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17 Wing Chefs Sizzle at Cooking Competitions



At the competition, from left to right: LCol Taylor, CO 1 RCHA, Cpl Labrecque, Cpl Hammond, MCpl Pearce, WO Mettlewsky, Pte Crompton, MS Ghazal, Pte Zimolag, WO Lidstone, CWO Rice, RSM 1 RCHA. Photo supplied by: WO Darren Mettlewsky

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Battle of Britain Commemorated at 17 Wing

Sgt Bill McLeod
17 Wing Photojournalist

Seventy-four years ago the first military campaign fought entirely in the air took place in the skies over England.

On September 21, 2014, under cloudy skies, 17 Wing commemorated the Battle of Britain with a parade fittingly held at the Garden of Memories, a memorial dedicated to the airmen who trained to fly during Second World War in Manitoba.

The Battle of Britain Parade at 17 Wing consisted of flights made up of an Old Guard, the Present Guard, and a Future Guard. The Old Guard consisted of veterans, the Future Guard consisted of Canadian Forces School of Meteorology students, and the Present Guard consisted of other 17 Wing members.

As part of the ceremony, Colonel Joël Roy, Commander 17 Wing, read a passage from the Book of Isaiah, Sergeant David Grenon of the Royal Canadian Air Force Band sang "The Airman's Prayer", and Squadron Leader Raymond Triccas of the Royal Air Force read the Roll of Honour.

A number of wreaths were laid by the various levels of government and representatives of all of the allied air forces accompanied by Air Cadets from across the region. The Honourable Phillip S. Lee, Lieutenant Governor of Manitoba, laid a wreath on behalf of the Queen, Brigadier General Hyde, United States Air Force, laid a wreath on behalf of the Eagle Squadrons, and Flying Officer (Ret'd.) Ralph Wild laid a wreath on behalf of the survivors of the Battle of Britain.

The Battle of Britain began in the summer of 1940

after all of Britain's European allies fell to the Nazis. In June of 1940 Winston Churchill, Prime Minister of England, said "...the Battle of France is over. I expect the Battle of Britain is about to begin."

Churchill was correct. On 10 July 1940, 150 Luftwaffe aircraft in two formations attacked a convoy out of Dover, England. The aerial warfare continued through the summer and into October when military historians say the battle ended.

Historians believe the Battle of Britain was won due to two major miscalculations by the Germans. Although they were aware of the "Chain Home" radar stations they didn't concentrate their attacks on them which allowed the Hurricanes and Spitfires to be vectored to the incoming Luftwaffe bombers and fighters. The other miscalculation was to stop attacking the RAF airfields to concentrate on London after the Royal Air Force bombed Berlin.

The Battle of Britain is honoured in Canada on the third Sunday in September every year and is considered the most honoured day in the RCAF calendar. As well as being the first major battle fought entirely in the air, it is also considered one of the turning points of the war. The German Army was preparing for a land invasion during the battle but planners knew they required sea and air superiority to be successful.



17 Wing Commander Colonel Joel Roy salutes during the Battle of Britain ceremony held at the Garden of Memories Winnipeg, September 21, 2014. Photo: Cpl Paul Shapka



An old guard of veterans, a new guard of cadets, and a parade of presently serving Royal Canadian Air Force members remove head dress for the invocation at the Battle of Britain parade held at 17 Wing Winnipeg on 21 September 2014. Photo: Sgt Bill McLeod



Veteran Ralph Wild lays a wreath during the Battle of Britain ceremony held at the Garden of Memories Winnipeg, September 21, 2014. Photo: Cpl Paul Shapka

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17 Wing Food Service's Iron Chefs Shine

By Martin Zeilig
Voxair Photojournalist

There were no fancy studio kitchens, and no outside audience cheering on the competitors. But 17 Wing Food Services were Iron Chefs at two recent military cooking competitions.

17 Wing Food Services demonstrated their world class culinary skills at the First Regiment Canadian Horse Artillery annual Iron Chef Black Box competition at CFB Shilo on September 19, and at the EX-Prairie Caterer CFB Suffield on September 22-23. Their two teams placed first and second, respectively.

The team competing in Shilo consisted of Master Seaman Georges Ghazal, catering manager at 17 Wing, and cooks Private Lisa Crompton and Private Chris Zimolag. The team sent to Suffield was made up of Master Corporal Alain Leclerc, Leading Seaman David Spear, Private Chris Zimolag (again) and Sergeant Alexandre Leblanc.

"It was a black box culinary competition consisting of a three course meal," said MS Ghazal, of the CFB Shilo competition. A black box competition means that all teams have no prior knowledge of what ingredients they will be using until the competition starts.

Things kicked off at 7:30 am when both teams of one journeyman cook and two junior tradesmen were supplied with a black box containing enough mystery ingredients to prepare a meal consisting of a soup, appetizer, and main course within an hour and a half, said Warrant Officer Darren Mettlewsky, chief cook at 1RCHA and organizer of the competition.

The kitchens for the event were set up in the Regimental lines, with both teams having the same ingredients, equipment, and man power to complete their tasks. A panel of 10 judges with detailed score sheets and 50 food tasters determined the champion.

After the black box ingredients were revealed at 7:30 am and both teams had rummaged through identifying the ingredients, the menus were presented and the kitchen trailers were a buzz of activity.

17 Wing's winning mouth-watering menu consisted of butternut squash soup with spiced apple, and leek with curried cream; tropical tilapia with a spicy fruit sal-

sa; and beef and pork tenderloin medallions with demi-glaze sauce and garlic prawns, yam puree and sautéed mushroom medley.

"Both teams worked very hard and utilized their time the best they could to ensure the food was on time and hot at the time of service," said WO Mettlewsky. At the end of the competition, the two teams competing were very close in total points, but 17 Wing edged out the 1RCHA team and took home the Iron Chef trophy, along with bragging rights for the next 12 months.

At CFB Suffield the EX Prairie Caterer was divided into two days.

The first day consists of five different military skills: First Aid, Problem Solving, Fire Fighting, culinary knowledge and vehicle recovery; while day two is for the actual culinary competition.

"The first I heard about the competition in Suffield was a month prior to the event," said Sgt Leblanc. "So, we assembled a team and we got mutually prepared for the challenge. We knew it was a black box competition, but utilizing ingredients from British Individual Meal Packages (IMP)."

The team had just 30 minutes to come up with a menu.

"Because of the time limit, we were judged on what we could do with what we had available," said Sgt Leblanc. The team only had two and half hours from start to finish to prepare the meal.

Sgt Leblanc said that British Field Kitchens are very small even in comparison to CAF field kitchens.

"We were dancing around getting things done," said Sgt Leblanc. "But, we had lots of communication."

The menu they came up with was an appetizer of Montebello beet soup and roasted beet salad. The main course of roasted stuffed pork with mango chutney, beef pot pie, garlic mashed potatoes and edamame beans & carrot sticks. Dessert was bread pudding with a dragon fruit sauce and Hawaiian crumble.

Although they placed second out of 3 teams, Sgt Leblanc is proud in his team's efforts.

"They were impressive," he said. "Even the cooks from Edmonton congratulated us on the high quality items we prepared."

And, many members of 17 Wing have the good fortune to taste that excellent cuisine on a daily basis.



The 17 Wing Team celebrate at the end of the competition. Photo: WO Darren Mettlewsky

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TEO: An EDF Tech's Best Friend

By Martin Zeilig
Voxair Photojournalist

TEO trundles along down the smooth cement runway on its two rubber-padded metal tracks, just outside the massive doors of Hangar 16.

Several metres behind the 800-pound robot, which resembles a NASA Space Rover, is Master Corporal James Oake, 2nd in charge of the 17 Wing Explosive Demolition Flight (EDF).

TEO, which is short for the telerob Explosive Ordinance Disposal and Observation Robot, is designed to take the place of people in especially dangerous situations, and can perform hazardous tasks for them. TEO, along with a smaller Vanguard bomb disposal robot, is stored inside the cavernous Hangar 10, along with associated bomb disposal equipment, including a full-body, 90-pound Kevlar bomb disposal suit similar to the one used in the movie *The Hurt Locker*.

MCpl Oake controls TEO by radio link from a metal control panel, complete with joysticks, a computer keypad, and large upright video screen, which he slowly wheels along behind the robot.

Prior to the demonstration drive, MCpl Oake gave *The Voxair* a concise description of TEO's computer system and its maneuverability, which includes the ability to climb stairs.

"When operated by remote control, TEO is capable of performing all the standard undertakings of a bomb disposal engineer," he says as TEO's gears whir softly behind him.

These tasks can include: Gaining access to structures, reconnaissance, monitoring and investigation, destruction of suspicious objects, opening suspicious objects, depositing objects in a bomb-proof container, detection and destruction of booby traps and concealed explosive devices, and transport, positioning and remote-control operation of measuring equipment and sensors.

"TEO has a computer system for functions and communications," says MCpl Oake, 30, a native of Deer Lake, Newfoundland-Labrador, who has had extensive training on the robot in Canada and abroad.

"If I get called out to an incident and someone thought there was a suspicious package, then we can use this robot to get eyes on the package. We can render the package harmless. It's much safer to use remote means of investigation instead of going there myself."

During an EOD (explosive ordnance device) call, the German engineer TEO is an operator's best friend, he emphasizes.

"He can handle the device without me making a manual call in the bomb suit," adds MCpl Oake, a member of 435 Squadron, as he operates the joysticks on the control

panel to steer TEO back inside the hanger.

"It's robust, reliable and flexible in use, and provides a maximum degree of safety and protection."



MCpl Oate with his robotic partner TEO. Photo: Martin Zeilig

RCAF Band Kicks Off Concert Series



On 28 September 2014, in the Manitoba Theater for Young People, the Royal Canadian Air Force Band, Jet Stream, perform for the citizens of the city. This free concert is the first of three. The next concerts are 25 Jan, and 10 May. Photo: Cpl Jean Archambault



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RCAF Receives New Rank Insignia

By RCAF Public Affairs

Royal Canadian Air Force (RCAF) personnel and veterans, their families, and members of the public got a preview of the RCAF's new rank insignia September 21, 2014, during the Battle of Britain Ceremony held at the Canada Aviation and Space Museum in Ottawa, Ontario.

Minister of National Defence Rob Nicholson and Commander RCAF Lieutenant-General Yvan Blondin unveiled the new rank insignia and spoke about the importance of this link to the RCAF's history and heritage.

"This is the next logical step for the Air Force," Minister Nicholson said. "Military service espouses values that bind us to the past, the honour and tradition from the very foundation of our success. Yet, as an organization, we must forge ahead, and the changes announced today herald the future of the Air Force."

In 1968, the Air Force, Navy and Army went through a unification process that saw them adopt a common uniform and serve Canada as the Canadian Forces.

While the new RCAF uniforms hark back to pre-1968, before unification shelved many of the traditional elements of the RCAF look, they retain modern components -- such as the iconic maple leaf -- and terminology familiar to current RCAF members. The insignia for most ranks will be familiar as the symbols that air force personnel have worn for nearly half a century.

Non-commissioned RCAF members will have a new rank name in their cadre: the rank of "Private" will now be "Aviator". This gender-neutral rank name, almost identical in English and French, harks back to "avia-teur", which in English was "aircraftman" or "aircraft-woman". Aviators will wear a pearl-grey propeller on their uniform sleeve, also a step back to the historical insignia for this rank.

All other rank names will remain the same.

"I'm proud today," said Lieutenant-General Blondin. "We have forged a new identity in the last 10 years through operational commitment, through operational excellence, through daring. When this government gave us back the name a couple of years back, it put a name

to this new identity. It linked us to the past. I'm proud of wearing this new uniform."

All officers will retain current rank names, which are similar to the ranks used in the Royal Flying Corps during the First World War. In the past, the officers wore blue rank insignia and the non-commissioned members wore pearl-grey; now, officers' rank insignia will also be pearl-grey, reflecting the RCAF's emphasis on "one team -- one mission".

Before unification, RCAF general officers wore rank insignia only on their tunic sleeves. The new design will retain the insignia currently embroidered on tunic shoulder straps/shoulder slip-ons, and display the Canadian maple leaf. The design of general officers' sleeve insignia will be modified to echo the design of the historical sleeve insignia for general officers, and will be edged in black, similar to the historical sleeve insignia.

The gold embroidery on the general officers' wedge cap will be replaced with pearl-grey piping.

The new insignia will also see the colour of all curved national badges to be worn at the top of the tunic sleeve change to pearl-grey. These badges will comprise the RCAF eagle and the word "CANADA" for non-commissioned members, and the word "CANADA" for officers and chief warrant officers. The style will be similar to the modern national badges, but will be created in pearl-grey. The word "CANADA" that appears on dress shirt slip-ons and on certain garments such as topcoats will also be embroidered in pearl-grey.

While new silver-toned uniform buttons will match the pearl-grey rank insignia, their design will remain unchanged, and include the Crown, RCAF eagle, and the word "CANADA".

The Canadian maple leaf, which air force personnel have worn with pride for 46 years, will continue to be displayed on the rank insignia of master corporals, sergeants, and general officers. Chief warrant officers' insignia will continue to display the Canadian coat of arms.

The rank insignia will now be pearl-grey.

"These changes unite us with our history, but also maintain a distinct Canadian identity," said Minister Nicholson. "In the Canadian Armed Forces, uniforms mark our affiliation, strengthen our sense of belonging, and help create a service identity within a broader family. The new rank insignia represent both the history and traditions of the Royal Canadian Air Force, and the strong reputation and renown of the present."

The RCAF badge, which recalls the pre-unification RCAF badge showing an eagle with its wings outstretched, was created following the restoration of the historical name "Royal Canadian Air Force" in 2012. This will remain unchanged as the official badge of the RCAF.

The motto will remain Sic Itur Ad Astra -- Such is the pathway to the stars -- which has been the air force motto since 1975. This is the motto adopted by the very first Canadian Air Force, which was first established in 1920.

There will be no changes to RCAF organizational structures or the names of subordinate headquarters and organizations.



LGen Yvan Blondin, Commander RCAF, and Defence Minister Rob Nicholson unveil the RCAF's new rank insignia during the 2014 Battle of Britain Ceremony held on September 21, 2014, at the Canada Aviation and Space Museum in Ottawa, Ontario. Photo: Cpl Chase Miller

Local Teen Named Cadet of the Year



The Air Cadet League of Canada congratulates WO2 David Joiner, from 220 Red River Squadron, in Winnipeg, Manitoba, who has been named the 2014 Royal Canadian Legion Air Cadet of the Year.

WO2 Joiner has demonstrated a high level of commitment and leadership among the air cadet program but as well in school and many other groups. He is a conscientious young man who is always willing to go above and beyond his functions and what is asked of him. He has been involved in numerous optional training and took part in many activities such as band, drill team, Biathlon and Provincial Effective Speaking Competition, to name a few.

His father, WO Joiner, works at 17 Wing Winnipeg and says he is proud of his son.

"He works hard and is involved in lots of activities in the community, cadets, and at school," he said.

WO2 Joiner also devotes a great amount of time to

his community, volunteering with several organizations such as the Western Canada Aviation Museum, the Winnipeg Pet Rescue Shelter and the Lunches with Love program. Among his other activities, WO2 Joiner is a member of the St. James divisional choir and a member of his school band. He hopes to one day become a pilot in the Canadian Armed Forces, to serve his country at home and abroad.

The Royal Canadian Legion Air Cadet of the Year acts as the youth representative for the annual National Remembrance Day Ceremony, held in Ottawa, Ontario. During his time in Ottawa, WO2 Joiner will be a member of the Vice-Regal Party for the National Remembrance Day Ceremonies and assist with laying wreaths.

The Air Cadet League of Canada is a civilian non-profit community based and volunteer led organization, which in collaboration with the Department of National Defence and our other partners, is dedicated to supporting the aims and objectives of the Royal Canadian Air Cadet program, and to developing in youth the attributes of good citizenship and leadership; promoting physical fitness; and stimulating the interest of youth in the aviation and aerospace industry, including the air element of the Canadian Forces.

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Did you know, that there are 17 CFNs, with a combined distribution of 81,000? However, their combined reach is far greater, over one million strong across Canada. This year, CFNs from coast to coast are celebrating the 74th year of National Newspaper Week, which takes place Oct. 5-11. The theme - Newspapers: The Foundation of Vibrant Communities - reinforces the integral role newspapers play in communities across the country, large and small.



The goal of the CF newspaper has remained the same over time: to provide relevant and interesting information about the military community to the defence team, followed by the secondary goals to promote esprit

de corps, and serve as a link between the local business community and the Base. CF newspapers report on military operations, morale and welfare programs, and the military community at large. They have dual essential roles - they serve as internal communications for the Base/Wing they serve, and as an external public relation product.

"One of my proud accomplishments when I was the Base Commander at Canadian Forces Support Unit Ottawa was establishing the Guard of Honour," says Commodore Mark Watson, Director General Morale and Welfare Services. "Newspapers build a sense of community, allowing us to our share our stories of success and capture our history. CFNs are an important moral and welfare program."

The most recent research from Canadian Community Newspapers Association shows community newspaper readership remains strong. Three quarters of Canadians (73%) in non-urban centres read a community newspaper, according to a 2013 study. The steady readership suggests community newspapers continue to

have strong readership in today's new media landscape. Community newspapers, like our CFNs, continue to remain relevant to the population they serve.

Did you know that Canadians say:

- 95% said their reason for reading community newspapers was for local news or local events
- 60% read for the editorial
- 76% are reading for the advertising or the flyers/inserts
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- CF Newspapers as part of the CFMWS, coming under the PSP umbrella.

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Votre communauté, vos récits. Lisez un journal des Forces canadiennes.

Saviez-vous qu'il existe 17 journaux des Forces canadiennes (FC) tirés à 81 000 exemplaires? Toutefois, le public atteint est beaucoup plus vaste, soit une communauté forte d'un million de membres à l'échelle pancanadienne. Cette année, les journaux des FC, d'un océan à l'autre, célèbrent la 74e édition de la Semaine nationale

des journaux qui se déroulera du 5 au 11 octobre 2014. Le thème retenu, à savoir « Les journaux à la base de communautés vibrantes », vient renforcer le rôle important que jouent les journaux dans la vie des communautés, grandes et petites, au Canada.

Le but premier des journaux des FC est demeuré le même au fil des ans : fournir à l'Équipe de la défense de l'information intéressante et pertinente concernant la communauté militaire. Les buts secondaires consistent à promouvoir l'esprit de corps et à servir de liaison entre les entreprises locales et la base. Les journaux des FC font état des opérations militaires, des programmes de bien-être et de maintien du moral et des activités dans l'ensemble de la communauté. Ils jouent un double rôle essentiel en tant que moyen de communication interne de la base/escadre qu'ils servent et outil de relations publiques à l'externe.

« L'une de mes réalisations dont je suis le plus fier alors que j'étais commandant de l'Unité de soutien des Forces canadiennes Ottawa a été la création du journal Garde d'honneur », de déclarer le commodore Mark Watson, directeur général - Services de bien-être et moral. « Les journaux contribuent à bâtir un sentiment d'appartenance à la communauté en nous permettant de partager nos réussites et de raconter notre histoire. Ainsi, les journaux des FC représentent un élément important des programmes de bien-être et de maintien du moral. »

La plus récente étude menée par la Canadian Com-

munity Newspapers Association révèle que le lectorat des journaux communautaires demeure élevé. Les trois quarts des Canadiens (73 %) dans les centres non urbains lisent un journal communautaire, selon une étude réalisée en 2013. Ce pourcentage constant laisse entendre que les journaux communautaires conservent un taux de lectorat solide dans le paysage médiatique actuel. Les journaux communautaires, à l'instar des journaux des FC, continuent d'être pertinents pour le public qu'ils desservent.

Saviez-vous ce qu'affirment les Canadiens?

- 95 % d'entre eux lisent les journaux communautaires pour se tenir au courant des activités ou des nouvelles locales;
- 60 % lisent les journaux communautaires pour les éditoriaux;
- 76 % centrent leur attention sur la publicité et les circulaires/encarts;
- 72 % y cherchent les petites annonces, l'immobilier ou les offres d'emplois;
- les journaux des FC, qui font partie intégrante des SBMFC, relèveront des PSP.

Quelle que soit la raison pour laquelle vous lisez un journal des FC, nous voulons célébrer notre lectorat. Prenez une photo de vous, de votre famille et de vos amis en train de lire un journal des FC et courez la chance de gagner une imprimante multifonctions HP ENVY 120 e-All-in-One. Lorsque vous aurez la photo idéale, téléchargez-la à www.facebook.com/CF.REC.FC en y ajoutant le mot-clic #JOURNAUXFC.

Finkle Scholarship Now Accepting Applications

For the 19th year, the University of Manitoba and the Finkle family are offering the Flying Officer George Finkle Scholarship and Bursary. These awards are open to Regular Force Personnel and Reserve Force Members (and their immediate families.) Applicants should be based in Manitoba or Northwestern Ontario and enrolled in a Degree program at the University of Manitoba. The current deadline is October 31, 2014 and the letters of reference, etc. to be completed.

Flying Officer George Finkle was a north-end Winnipegger who was a master Navigator on Mitchell Bombers with the RAF 180 Squadron. He flew 60 missions against Nazi targets in WWII. During the 1950's, he was a member of 2402 Squadron of the RCAF as a Reservist Fighter Controller. Flying Officer Finkle passed away in 1993. These awards are dedicated to him and the Finkle Family's commitment to Canada and the Canadian Forces.

For more information please visit http://umanitoba.ca/student/fin_awards/media/Finkle-Flying-Officer_2014.pdf

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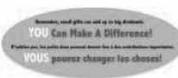
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Going Deep Into the Woods at the SERE Camp

By Martin Zeilig
Voxair Photojournalist

"You, go. Camp's down road, safe there. Hurry. You find help there."

The orders are barked in staccato by the partisan soldier. Two downed RCAF aircrew emerge from the rear of the truck, where they had lain quietly under an old tarpaulin since being picked up five minutes ago at a prearranged extraction spot.



Partisan member at the campsite somewhere near Springer Lake in Nopiming Provincial Park. Photo: Martin Zeilig

They immediately begin running down the narrow, twisting dirt road, an old mining trail, deep into the boreal forest, hoping to make it to safety before being spotted by hostile forces, in this case members of the Nopiming Defence Force.

At the camp site, the two weary aircrew members, still wearing their flight gear and facial camouflage, en-

ter a canvas tent and talk with the Partisan leader, or headman.

It's not a scene from a movie, but rather this realistic drama was all part of Survival, Evasion, Resistance, Escape (SERE) Training Camp run by the Canadian Forces School of Survival and Aeromedical Training (CFS-SAT). The scenarios may be simulated, but the skills these men and women learn are real, and could one day save their lives.

Since 1997, Springer Lake's southern shore has provided a site for CFSSAT to teach SERE skills to members of the RCAF. The two main courses taught are the Air Operations Survival-Land (AOS-L) and the Air Operations Survival-SERE (AOS-SERE).

The AOS-L is a basic eight day survival course for non-hostile environments, where aircrew learn how to survive after a crash. They're taught how to construct lean-tos, fires, and ground-to-air signals. Nobody antagonistic is trying to look for them. They only need to survive until a search and rescue team comes for them.

The five day AOS-SERE is a follow-up course to the AOS-L. Here the aircrew are taught how to survive in a hostile environment. External agencies, such as the Canine Unit with the City of Winnipeg Police Services along with the City of Winnipeg Police Services' helicopter, support the course, adding an extra level of realism.

Students are given theory and practical classes on how to build covert shelters, covert fires, evasion techniques, and anti-tracking techniques to mask their signs and throw off people and dogs tracking them. This all culminates in a final practical exercise, where aircrew put their newly learnt skills into practice.

"All aircrew are highly encouraged to take this course. It's for their own benefit" states a member of the



A partisan checking the nearby forest for downed RCAF aircrew. Photo: Martin Zeilig

SERE staff. Names of individuals interviewed in the story have been removed for security reasons.

Meanwhile, back in the forest, the downed aircrew members have been sent on their way by the friendly partisans to, hopefully, link up with a rescue team at a pre-arranged spot.

"We're training these guys to survive for 72 hours at a minimum," says the SERE Flight Commander. "Here we're trying to simulate the real-life situation as best we can, but in a safe training environment. We deepen the mystique about both courses by not providing the students with a course schedule, so they won't know what happens from one moment to the next; it creates a certain amount of stress."

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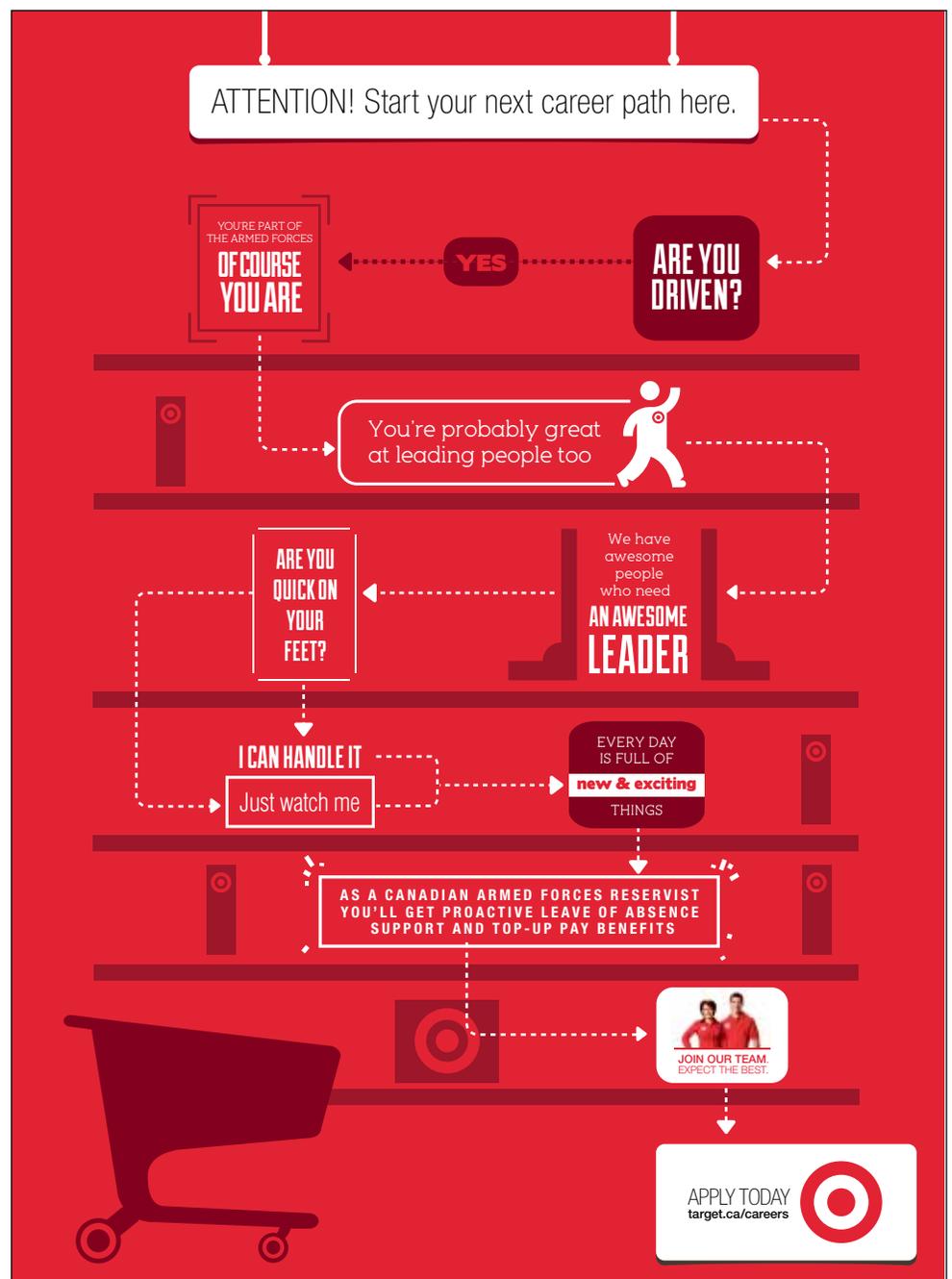


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HONDA

Plenty of Deals to be Found at Community Yard Sale

By Martin Zeilig
Voxair Photojournalist

Even 17 Wing Commander Colonel Joel Roy was in the buying mood at the 17 Wing Community Yard Sale on September 27.

And why not? There were some almost new, along with numerous well worn, but still useable items on display at the grounds of the Recreation and Fitness Centre. Glitterbug Family Entertainment even had a table at which children could have temporary tattoos applied to their arms or faces.

A barbeque tent, run by the 17 Wing chaplains, with financial support from 17 Wing PSP Community Recreation, served up hotdogs and hamburgers and soft drinks.

"Is there a better place to buy barely used stuff?" asked Col Roy shortly after buying a plastic swing set for his grandson. "I'm happy that people are out and buying stuff that's almost brand new. Some of this stuff is hardly used."

Barbara Rediker and her son, Corporal Fred Rediker, had two tables that only an hour or two earlier had been loaded with all sorts of fantastic items.

"We've sold 90 percent of our stuff," said Barbara. "Business has been totally excellent."

Most of their items had been sold by

1000hrs, she added.

At another table, Julie Belley, whose husband is Sergeant Steve Belley, had an entertaining anecdote to relate about the black lace designer dress that she had for sale.

She had purchased the garment while working in Brussels, Belgium two years ago.

"I decided to wear it to a restaurant that I went to with some friends one evening," said Julie.

While dining, movie star and martial arts specialist Jean-Claude Van Damme came in with some friends.

"We had a glass of wine with them and a conversation," recounts Julie, who got a photo with The Muscles from Brussels to commemorate the occasion.

"He was pleasant. My husband didn't believe me until he saw the photo."

The day's events were organized by the 17 Wing Community Council, said Council Chair Captain Heather Lewis.

"We've been organizing this event since the beginning of August, but had to change the date to this weekend because of conflicting dates with Family Day," she said. "A lot of effort was put into organizing this day. It's for the community, and to bring people together to socialize and interact with one another."



Julie Belley displaying the black lace designer dress she wore in Brussels the evening she met movie star Jean Claude Van Damme. Photo: Martin Zeilig

Sabre Refinishing Completed



The tarps have come down, and anyone coming into 17 Wing off of Air Force Way can now see the beautiful new paint job on the F-86 Sabre. The Sabre, located beside the Garden of Memories, was refinished as part of the Wing Commander's multi-year initiative to refresh 17 Wing's Heritage aircraft. Crew intend to move onto the cc-144 Challenger or the CP-121 Tracker next. Photos: Mike Sherby

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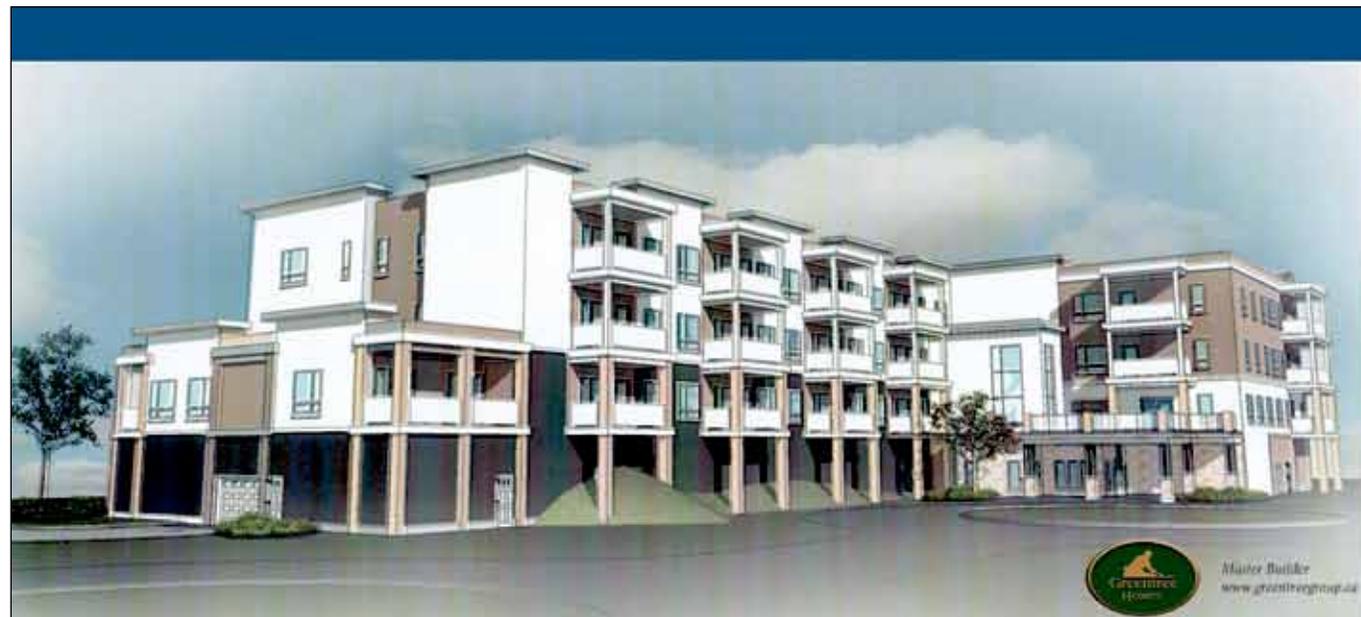
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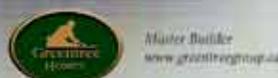
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CFSAS Pulls It's Weight at City Fire Truck Pull

By Martin Zeilig
Voxair Photojournalist

Minutes after competing in the 4th annual City of Winnipeg Fire Truck Pull, a panting Lieutenant-Colonel Daniel Desrochers reflected for a moment on the physical exertion required to tug a 44,000 pound pumper truck 32 feet across a finish line.

"It's always surprising to me that so much effort is required to start an object that's not moving," said LCol Desrochers, as sweat trickled down his brow. "But, once you get some speed, then you're running."

LCol Desrochers, Commandant of the Canadian Forces School of Aerospace Studies (CFSAS), was head of the 12 person CFSAS team, which represented 17 Wing at the kickoff to the City of Winnipeg's GCWCC at noon hour on September 26.

The friendly competition, which featured 15 teams, included prizes for best costume and best cheer, and took place on a blocked-off section of William Avenue between Main Street and King Street.

Some 300 cheering spectators, including many City of Winnipeg employees, lined the sidewalks. And this being lunchtime, the hotdog vendors were receiving a steady stream of business.

Event organizer Rob Kristjansson, the Special Events Liaison for the City of Winnipeg, said that the "outstanding folks at 17 Wing" don't receive enough credit for being part of what makes Winnipeg such a great city.

Another organizer of the day's activities, Marc Proulx, community relations coordinator with the Winnipeg Fire Department added: "We're always happy to have Federal, Provincial and Military teams participate. It's a friendly competition based on time. The winner receives a toy fire truck for the best time and bragging rights."

As winners of the firetruck pull at 17 Wing's Annual Herc and Firetruck Pull on September 10th, CFSAS earned the right to compete in the City wide pull.

The CFSAS team's time of 8.59 seconds was a mere 0.36 seconds behind the winning team, the City of Winnipeg Water and Sewer department Sewer Rats. But LCol Desrochers says that this was incidental to the greater cause.

"We're really happy to be involved in this event," said LCol Desrochers, whose team of instructors traded pens and lesson plans for work gloves and heavy boots on this hot and sunny day. "We're also part of the city with our families. So this event allows us to contribute directly to an important charity. It's a good feeling because of the friendly rivalry."



The CFSAS team takes a turn at pulling the firetruck on September 26th. Photo: Martin Zeilig

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17 Wing Welcomes New Mental Health Chaplin

By Martin Zeilig
Voxair Photojournalist

Captain Emanuelle Dompierre won't soon forget her first emergency call after she was posted to CFB Cold Lake in 2003.

Capt Dompierre, 17 Wing's new mental health chaplin, was on 24-hour duty at the time. She had only been at the base for a few weeks and was still getting adjusted to her new surroundings and job.

"It was a family violence related issue," says Capt Dompierre.

At the time of the domestic crisis in Cold Lake, Padre Dompierre's command of the English language was, she acknowledges without hesitation, quite basic.

"I remember the MP was talking to me; and I hardly understood what he was saying," she says.

Still, she managed to handle the situation because of her training and creative instincts.

"I took care of the children, and that was okay," continues Padre Dompierre, 41, who, along with her husband, Sergeant Sebastien Lapointe, an air traffic controller, and their three children have been in Winnipeg since mid-July.

As a mental health chaplain, Capt Dompierre brings a special skill set to the mental health world, according to Lieutenant-Commander Jack Barrett, head of the 17 Wing Chaplain Team.

"The mental health chaplain is uniquely equipped to address issues of spirituality and religiosity," he says. "Padre Dompierre brings the added benefit of being a Francophone with a feminine approach to pastoral min-

istry. I firmly believe that she's a great asset to 23 Health Services and 17 Wing."

Capt Dompierre's path to this future career as a caregiver/spiritual and mental health counsellor began years ago while she was still an undergraduate in university.

During her first year of university, she began wondering what was she going to do with a B.A. in Theology.

"That week we had an employment possibilities event at Laval with a Padre from Valcartier," she says. "He made a presentation to our class and I said, 'This is what I want to do with my life.'"

So after graduating, Capt Dompierre joined up. Since then, she has seen her fair share of action, being deployed to the former Camp Mirage in the United Arab Emirates for a six month stint in 2004, as well as Kandahar, Afghanistan in 2006 for six weeks. In 2010, she was part of the CAF assistance team sent to help Haiti rebuild after the massive and devastating earthquake in the impoverished country.

Capt Dompierre says that the issues CAF personnel face are the same everywhere, but those crisis are more accentuated when in war zones.

The way she handles such situations is by first making sure that everything in Canada, for example family and personal issues, is going smoothly for the serving member.

"I had to deal with anger management issues," says Capt Dompierre. "The context forces me, as a caregiver, to be more creative in my approach and recommendations because there are factors here in Canada that I don't have to take into consideration, which are present

in a war zone."

At her new posting, Capt Dompierre is part of a team that includes a mental health care nurse, a psychologist, three civilian social workers, a mental health addictions counsellor, a civilian psychiatrist, and a mental health care manager.

"We have a lot fun together. I am enjoying being here. We decide as a team who is going to be the assigned care giver to a client for his or her best interests. There is no magic solution. The solution eventually needs to come from the person himself."



Capt Emanuelle Dompierre, 17 Wing's new mental health chaplin talks to the Voxair. Photo: Martin Zeilig

Jets Fans Meet 17 Wing Members

By Sgt Bill McLeod
17 Wing Photojournalist

Despite a downpour that drove the fans indoors shortly after noon, 17 Wing members who participated in Winnipeg Jets Fan Fest 2014 on 20 September showed their stuff in front of the thousands of fans who visited the MTS Iceplex in Headingley.

Firefighters from the 17 Wing Fire Hall, Military Police from 23 Military Police Flight, Search and Rescue Technicians (SAR Techs) from the Canadian Forces School of Survival and Aeromedical Training (CFSSAT), members of the RCAF Band and representatives of the Royal Canadian Air Force Run gave Winnipeg Jets fans a close look at some of the equipment used in the Ca-

nadian Armed Forces (CAF) and talked to people about what life was like in the RCAF.

A lineup quickly formed at the 17 Wing Fire Hall truck as kids lined up to climb into the cab of the truck and talk to the firefighters. Kids also checked out the brand new police model Ford Explorer that the military police brought and some of them managed to find the switch for the siren.

The SAR Techs from CFSSAT let kids try out their gear while the RCAF Run talked to interested individuals about next year's run which will be held on May 31. Sergeant David Grenon from the RCAF Band also put on a display and talked to Jets fans about being a musician in the CAF as well as how to book the band for

an event. He also informed people about the Band's free concert series at the Manitoba Theatre for Young People.

The RCAF Band's Pipes and Drums and Dixieland Band performed live for the audience outside the Iceplex at two different points in the morning. A stationary camera in front of the stage caught both performances and live streamed them inside of the Iceplex and onto their website for fans to see.

17 Wing has always had a close relationship with the Jets going back to the days of the Manitoba Moose so when the Wing was asked if they would like to participate in the Fan Fest, Colonel Joël Roy, Commander 17 Wing, accepted the opportunity and put out a call for units to support the event.



A view of 17 Wing participation in the Jets Fan Fest on 20 September 2014, prior to the start of the National Hockey League season. Photo: Sgt Bill McLeod



Search and Rescue Technician Sergeant Darcy Keating helps Cory Arnold try on a parachute at the Winnipeg Jets Fan Fest on 20 September 2014, prior to the start of the National Hockey League season. Photo: Sgt Bill McLeod

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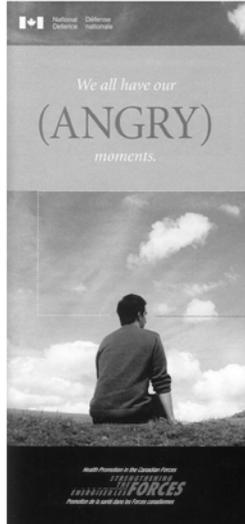
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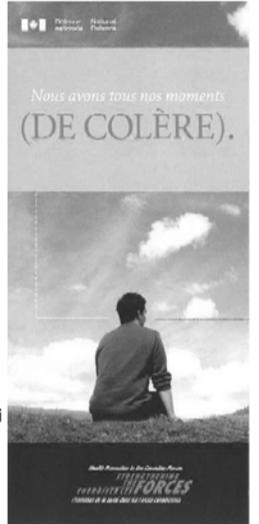
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*Tickets for the
2015
Yellow Ribbon Gala
will go on sale
Thursday,
November 6 at the
MFRC.*

Call For Submissions

Each year at the Yellow Ribbon Gala the MFRC displays pictures in order to highlight our program areas. This year we would like to showcase military families. We invite you to submit a picture of your family that depicts an aspect of military lifestyle. Show us firsthand what 'Military families; strength behind the uniform' means to you and your family.

If we choose to use your picture you will receive a \$50 gift card to a place of your choosing. In total 5 pictures will be displayed. Submissions must be received no later than December 5, 2014. Please submit your picture electronically by emailing it to winnipegmfr@familyforce.ca. Images are going to be reprinted as 16x20 so only good quality, clear, sharp images will be considered. Once submitted all pictures become property of the Winnipeg MFRC and will not be returned to the sender unless it is requested.

The Yellow Ribbon Gala is the MFRC's largest annual fundraiser. It is being held on February 21, 2015 at the Victoria Inn Hotel and Conference Centre. Tickets will go on sale on November 6, 2014. For ticket information please contact the MFRC at 204-833-2500 ext. 4500.

Upcoming MFRC Programs and Events

FRIENDS FOR LIFE

Thursdays, November 6, 13, 20, 27 and December 4
4:30 to 5:30 p.m.

Registration deadline: October 22

Friends for Life is a program designed to teach children the life skills to effectively cope with difficult and/or anxiety provoking situations. It builds emotional resiliency and problem solving abilities through a child friendly curriculum. It promotes self confidence when dealing with difficult or anxiety provoking situations and is an early prevention program that can help prevent anxiety and depression in children and youth. This program is for children ages 6—9 years old.

WIBBLE WOBBLE TODDLER TIME

Mondays, October 20 to December 8
From 9:30 to 10:30 a.m.

Kids Care site (630 Wihuri Rd)
\$40.00 per family

Parent participation required

Registration deadline: October 15

This program lets parents and young ones (under 3 years) explore music and motion in a bilingual setting. Little ones will move (crawl; climb; jump; dance) using parachutes; bouncers; bubbles; balls; ride on toys; tunnels; music and song. Come join this active fun/bilingual program. Call 204-833-2500 ext. 2491 for information and to register.

MOTHER GOOSE

Tuesdays, October 7, 14, 21, 28
From 9:30 to 11:00 a.m.

300 Carpathia Rd.

Parent participation required

This program is for parents/caregivers and their children infant to five years old. Discover the power and pleasure of rhyme and song in a casual and friendly setting. For more information please call 204-833-2500

ext. 2491. This program is funded by Families Forward.

INTER COMM

Mondays, November 10—December 1
6:00 to 9:00 p.m.

Registration deadline: November 6

Would you like to have a meaningful conversation with your teenager?

Are you tired of not being heard?

Would you like to get better customer service?

Do you want to get your message across briefly and effectively?

If you answered yes to any of the above questions, then Inter-Comm is for you.

Inter-Comm is a new course for anyone who wants to improve their communication skills. The course looks at barriers to communication and provides practical, proven methods to overcome these barriers and create a respectful environment. Please call Health Promotion at 204-833-2500 ext. 4150 to register.

DECEMBER 6TH VIGIL PLANNING COMMITTEE

December 6 is the National Day of Remembrance and Action on Violence Against Women.

We are looking for community members to assist us in planning a vigil to mark the 25th anniversary of the Montreal Massacre, when a man with a gun walked into École Polytechnique and shot or stabbed 27 people, mostly women. 14 women died that day.

We want to remember and honour these women, as well as all women affected by violence around the world. For information please contact Kim Smyrski at 204-833-2500 ext. 4512.

During the deployment of ATF 14-01 family members are welcome to participate in any and all programming at the MFRC. If you attend a program that does not

offer childcare you are entitled to receive additional Stress Free Childcare funds. As a reminder drop in childcare is available at the MFRC on Tuesdays, Wednesdays and Thursdays from 9:00 a.m. to 3:30 p.m. Drop in between these times for a coffee, participate in a program, or to mail a package and childcare will be made available to you.

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Venturers - 13 to 17

We meet weekly Wednesday evenings at 6:30 pm at Sansone school and the KW Community Center. Both are on Sansone Avenue.

For questions or information check out www.Scouts.CA or email Dean Parsons at Kirkfieldgc@gmail.ca

Home for Rent – No Smoking, No Pets

Silver Heights: 3 bedroom, 2 bath, bungalow. Close to base and all amenities; minutes to Assiniboine Park. Large fenced yard with storage shed. \$1500/month plus utilities. Contact (204)333-9186

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Taroscopes

BY
NANCY

Aries (March 21 – April 19): If you feel time is running out, chose your words carefully. Share your feelings. Stay calm and take the higher ground if necessary. Show how dependable you are by completing tasks. Your self-esteem grows as you come to realize how wise you are. Plan well and you'll reach a goal.

Taurus (April 20 – May 20): Things are ideal right now to get what you want most. It helps if you're very sure of what this is and if you've situated yourself to increase the likelihood of success. Trust in the process and try not to force an outcome. State your intentions then let things take their natural course.

Gemini (May 21 – June 21): People may think you're an easy mark because you appear calm and quiet but all the while you're thinking so quickly you'll be able to stay one step ahead of the game players. Some of the plans you put into place are not holding up well with time. Seek wise counsel. Accept help.

Cancer (June 22 – July 22): You may feel overwhelmed with tasks and responsibilities and be reticent about speaking your mind. It will be harder once things are in motion so consider wisely if it's worth staying silent. Even if you feel defeated don't be distracted by another's games. Focus on your main goal.

Leo (July 23 – August 22): Though you tend to get what you want some things remain just out of reach. You are determined and creative. Show others you have a solid plan and you'll gain the needed support. Let others know how you will deal with unknown variables as well as the expected challenges ahead.

Virgo (August 23 – September 22): Keep working to find a solution to a pressing problem. Deal with it now so it doesn't get out of hand. You're better off than you realize. You've got assets and talents you can use when you tackle a new project. Take pride in your accomplishments. Celebrate a victory.

Libra (September 23 – October 23): When you take care of yourself you have the energy to do the daily tasks, enjoy leisure and build strong relationships. You enhance your life through self exploration and development. Honor your spiritual side. Look for new boots now if you need them. You'll find a bargain.

Scorpio (October 24 – November 21): Find ways to stay grounded when doubts and worries arise. Avoid drama and chaos even if it seems exciting. You can calmly work through challenging situations. Socialize with positive people because right now other people's expectations have a strong effect on you.

Sagittarius (November 22 – December 21): You've established a good base and now you can focus on new ideas and endeavors. Do more of what you love. Explore and experiment. Right now you have the luxury of time to engage in joyful creativity instead of only focusing on what will generate revenue.

Capricorn (December 22 – January 19): Assess your life in practical terms so that you have a firm grasp on what it is that is important to you, especially if you feel put on the defensive when questioned about your lifestyle and choices. When you are at peace with your past you can more readily plan for the future.

Aquarius (January 20 – February 18): Create a comfortable place to relax. Surround yourself with things you enjoy. This requires decisions and work as you sift through stuff and decide what to keep and what to let go of. Catch a coffee with a friend and let them know about any emotional fallout you're experiencing.

Pisces (February 19 – March 20): Allow things to unfold naturally. Respond as the need arises without judging. You'll be able to manage and react quickly when necessary because you are flexible and creative. Keep networking. Past experiences, though difficult, have taught you what you need to know.

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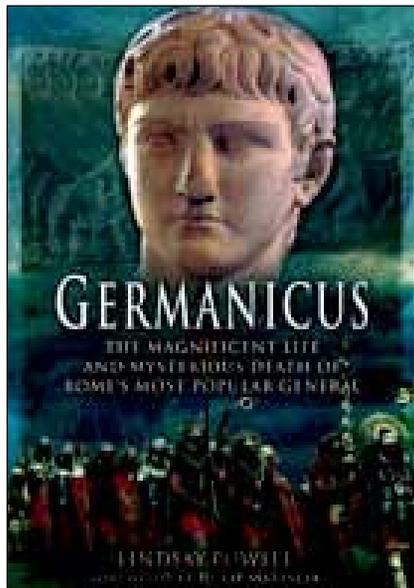
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VOXAIR READS

Title: Germanicus: The Magnificent Life and Mysterious Death of Rome's Most Popular General
 Author: Lindsay Powell
 ISBN: 978-1-78159-120-8
 Publisher: Pen and Sword Publishing
 Pages: 338
 Hardcover
 Photos/Maps: 44/13



By Maj Chris Buckham

Ancient history is, by its very nature, fickle. Names of great men and women which were on everyone's lips during their lifetimes are forgotten with the passage of time. Ask today about the great men of the Roman Empire and many will say Julius Caesar; press further and they may come up with Augustus or Hadrian, rarely however will people be able to name beyond that. Ask them about the Great Generals of antiquity and they may say Sun Tzu, Atilla the Hun or Pompey followed by silence. That is the curse of many who were masters of their craft in times of old; lack or a loss of records and they are relegated to the dustbin of the past, utterly lost to all but a few. Nero Claudius Drusus Germanicus, one of the finest Generals and politicians of his day, feted and adored throughout the known world, is one of those men.

Mr Powell has crafted an excellent biography of the man and his

world. I was particularly impressed by the amount of primary source material that he was able to draw upon in the research for his book. No less than 45 unique sources from antiquity were cited or reviewed. It is of course, an occupational limitation when researching ancient figures that there will be a limited amount of sources and an inability to corroborate will become a factor. It then falls to the historian to draw reasonable and balanced conclusions as best he can based upon the information that he has access to. Powell has done this, and clearly acknowledged it when he has, in what I consider to be a fair presentation and interpretation of the facts.

The author opens his work with a series of family tree's and a chronology of the period running from 17 BCE to 20 CE covering the birth and death of Germanicus. These are very beneficial as they set the stage for the reader regarding the family that Germanicus was born into and the environment within which he lived. The period in question covering the reigns of Augustus and Tiberius are thought of generally as a time of the Roman Empire ascendant; and yet there were numerous instances that threatened the stability and very existence of the Empire itself: the mutiny of the Rhine Legions, the destruction of Varus' Legions in Germany and the vicious and ongoing conflict in Illyricum. Set against this were the political turmoil of Imperial transition, the heightened sensitivities of Tiberius especially against the popularity and success of Germanicus and the consistent challenge of maintaining positive relations with adjoining states and peoples.

It was throughout this hotbed of history that Germanicus rose to prominence as both a subtle and skilled politician as well as a ruthless and brilliant military commander. Powell breaks his narrative into a series of distinct yet consecutive chapters that trace Germanicus' life and death chronologically. Again this is very helpful for the reader as it sets the subject within the context of the greater world around him in an easily accessible manner. He closes out his storyline with a discussion of how and why Germanicus' family fell within a few years of his death from the pinnacle of Roman society

and influence to ignominious disgrace and ruin.

I particularly like Powell's narrative style. It is extremely readable and engaging, providing an educational narrative on a fascinating period of history. The addition of numerous maps and drawings are also very helpful in providing context to the story. The management of an empire as vast and complicated as the Roman would have been a challenge to any modern day leader; remove the benefits of technological advancements and it becomes all the more astounding that Rome was able to thrive and grow at all and is a clear indication of the strength of the Roman administrative system. Powell explains the complexities of this system as he traces the political advancement and education of Germanicus culminating in his being appointed with 'imperium proconsulare' by Tiberius (in effect overseer of the East) responsible directly and second only to the Emperor himself. Throughout, Powell does an admirable job of analyzing the ancient source commentary on these events.

There are many lessons for the modern day commander to be gleaned from the life of Germanicus. His recognition of legitimate grievances amongst the Rhine Legions while punishing those who transgressed the line of discipline may be compared with a similar success by Petain in the First World War with mutinying French soldiers. His knowledge of when to use coercion and when to use diplomacy not only cemented his reputation amongst his soldiers as a commander who did not squander lives but also with his potential opponents who recognized in him both a worthy adversary and a honourable man. His lack of hubris and willingness to focus on whatever task was directed by the Emperor ensured the continued confidence of that Office.

Germanicus was a soldier and statesman of outstanding ability who set service to Rome above all else. Powell has done an exemplary job at shedding light upon the character and accomplishments of this noteworthy Roman. The book itself is of a very high quality with only a few typesetting issues to mar the presentation. I strongly recommend this work.

Major Chris Buckham has served in the RCAF for 28 years domestically and in a variety of international positions. He is presently with A5 Plans in 1 CAD. He maintains a blog of his Professional Readings at www.themilitaryreviewer.blogspot.com



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 Sunday 1100 hrs



Religious Education classes are available to all students from Pre-school 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 counseling 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 Jack Barrett (Wing Chaplain)
 (Anglican) 833-2500 ext 5417

Padre Christopher Donnelly
 (United Church) Office 833-2500 ext 4885

Padre Darryl Levy
 (Baptist) Office 833-2500 ext 5785

Padre Charles Baxter
 (Ukrainian Orthodox) Det. Dundurn. Office 306-492-2153 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. Baptism Preparation is a requirement. Please contact the Chaplain before setting the date for the baptism or arranging family travel.

Protestant Chapel Guild meets the first Sunday of the month at 1900 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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