number of hurdles to first jump before obtaining approval for the shoot, including getting

consent from then 17 Wing Commander Colonel Joel Roy, and from the Assistant Deputy Minister Public Affairs in Ottawa.

"The movie was basically telling one aspect of the CAF story in Afghanistan," Capt McCulloch-Drake said, calling Gross warm, congenial, and very interested in what goes on at 17 Wing.

"One of our main tasks at Public Affairs is to help the CAF and its members tell their stories to the greater Canadian public. Here we were with Paul approaching us to tell a CAF story, and so right away I thought this story would most likely be supported by the CAF."

Once she received all the approvals necessary, Capt McCulloch-Drake's next task was to find extras for the scene, and lots of them. So she put out a Wing wide call, and in the end almost 100 personnel participated from CFB Winnipeg, 38 CBG, and HMCS Chippawa.

After that it was a long day of filming that stretched into the night.

"There's a lot of work in the background when it comes to filming," Capt McCulloch-Drake said of the shoot.

Capt McCulloch-Drake says she had lots of help in making this come true, including the support of Sergeant Bill McLeod, 17 Wing Public Affairs Non-Commissioned Member, the Wing Logistics & Engineering Branch, the integral and lodger units, and all of the volunteer extras.



The ramp ceremony scene shot at 17 Wing as it appears in the film *Hyena Road*. Photo courtesy of: Elevation Pictures

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Derksen Printers
204-326-3421

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Publications Mail Agreement No. 1482823

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17 Wing Command Team Takes Hard Line Against Sexual Harassment



Gen Vance handed out these #NotInMyCAF bracelets to remind commanders of the importance of OP Honour. Photo: Mike Sherby

By Mike Sherby
Voxair Manager

On September 15 the Sexual Misconduct Response Centre (Interim) (SMRC)(I) opened enabling the Canadian Armed Forces to take a big step forward towards eliminating inappropriate sexual behaviour or misconduct within its ranks.

The SMRC (I) is the first plank in Chief of Defence Staff General Vance's war against sexual misconduct in the CAF and is one of the keystones of Op HONOUR. It's

also a step that 17 Wing's Command Team is supporting "100%".

"I want to make sure that everyone understands that there is now (a new) avenue to report sexual misconduct and inappropriate sexual behaviour," 17 Wing Commander Colonel Andy Cook says. "(Anyone) can call this number and they will be heard, because behaviours of this type are enemies to the very fabric of the Canadian military."

In its current state, the SMRC (I) allows CAF members who have experienced or witnessed harmful or inappropriate sexual behaviour to get in touch with the Centre by phone or email. A team of dedicated professionals are on-hand to provide support, information, and referrals. There is no fear of professional or personal repercussions for calling because the SMRC (I) is independent from the CAF's Chain of Command.

"In the past, the perception was that the chain of command would not do anything," says 17 Wing's Chief Warrant Officer, Mike Robertson. "Now that perception is blown right out of the water. We will do something."

To Gen Vance, Op Honour is a military operation and that he intends to treat sexual misconduct and inappropriate sexual behaviour just like any other enemy.

"I want to let the military community in Winnipeg know that they're going to hear a lot more about this," Col Cook says. "You can expect to hear more from your commanding officers, but the Chief and I wanted to let the community know that any sort of inappropriate behaviour is intolerable."

Callers to the SMRC (I) will encounter helpful and empathetic staff with open minds. They will also have access to an array of information and resources includ-

ing emergency planning assistance, and referral services.

I think this is something where we need to create an atmosphere in which people feel free and comfortable to report things, and this centre is the first major tangible step along that road," Col Cook says.

Now that the SMRC (I) is open, Gen. Vance says he expects there will be a 'bow wave' of initial calls and that he will consider it a great success if the Centre experiences an influx in calls.

"The only way we're going to deal with this enemy is by getting it out in the open, and that's what the Centre's going to do," Col Cook says.

The SMRC (I) is open to currently serving military members as well as retired members. There is also no statute of limitations on the issues that can be brought forth.

"It can be 30, 40, 50 years ago, it doesn't matter. If it happened in, or in association with, the CAF, that's the phone number to call and report it, and Gen. Vance wants to hear about it," Col Cook says.

Personnel can access the SMRC (I) by calling 1-844-750-1648 or e-mailing the centre directly at DND.SMRC-CIIS.MDN@forces.gc.ca. A team of dedicated professionals is ready to provide support, information, and referrals between 7 a.m. and 5 p.m. EST, Monday to Friday. Should a call be received outside of regular hours of operations or on statutory holidays, members will be able to leave a message and at their request, one of the staff members will return their call within one business day.

Exercise Bison Warrior's Final Assault

By Major Mike Lagace

Driving through the early morning mists of CFB Shilo, with the sun starting to crest through the east, a convoy of visitors, including the Brigade and Divisional Commanders, rambled through the back gates of the ranges. It was time to observe the final assault against the enemy forces wreaking havoc against the good citizens and protecting soldiers of 38 Canadian Brigade Group.

Enjoying the 45-minute ride with plenty of time to watch the coordinated and tactical soldier skills, the low-lying fog spread across the ranges, providing an eerie sense of peace. The sun broke the horizon, brightened the clouds and showed the prairie ranges in its glory. Coming closer, a strange cloud formation suddenly appeared along the horizon.

Damn. It wasn't clouds; it was smoke from a major attack!

Friday's final assault on 30 rogue dissidents was well underway as the convoy of observers came across the formation well engaged into battle. It looked great. The good guys finished off the bad guys and it happened early thanks to an errant night contact by enemy force. Combat arms took the initiative and carried on.

Over 100 proud but tired soldiers from 38 Canadian Brigade, after slugging the week through swamp, bugs and poison-ivy, made their final assault early Friday morning, 21 August, avoiding all the wire and "mine" defences, machine gun nests and roving patrols.

Sadly, the 38 Combat Engineer Regiment sappers came in with unexploded Bangalore. "The engineers looked a bit disappointed carrying it in - kind of even sad," quipped Colonel Geoff

Abthorpe, Commander 38 Canadian Brigade Group.

However, they were not to be disappointed as every exercise needs certain activities to take place. Yes, the Officer Commanding for the attack, Major Rang Phan, had right to be proud as he and his team circumvented every obstacle ensuring his men survived the assault. He could only comment on his after action brief from a perfect attack, "Kill them harder next time!"

"Okay- great work!" proclaimed BGen Wayne Eyre, a former Regular Support Staff officer many years ago with the Royal Winnipeg Rifles and now the Commander of 3rd Division.

Dressed in MILES gear, still with lots of time ahead, it was decided to exercise breaching the defences. Command staff just made our Engineers a very happy bunch. The infantry didn't mind at all because they came to close with and destroy the enemy.

Take 2! Bangalore away!



Members of 38 Canadian Brigade Group participate in the annual Exercise Bison Warrior held in CFB Shilo, Manitoba, between August 16th to 22nd, 2015. Photo: MCpl Louis Brunet



A member of 38 Canadian Brigade Group participates in the final attack during Exercise Bison Warrior. Photo: MCpl Louis Brunet

Correction

In our September 23rd issue of the paper, The Voxair inadvertently ran the wrong name for the 17 Wing Chief Warrant Officer in the caption on the front page. The caption should have read WCWO Mike Robertson. We would like to extend our sincere apologies to WCWO Robertson, and to all of our readers, for this error.



CANADIAN MILITARY MORTGAGE.COM

Former Sniper Gives 'Unflinching' Account of His Recovery to 17 Wing Crowd

By Martin Zeilig
Voxair Photojournalist

MCpl Jody Mitic had just celebrated his 30th birthday in Afghanistan when one fateful step changed his life forever.

Mitic, a sniper team leader in the CAF, was leading his three man unit on a raid against Taliban insurgents when he stepped on a landmine.

"The next thing I knew, I was on the ground," said the tall, husky Mitic. "My mouth, eyes, ears and nose were full

of dirt. I was confused. My night vision was gone. Where was my trusty C-8 carbine? I'd had it at my side for the last five months. And then the pain hit: a pain so intense that it completely overwhelmed my body."

The explosion took off both of his legs and left him with a long struggle towards recovery. It's a struggle that Mitic details in his fascinating and motivational new memoir *Unflinching: The Making of a Canadian Sniper*.



Jody Mitic gave a presentation to about 150 personnel in the base theatre. Photo: Sgt Bill Mcleod

RCAF Run Presents Gift to Jody Mitic



Prior to his presentation Mitic (center) accepted the gift of an RCAF Run t-shirt from CWO Clarke (left) and LCol Clouter (right). Money raised from the RCAF Run goes to support charities like Soldier On.

Mitic, who was elected to Ottawa's City Council in 2014, was the featured speaker in the Wing Theatre on September 24. His early morning talk, which attracted close to 150 spectators, was sponsored by the Military Family Resource Centre. Mitic was in town as part of the Thin Air Winnipeg International Writer's Festival.

Many of those in attendance purchased copies of Mitic's book from the kiosk set up in the lobby by McNally Robinson Booksellers. His speech was followed by a book signing, where he patiently signed books and chatted with the crowd.

17 Wing Commander Colonel Andy Cook introduced Mitic, calling his journey 'very inspiring.'

"It's not so much the cards you are dealt in life, it's how you play them," he said. "And Jody has played them smartly. Jody is part of our military family. What matters most is that we serve our country proudly. Jody exemplifies that, and we have an awful lot to learn from him."

Mitic, who wears two titanium prosthetic legs attached just below knee level, "had been preparing for war" his entire adult life, he said during his informal and upbeat presentation.

After talking about his injuries and recovery for about 25 minutes, Mitic turned the speech into a Q and A session, answering any and all questions from the audience.

In response to one question about how the loss of his legs affected him emotionally and psychologically, Mitic candidly responded that it forced him to confront "the loss of the only identity I've ever known, being a soldier."

He also said the he was determined not to let his injury defeat him, and to "continue to be of service" to Canada.

As part of his successful physical re-

habilitation, Mitic, a 20 year veteran of the CAF, competed in an Achilles Canada 5-kilometre run with prosthetic legs, and in 2013 he and his younger brother Cory competed in The Amazing Race Canada, finishing in second place.

"My main message is to be in charge of your own life and to seek knowledge," Mitic said in an interview with The Voxair after his presentation, "You decide what mood you're going to be in on a daily basis. It's tough to change from military to civilian life, as you come from a world where you're defined by what you do."

After the speech, Corporal Dietrick McKenzie, who's posted with JPSU Winnipeg, said that Mitic's talk was very inspiring.

"I served in the same battalion as Jody," Cpl McKenzie said.

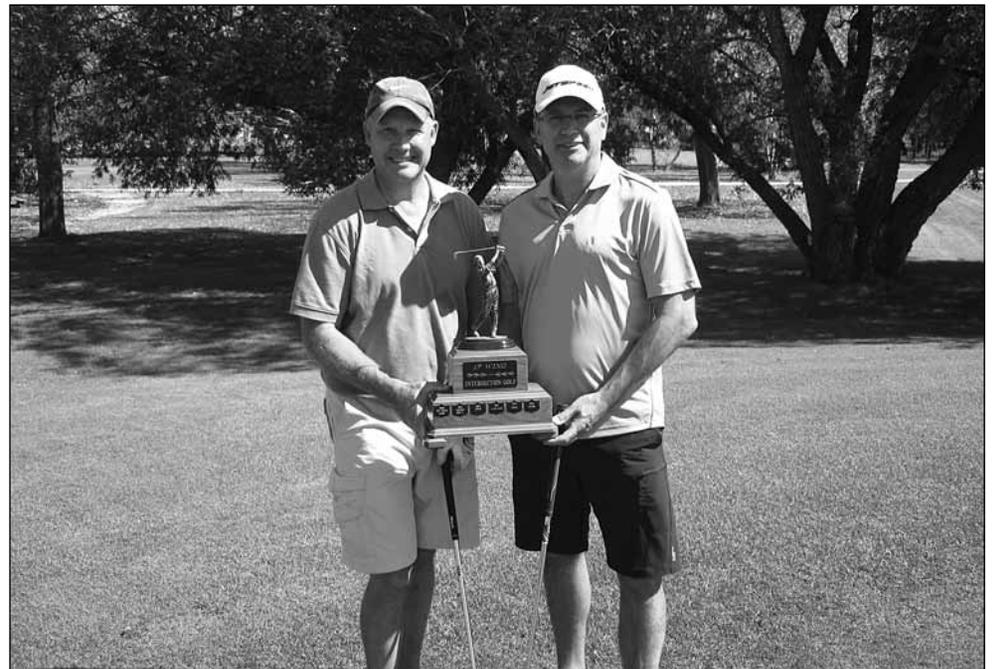
"A lot of soldiers go through physical and mental injuries, and to be able to use them, like Jody did, to propel himself forward is a great example to see," he said. "I also liked how he talked about his transition from the military to civilian life, and the anguish it put him through and how the Chain of Command should have the ability to help more."

Mitic emphasized that being in charge of a sniper team was "the most honourable and greatest thing" he'd ever done. "Being allowed to lead those guys was a great honour," said Mitic. "You can't compare that to anything else."

He also said that he was glad to be able to continue to serve his fellow Canadians in his civilian life with his new job.

"Deciding what to do with your life when you've chosen a path is difficult, but luckily I've found a job where I can still serve the public. I'm trying to concentrate on doing the best I can for City Council in Ottawa."

A4 Log Takes Home 17 Wing Rec Golf Championship



Congratulations to the A4 Log team that defeated A1 in the Championship final to be crowned the 17 Wing Winnipeg Rec Golf Champions for the 2015 season. A big thanks to the 17 Wing Winnipeg Golf Manager, Jackie Kurceba and her crew for all their outstanding assistance throughout the season, and thanks to all the teams for competing in the golf season. We look forward to having everyone back next season. L-R: Colonel Robert Spencer and Master Warrant Officer Marc Filiatrault. Photo: Submitted

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CANEX ExpressMart Readies for Opening in Winnipeg

By Mike Sherby
Voxair Manager

After a long absence, 17 Wing Winnipeg will soon be home to a CANEX again. The building is up, the kinks have been worked out, and after some delays the new CANEX ExpressMart is almost ready to open its doors. It's a move that can't come soon enough for CANEX ExpressMart Manager David Yannick.

David was hired to be the manager of the ExpressMart this past June, and though things started slow, he says that with an opening date approaching, things are starting to pick up.

"We're getting to the point where it's getting busy now, and there are lots of things going on. I think once the building is officially turned over, it'll go from first gear to fifth gear right away."

The new store will be a one-stop-shop with everything from basic groceries, apparel, military accessories for kits, to houseware like TVs, washers, dryers, fridges, and microwaves.

"For anyone who gets posted to Winnipeg, I can pretty much outfit them with most of the stuff they need. And what we don't have in-store I can get for them," David says.

CANEX was established in 1968, and designed specifically to reach the needs of the military community. They're more than just regular retail stores, as a large percentage of their revenue goes back into the Base Fund of the local Base/Wing. This money can then go to-

wards supporting a wide range of projects and activities, like recreational programs and clubs, or special events, to name a few.

The new ExpressMart will be open from Monday to Friday 0700-2000 hrs, 0900-2000 hrs on Saturday, and 0900-1800 on Sundays. This new store will be a great asset to all members of the CFB Winnipeg Community, but especially those who live in the RHUs or are here on course.

"There's nowhere else to go right now," David says. "If people want groceries and they don't have access to a vehicle, there aren't a lot of choices."

David, who has a long career in retail and was most recently an assistant manager at Home Depot, estimates that the Express Mart will be about one third groceries and two thirds retail items.

"People are going to be surprised by how much stuff we carry. They'll come in and go 'that's awesome, I didn't think they'd carry that,'" he says.

Although he still isn't sure when the Express Mart will officially open, David is hopeful that it will be before the snow starts to fly in Winnipeg. And one thing he is sure of is that the store will have been worth the wait.

"Most people that are here have been at bases with CANEXs, so there's going to be some pretty high expectations. The bar is going to be set pretty high, but I welcome that challenge. We want to put our best foot forward."



CANEX ExpressMart Manager David Yannick has started stocking the shelves at the new Winnipeg CANEX. Photo: Mike Sherby

Archery Club Attracts Marksmen

By Martin Zeilig
Voxair Photojournalist

Armed with compound bows and quivers of arrows, Captains J. F. Caron and Jill Caron crunched along the leaf littered 3D course at the 17 Wing Archery Club outdoor range.

On this cool October morning the husband and wife team were accompanied by their three-year-old dog Mani, a miniature Goldendoodle. It was hunting season.

But in this case they weren't stalking wildlife, but lifesized 3D replicas of elk, white tailed deer, black bears, wolves, coyotes and other life sized model animals that hunters might typically shoot. The artificial creatures, made of self-healing foam, were hidden at various spots along the winding trail.

"I'm brand new into shooting," said Capt Jill Caron, just after her arrow had hit the target dead on.

Her spouse was just as accurate with his shot.

"I started shooting as a teenager at CFB Borden," said Capt J.F. Caron, who's currently posted in Portage La Prairie. "I'm a hunter and an outdoorsman. I like the challenge of bow hunting, and being close to nature."



Ron Cooney, president of the 17 Wing Archery Club, ready to launch an arrow at a target at the Archery Club shooting range by the base. Photo: Martin Zeilig

The eight-year-old 17 Wing Archery Club has about 60 members. That's a far cry from its first-year, when they only had five members, said Major (ret.) Ron Cooney, president of the club and one of its founding members.

"We've been using this outdoor space for the past three or four years. It's base property," he says of the outdoor range.

The club is affiliated with the Archers and Bowhunters Association of Manitoba (ABAM), the provincial governing body for all types of archery in Manitoba.

"Through them we have access to different funding levels," said Cooney, mentioning that during the winter months club members do target practise in the Building 21gymnasium.

The club also funds itself through its membership fees, working bingos at Manitoba Casinos, and through grants for hosting ABAM tournaments.

"We've hosted the indoor provincial target championship three times. We also host an annual 3D tournament," said Cooney.

The club hosted the 2015 Provincial Outdoor 3D Championship on July 12.

"We had 45 shooters," Cooney said, noting that negotiations are in the works for the club to hold a provincially sanctioned Outdoor Target Tournament next summer. "Our profile with the provincial association has been going up."

Back near the main entrance of the range, Corporal Dave Lunam of 435 Squadron and his son Philip, along with a couple of other club members, are using their compound bows to shoot at targets set up at distances from 30 to 50 yards away.

"It's my first time here," said Cpl Lunam, adding that he joined the club after seeing their display table in the gym in Building 90 at the Fall Fair last month. "I used to shoot at summer camps when I was younger. It's a good way to relieve stress, and I'm able to do an activity with my son."

Corporal Scott Noseworthy, who's been a member of the club for two years now, was out practicing his shooting since he would like to begin bow hunting live animals.

"I want to make sure that I don't injure an animal, but kill it outright," he stressed, as he took aim at his target with his carbon fibre recurve bow.

For more information about the Archery Club, contact Ron Cooney at tel: 204-990-9301; email: rjcooney54@gmail.com, or visit, the 17 Wing Archery Club Facebook page.



Captain J.F. Caron takes aim at a "self healing" foam black bear on the 3D course at the Archery Club shooting range. Photo: Martin Zeilig

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A 435 Squadron Pilot's Travel Journal: Flying in support of OP IMPACT Sustainment

Editor's Note: This following travel journal was written by Captain Patrick Ketsman, a pilot with 435 Transport & Rescue Squadron, who travelled to Kuwait as part of an OP IMPACT resupply mission in March 2015.

"Turning three" is heard over the aircraft's communications system. The very first engine on our CC-130 Hercules aircraft starts, signalling the beginning of a long journey through Europe to Middle East.

Number three engine starts without a problem and we make it all the way to our last engine before we encounter the first of many problems to come. The all dreaded "stop start" is heard and everyone waits in anticipation to hear a diagnosis from the engineer.

"It's the Geneva lock," comes the call. We opt to try one more time. If the engine does not start, the next step would be to give this particular part a calibrated tap. The engine starts and we take off without a hitch.

After several stops in Canada picking up various cargo and passengers we are finally over salty waters on our way to Brest, France. For many of us, it is our first time outside of North America.

The Brest airport is close to minimum weather. The Aircraft Commander gives us a prompt lesson in altimeter settings in Europe before we land safely in France.

Soon it is time to turn in our passports for the souvenir stamp. To re-cage our clocks after crossing so many time zones we plan a 36-hour stay in France. During our stay we decide to take a longer than expected road trip to Juno Beach. Juno Beach is the site of the Juno Beach Center, a museum dedicated to the Canadians who stormed that very beach on D-Day in June 4, 1944 during the Second World War.

Thirty-six hours after we arrived in France, we take off from Brest without issue and begin our next leg of our journey, which is to Rhodos, Greece. The challenges associated with flying in the congested European airspace are compounded by the "accent" barrier as we travel over different countries. All ears are on deck in the cockpit, listening for our clearance to enter another country's airspace.

To further compound the Aircraft Commander's stress is the growing list of snags we are encountering with our older aircraft, the CC-130 Hercules (H).. (Snags are small technical issues with the plane that do not hinder the mission.) The most recent snag involves the weather radar, which is giving us unreliable information about the thunderstorms looming around our airfield in Greece. Thankfully, our experienced navigators keep us out of harm's way and we land in Rhodos with just

enough time to diagnose the third significant snag of the trip: our APU (auxiliary power unit) is unserviceable.

The 435 squadron motto, "determined on delivery", drives us to come up with a solution. That solution is to do air starts all the way around until the mission is complete.

We wake up the following day ready to complete our journey to the Middle East. Cruising at 22,000 feet we soon see the coast of Israel. Our nervousness increases when we are asked to repeat our code several times before entering Israel's airspace. We then cross Israel in what seems like minutes and are now over a vast desert. Our noses press against the cockpit windows as we look out at the landscape below. It is hard to imagine how people crossed this desert prior to the invention of the airplane.

After a brief stop, we reach our final destination for the night: Ali Al Salem.

For those of us that have never been to Ali Al Salem it was a bit surprising. While evidence of bomb damage from the Iraq invasion of 1990 is still visible around parts of the base, the renewed infrastructure is impressive. On the American side of the base, you can encounter many of the amenities that you would expect here in North America including coffee shops, stores and restaurants.

While there were many pleasant surprises, we also discovered one unpleasant fact: the mosquitos, resembling small hummingbirds, were large in numbers and vicious.

The next morning we take off for our return trip to Canada with a different cargo and happier passengers. With our landing gear stowed everyone let out a sigh of relief. It would take something drastic to get us to return to Ali Al Salem so soon after our departure.

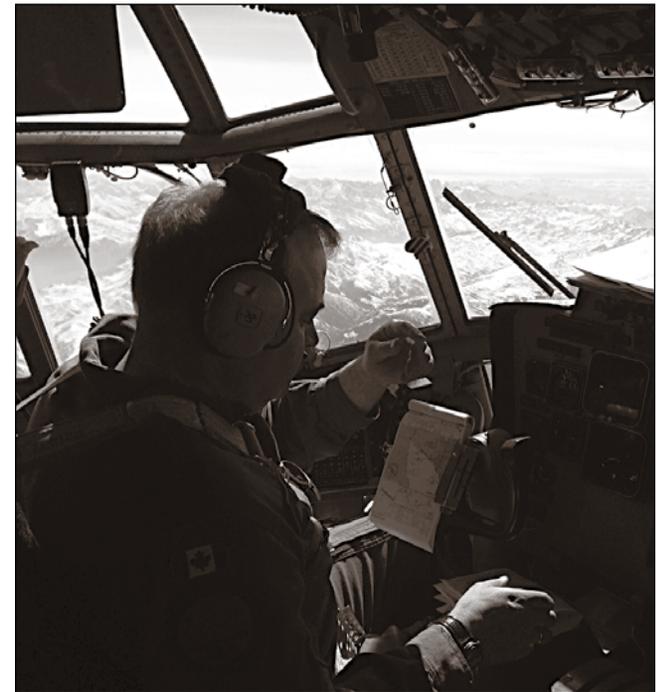
On our way home, our first destination is Sigonella, Italy. Having crossed these airspaces before on the way in, the other first officer and I feel like pros speaking with air traffic control. It only takes a few radio calls, however, to quash that confidence. Still, we manage to get through it. The approach into Sigonella is one of the most beautiful so far. With mount Edna off to our left we land in what seems like the best weather we have had so far on this trip. Thirty-six hours later, however, is another story as a series of storms dashes our plans of flying over the Azores to Bermuda. Not being the type to let weather get us down, we change our flight plans and fly over Prestwick, Scotland instead.

Prestwick is beautiful and after relearning how to look both ways when crossing the street we arrive at our hotel. We will need our rest before flying back across the

Atlantic Ocean to Canada.

Well rested, we wake up the next morning only to find another plan change is necessary as the east coast of Canada is getting a significant amount of snow, rain, and wind. We decide to press further into Canada taking on all of the gas we can so that we can make it to Bagotville, Quebec. When we get there we quickly top-up our fuel before flying off again, this time to Trenton, Ontario, where we drop off passengers and cargo.

The next day we are back in Winnipeg with the mission complete and on time. Looking back on the mission we see that determination allowed us to overcome a lot of issues like adverse weather, equipment troubles and baffling language barriers. With a few days of rest we will be ready to be "determined on delivery" again shortly.



Captain Anderson flying over the French Alps. Photo: Submitted

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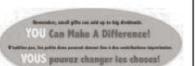


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17 Wing Loans Tutor to Royal Aviation Museum

By Capt Bettina McCulloch-Drake and Joanna Calder

17 Wing Commander, Col. Andy Cook, and 17 Wing Chief Warrant Officer, CWO Mike Robertson, visited the Royal Aviation Museum (RAM) of Western Canada in Winnipeg on Tuesday, September 29 to celebrate the Wing's long-term loan of a CT-114 Tutor to the Museum. Attending the celebration were members of the community as well as 17 Wing's Honorary Colonel, HCol Ross Robinson; Bruce Emberley, President of the RAM's Board of Directors; and, Shirley Render, Executive Director for the RAM.

The museum plans to have the Tutor on display in time for its 'Haunted Hanger' event on October 29th.

Once employed at 2 Canadian Forces Flying Training School as a non-flying instructional platform, CT-114 Tutor tail number 114004, came to 17 Wing in the mid-to-late 1990s. Funding constraints prevented it from being put on display in the Royal Canadian Air Force Heritage Park at 17 Wing. Originally silver in colour, Tutor 114004 was painted in the more familiar colour scheme of The Snowbirds.

Tutors have a long history within the RCAF, having been used for over 50 years for various purposes. As well as being flown by the Snowbirds aerobatic team, located at 15 Wing Moose Jaw, Saskatchewan, Tutors are also used for aircraft testing by the Aerospace Engineering Test Establishment at 4 Wing Cold Lake, Alberta.

The CT-114 Tutor was designed and manufactured by Canadair Limited to Royal Canadian Air Force specifica-

tions. The first delivery took place on October 29, 1963, and the aircraft were put to use as the RCAF's basic jet trainer. By 1967, 190 aircraft, designated CL-41 by Canadair, had been delivered to the RCAF.

Tutors were first used as an aerobatic aircraft in 1967, when 10 were modified for use by the Golden Centennaires team to celebrate Canada's centennial. The team flew for just one year, but in 1970 pilots at 2 Canadian Forces Flying School in Moose Jaw, Saskatchewan, began flying the Tutor again as a demonstration aircraft.

In 1971, the team was dubbed the Snowbirds and in 1975 the Snowbirds became the Canadian Forces Air Demonstration Team. Three years later, they were organized as a squadron: 431 Air Demonstration Squadron.

In 2000, the RCAF replaced the Tutor as a training aircraft with the CT-156 Harvard II and the CT-155 Hawk.

The Tutors flown by the Snowbirds are slightly modified versions of the training model. In addition to show features, the modified version has a more highly-tuned engine to enhance performance during low-level aerobatic flying. They are also painted in the familiar red and white colour scheme that reflects the Canadian flag.

The Tutor is expected to continue flying as an air demonstration aircraft until approximately 2020. The Royal Canadian Air Force is examining options, including potential costs, to continue providing a continued Canadian air demonstration capability, but no decisions have yet been made.



17 Wing Chief Warrant Officer Mike Robertson, President of the Board of Directors of the Royal Aviation Museum Bruce Emberley, 17 Wing Commander Colonel Andy Cook, 17 Wing Honorary Colonel Ross Robinson, and Executive Director of the Royal Aviation Museum Shirley Render pose at the CT-114 Tutor after a ceremony celebrating the loan of the aircraft to the museum by 17 Wing on 29 September 2015. Photo: Sgt Bill McLeod



17 Wing Honorary Colonel Ross Robinson, 17 Wing Commander Colonel Andy Cook, Wing Chief Warrant Officer Mike Robertson, Executive Director of the Royal Aviation Museum Shirley Render, and President of the Board of Directors of the Royal Aviation Museum Bruce Emberley take a look at the CT-114 Tutor after a ceremony celebrating the loan of the aircraft to the museum by 17 Wing on 29 September 2015. Photo: Sgt Bill McLeod

17e Escadre Prêts Tutor au Musée royal de l'aviation

Capt Bettina McCulloch-Drake et Joanna Calder

Le commandant de 17e Escadre, le colonel Andy Cook, et l'adjudant-chef de l'Escadre, adjuc Mike Robertson, a visité le Musée royal de l'aviation (RAM) de l'Ouest canadien à Winnipeg le mardi 29 septembre pour célébrer le prêt à long terme d'un CT-114 Tutor au Musée. Assister à la célébration étaient membres de la communauté ainsi que le colonel honoraire de la 17e Escadre, col honoraire Ross Robinson; Bruce Emberley, président du conseil d'administration de la RAM; et, Shirley Render, Directeur exécutif de la RAM.

Le Musée prévoit d'avoir le Tutor sur l'affichage à temps pour l'événement « Haunted Hanger » sur le 29 de l'Octobre.

Une fois utilisé à la 2e École de pilotage des Forces canadiennes comme une plate-forme d'enseignement non-volant, CT-114 Tutor queue numéro 114004, est venu à la 17e Escadre dans les années 1990 milieu à la fin. Les contraintes de financement ont empêché d'être mis sur l'affichage dans le parc patrimoine de l'Aviation royale canadienne à la 17e Escadre. Originaire de couleur argent, Tuteur 114004 a été peint dans la palette de couleurs plus familiers des Snowbirds.

Le Tutor a une longue histoire au sein de l'ARC, ayant été utilisé pour plus de 50 ans à des fins diverses

L'avion CT-114 Tutor avait été conçu et fabriqué par Canadair Limitée selon les spécifications de l'Aviation royale canadienne. La première livraison a eu lieu le 29 octobre 1963. Il a été mis en service à titre d'avion à réaction pour l'entraînement de base. Entre 1963 et 1967, l'ARC a pris livraison de 190 aéronefs, qui étaient dé-

signés sous le nom CL-41 par Canadair.

Canadair a construit une autre version du Tutor, le CL-41G, qu'il a livré à la Malaisie pour être utilisé comme avion d'attaque au sol.

Le Tutor a servi d'avion acrobatique pour la première fois en 1967. Dix appareils avaient alors été modifiés pour être pilotés par les Paladins du Centenaire, une équipe formée pour célébrer le centenaire du Canada. L'équipe a exercé ses activités pendant un an seulement. Mais en 1970, des pilotes de la 2e École de pilotage des Forces canadiennes, à Moose Jaw, en Saskatchewan, ont recommencé à faire des démonstrations aériennes à bord de l'avion Tutor.

En 1971, cette nouvelle équipe a pris le nom de Snowbirds. Elle est officiellement devenue l'équipe de démonstration aérienne des Forces canadiennes en 1975. Trois années plus tard, l'équipe était réorganisée en escadron : le 431e Escadron de démonstration aérienne.

L'aéronef Tutor que pilotent les Snowbirds est une version légèrement modifiée de l'avion d'entraînement. Outre ses caractéristiques pour la démonstration aérienne, la version modifiée du Tutor est dotée d'un moteur de plus grande précision pour améliorer la performance de l'appareil pendant les figures de voltige à basse altitude. Il arbore également la livrée distinctive rouge et blanche qui rappelle le drapeau canadien.

On prévoit que le Tutor continuera de voler comme appareil de démonstration aérienne jusqu'aux alentours de 2020. L'Aviation royale canadienne examine les options et les coûts possibles pour le maintien d'une équipe de démonstration aérienne, mais n'a pas pris de décision à ce sujet pour l'instant.

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Blessing of Animals Held at 17 Wing Chapel



On Sunday, September 27th, a Blessing of Animals was held at the 17 Wing Chapel to commemorate the life of St. Francis of Assisi, the Roman Catholic Patron Saint of animals and the environment.

There were about 20 people and four dogs present, and Padre Lesley Fox designed the liturgy with some words of welcome, several prayers, and a reading from Psalm 104:10-25. Padre Fox and Padre Gemmiti then took turns blessing the animals. Padre Fox said, "This is the first time 17 Wing has had this service, so I will do it again next year!"

Photos taken by Major Hope Winfield.

Wing Logistics & Engineering Branch Holds Family BBQ

By **WO SL Crosby**

A glorious way to end a hot CFB Winnipeg summer was for Wing Logistics and Engineering Br (WLE) to host a 'Family Day BBQ' on the third of September, in and around building 90.

A myriad of activities were organised to engage every member of the family: from face painting, short tennis, floor hockey, softball, and Frisbee to an Army Obstacle course which afforded the opportunity to 'Cam Up' if so desired.

The day started off in true Canadian fashion with a hockey game, where the Snr NCOs rivalled the Officers, and graciously allowed them to win.

Personnel Support Programs (PSP) contributed to the event by allowing jumpers of all sizes take advantage of their bouncy castles. 38 Canadian Brigade Group (38 CBG) showed its support by allowing WLE members, along with their families, to tour the Medium Support Vehicle System (MSVS) vehicle.

The cooks definitely outdid themselves by providing all the fixings for a great BBQ. There was also a corn shucking contest for the kids; the winners were declared Prince and Princess for the day providing advantages such as first in the food line.

The WLE BBQ & Family Day was a day to show appreciation not only for the military members and their civilian counterparts but to emphasise the family, who, in turn support the members of WLE.

Approximately 400 personnel attended the event, and it's safe to say that a good time was had by all.



WLE Family BBQ Prince and Princess dressed in their respective 'Corn Boil' outfits for the day's festivities. Photo: Sgt Van Berkel

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17 Wing Members Impress at Jets Fan Fest



Corporal Troy Lebel, a police officer with 17 MP Flight, high fives a young Winnipeg Jets fan during the Winnipeg Jets Fan Fest on September 19, 2015. Photo: Sgt Bill McLeod

Canadian Armed Forces members from 17 Wing Winnipeg and local Air Cadets put on an interactive display as part of the 2nd Annual Winnipeg Jets Fan Fest. The RCAF Run, 435 Transport and Rescue Squadron, 17 MP (Military Police) Flight and the Air Cadets all had something to offer curious visitors. Open to the public from 9 a.m. to 2 p.m. on Saturday, September 19, the Fan Fest attracted over 5,000 people.



MCpl Dave Smart, a loadmaster with 435 Transport and Rescue Squadron, helps young fans get their photo taken in flying helmets at the 17 Wing display at the MTS Iceplex as part of the Winnipeg Jets Fan Fest on September 19, 2015. Photo: Sgt Bill McLeod

CANEX Gives Away GoPro at Fall Fair



Congratulations to Selina Zhu, 17 Wing NPF Accounting Manager, who won the CANEX draw at the Fall Fair for a brand new GoPro Camera. R to L: CANEX ExpressMart Manager David Yannick presents the GoPro to Zhu. Photo: Mike Sherby



MCpl Jeff Ferguson, a Search and Rescue Technician with 435 Squadron (right), and Lt Michael Pape (left), also with the squadron, helps Mick E. Moose, the Winnipeg Jets mascot, put a parachute on during the 2nd Annual Winnipeg Jets Fan Fest on September 19, 2015. Photo: Sgt Bill McLeod



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Advance Polling Available at 17 Wing

Voting for CAF personnel (RegF, Class B/C) for this General Election will occur

Where: Officers Mess

When: 7 – 9 Oct 15

10:00-14:00 daily

(and 16:00 – 17:30 on 7 Oct 15)

CAF mbrs who will be out of town during this time but will have access to another CAF polling location

Required: copy of your Statement of Ordinary Residence (SOR)

Contact your OR

CAF mbrs who will NOT have access to any CAF polling stn during the voting period

Required: approval to vote at 17 Wg advance polling station

Contact your OR or Deputy Returning Officer (DRO)

ADVANCED POLL

Where: Room 154 in Wing HQ (Bldg 137)

When: 2 Oct 15

10:00 – 14:00

Le vote pour le personnel des FAC (F rég, Classes B et C) dans le cadre de la présente élection générale aura lieu ainsi :

Lieu : Mess des officiers

Date : du 7 au 9 octobre 2015

De 10 h à 14 h tous les jours

(et de 16 h à 17 h 30 le 7 octobre 2015)

Les membres des FAC qui seront à l'extérieur de la ville durant cette période, mais qui seront à un autre lieu de scrutin des FAC

Besoin : copie de la Déclaration de résidence habituelle (DRH)

Communiquer avec la salle de rapport

Les membres des FAC qui n'auront PAS accès à un bureau de scrutin des FAC durant la période de scrutin

Besoin : autorisation de voter au bureau de scrutin par anticipation de l'Escadre 17

Communiquer avec la salle de rapport ou le scrutateur bureau de scrutin par anticipation

Lieu : Salle 154 du QG de l'Escadre (Bâtiment 137)

Date : le 2 octobre 2015

De 10 h à 14 h

402 Sqn Family Day: Orders for Family Fun

By **Sgt Bruce MacSpurren**
402 Squadron

I've never written Orders for a party. If I did it would go like something like this:

Situation: 402 Sqn and WOps need to thank their families for all the support they have provided over the past year.

Mission: On Saturday 12 September 2015 hold one kick Glutinous Maximus party that will appeal to spouses, kids and extended families. Attendees must walk away with a sense of belonging and a deeper sense of what it is they are supporting.

Execution: The party will be a memorable and exciting time for ALL. It shall be conducted with the following concurrent activities:

-Feed the masses. Volunteers will lay on a limitless supply of scrumptious barbecued burgers and hotdogs. (Photo)

-Familiarization flights. Servicing (ASO3) to ensure 2 aircraft and ground crews are provided for the whole day. Ops staff to manage passenger and flight crew rotations ensuring anyone who wants to go flying is given the opportunity; some for the first time. (Photo)

-Historical component. Connect with local vintage military vehicle club to supply two classic jeeps to engage the youth and the experienced equally. (Photo)

-Bouncy castles and a police car. Who doesn't love bouncy castles and flashing lights?! Fun for kids and rest for parents. (Photo)

-Shooting. Whether it's small kids or seasoned vets let them shoot something. The weapons simulator offered and manned by WRTF unit. For those too young to lift the C7 a slingshot and cans will be made available.

-Socializing. Family Day provides the perfect opportunity for members and their families to get to know one another and form the support network that is so essential to military operations. (Photo)

-Photographer. Have a photographer to capture the family memories this event creates.

Service Support: Hgr 16, 2 Dash 8 aircraft, Great attitude, and most importantly A totally dedicated cadre of professional soldiers, sailors and airmen.

Communications: A partnership between 402 Sqn and WOps, reserves and regular, family and friends will be fully exploited to nurture many future cooperative ventures.

The bottom line is teamwork is a core enabler of continued military operations.

This Order is fictional but it describes the momentous event that was Family Day for 402 Sqn and 17 WOps. Thank-you to all the volunteers who made this happen.



A couple of lucky youngsters get escorted across the floor at the 402 Sqn Family Day. Photo: Submitted.



Families got a close-up look at the cool gear that 402 Sqn uses in its operations. Photo: Submitted.

17 Wing Promotions



2Lt Appolloni (center) was promoted to that rank on 25 Sep 15 by Maj Schur (right), A/W Admin O, assisted by CWO Clark (left), Br CWO. Photo: Submitted

170 Sqn Cadets Participate in Fall Y'all

From 19 to 20 September, level 2 and 4 cadets from 170 Squadron participated in FTX Fall Y'all at Birds Hill Provincial Park. The level 2 cadets learned advanced techniques in shelter building, fire building, snares and ground-to-air signals, while the level 4 cadets received lessons on camp routine such as setting up the bivouac site and meal preparation. We were fortunate enough to have beautiful weather the entire weekend and fun was had by all. Our next opportunity to play in the woods will be during our survival skills competition in the spring.

170 Squadron is part of the Royal Canadian Air Cadets, a youth program designed for kids aged 12-18. We parade at 17 Wing Building 21 on Fridays from 1830 to 2130 hrs. For more information email us at 170air@cadets.gc.ca or visit www.cadets.ca.

Photos (submitted) Top right: Cadets practice their ground-to-air signal techniques at FTX Fall Y'all.

Top left: A cadet practices fire-building skills.

Bottom: Cadets from the 170 Sqn spent a fun filled two days learning new skills at the FTX Fall Y'all



VOXAIR READS

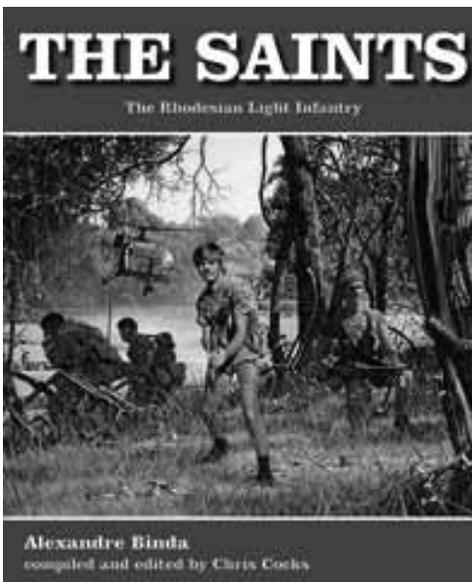
Title: **"The Saints" The Rhodesian Light Infantry**

Author: Alexandre Binda

ISBN: 978-1-920143-07-7

Publisher: 30 Degrees South

Pages: 544



By Maj Chris Buckham

In the annals of notable units throughout history names such as the SAS, Rangers, French Foreign Legion and the Long Range Desert Patrol are easily recognized as elites in their respective fields. Lesser well known but having more than earned their place in this illustrious company is the Rhodesian Light Infantry (RLI). A Unit with a brief but noteworthy history (19 years from 1961-1980), the RLI was involved in all aspects of the ongoing asymmetric war between rebel groups such as ZANLA or ZIPRA and the Government of Rhodesia. Formed as a Regiment of infantry, numbers for the unit never exceeded battalion size (resulting in the troops name for themselves "The Battalion").

Following Rhodesia's unilateral declaration of independence in 1964, the RLI was faced with the additional challenge of an international embargo that limited their access to weapons, equipment and ammunition. The RLI's 'frontier' capability adapted to these challenges through innovative developments in doctrine and equipment. Examples of this include the RLI's basic tactical unit a 4 man stick. This developed from the effective lift capability of its primary mobility platform the Alouette III helicopter.

As the war intensified and spread with the collapse of the Portuguese colony of Mozambique in 1974, the Rhodesian forces were spread very thin trying to contain the cross border incursions. The operational situation demanded a high degree of speed and mobility. This led to the development of the combined -arms Fireforce concept which became the hallmark of RLI operations. Ensuring the maximum amount of concentrated firepower in the shortest time, this doctrinal development represented a significant step forward in the prosecution of asymmetric warfare.

Alexandre Binda's book *The Saints* is a comprehensive history of this illustrious unit. Replete with colour and black and white photographs and maps, the production value of this book is very high. Laid out chronologically by year, the book mixes firsthand accounts by former members with in-depth analysis of defining operations such as Op Dingo and Hurricane. Additionally, the development and history of the Unit is concurrently traced illustrating how external pressures molded and influenced unit structure and capability.

A 90 minute DVD is provided with the book. The quality of the video is very high and includes not only commentary from numerous veterans of the RLI, but also a dynamic video description of Op Dingo, the culmination of the Fireforce concept put into practice. The video includes dramatic video of actual Fireforce operations underway. Previously unseen combat footage is also available on the DVD that provides depth and context to the narrative.

Overall, a highly recommended and very readable book that brings renewed attention to the legacy of the Rhodesian Light Infantry. An extremely proud Unit that served its nation and its people with distinction from the day that it was formed until the day the 'ouens' laid up their colours.

Major Chris Buckham is a Logistics Officer in the Royal Canadian Air Force. He has experience working with all elements including SOF. A graduate of the Royal Military College of Canada, he holds a BA in Poli Sci and an MA in International Relations. He is presently employed as a ILOC Officer with the multinational branch of EUCOM J4 in Stuttgart, Germany.

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If you can answer "Yes" to all 3 questions, then you will need to provide the following information as part of the application process

- Your contact information (name, postal code, telephone number and email address).

- The first name, last name, gender and date of birth of your child.

- The details of the sport or physical activity in which your child would like to participate.

- The amount that you are requesting from Jumpstart.

- The name of the non-profit/charitable/service organization (Payee) running the sport or physical activity program.

Funds or equipment are provided directly to the Payee on behalf of the qualifying youth or child.

- Proof of financial need. Any one of the following will suffice as proof of financial need—income assessment, prior year T4 statement or three consecutive pay stubs. Instructions will be provided in the application on how to upload a copy of these documents.

PSP 17 Wing Winnipeg Community Recreation have a range of programs available to you and your family, this funding will help to support your children to access our programs or any other program which you choose.

You can access a copy of our program by visiting the Front desk of building 90 or contact 5139, we will be happy to send you a copy.

For further information regarding the Jumpstart funding please contact either of the following:

Deanne Bennett PSP Recreation Coordinator: Deanne.bennett@forces.gc.ca OR

Christina Bailey PSP Manager, Fitness, Sports and Recreation: Christina.bailey@forces.gc.ca



BOUFFE-SANTÉ
pour un rendement assuré

Ce que vous mangez fait toute la différence!



TOP FUEL
for Top Performance

Les ateliers du programme Bouffe-santé pour un rendement assuré accroîtront vos connaissances et vous donneront des conseils pratiques pour améliorer vos choix alimentaires.

What you eat makes a difference!

Top Fuel for Top Performance workshops will provide you with knowledge and practical tips to tune-up your food choices.

22 and 23 Oct 2015
0830-1600 hrs

2-day course/cours de 2 jours

For more information or to Register contact Health Promotion local 4150

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150



INTER-COMM



DEALING WITH CONFLICT AND IMPROVING COMMUNICATIONS IN PERSONAL RELATIONSHIPS

Mondays 19, 26 October, 2, 9 November
from 1800 – 2100 hrs

For more information or to register contact Health Promotion at 204-833-2500 ext 4150.

Les lundis 19, 26 octobre, 2, 9 novembre
de 18 h à 21 h

Pour vous inscrire, appelez le bureau de promotion de la santé au 204-833-2500 poste 4150.



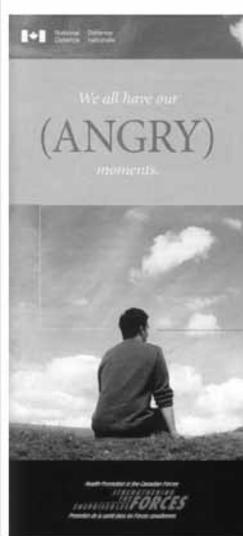
INTER-COMM

A Course to Improve Communications in Relationships

Inter-Comm is taught in partnership with 17 Wing Health Promotion and the MFCRC. This course is designed to assist people with developing skills required to hold a difficult conversation in their personal relationships. Through exercises and coaching, participants learn to understand conflict, listen actively and use collaboration and communication to support health and well-being in relationships. Please call Health Promotion at 204-833-2500 ext. 4150 to register.

Un cours visant à améliorer les communications dans les relations Personnelles

Inter-Comm est enseigné en partenariat avec le Programme de la santé de la 17^e Escadre et le CRFM. Ce cours est conçu pour aider les gens à développer les compétences requises pour discuter de sujets délicats dans leurs relations personnelles. À l'aide d'exercices, les participants apprennent à comprendre les conflits, à écouter activement et à utiliser la collaboration et la communication pour entretenir des relations saines. Contactez Promotion de la santé au 204-833-2500, poste 4150 pour l'inscription.



Managing Angry Moments (MAM)

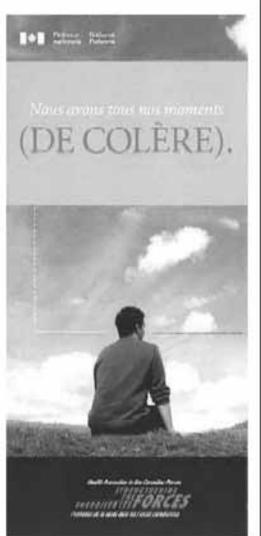
28 October & 4 November 2015
0830 - 1600 hrs

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

Gérer les moments de colère

28 octobre et 4 novembre 2015
0830h à 1600h

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



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

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



STRESS: Take Charge!

A Canadian Forces Program

Le stress : ça se combat!

Programme des Forces canadiennes

Want to increase your stress hardiness, enhance your performance, ramp up your resilience?

Stress: Take Charge!

13 and 14 October 2015
0830 - 1600 hrs

For more information or to register contact Health Promotion at 204-833-2500 ext 4150

Voulez-vous augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

Le stress: Ça se combat!

13 et 14 octobre 2015
0830 h à 1600 h

Pour plus d'information ou pour vous inscrire, appelez le bureau de promotion de la santé au 204-833-2500 poste 4150





Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

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www.facebook.com/WinnipegMFRC www.facebook.com/WinnipegMFRCYouth

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Billets 10 \$ chaque

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The door

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CRFM - 102, rue Comet
Réception - Bât. 90
À la porte

FOR MORE INFO • POUR PLUS D'INFORMATION 204-833-2500 ext./poste 4500

MFRC CRFM WINNIPEG

GOT "SQUEAKY" CHEESE?

During the week of October 19, 2015, the MFRC will be placing an order for fresh cheese curds from Bothwell Cheese and will be delivering them right to the MFRC. Orders must be placed and paid for by Thursday, October 15 at the MFRC. No orders will be accepted after this date.

Cheese curds will be available to be picked up sometime during the week of October 19 at the MFRC. An email will be sent to everyone who placed an order to confirm the date and time for pick up.
\$7.50 for 1 lb

QUI VEUT DES CROTTES DE FROMAGE FRAÎCHES?

Durant la semaine du 19 octobre 2015, le CRFM de Winnipeg commandera et ira chercher des crotttes de fromage fraîches à la fromagerie pour vous!

Vous devez commander et payer votre commande au plus tard le 19 octobre, à la réception du CRFM. Aucune commande ne sera acceptée après cette date.

Vous devez passer chercher votre commande durant la semaine du 19 octobre, au CRFM. Un courriel vous sera envoyé pour confirmer la date et l'heure.
7,50 \$ pour un sac de 1 livre

KIDS IN THE KITCHEN

Tuesdays, October 13—December 1

from 5:30 to 8:30 p.m.

\$20.00

Registration deadline: October 6, 2015

Join us for a culinary tour of Europe! Come out and learn a new and important skill. Kids in the Kitchen is program where youth aged 10-16 learn hands on cooking skills. Topics covered include food safety, food preparation, presentation, nutrition and more. Spots are extremely limited. Please contact 204-833-2500 ext 4511 or ext 2991 to reserve your spot.

LES PETITS CUISTOTS

Les mardis, du 13 octobre au 1er décembre

De 17 h 30 à 20 h 30

20 \$

Date limite d'inscription : 6 octobre 2015

Joignez-vous à ce groupe pour un voyage culinaire à travers l'Europe! Les petits cuistots est un programme où les jeunes âgés de 10 à 16 ans, mettent la main à la pâte et développent des compétences dans la cuisine. Les sujets abordés comprennent la salubrité, la préparation, la présentation, la nutrition et plus encore! Les places sont limitées.

THANKSGIVING DINNER

Friday, October 9 from 5:00 to 9:00 p.m.

\$5.00

Registration deadline: October 5, 2015

The North Side youth center will be hosting a traditional home-cooked Thanksgiving dinner. Spaces are limited to 12 participants! To reserve your spot, please contact our youth center staff or the youth programs assistant, Sabreena Castagner at 204-833-2500 ext. 2991.

REPAS DE L'ACTION DE GRÂCE

Le vendredi 9 octobre de 17 h à 21 h

5 \$

Date limite d'inscription : 5 octobre 2015

Le centre Jeunesse - nord est heureux de vous accueillir pour un repas traditionnel de l'Action de Grâce le vendredi 9 octobre de 17 h à 21 h. Les places sont limitées à 12 participants!

Shopping Showcase

Friday,

November 6

7:00 to 9:00 p.m.

Building 33

Westwin Community Centre

642 Wihuri Rd

Are you looking for unique gift ideas? Start your holiday shopping by browsing products from your favourite home based companies.

Admission is FREE!

If you are a military family member with a home based business, interested in showcasing your merchandise come into the MFRC to reserve your table by October 21, 2015. Space is limited to 20 tables.

Table Rental \$20

Table bookings are not confirmed

until payment is received.

For more information call

204-833-2500 ext 4509.

Exposition d'entreprises à domicile

Vendredi, le 6 novembre

De 19 h à 21 h

Bâtiment 33

Centre communautaire Westwin,

642, ch. Wihuri

Recherchez-vous des cadeaux uniques? Commencez votre magasinage des fêtes à l'Exposition d'entreprises à domicile du CRFM où vous trouverez toutes vos petites entreprises préférées.

Admission gratuite!

Êtes-vous propriétaire d'une petite entreprise à domicile intéressé à présenter votre marchandise? Passez au CRFM pour réserver une table d'ici le 18 octobre. Les places sont limitées à 20 tables.

Réservation de table : 20 \$

Les réservations de tables seront confirmées lorsque le paiement sera acquitté. Pour plus d'informations, composez le 204-833-2500, poste 4509.

MOUSTACHE NIGHT

FRENCH MEN'S NIGHT OUT

Sunday, November 1 at 6:00 p.m.

Barley Brothers

655 Empress St. (Polo Park)

Participants are responsible for paying for their own food and beverages.

Registration deadline: October 29, 2015

Hey guys, a men's night out just for you, anyone interested? Mark your calendar for Sunday, November 1 as you are invited to eat at Barley Brothers restaurant, try one of their 72 beers on tap and at the same time watch a Winnipeg Jets vs Montreal Canadiens game on screen! Be a real fan; show your favourite team's colours. Don't miss it!

SOIRÉE MOUSTACHE!

(SORTIE « ENTRE GARS », EN FRANÇAIS)

Le dimanche 1er novembre à 18 h

Barley Brothers, 655, rue Empress (Polo Park)

Aux frais des participants

Date limite d'inscription : 29 octobre

Hé les gars, une sortie juste pour vous autres ça vous dit? Marquez votre calendrier le dimanche 1er novembre puisque vous êtes invités à aller manger au restaurant Barley Brothers, essayer l'une de leur 72 bières en fût et, du même coup, regarder un match des Jets de Winnipeg contre les Canadiens de Montréal sur écran. Affichez fièrement les couleurs de votre équipe préférée! Manquez pas ça!

PERSONAL CLASSIFIEDS

FOR SALE

1) 4 - 15" Goodyear all seasons radial tires (195/60R1588H). Excellent tread: \$450.00
2) GE spacesaver (110V) apt dryer. Brand new, only used few times. Asking \$280.00
Call Marc @ (204) 880-0257 or email @ m.j.gregoire@me.com

House for rent/ long term lease

Luxury house for long term rent! 3 bedrooms, 3 full baths. Westwood area, nearby to schools, Unicity shopping center, amazing neighbourhood! 1600 sqft bungalow upstairs and basement. Move in date would be ASAP!
Come on down, take a look for your self!
Contact: Mal at (204) 221-9916 or (204) 228-0066

House for Rent in Stonewall, MB

Available for Rent 15 Aug 2015 to 01 June 2016. Newly reno'd 3 Bedroom/3 Bathroom house 30 Min from base. Fridge, stove, dishwasher, microwave, washer, dryer included. 2000 sq/ft. No water bill. House is on excellent well with purity test avail. No Smoking. Pets will be considered. Can be partially furnished if desired. \$1700.00/Month plus utilities t_juby@hotmail.com

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Taroscopes

BY
NANCY

Aries (March 21 – April 19): Work as hard as you like but things may not go smoothly unless you prepare fully and are mindful of the timing. When set-backs occur, stay calm by remembering that this too shall pass. Don't push for a quick fix as it may just lead to further complications down the road.

Taurus (April 20 – May 20): When you hit the right balance between assertiveness and accommodating you will come across as open minded, considerate, and firm. Be fully present with those you love by ditching the distractions. Too much multitasking can leave you fragmented and nothing gets finished.

Gemini (May 21 – June 21): You can win the battle but lose the war if you don't pay attention to the big picture. Pressure mounts with the change of seasons. Take the advice of a professional on how to handle an outstanding issue. Cooperation and assistance are the key to dealing with what surfaces now.

Cancer (June 22 – July 22): Before you champion a cause, carefully check the facts. The real picture may be being manipulated in order to get a desired response from you. This is the beginning of a new phase. Trust that it will be a good one even if it is somewhat challenging. Choose to live authentically.

Leo (July 23 – August 22): You have confidence, vision and passion. Look for people willing to be on your team. Share the work; lighten the individual load. Though it's not the style you prefer, start small. Sell or give away unnecessary things. Rearrange your environment to accommodate a new venture.

Virgo (August 23 – September 22): There's plenty of work on your plate but make sure you also spend time relaxing and doing what you love. Life is to be experienced not endured. Give yourself small treats to mark your successes and stay motivated. Invest in a classic or signature piece of clothing for yourself.

Libra (September 23 – October 23): Be careful whose lead you follow. Or better yet, learn how to tap into your own inner "Captain." Set your own course. Living simply allows you to live a life that fuels your spirit. And living in the moment is less stressful. Cross bridges when you get to them, not before.

Scorpio (October 24 – November 21): Follow your heart but use your head. Things and people from your past resurface. Be careful not to get pulled back into an old drama. Trying to reason with someone who twists the truth is impossible so don't bother. Listen to your heart. You know your true feelings.

Sagittarius (November 22 – December 21): Establish a sense of order to your everyday life to foster peace of mind. You enjoy drama and excitement but don't bend reality to create a sense of living a more vital existence. Be honest. Avoid sending mixed messages or making promises you can't keep.

Capricorn (December 22 – January 19): When information comes to light you'll realize your assumptions have been based on a distorted picture. Focus on the future, your own health and wellness. Hang out with people who support positive lifestyle changes. Adopt a few new, good habits.

Aquarius (January 20 – February 18): You're going to have to make up your mind about what it is you really feel. Write down your thoughts, feelings and what you discover. This will allow you to see where old habits have kept you stuck. Take a leap, or at least a small step, forward. Your beautiful life awaits.

Pisces (February 19 – March 20): Create little reminders for yourself. A few adjustments or small detours on your way to a goal are fine but don't procrastinate about important work. If something isn't working for you, fix it or drop it. This may be hard, but do it. Hone your ability to discern what is best for you.

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Early Bird starts at 7:00 pm

SENIOR'S BINGO: Thursdays at 1:30 pm

CRIBBAGE: Thursdays at 7:30 pm

DANCING: Friday 8:00pm-12:00am

MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

Chaplain's Corner

Standing Orders for Thanksgiving

What a great time of year Thanksgiving is. People are preparing to get together with family and friends to enjoy a meal. Everyone celebrates in their own way. Most can look back at a spring and summer that has gone well. The weather was great and many took annual leave. The "silly" has not yet arrived so most are still somewhat relaxed.

Did you know that Christian scriptures talk about giving thanks? Consider the following text from 1 Thessalonians 5:16-18: "Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus". Sounds easy?

Writing over one hundred years ago, Professor James Denney of Scotland called these three commands "the standing orders of the gospel." They are "standing orders" because they always apply to everyone in every situation. The Greek makes this very clear because these imperatives are all in the present tense. You could translate it "continually rejoice, continually pray, and continually give thanks."

Orders are orders and this therefore becomes the great challenge. After all, we would have no problem if the text said, "Rejoice sometimes"; "Pray occasionally" and "Give thanks when you feel like it." It's the modifiers that trip us up: "Always," "Continually," and "In all circumstances."

At Thanksgiving we all pause to give thanks, but when things go wrong are we just as ready to give thanks. As we approach Thanksgiving once again we find ourselves in a world filled with problems, doubts, worries, and fears. We sing "Joy to the world," but there is not as much joy as we would like. Too many unhappy people walk our city streets. People today aren't as cheerful as they ought to be. If we ask a dozen people "Why aren't you more cheerful?" the answers we get are liable to be some form of "Bah, humbug!"

We all have reasons to stress out: "You don't know what I'm going through."; "How can I can be cheerful when my marriage is falling apart?"; "God seems so far away."; "If you lived with my husband (or my wife), you wouldn't be so happy either."; "My kids drive me nuts."; "I've got cancer. How can I rejoice?"; "I'm stuck and I can't change."; "People have mistreated me and I'm not going to be happy until I get even."; "If I had more money, I'd be happy."

Those answers offer a revealing peek inside what people are thinking and feeling. And they lead us to a crucial insight: What we do depends on what we believe. Action is controlled by conviction. Whatever is on the inside will show up on the outside sooner or later. Sometimes what causes a person to be miserable is related to choices that were made leading them to that sad condition. You're not what you think you are, but sometimes what you think, you are. "As a man thinks in his heart, so is he" (Proverbs 23:7). That is why we all need forgiveness from others and more importantly at times from ourselves.

Believe that you are special. Your life is worth giving thanks for. If you are not sure about this, then stop by a Chaplain's office for a talk. If you can truly believe this your life will change and putting Thanks into Thanksgiving will become easier. So take the opportunity this Thanksgiving to reflect on your situation. If life is difficult then reach out for help. Let others help you focus on all that is going right. Sometimes all we need is a second opinion. Find a way to make peace with yourself. Again there is nothing wrong with asking for help. So let go of whatever it is that is bothering you. It will make you feel better.

After looking after yourself you can then look outwards. It is then we may spot a friend or family member "looking down". Touch base with them. You can take this time of Thanksgiving as an opportunity to reach out to cheer them up.

And remember you are never truly alone.

Praying you will all have a HAPPY THANKSGIVING!

Blessings and Peace to all,
Padre Chris Donnelly
17 Wing Chaplain

Toastmasters

What would you do if you have only two minutes to speak about a subject you are not familiar with?

Would you feel anxious?

Would you put on your best poker face and bluff your way through it?

Or would you apply the skills you learned by participating in Toastmasters meetings?

It's common for even seasoned speakers to feel anxious but practice does make a world of difference when your aim is to present like a pro. Come and practice with the West Winners Toastmaster Club every Thursday from 12:15 to 1:15 p.m. at the Westwin Community Centre (building 33) next to the Canex building.

Toastmasters has established programs that help individuals develop their communication and leadership skills at their own pace. Visit <http://www.toastmasters.org/> for more information about Toastmasters. To find out more about our local Club please contact Pieter de Jong at Pieter.dejong@forces.gc.ca or Nadia Alix at nadia.alix@forces.gc.ca.

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Faith and Life

PROTESTANT

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SUNDAY SERVICE (English Only) 0900 hrs
COMMUNITY SERVICES

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

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

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

Protestant Chapel Guild: It meets the first Sunday of the month at 1900 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

Padre Jack Barrett
(Anglican) - Wing Chaplain ext 5417

Padre Lesley Fox
(United Church) - Chapel Life Coordinator ext 5272

Padre Christopher Donnelly
(United Church) ext 5785

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn 306-492-2135 ext 4299

17 Wing
204 833 2500



17 Wing Community Chapel
2235 Silver Avenue
(Near Whytewold)



Administrative Assistant
Ms. Jaye Rynar ext 5087

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

CHAPLAINS

Padre Paul Gemmiti
(Roman Catholic Priest)
- Chapel Life Coordinator
ext 4885

Padre Emanuelle Dompierre
(Roman Catholic Pastoral Associate)
- Mental Health Chaplain
ext 5956

SUNDAY MASS (Bilingual) 1100 hrs
COMMUNITY SERVICES

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

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

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

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

FOOD BANK DONATIONS
In assistance to Winnipeg Harvest, the donation box is located at the entrance of the chapel.

EMERGENCY DUTY CHAPLAIN
After normal working hours s/he can be reached through the Wing Ops Duty Centre at 204-833-2700.

INFO PHONE NUMBER
For service times and contact with a chaplain of your choice, phone ext 6800 and follow the prompts.

WEBSITE
Those with access to the DIN can visit <http://17wing.winnipeg.mil.ca> then click Wing Admin - A1, then Wing Chaplains.

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

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