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# THE VOXAIR

The Winnipeg Military Community News Source Since 1952

## Jets Show Appreciation to Military

Manitoba military members and the Winnipeg Jets gather at centre ice for traditional photo at the game on Oct 18, 2018. Photo: Broose Tulloch, Voxair Layout



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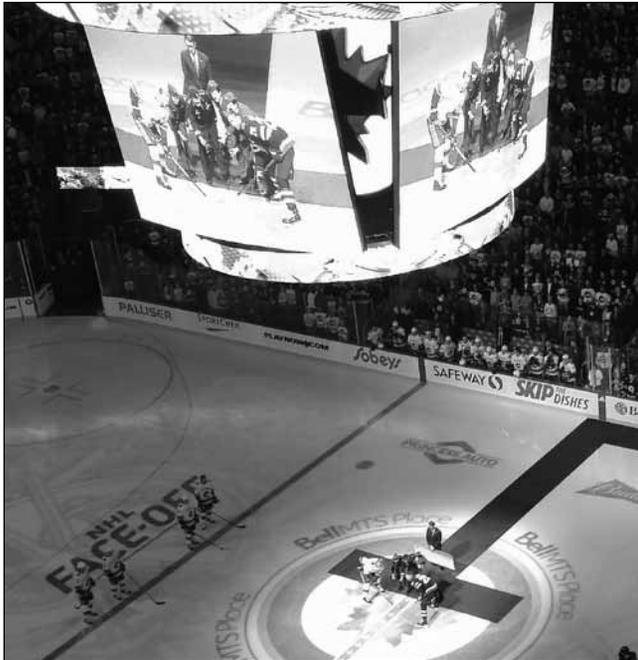
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# Jets Show Their Appreciation on Armed Forces Night



Winnipeg Jets Captain #26 Blake Wheeler takes the ceremonial face-off with Vancouver Canucks Captain (and former Manitoba Moose) #23 Alexander Edler. Photo: Broose Tulloch, Voxair Layout

Master Corporal Jonathon Gerlach, an Airborne Electronic Sensor Operator at 402 Squadron, expressed a view that was shared by other members of the CAF in attendance at the sixth annual Canadian Armed Forces Night (also called the Military Appreciation Night) at the Bell MTS Place on October 18.

He was one of over 500 members of the military at the exciting Winnipeg Jets versus Vancouver Canuck National Hockey League game.

Cpl Gerlach called being at the game a fantastic experience, especially since season ticket holders give up their seats for CAF members to enjoy the game.

"I think it's a phenomenal, and represents the true value of the Winnipeg community," he said to The Voxair reporter during the game's first intermission. "I'm just very thankful that I get the opportunity to enjoy the game tonight. I love hockey. I play on the base teams."

Just prior to the game Mark Chipman, Executive Chairman of True North Sports and Entertainment, the owners of the Jets, presented a \$100,000 cheque for military families to Brigadier-General Brian McPherson,

son, Commandant of the Canadian Forces College.

Several other members of 17 Wing joined Mr. Chipman and BGen McPherson at the centre ice presentation, which included a ceremonial puck drop with the captains of both hockey teams, Blake Wheeler of the Jets and Vancouver's Alexander Edler.

"Military Appreciation Night means a lot to us," Jets forward Bryan Little, who scored a goal and had an assist in his team's 4-1 victory on October 18, said. "We've been doing it for many years now. I think it's always special. The part I like the most is the chance to interact with everyone on the ice afterwards. It's pretty cool. I get a chance to talk to everyone up close."



Fans were treated to a thrilling (and loud) tribute to the Canadian Armed Forces on the scoreboard before the game, which the Jets won 4-1. Photo: Broose Tulloch, Voxair Layout

The Senior Vice President of TNS&E, Kevin Donnelly, observed that these yearly games are always remarkable.

"Every year that we do it I'm always touched by the length of the ovation that the public awards these people thanking them for their service," he said from his seat in the press box, during the second intermission. "I'm always really touched by the donation too-- \$100,000 for the families. Those donations are rare even for NHL teams. That's a fairly unique offering. We're grateful to be able to do it. Personally, I'm touched. As a representative of the business, I'm very



The Voxair photojournalist with CAF members posing for a photo with Winnipeg Jets forward Bryan Little after the game versus the Vancouver Canucks, October 18, 2018. Photo: Supplied

proud (to be associated with the event)."

Following the match, MCpl Victoria Stone, who works at 435 Squadron, said she had a great time at the game.

"The seats were amazing," she said, while slowly making her way onto the ice with hundreds of other CAF personnel. "The people around us were great. It's outstanding getting support from the community. I'm a huge Jets fan. I grew up in Manitoba. So, I've been watching them since I was little. I'm looking forward to being on the ice. I've got to check out the players."



Sgt Cindy Scott and Sgt David Grenon beam after their breathtaking anthem performance. Local singers praised the duo on social media for a job well done Photo: Broose Tulloch, Voxair Layout

## 600 Bed Covers Donated For Winnipeggers

by Major Karyne Brown, Officer Commanding Services Flight

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17 Wing Accommodations' team recently replaced its old bed covers with new ones as part of its life-cycle management program, accumulating over 600 of them!

PO2 Daniel Milburn, the 17 Wing Accommodations Manager, recommended that they be donated to the Winnipeg Siloam Mission since blankets were listed as an item of urgent need.

It can be challenging to find an organization who will accept a donation of such high volume. However, without hesitation the Winnipeg Siloam Mission gratefully accepted the offer.

In the morning of 19 September 2018, members of the 17 Mission Support Squadron (17 MSS) Services Flight came together to personally deliver 600 bed covers to the Winnipeg Siloam Mission.

"I am very happy that they went to a place that they would be useful. It's a lot better than throwing it out, and it's nice to give back to the community," says Brian Caton, a barrack warden at 17 Wing. The 17 Wing Chaplains also donated an additional 10 to 15 bed covers to both Veterans Affairs Canada and the Spence Neighborhood Association (Safe Space coordinator).

"Many people will have warm blankets because of your efforts," said Padre Hope Winfield, the 17 Wing Chaplain, to 17 MSS Services Flight.

With Winnipeg's extreme cold weather, it's heart-warming to enter the fall season knowing that 17 MSS Services Flight has helped over 600 Winnipeggers.

"The homeless and people in need of Winnipeg's core area can really use the help with the cold weather com-

ing," says Ian Stimpson, a barrack warden at 17 Wing. 17 Wing Accommodations plans to continue donating life-cycled items to support the community and those in need.



Services Flight personnel with a truck filled with 600 bed covers. On top row from the left is PO2 Daniel Milburn, MCpl Amanda Crews, Cpl Doug Larose and Capt Stuart Ireson. On bottom row from the left is Maj Karyne Brown, Padre Paul Gemmiti, Ian Stimpson and Brian Carton. Photo: Supplied

# Time to Get Your Flu Shot



Michelle Long, Community Health Nurse with 23 Canadian Forces Health Services Centre at 17 Wing Winnipeg, administers the 2018-2019 Flu Vaccine to Major-General Christian Drouin, Commander 1 Canadian Air Division, on Oct 9 at the 1 CAD Headquarters. The flu kills as many as 3500 Canadians every year. The higher risk groups include pregnant women, people over 65, children under 60 months, and people with chronic health conditions. Even if you don't care if you get the flu, you should consider the people you know in those higher risk groups. Photo: Bill McLeod, Voxair Manager

by Martin Zeilig, Voxair Photojournalist

Major-General Christian Drouin, Commander of 1 Canadian Air Division and the Canadian NORAD Region, admits that he used to think that “you got the flu” from the flu vaccine.

But, thanks to Michelle Long, Community Health Nurse, 23 CF Health Services Centre, his views have changed.

“She convinced me otherwise,” MGen Drouin said, just mere minutes after nurse Long poked his upper left arm with a disposable syringe containing the influenza vaccination in the Mynarski Room at 1 CAD on October 9.

MGen Drouin was one of 79 CAF and US Military members in attendance at the annual Flu Vaccination Clinic. Assisting Ms. Long in the vaccination process were Corporal B.J. McElhoes and Private R.M. O'Donnell, both of whom are Medical Technicians from 23 CF Health Services Centre.

Major Patti Louttit, Flight Surgeon, called influenza a very deadly disease.

“It's one you don't want to give to your families,” she stressed.

Offering the influenza immunization clinics in

the workplace provides an excellent opportunity for members to get immunized in a timely manner where they work, without having to book an appointment with a nurse and travel to the clinic to get immunized, Ms. Long, who also has a Certificate in Travel Health, explained.

“Providing an influenza immunization in the workplace not only can help reduce absenteeism due to influenza like illness but may also reduce the likelihood from members to bring influenza to their loved ones at home,” she said. “The influenza immunization is the best and safest way to get protected from the toll the actual flu infection can cause and its related complications. The vaccine is not 100% effective but is safe, recommended and the best preventative health measure a member can undertake to protect him/herself against influenza.”

Staff Sergeant Taylor Linehan, a member of Detachment 1 USAF, noted that it is mandatory for members of the United States military to get the flu vaccination.

“It's tracked on an online system,” he said just a few moments after having been vaccinated. “Normally, I get flu-like symptoms after getting the shot. It's probably helped me not get as sick as I would otherwise.”

SSgt Linehan also added that he's always impressed with the medical staff here.

“The level of care they provide you shows that they actually care about you,” he said.

Meanwhile, Colonel Kevin Brown, who works at 1



Major Amy Rickett, 17 Wing Comptroller, gets her flu shot from Med Tech Corporal Terrance Carrier at the headquarters atrium on Oct 17. Photo: Bill McLeod, Voxair Manager

CAD, commented that getting the flu vaccination is a form of “herd protection.”

“You're protecting others-- your loved ones, and those who can't get it,” he said.

While the flu vaccination isn't mandatory in the CAF, it is “strongly recommended,” Col Brown continued. “I think it should be mandatory unless there are medical reasons not to have it,” he said.

For further information, contact 23 Health Services, Room 214 Building 62. Phone 204-833-2500 ext 5116.

## Flu Facts

- While there are four types of influenza virus (A, B, C and D), only influenza A viruses have been known to cause pandemics. Influenza pandemics occur when an influenza A virus to which most humans have little or no immunity acquires the ability to cause sustained human-to-human transmission, leading to community-wide outbreaks and spreading rapidly worldwide.

- Getting immunized yearly with the flu shot is the safest, longest lasting and most effective method to prevent influenza (the flu), and complications of influenza, e.g., pneumonia, hospitalization, and death.

- Persons who developed a severe reaction to a previous dose of influenza vaccine or to any of the vaccine ingredients, or who developed Guillain-Barré Syndrome (GBS) within six weeks of influenza vaccination, should not receive a further dose.

- Influenza has the potential to cause significant sickness that can contribute to substantial losses in manpower and, thus, may have a significant operational impact on CAF in Canada & abroad.

- When a critical portion of a community is immunized against a contagious disease, most members of the community are protected against that disease because there is little opportunity for an outbreak. Even those who are not eligible for certain vaccines — such as infants, pregnant women, or immunocompromised individuals — get some protection because the spread of contagious disease is contained: “community / herd immunity.” It is a foundation of social justice — individuals fulfill their societal roles, duties, and individual responsibility towards for the benefit of the whole.

Sources: *What Health Professionals need to know about pandemic influenza* (Government of Canada website); 23 CF Health Services

# Airwomen from 17 Wing Inspire at Girls in Aviation Day



Sergeant Serena Cross, Avionics Systems Technician at 435 Squadron, shows girls how to use a thermal gun at the Winnipeg Girls in Aviation Day on 13 October, 2018. Volunteers from 17 Wing Winnipeg spent the morning inspiring the next generation of girls to consider careers in military aviation. Photo: 2Lt Becky Major

by 2Lt Becky Major, 17 Wing Public Affairs

Once a year, a few women from 17 Wing get to be superheroes for the day. Once a year, they get to show young girls that anything is possible. Once a year, they get to inspire the next generation of women at the Winnipeg Girls in Aviation Day.

The sold-out event was held at the Royal Aviation Museum of Western Canada on 13 October, where 150 girls learned about aviation and aerospace careers and had the chance to meet successful female role models. The girls, ages 8-17, heard inspiring female speakers like the Honourable Rochelle Squires, Minister of Sustainable Development and minister responsible for the status of women. Kendra Kincade, an air traffic controller, also gave a presentation. She is the founder of Elevate Aviation, a non-profit organization which helps women across Canada find economic security through the aviation industry.

After the speeches, the participants rotated through different career stations to hear directly from women who work in aviation fields. These stations included pilot, aerospace engineer, aircraft maintenance engineer, air medic, airline flight dispatcher, air traffic controller, flight attendant, emergency first responder and the Canadian Armed Forces (CAF).

The CAF station offered two interactive displays — one from technician trades (Aviation Systems, Avionics Systems, Aircraft Structures, and Supply Technician), and one from air crew (Pilot and Air Combat Systems Operator).

At the technician table, the girls learned about maintaining an aircraft and how to use a thermal camera. Corporal Lynn Williams, an Aviation Systems Technician with 435 Squadron, showed the eager audience how the thermal camera can help them detect hot air from the engine by showing her hand behind the camera. The heat from her hand showed up as a bright white image, which the girls thought was very cool.

Master Corporal Amie MacDonald, an Avionics Systems Technician with 435 Squadron, taught the girls how the technicians test an Underwater Acoustic Locator Beacon by submerging it in water, and the importance of the beacon when locating an aircraft in the event of a crash in water.

At the air crew table, girls learned about air navigation and what it's like to fly in the Royal Canadian Air Force (RCAF). The young audience also had a chance to try on helmets used during search and rescue missions, and flight suits that all aircrew wear. First time volunteer, Sergeant Karen LeBlanc, an Avionics Systems Technician from 402 Squadron, wished she could have attended the event when she was a kid. “I would love to have had an opportunity like this when I was younger!” she explained, “I definitely would have begun my career in aviation sooner than I did if I had known how awesome it was going to be.”

402 Squadron provided a CT-142 “Gonzo” aircraft for the outdoor display but the Winnipeg weather did not cooperate. The ramp displays were forced to shut down after only an hour due to snow and strong winds, but that didn't stop the airwomen from heading inside to join the career station instead.

Major Genevieve Dussault, an Air Combat Systems Operator from 402 Squadron, recognizes the importance of CAF participation in the event. “It's a great opportunity to open the minds of these girls to the possibility that military aviation could be for them.” Judging by the enthusiastic questions and smiles on their faces, there are probably a few girls who will keep military aviation in mind for their futures.

# 1 CAD Member Completes his Military Journey



**Captain Wright Eruebi, 1 Canadian Air Division Public Affairs Officer, completes 200km "Trek for Families" at the Military Family Resource Centre (MFRC), 17 Wing Winnipeg, MB, 9 October 2018. Trek for Families was a 200km walk from MFRC Shilo to MFRC Winnipeg to raise funds for military families. Photo: Sgt Daren Kraus**

by Martin Zeilig, Voxair Photojournalist

Captain Wright Eruebi, Public Affairs Officer, 1 Canadian Air Division & Canadian NORAD Region Headquarters, was accompanied by an escort of three Winnipeg Police Service cars, with lights flashing, as he strode down Portage Avenue West on his way back to the Military Family Resource Centre at 17 Wing on a grey and sleeting October 9.

Other vehicles honked their horns in support of Capt Eruebi, who was wearing full military gear and carried a small Canadian flag on a stick in his left hand.

This was the final few kilometres of Capt Eruebi's "Trek for Families"-- a walk of 200 kilometres from CFB Shilo to Winnipeg. As noted on posters and in a previous article, the trek was 17 years in the making, 100 percent giving back, and 200 kilometres nine days to raise money for military families via the MFRC.

"Over the years, I've come to realize that the love and support of family, in my case my partner, is the power that propels us to do the things that we do," Capt Eruebi said. "I'm doing this walk to honour spouses, partners and family."

Capt Eruebi was born and raised in Lagos, Nigeria in West Africa. Prior to arriving in Canada almost 20 years ago, he lived in the United States where he graduated from San Diego State University with a degree in Telecommunications, Radio, Film and Television Production.

"I was very fortunate to be hired by CNN (Cable News Network) in 1984," he said in the September 26 article. "I worked for CNN Headline News for that period. I was a cameraman, a teleprompter, floor director, an editor of the news, and then audio operator receiving all the news feeds from around the world, and I finished as an Associate Director at CNN for Headline News." After that he returned to his birth country.

"Canadians are very warm and generous," said Capt Eruebi while walking down Portage Avenue. "I had great reception along the way."

He noted that the Commander at CFB Shilo, along with the soldiers and the entire staff of the MFRC came out to bid him farewell on the first day of his walk.

"Along the way, from Portage la Prairie to Headingley, people have been greeting me too," Capt Eruebi, who will be retiring on October 24 after 17 years in the CAF, said. "So, it's been great."

He also made special mention of a family that came out and saw him in the snow as he trudged along the side of the Trans-Canada Highway.

"They stopped their vehicle, greeted me warmly,

and donated money to the cause," Capt Eruebi said. "Then, the next day, they drove by again and saw me on the highway, of course at a different place. They pulled over again, hugged me, encouraged me and then gave me more money. That's the spirit of Canadians. I feel wonderful. I had a little bit of a scare with my left big toe. But, I'm okay now. Seeing everyone and the police just energizes you."

About an hour later, Capt Eruebi, still with the motorized police chaperone, was walking down Whyte Road just 15 minutes away from the MFRC. He was joined by several MFRC employees

and you get individuals, like Captain Eruebi, who go beyond and above the call. He's at the end of his career and could have just faded into the sunset. But, he decided to go out with a bang and is still giving to us and the military community."

"I just want to say a big thank you to Canadians for all their support," Capt Eruebi said, just prior to the reception inside the MFRC. "Please don't stop donating yet. You can still donate now. For some time to come because families, partners and spouses are the true partners of the Canadian Armed Forces. Without them, the CAF might not be as effective as we know them to be."

He also acknowledged his volunteer support team, including his support vehicle driver, Lorne Britton, from the Legion Branch 100 in Winnipeg and Legion 65 Portage la Prairie, where, as Capt Eruebi noted, "the President, himself, volunteered to drive me last Saturday."

"It's just been amazing," he said. "I've had a whole lot of support."

After his official retirement on October 24, Capt Eruebi will "transition to another phase" of his life.

He said being in the CAF has been wonderful.

and volunteers plus three or four military members. People on the sidewalk greeted him with cheers and shouts of approval.

"I'm proud to be part of the last leg of this walk because everyone needs to put their money where their mouth is and show up and support (this cause)," Lois Mallett, Chair of the Board of Directors of the MFRC, said. "I think it's extremely generous. I'm touched. I do hope that all of our military families appreciate the effort that has gone into this."

When Capt Eruebi and his retinue arrived at the MFRC, he was greeted by a small assemblage of well-wishers. Capt Eruebi proceeded to do 40 push ups on the driveway.

"We talk about doing things as a team, and we like to come together," 17 Wing Commander Colonel Eric Charron commented to The Voxair. "But, sometimes



**Captain Wright Eruebi, 1 Canadian Air Division Public Affairs Officer, completes 40 push-ups after the 200km "Trek for Families" walk while Colonel Eric Charron, Commander 17 Wing Winnipeg, Mr. Joel Roy, Executive Director Military Family Resource Centre (MFRC) Winnipeg, Chief Warrant Officer (CWO) Serge Laforge, 1 Canadian Air Division HQ CWO, and CWO Cheyenne Todd, MSS CWO, cheer him on, 17 Wing Winnipeg, MB, 9 October 2018. Trek for Families was a 200km walk from MFRC Shilo to MFRC Winnipeg to raise funds for military families. Photo: Sgt Daren Kraus**

"It's time to put the uniform down and take up another challenge and keep going," Capt Eruebi emphasized. "There's lots to do in life. Winnipeg is now my home. I love Winnipeg."

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# Sports Day a Welcome Break at 17 Wing



A participant in Disc Golf shoots for the pin on the CFB Winnipeg Golf Course during Sports Day in Canada on Oct 19. Photo: Bill McLeod, Voxair Manager

by Martin Zeilig, Voxair Photojournalist

17 Wing Commander Colonel Eric Charron likes to lead by example.

That was obvious at the 6th annual Canadian Armed Forces Sports Day on October 19th.

Col Charron was just one of many members working up a sweat playing volleyball on one of several teams in the gym.

CAF Sports Day 2018 is a great opportunity to celebrate the power of sport and all it can do to promote the culture of fitness in the CAF, says the Canadian Forces Morale & Welfare Services website.

"We have a wide variety of events at different locations," noted Rick Phillips, 17 Wing Sports Coordinator and overall OPI for Sports Day.

Besides the volleyball games, Building 90 also hosted a pickle ball demonstration and badminton in the afternoon. People could try squash too at the lower level squash courts.

Zumba, yoga, indoor soccer and dodgeball took place in Building 21, located beside 1 Canadian Air Division. There was curling too at the Assiniboine Memorial Curling Club.

A clinic in Disc Golf, with three instructors from the Manitoba Disc Golf Association, attracted about 10 participants over at the 17 Wing Golf Course, while a complimentary round of golf was held in the afternoon.



The competition at the volleyball courts was intense during Sports Day in Canada on Oct 19. Photo: Bill McLeod, Voxair Manager

"It's a great time to get out of the office-- to put down our Blackberries and shut off our computers and come and mingle," Col Charron said while taking a break from the game. "It's all about having fun."

He added that his father was in CISM (international military sports organization) volleyball when he served in the military.

"My sister played high level volleyball too," Col Charron said. "I've got two children who are very engaged in high school volleyball. I'm just here having a good time."

Master Corporal Shawn McNeely, PH Tech, who was playing volleyball for Team Chimo, commented that it was good to get out of the office and hit the ball around and have some fun.

"We get to play with some guys we don't get to play with all the time," he observed.

Captain Kate Ryabkova, who was playing for the A4 logistics squad, expressed a similar sentiment.

"I think today is a great idea," she said while waiting to get back into the game. "Everybody is so focussed on work that once in a while it's good to be forced to get out. I used to play volleyball in high school in Ontario years ago. Playing today reminded me of how much I enjoyed it."

Meanwhile, Captain Dale Dieleman, OPI for squash,



Several interested military members took advantage of Sports Day in Canada to learn how to play Squash. Photo: Bill McLeod, Voxair Manager

said that some 45 people participated in squash.

"We had an excellent turnout," he said. "Two courts were dedicated to people who were learning how to play. Two other courts were dedicated to people who already had some skill but wanted to learn more. Basically, I had some assistance from Major Doug Chess, Corporal Gina Parent and Captain Bob Johnson."

Fitness is so important to military members, Col Charron said.

"We have such busy lives," he said. "It's easy to drop that off as a low hanging fruit. I think that would be a mistake. I've made it a point with my Wing Commander's PT on Friday alternating the different units out. Move at your own level. A healthy mind in a healthy body is important. It builds resilience. That's what I need and certainly all of us do too."

# Sports Trivia

## Baseball Ineptness

by Stephen Stone

1. The voice of the Milwaukee Brewers, a Miller Lite pitcher, and drunken announcer Harry Doyle in the movie "Major League," in six seasons this catcher amassed a staggering .200 lifetime batting average.

2. He was the worst player on the worst team of all time – the 1962 Mets who lost a record 120 games. He once hit a triple but was called out after missing first and second base on his way to third.

3. He stood three feet, seven inches tall, and made only one plate appearance for the St. Louis Browns. His lifetime on base percentage is 1.000.

4. He once owned a car with the licence plate E3. He holds the Boston Red Sox record for errors by a first baseman in a single season – 29 in 1963. On June 28, 1963, he became the first first-baseman to record three assists in one inning.

5. Despite a career batting average of .217 and a .259 slugging percentage, he won 4 World Series rings with St. Louis and Oakland. In 67 World Series at-bats he hit just .115. In the 1968 World Series he was 0 for 22.

6. In 1979 he gave up eight runs off seven hits pitching for the Yankees in the only game he pitched. Unfortunately he never recorded an out. He ended the season with an ERA of infinity.

7. He is in the Hall of Fame. He was once thrown out three times trying to steal home. He holds the record for putouts by a short stop with 5,139. Although he stole almost 300, bases he was caught 112 times.

8. He managed 81 extra-base hits in 2,301 career at-bats. By comparison, Babe Ruth had 119 extra-base hits in 540 at-bats in 1921.

9. In 26 games he posted a 6.48 ERA over three seasons. In 1956 for the Kansas City Athletics he volunteered to throw at the heads of Yankee batters, which sparked a brawl – Duh! He also ended up coaching the Los Angeles Dodgers watching Kirk Gibson's World Series home run from the dugout.

10. He had no major league plate appearances and never played in the field. As baseball's only "designated runner," he scored 33 runs over bits of two seasons (1973-74). He stole 31 bases on 48 attempts. He was picked off in the ninth inning of game two of the 1974 World Series, killing an Oakland rally and giving the victory to the Dodgers.

11. As a back-up first-baseman for the Giants, Astros, Phillies and Rockies, he hit 21 home runs in 545 at-bats. However he batted .186 and struck out 188 times.

12. He stole 74 bases in 1998. He stole 260 in his career which stretched from 1994-2003. His on-base percentage was .310.

13. He shares the record he set in 1976-77 with Larry Littleton (1981) of the Indians with most at-bats by a non-pitcher without a hit. Both have a career BA of .000 in 23 at-bats, but Littleton managed 3 walks.

14. In May 1912, to avoid a forfeit and a fine, and while the Detroit Tigers were on strike protesting a suspension of Ty Cobb for beating a handless fan, the Tigers used replacement players. In his only game, this replacement pitcher threw a complete game allowing 24 runs on 26 hits with only 14 earned runs.

15. He has the lowest career batting average of any player with over 2,500 at-bats – .170 with 2 home runs.

16. This pitcher hit a record 277 batters in his career.

17. His career ERA was 6.10, his single-season best was 5.04, and his worst season was 7.71. He played for the Phillies and the Cubs.

18. He was a career .243 hitter who rarely took walks, and when he did get hits, he rarely mustered more than a single. In the tainted World Series, he went two for 25, but drew five walks.

19. Manager Casey Stengel, when he was coaching the Mets, didn't think too highly of this player, saying of him, "You have to have a catcher or you'll have all passed balls."

20. He managed to string together eight seasons as a starting pitcher in the National League despite walking more batters than he struck out. He led the league in walks three times, wild pitches twice, and even hit batsmen once.

Sports Trivia Answers on page 14

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# 2018 Hubbell Awards Presented to Cadets



BGen (Ret'd) Eldren Thuen presents a certificate to Mr Ivan Poitras for his service as VP of the Hubbell Awards from 2004-2018 during the 2018 Hubbell Scholarships Awards Ceremony at the Manitoba Legislative Building on September 21, 2018. All Photos: Pte Montpetit, 17 Wing Imaging



BGen (Ret'd) Eldren Thuen presents a book to NORAD Deputy Commander Canadian Region, Brigadier General Christopher Ireland, USAF.



Mr Bob Vandewater assisted by NORAD Deputy Commander Canadian Region, Brigadier General Christopher Ireland, USAF and Manitoba Special Envoy for Military Affairs, Mr Jon Reyes present the Surgeon Captain Gordon P. Fahrni, DSC, MD Award to Cadet CPO2 Laura Los.



President of the Manitoba Navy League, Mr Brian Hawkeye assisted by NORAD Deputy Commander Canadian Region, Brigadier General Christopher Ireland present the Manitoba Navy League Division Award to Cadet CPO2 Madelaine Ricard.



Mr Ivan Poitras assisted by NORAD Deputy Commander Canadian Region, Brigadier General Christopher Ireland present the Lieutenant Laurence Gillmor Sherman Award to Cadet CWO Sofia Yanez Meza.



Mr Barry Rempel, President and CEO of the Winnipeg Airports Authority, assisted by NORAD Deputy Commander Canadian Region, Brigadier General Christopher Ireland present the Janice and Barry Rempel Honorary Colonels' Air Cadet Scholarship Award to Cadet WO2 Nicholas Pasieczka.



Mr Michael Poitras assisted by NORAD Deputy Commander Canadian Region, Brigadier General Christopher Ireland present the Flight Sergeant Fred Marean Award to Cadet WO1 Nathan Muir.



Mrs Arlene Van Ruiten assisted by NORAD Deputy Commander Canadian Region, Brigadier General Christopher Ireland present the Honorary Colonel Ben Van Ruiten Award to Cadet WO2 Noann Kwak.



Manitoba Special Envoy for Military Affairs, Mr Jon Reyes presents a certificate to Cadet WO2 Sukhcharhat Dhillon's mother.



Honorary Colonel (Retired) George E. Chapman assisted by NORAD Deputy Commander Canadian Region, Brigadier General Christopher Ireland present the Honorary Colonel (Retired) George E. Chapman Award to Cadet Flight Sergeant Von Jamora.



RCMP Assistant Commissioner Scott Kolody assisted by NORAD Deputy Commander Canadian Region, Brigadier General Christopher Ireland present the Royal Military Institute of Manitoba Award to Cadet CPO1 Zander Charles Dieter Wells.



Group photo of all the recipients of the 2018 Hubbell Scholarships Awards Ceremony at the Manitoba Legislative Building on September 21, 2018.

Have you got a story or photo you'd like to share with us?

Drop us a line at 204-833-2500 (ext. 6976) or

send us an e-mail at [voxair@mymts.net](mailto:voxair@mymts.net)

## Descendant of RCAF Pilot Dedicated to Memory of Aleutian Campaign



Robert W. Lynch served on the Aleutian Islands during the 2nd World War and was awarded the American Air Medal for his service. Photo: Supplied

by Martin Zeilig, Voxair Photojournalist

Karen Abel is dedicated to honouring the legacy of her grandfather, Robert W. Lynch, and all who served alongside him in the Aleutian Islands, Alaska, during the Second World War.

Ms Abel, originally from Winnipeg but now a resident of Anna Maria, Florida, was in the city in September for a guided tour of the historical displays on the main floor of 1 Canadian Air Division.

Kathleen Abel, Karen's mother, and her aunt, Susan Cheadle, Robert Lynch's daughters, were part of the group along with 12 other members of her family. Both women were clearly moved by the experience.

Major Brendan Bond, Deputy Director of Air Force Heritage and History at 1 CAD, and Sergeant Nathan Kachur, 1 CAD Heritage and History NCO, provided detailed and fascinating background information on the various exhibits.

"I thought the tour today was wonderful," Ms. Cheadle commented. "There are so many things about my dad. He'd be very proud. He loved us dearly."

Kathleen Abel said her daughter Karen gets it more than anyone else.

"I'd like to say 'thank you' to my daughter for doing this," she added. "She's done a wonderful job."

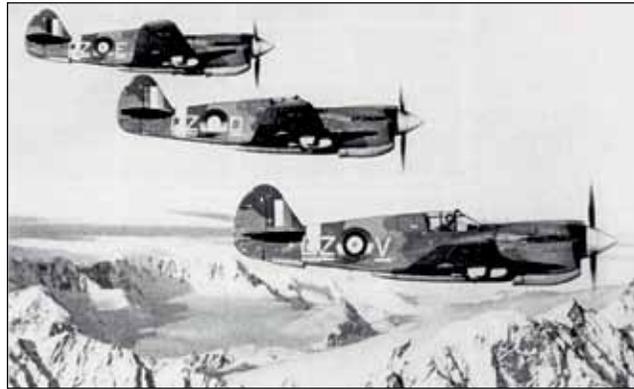
Robert W. Lynch was a fighter pilot with RCAF 111F Squadron, notes information on the U.S. National Park Service website for the Aleutian World War 2 National Historic Area Alaska.

"In early June 1942, the Canadians were sent north to aid the American Army Air Corp (AAC) following the bombing of Dutch Harbor, Alaska and the Japanese invasion of Kiska and Attu in early June 1942," says the online information. "Robert served in the Aleutian

Islands from June 1942-June 1943.

"Robert W. Lynch was awarded an American Air Medal for his participation in the first fighter escorted bomber mission over Japanese occupied Kiska Island on September 25th, 1942. He was one of only four RCAF pilots that accompanied the Americans on this offensive attack."

On that mission, one Japanese Zero floatplane was shot down by RCAF Squadron Leader Kenneth Boomer and AAC Squadron leader Maj. John S. Chennault shot down a second says the historical material. For their role in the mission, all four Canadian airmen, as well as the American airman, were awarded the distinguished American Air Medal.



A flight of RCAF 111F Squadron P-40 Kittyhawks fly over the Alaskan landscape. Photo: Supplied

Abel remembers her grandfather, who retired as an accountant at Air Canada, as being very strict and regimented and proper.

"He was always well dressed," Abel said.

Originally from Winnipeg, he graduated Elementary Flight Training School in Uplands, Ontario at the top of his class in June of 1941, at 23 years of age.

Abel said her grandfather didn't share much about his wartime experiences.

"He didn't talk about it," she added. "I remember he had a picture up in his den of his U.S. Air Medal. He had a picture of him and his plane. He had his uniform sitting in the closet of the den. But I don't remember him ever speaking about it."



Karen Abel - "The site of this 1942 B-24D crash site sits on the northwest part of the historic island of Atka along the Aleutian Island chain. The small mountainous island is situated just 90 miles east of Adak and has a long history dating back 2,000 years with Unangax as its occupants. Around 1747 the Russians discovered Atka Island and made it a primary trade site while forcing the Aleut people to hunt and process the skins of seals and sea offers only to benefit the wealth and position of the Russians. The townsite of Atka was officially settled in 1860." Photo: Karen Abel

"After he died in 1996, I remember opening this briefcase and seeing all these things, his flight log books, his photos. I was just fascinated with that part of him."

"I got married, had kids and moved away," Abel said. "In 2012, I got reconnected with the information. By then, I was living in Florida and would talk to people about the campaign. They wouldn't know that the Aleutian Campaign had happened. That bothered me. It bothered me for all the people who served there."

In an effort to tell the story of those who served in the Aleutian Campaign, she started writing about it. The RCAF, which was commemorating the 75th anniversary of the campaign in 2017, asked her to write a personal narrative of her grandfather, Abel explained. She worked on the Aleutian Campaign exhibit with RCAF historians at CFB Trenton.

"As well, I proof read some of their other stuff," she said.

"I lead World War Two historical tours, expeditions really, through the Aleutian Islands during the summer. It's one two week boat trip where we take a flight to Adak, then board a 72 foot vessel, and head towards Attu Island."

"We hike on foot to the old Japanese bases," Abel said. "We take nine passengers. It's random. Sometimes its vets, family members, historical buffs. Last year, we had a Japanese film crew. They were doing a documentary about some Japanese sailors who were there."

"I want people to remember the men that served in the Aleutian Campaign," she said. "It doesn't matter what your role was. They have names. They have faces. They had a role. They sacrificed as much as anyone who went over to Europe. They deserve the recognition too. It's one of the loneliest and harshest places on Earth. It was extremely tough on the soldiers who served there."

## Hispanic Day Held on Parliament Hill



(L-R) Capt Anton Rios-Zimienko, Cpl Eddy Castillo, Lt (N) Saul Andres Vasco Fonseca, Maj Eric Willrich, Capt Milton Hoyos, Gonzalo Rodriguez, Capt Grisaura Gutierrez, MCpl Guillermo Garza-Risueño, Sergio Rodriguez, MCpl Carlos Vilca-Cevallos, Douglas Vidal, Capt Rey Garcia-Salas. Photo: Supplied

by Capt Rey Garcia-Salas, 33 Signal Regiment

A group of Latin-American Canadian officers and non-commissioned members from the Royal Canadian Navy, Canadian Army, and Royal Canadian Air Force, as well as DND civilians were invited to celebrate the Hispanic Day on the Hill on Oct 16 at Parliament. This year, the celebration had an additional connotation, be-

cause the Latin-American Heritage Bill S-218 has been approved at the federal level in both the Parliament and the Senate. Therefore every October, there will now be an official celebration of the Latin-American Heritage month in Canada.

This activity had speeches explaining the importance of celebrating the Latin-American Heritage and the presence of some Senators/MPs, and the Minister of Immigration, Refugees and Citizenship. Also, there were Folkloric dances from local Latin-American dance groups and local authentic Latin-American food.

Within the attendees were Captain Rey Garcia-Salas and Capt Milton Hoyos, who began organizing CAF Latin-American activities some 8 years ago. Capt Grisaura Gutierrez and Mr. Sergio Rodriguez, NCR-DVMAG Civilian Co-Chair representing the Latin-American Canadians Women and Civilians respectively, were also in attendance. These four members promote activities at DND/CAF such as the CAF Latin-American Christmas Dinner, various participations in the Festival Latino Parades, and The Encuentro Internacional Latino Gala Dinner in the National Capital Region. All belong to the Defence for Visible Minority Advisory Group – DVMAG.

With a very dynamic Latin-American Canadian community, we would like to have the opportunity to

celebrate the Latin-American Heritage Month within DND/CAF every year, starting for the first time next year. We are a multicultural country, therefore, this celebration will reflect the wider community of our great nation. It will also provide the opportunity for the senior officers, managers and colleagues to learn more about our culture and interact with other members of the Defence Team, in harmony with the new Defence Policy "Strong, Secure, and Engaged" respecting recruitment, training and retention, leveraging Canada's diversity, inclusion, and promoting a culture of leadership, respect and honour.

Some of the planned activities include:

**DND/CAF Military Latin-American History Exhibition:** This activity will provide a graphic exposure of the Latin American Community contribution to the Canadian Armed Forces in Canada and overseas as Latin-American Canadians on missions. The importance of this exhibition is to show graphically stories of Latin-Canadians in war-zones or on peacekeeping missions.

**Distinguished Latin-Canadians Guest Speaker Series:** A panel of important Latin American Canadians who contribute to Canada in different areas such as medicine, military and defence, academic, scientific, politics, etc.

# Around The Wing



MCpl Chris Lagace files an aluminum arm for a menorah under construction at 17 Wing Construction Engineering. The menorah is being built for display during the season this winter on the Wing. For more details please see our story in an upcoming issue in the Voxair. Photo: Cpl Adam Blundon, WCE.



Services Flight members are unloading the bed covers for donation at the Siloam Mission. Capt Stuart Ireson is hard at work lifting a box. Photo: Supplied



Corporal Chris Kiser, Sergeant Frank Robitaille, Sparky, Sergeant Dennis Matthews, and Fire Chief Master Warrant Officer Benoit Laroche pose for a photo at the conclusion of their Boot Drive on Oct 10 at 17 Wing. Photo: Bill McLeod, Voxair Manager



A disc golfer attempts to sink his 'putt' on the CFB Winnipeg Golf Course. Photo: Bill McLeod, Voxair Manager



Sergeant Frank Robitaille, a 17 Wing firefighter, collects spare change to fight Muscular Dystrophy on Oct 10 at the main gate to the Wing. Photo: Bill McLeod, Voxair Manager



Curling on Sports Day in Canada on Oct 9 was a big hit. The curling event was held at the Assiniboine Curling Club. Photo: Bill McLeod, Voxair Manager

# Around The Wing



Manitoba Moose player, #7 Logan Stanley, who is 6'7", views a main landing gear bay, of a 402 Squadron Dash 8 aircraft, during a tour on October 17, 2018, at 17 Wing. Photo: Cpl Kyle Morris, 17 Wing Imaging



Sports Day in Canada on Oct 19 included curling at the Assiniboine Curling Club. Almost all the sheets were fully occupied during the event. Photo: Bill McLeod, Voxair Manager

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# Survival Training School Run By Former SAR Tech



Dave MacDonald, president of the International Canadian School of Survival Inc., gives a thumbs up at the Disaster Management Conference at the Canad Inns on October 18. Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

During his 19 years as a Search and Rescue Technician in the Canadian Armed Forces, Dave MacDonald, who spent a total of 25 years in the military and retired in 2010, witnessed, as he states on his website, the unnecessary suffering and loss of life in situations that could have had better outcomes.

"Observing firsthand the lack of a standardized survival training programs, the inadequacy of most instruction, and the profusion of complicated or misdirected intentions, Dave – along with his wife – founded the International Canadian School of Survival Inc. (ICSOS)," says the online information.

That was back in 2011. The ICSOS is located near Lac du Bonnet, located 115 kilometres northeast of Winnipeg on the west shore of the Winnipeg River.

Over the years, MacDonald, who's originally from Southern Ontario, has trained countless numbers of people in basic and advanced survival techniques.

MacDonald spoke to The Voxair reporter during a break at the Manitoba Disaster Management Conference, which he was attending as a participant, at the Canad Inns Destination Centre Polo Park on October 10.

**The Voxair:** Why are you attending the Disaster Management Conference?

**Dave MacDonald:** I'm here because I see a place for survival training. Basically, if you can look after yourself then you can help others. If you can't look after yourself then you're not much help to others. Next year, I'll probably put in a presentation.

**TV:** What was your progression through the CAF? How did you eventually end up as a SAR Tech?

**DM:** I did six years in Army Cadets, and a year in the Toronto Scottish Reserves. I joined the Regular Force as a Weapons Technician which included a deployment as a UN Peacekeeper to Nicosia, Cyprus. I re-mustered to Search and Rescue Technician in 1993. I did two operational tours at 424 Squadron and 435 Squadron.

I've seen a lot of people get into predicaments they didn't know how to deal with. I ended up going over to Canadian Forces School of Survival and Aeromedical Training. It just bloomed from there. I saw just how much the instructors loved to teach it, and how much the students loved learning about survival and appreciating it. How the light came on in their eyes when they finally figured things out – the survival pattern.

So, then I started up the school-- thinking I could spread the good word.

**TV:** Who are your clientele?

**DM:** Everything from corporate (employees), Hydro, RCMP, Transport Canada and Environment Canada. I work with a lot of individuals, a lot of youth groups, youth at risk groups.

I've had people from England, Austria, and Mexico. Three police officers from Kenya are thinking of coming up and attending the school, and teaching our techniques down there because they do mountain rescue. Everyone seems to react really well to the training. They walk away with their heads up.

Survival is a life skill. It's like first aid training or learning how to swim, or even reading and writing, for that matter. You can walk around and go anywhere in the world if you have the survival skills, and feel safe that you can take of yourself and your loved ones. The different seasons bring many risks. Recognize those risks and then mitigate the effects, and you shouldn't have much of a risk. There's self-rescue too.

**TV:** Winter is coming. What should people know about emergency survival in this season?

**DM:** People should think ahead. Carry some decent equipment that will allow them to get through a night in the vehicle if they get stranded. Or, if the power goes out they can take care of their families by consolidating everyone in one room and heating that room with candles, or whatever they're using for heat sources. Just basically people need to be prepared. We depend too much on systems or government. We should depend on them. But, you shouldn't over depend on them. If they get stressed and can't help you then you need to look after yourself in the end.

**TV:** What else would you like to say?

**DM:** Our courses range from one day up to five days straight. I run 16 days once in the spring and once in the fall. It includes all our courses-- wilderness safety and survival Level 1, Level 2, Level 3 and Level 4. I try and model it after what the Air Force teaches, so that you get the same information. I just broke it down into different techniques to teach and different time frames.

There are equipment lists on my website that can save you thousands of dollars. There are contacts for search and rescue for disasters, a copy of the Down but Not Out (RCAF Survival Training School book) online. So, if you wanted to study and read up on some of the search and rescue aspects.

The buddy system works really well, and telling people where you're going. Having a trip plan is very important. If they don't know where you are there's no way they can get to you to help.

Leaving contingency plans is important. So, if you're planning a trip and your plans change, there's a secondary trip plan there; because you may not be able to do that trip for whatever reason, flooding or forest fires.

Also, know the survival pattern: First aid, water, shelter, food. We attach patterns to all emergencies nowadays, whether it's a fire drill, a sinking boat drill or an aircraft emergency drill. There's a set pattern that people follow. So, a set pattern allows you to keep safe and what needs to be accomplished.

I use the skills every day, with my clothing, equipment, packing and planning. I've come across quite a few car accidents where I'll take control of the scene and do the first aid and get people calling for assistance and organize the first responders when they show up and tell them what's going on. I've used it a couple times now.



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• La Maison Gabrielle-Roy

29 octobre au 3 décembre • **Jouer en Français**  
• Centre de la petite enfance Roméo-Dallaire

30 octobre • **Mardi jazz – Casati**  
• CCFM

31 octobre • **Petit Chef d'Halloween**  
• Centre de la petite enfance Roméo-Dallaire

1 et 2 novembre • **AGA et Forum provincial**  
• Santé en français

5 novembre • **Toi, moi et la Mère l'Oie**  
• Centre de la petite enfance Roméo-Dallaire

6 novembre • **Mardi jazz – East Side Jazz Band**  
• CCFM

8 novembre • **Le Gala du 200ème**  
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Pour plus d'informations et pour voir le calendrier au complet, visitez le <http://www.sfm.mb.ca/calendrier>

## 17 WING FIRE CHIEF'S CORNER



### Halloween Fire Safety Tips

- When choosing a costume, stay away from long trailing fabric. If your child is wearing a mask, make sure the eye holes are large enough to see out.
- Provide children with flashlights to carry for lighting or glow sticks as a part of their costume.
- Dried flowers, cornstalks and crepe paper catch fire easily. Keep all decorations away from open flames and other heat sources like light bulbs and heaters.
- Use a battery-operated candle or glow-stick in jack-o-lanterns. If you use a real candle, use extreme caution. Make sure children are watched at all times when candles are lit. When lighting candles inside jack-o-lanterns, use long, fireplace-style matches or a utility lighter. Be sure to place lit pumpkins well away from anything that can burn and far enough out of way of trick-or-treaters, doorsteps, walkways and yards.
- Remember to keep exits clear of decorations, so nothing blocks escape routes.
- Ensure all smoke alarms in the home are working
- Tell children to stay away from open flames including jack-o-lanterns with candles in them. Be sure they know how to stop, drop and roll if their clothing catches fire. (Have them practice, stopping immediately, dropping to the ground, covering their face with hands, and rolling over and over to put the flames out.)

# College Corner



## Not all Apples

by WO Matt Kotylak

Recently, I observed how a foreign ally conducts Force Generation to Crew Resource Management (CRM). In the Human Performance spectrum, I assumed that what the world refers to as CRM and our Human Performance in Military Aviation (HPMA) were the same. Those views were altered when the CRM discussion dealt more with task management and lacked that critical components of communication and coordination. On a flight, upon landing it was clear that the aircraft had blown a tire from the unnatural thumping sound resonated throughout the aircraft. I was surprised to hear little chatter. I could see the faces of the crew looking at each other in silence. Outside, a panel sprung open and chunks of rubber spewed out. I indicated to the crew by pointing out my window. The aircraft continued down the runway. As smoke began emanating from the open panel I stated "Smoke, there's smoke". The aircraft stopped on the runway and the crew rushed to investigate. Leaving the aircraft on the runway, I couldn't help but note the lack of emergency vehicles. Witnessing the lack of awareness, communication and coordination left me to realise, when comparing CRM to HPMA, it's not all apples.



## RCAF Barker College News

# Your Donations Helping Veterans

by 2Lt Becky Major, 17 Wing Public Affairs

There's often a misconception about who you are supporting when you donate to the Government of Canada Workplace Charitable Campaign (GCWCC) at 17 Wing. When we think about donating, we usually draw up images of the homeless or those in need of shelter. But United Way Winnipeg provides services for all types of people – even people like you.

Dave Dowd was a member of the Canadian Armed Forces (CAF) for 30 years before he suffered a stroke. Last week, he spoke at a training session for the GCWCC Ambassadors at 17 Wing and shared his moving story.

Dave spoke about feeling helpless and the emotions he ran through during the first days after his stroke. It was thanks to the Stroke Recovery Association of Manitoba (SAM), which receives funding from the United Way that Dave was able to work through his recovery. SAM's mission is to provide support and increase life participation for stroke survivors and their families here in Manitoba. They started in 1971 with a club of three stroke survivors who saw the need and value in supporting each other. Now SAM offers countless services and groups which carry on the spirit of peer support. Today, Dave is now able to give back and volunteers with the organization to help those who have recently had strokes.

Dave is not the only veteran who benefits from your United Way Winnipeg donations. Many veterans use the services provided by Meals on Wheels.

Meals on Wheels is a non-profit charity committed to delivering nutritious meals to homebound citizens in the Winnipeg area, delivering between 600-800 meals every week. The meals are delivered by volunteers, who provide personal contact as well as a nutritious meal. Often the daily visit from a friendly volunteer is the only contact a client will have with another individual during the day.

As members of the CAF, we know what it's like to be a member of the military family. So you can imagine the importance of Meals on Wheels to a veteran living alone. When you donate to United Way Winnipeg, you're helping your community, but you're also helping a fellow soldier.

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It matters

J'y crois  
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C'est important



## Full-time, Post Graduate Training Opportunities: Autumn deadline

### Directorate Air Personnel Management

The Sponsored Post Graduate Training (PGT) program offers selected Regular Force officers the opportunity to complete post graduate studies, at universities in Canada or abroad, in specialized areas of knowledge. The graduates of these programs are needed to be employed in positions leading areas that leverage the skills and knowledge acquired from these studies.

There are more than 25 different programs dedicated to RCAF occupations, but not all are offered annually. These programs are primarily for captains and majors and cover areas such as military and aerospace studies, aerospace engineering, aerospace operations and simulation.

Each year, a competition is launched to select candidates who will be offered PGT in a relevant field with follow-on employment in a position at the sponsoring unit. This year's competition for Sponsored PGT starting in APS 2019 is expected to be published in a CANFORGEN in September with a deadline for applications around 30 November 2018.

Personnel interested in these opportunities should access the attached link to gather information on the programs offered and to start early in addressing the requirements that need to be satisfied to complete applications for consideration:

<http://cmp-cpm.mil.ca/en/recruitment-careers/education-programs/post-graduate-training-sponsored.page> (available only on the DND intranet system).

Other questions about RCAF domains of studies can be directed to Major Ronald Palardy, D Air Pers Mgt 4-2, RCAF at [ronald.palardy@forces.gc.ca](mailto:ronald.palardy@forces.gc.ca).

## Études supérieures à temps plein : date limite fixée en automne

### La Direction-Gestion du personnel (Air)

Les programmes d'études supérieures parrainées permettent à certains officiers de la Force régulière de faire des études supérieures au Canada ou à l'étranger dans des domaines d'études spécialisés. Les diplômés de ces programmes doivent être employés dans des postes qui nécessitent les compétences et les connaissances acquises lors de leurs études.

Plus de 25 programmes portent précisément sur les groupes professionnels de l'ARC, mais ils ne sont pas tous offerts annuellement. Ces programmes s'adressent principalement aux capitaines et aux majors et touchent des domaines comme les études militaires et aérospatiales, l'ingénierie aérospatiale, les opérations aérospatiales et la simulation.

Tous les ans, on tient un concours pour sélectionner des candidats qui auront l'occasion de suivre une formation universitaire supérieure dans un domaine pertinent, pour ensuite occuper un poste dans l'unité parrainant le programme. Cette année, le concours du programme d'études supérieures parrainées qui commencera pendant la PAA de 2019 devrait être annoncé dans un CANFORGEN au mois de septembre et la date limite pour présenter une demande devrait être le 30 novembre 2018.

On invite tout militaire qui souhaite saisir cette occasion à accéder au lien suivant pour en savoir plus sur les programmes offerts de manière à prendre aussitôt que possible les mesures nécessaires afin de répondre aux exigences du programme :

<http://cmp-cpm.mil.ca/fr/recrutement-gestion-carriere/programmes-educations/etudes-superieures-parraine.page> (accessible uniquement dans l'intranet du MDN).

Si vous avez des questions concernant les domaines d'études liés à l'ARC, communiquez avec le major Ronald Palardy, Gest Pers (Air) 4-2 de l'ARC, à [ronald.palardy@forces.gc.ca](mailto:ronald.palardy@forces.gc.ca).



# cafconnection.ca/winnipeg



## Manitoba Quits Cold Turkey

Smoking is often part of the daily work routine for many people, which can make it difficult to break the habit and quit. Research suggests that the majority of people that smoke would like help to stop and they are more likely to quit when someone they work with stops. Not only does this emphasize the influence that social networks have on one's own smoking behaviour, but this also demonstrates how the workplace is an ideal environment which can help develop a culture that supports efforts to quit smoking. The harmful health effects of smoking include lung and other cancers, coronary heart disease, cardiovascular disease, stroke and chronic lung disease. Quitting at any age is beneficial, increasing life expectancy and improving quality of life. In the workplace, benefits of quitting include an increase in productivity, decrease in absenteeism and decrease in rates of illness and injury.

Quit smoking this November by participating in the Manitoba Lung Association's campaign "Manitoba Quits Cold Turkey". Participants will receive a free turkey from Granny's Turkeys as well as a chance to win other prizes. Sign up at [mb.lung.ca](http://mb.lung.ca).

### 10 Ways You Can Support a Co-worker who is Quitting Smoking

1. Ask how you can help. Make yourself available as much as possible, especially during the first few days.
2. Be patient. Most people who quit smoking experience physical and psychological withdrawal symptoms. These symptoms usually peak within 48 hours, but might last as long as four weeks. Be especially understanding during this time.
3. Listen. Don't preach or counsel. Hostility and irritability can be a normal – and temporary – part of the withdrawal process.
4. Encourage your co-worker to speak with a doctor and encourage the use of materials available from Health Promotion or from community agencies.
5. Help your co-worker avoid smoke and others who smoke as much as possible. Invite them to join you in activities that are not associated with smoking, such as walking or going to the gym.
6. Offer practical support. Quitting can be very stressful. Offer to help minimize other pressures such as helping with difficult work situations.
7. Keep a supply of smoking substitutes on hand. People who quit smoking miss the satisfaction of handling and inhaling a cigarette. Keep a supply of gum, mints, and toothpicks on hand.
8. Be supportive if your co-worker has a relapse. Sometimes it can take five or more attempts before a smoker quits for good. Encourage them to build on what they have learned and to try again.
9. Celebrate success. Help mark significant milestones such as one week or one month of being smoke-free. Send them a note of congratulations or take them out to lunch.
10. Reinforce the benefits of staying smoke-free. Encourage your co-worker to use the money they have saved to purchase something special.

Source: Adapted from Health Canada's Smoking Cessation in the Workplace – A guide to helping your employees quit smoking (2008)

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For more information or to register, contact Health Promotion at (204) 833-2500 ext. 4150 or [healthpromo@forces.gc.ca](mailto:healthpromo@forces.gc.ca)  
Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou [healthpromo@forces.gc.ca](mailto:healthpromo@forces.gc.ca)

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### Alcohol, Other Drugs, Gambling and Gaming Awareness Training

Formation de sensibilisation aux problèmes liés à l'alcool, aux autres drogues, au jeu excessif et au jeu électronique

6 & 7 December 2018 6 et 7 décembre 2018  
0800 - 1600 hrs & 0800 - 1200 hrs 08h00 à 16h00 et 08h00 à 12h00

Recognize and respond to early warning signs and develop effective interview skills. This training is course coded and is required for all military in a supervisory role. DAOD 5019-7  
Reconnaitre les premiers symptômes et savoir y réagir. Apprendre à faire des entrevues efficaces. Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code. DAOD 5019-7

For more information or to register, contact Health Promotion at (204) 833-2500 ext. 4150 or [healthpromo@forces.gc.ca](mailto:healthpromo@forces.gc.ca)  
Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou [healthpromo@forces.gc.ca](mailto:healthpromo@forces.gc.ca)

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## RESPECT IN THE CAF WORKSHOP RESPECT DANS LES FAC

29 October 2018 29 octobre 2018  
0800 - 1600 hrs 08h00 à 16h00

The "Respect in the CAF" workshop is intended to promote respect in the CAF through awareness and understanding, to empower CAF members to take a stand against sexual misconduct and to support victims.  
L'atelier « Respect dans les FAC » vise à promouvoir le respect au sein des FAC en favorisant la prise de conscience et la compréhension pour encourager les membres à lutter contre l'inconduite sexuelle et à soutenir les victimes.

This course is Coded! Il s'agit d'un cours auquel on a attribué un code!

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Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou [healthpromo@forces.gc.ca](mailto:healthpromo@forces.gc.ca)

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[www.facebook.com/WinnipegMFRCYouth](http://www.facebook.com/WinnipegMFRCYouth)

# Upcoming MFRC Programs and Events

For the most current information on all of our programs, visit our webpage at:

[www.cafconnection.ca/Winnipeg](http://www.cafconnection.ca/Winnipeg)

or follow us on Facebook and Twitter:

@WinnipegMFRC

### Free drop in programs:

#### CAFE EN FRANÇAIS

Join us for a coffee and chat in French. This is a perfect connect with other francophones and francophiles or an opportunity to practice your French.

#### FRENCH LUNCH 'N CHAT

Is French your second language? Would you like to build your confidence? Bring your lunch to the MFRC and enjoy French conversation. This is geared for higher-intermediate to advanced levels. Free drop-in Thursdays 1230 – 1300 November 1, 8, 15, 22, 29.

#### SOUTH SIDE COFFEE

French or English, parent or not, kids at home or empty nest...everyone is welcome to come for a visit and snacks. Meet new people. Catch up with old friends. Wednesday, November 21, 0930 - 1100.

#### A PARENT GROUP

Join us for some parenting discussions and networking. Wednesday 0930 – 1130, November 7 & 28.

#### A PARENT COMMUNITY

A 'community' of parents will discuss topics related to parenting children of all ages. Fridays, 0930 - 1130 October 26; November 2, 9, 16, 23, 30.

#### CREATIVE TOTS

A free facilitated play group at our South Side Youth Centre 347 Doncaster. This includes crafts, games, circle time, and free play Mon, Thurs, Friday 1300 –

1500 and Tuesday 0900 – 1100 Free, Drop-in, Parents are required to stay for this program.

#### MATURE WOMEN'S GROUP

Share your wisdom and expertise about navigating life's journey, have some laughs and make some new connections. For women 45+. Mon. Oct. 29, 1900 – 2100. Free. Drop-in.

#### FIREWORKS

Join us for an evening of fireworks with a bonfire and chili dinner. Bring your own blankets and lawn chairs. FREE! Friday Oct. 26. 1800 – 2100. South Side Youth Centre, 347 Doncaster St.

### Come to the MFRC now to register for:

#### PIZZA, PACK AND SNACK

We need help packing up deployment packages for our members. We will also have the city's best 'za for dinner as we pack up holiday cheer. Held Monday, November 5 1700 - 1900 RSVP by November 2.

#### RESTORATIVE YOGA

This is not a work out and does not require incredible flexibility or balance. Rather the goal is relaxing and feeling refreshed through gentle stretching and movement. Thursday. November 1. 1900 - 2000 \$10 Register by October. 29.

#### MAKE AHEAD MEALS

Not sure what to make for dinner? No time to make anything? Come out to the MFRC and make some meals in advance. These are easy, healthy meals that are ready to go from the freezer! Lazy Lasagna, Taco Chili(V), Sweet and Sour Chicken, Zesty Italian Melts, Parmesan Herb Blend, and Basic Taco Seasoning Sunday November 4 1200 - 1500 \$40. Register by October 30. Please bring mixing

bowls, measuring cups, spoons and an apron.

#### GUIDED IMAGERY

Join us for an educational workshop on guided imagery. Learn the benefits of this mind body intervention. Wednesday, Nov. 14 1830 – 2030 FREE but register by November 9.

#### LEARN TO...MEXICAN FOOD

Join us as we we learn to make authentic Mexican Food. We will be making chicken tortas and salsa!! Wednesday November 14 1800 – 2000, \$5 per person Register by November 7.

#### BIGGER, STRONGER, WISER AND KIND

An introduction to the importance of attachment in the parent-child relationship. Learn about what children need when they go out to explore and when they come in for a cuddle. Wed. Nov 21 1800 – 1930, FREE, Register by November 14.

#### HOLIDAY MORALE MAIL

If you are sending a parcel to your deployed loved one and wish for it to arrive by December 24, it is advised to drop it off at the MFRC or 17 Wing post office no later than November 9, 2018. You are invited to use the parcel packing station at the MFRC. It will have holiday decor items which you can use to make your package festive. NOTE: some countries have item restrictions and all mail has size restrictions. For more information, please call Ana Vucic at 204-833-2500 ext 2991 or visit: [www.forces.gc.ca/en/write-to-the-troops/mailling-instructions](http://www.forces.gc.ca/en/write-to-the-troops/mailling-instructions). page and for item restrictions by specific country: [www.canadapost.ca/tools/pg/manual/PGintdest-e.asp](http://www.canadapost.ca/tools/pg/manual/PGintdest-e.asp)

**Call 204-833-2500 ext 4500 to register for programs or for more information**

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*training day*  
**SATURDAY NOV. 17**

*RSVP by Nov. 13*

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*Recycle or pass along this newspaper when you're done.*

## Sports Trivia Answers

1. Bob 'Mr. Baseball' Uecker.
2. Marv Throneberry.
3. Eddie Gaedel.
4. Dick Stuart.
5. Dal Maxvill.
6. Bob Kammeyer.
7. 'Rabbit' Maranville.
8. Rafael Belliard.
9. Tommy LaSorda.
10. Herb Washington.
11. J. R. Phillips.
12. Brian L. Hunter.
13. Mike Porter of the Cardinals.
14. Aloysius Travers.
15. Bill Bergen.
16. Gus Weyhing.
17. Les Sweetland.
18. Charles 'Swede' Risberg - 1919 Black Sox
19. Clarence 'Choo Choo' Coleman.
20. Herm Wehmeier.

## 17 Wing Children's Christmas Party

SAT 1 DEC 2018  
1300 - 1600 BLDG 21

**\$10 PER CHILD**

REGISTER ONLINE BEFORE 16 NOV 2018

Please register at [www.caf-connection/Winnipeg](http://www.caf-connection/Winnipeg) at your respective messes

# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** Deal with what frustrates you about yourself because you do have control over this and can do something about it. Others count on you to help but this may not sit well with you. Your task is to maintain boundaries and insist on respect. Change the status quo. Overhaul your image.

**Taurus (April 20 – May 20):** If you've been doing things that are counter-productive but can't logically find a way to change, seek help. Many have dealt with similar problems. New friends provide support. Share your burdens. Let go of guilt and regrets. Live in the moment. Determine to do things differently.

**Gemini (May 21 – June 21):** Have you been distancing yourself from those who don't share your values or are you isolating yourself due to anxiety? Perfection is impossible. True friends accept you as you are. It's our flaws that make us beautiful and unique. Dressing for success boosts confidence. Get new boots.

**Cancer (June 22 – July 22):** Things are wearing out and you are weary of managing. Instead of pushing yourself and stressing about the need to be strong, accept help. Take a break from providing constant support to others. Cut back on commitments. Give yourself time to grieve a loss, to rest and recuperate.

**Leo (July 23 – August 22):** Something from the past comes to light and gives rise to hard questions and hurt feelings. Respectfully discuss key issues. If your image and reputation don't match your belief about yourself it's time to consider what you can do to make them more congruent. Be honest about your needs.

**Virgo (August 23 – September 22):** Hammer out details and organize a schedule so things work more efficiently. Ask family and friends for assistance. Work together for better results. Get things in writing. Having the paperwork in order safeguards your assets, alleviates worries and puts the brakes on disputes.

**Libra (September 23 – October 23):** Allocate resources for essentials, fun and a rainy day fund. Look for a job that you really enjoy or make the job you have more fun. Try not to worry about what you can't do anything about. Work when there's work and relax when there's none. Lower stress through organization.

**Scorpio (October 24 – November 21):** Sometimes you have to take a stand. Letting nature take its course is easier but your sense of self-worth could suffer. Although people will feel sorry for you if you do this, do you really want to be perceived as a victim? Live on your own terms. Follow your own North Star.

**Sagittarius (November 22 – December 21):** Getting caught up in minor plots and issues can be thrilling but it can also sap your energy. Something you thought was settled may not be. Make sure you don't stretch the truth to gain favors. Someone could blow your cover later or refute your version of the story.

**Capricorn (December 22 – January 19):** Focus on maintaining home and health. A long-term project takes hard work but you can do it. You're discovering that some people are not honorable. They may not be reliable when presenting facts. And their judgements are skewed. Check before acting on their say so.

**Aquarius (January 20 – February 18):** An opportunity doesn't pan out. Regrets are pointless. Appreciate all you learned from your experience. Sever ties with negative associates and groups. Some things are beyond repair. Let them go. Hearing about other people's problems makes you realize you're not alone.

**Pisces (February 19 – March 20):** The things that were once fulfilling have lost their appeal. New interests are more rewarding. Learn something new. Improve your surroundings. What you want is within reach. Change your thoughts and behaviors and transform your life. Make it fun. The results will be great.

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

### THE 17 WING JUNIOR RANKS' MESS:

Halloween Party- Friday, October 26-Children's Party 1700-2000  
From 2000hrs-2330 will be for adults, and prizes to be won for best costume. Come out and wear your best costume, hope to see all of you there!



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

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Oct. 26 & 27 - The Otherside

Nov. 2 & 3 - Geoff Erickson & The Rockets

Nov. 9 & 10 - The Covers  
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# Chaplain's Corner

## The Untouchable Trifecta

by Padre Kevin Olive

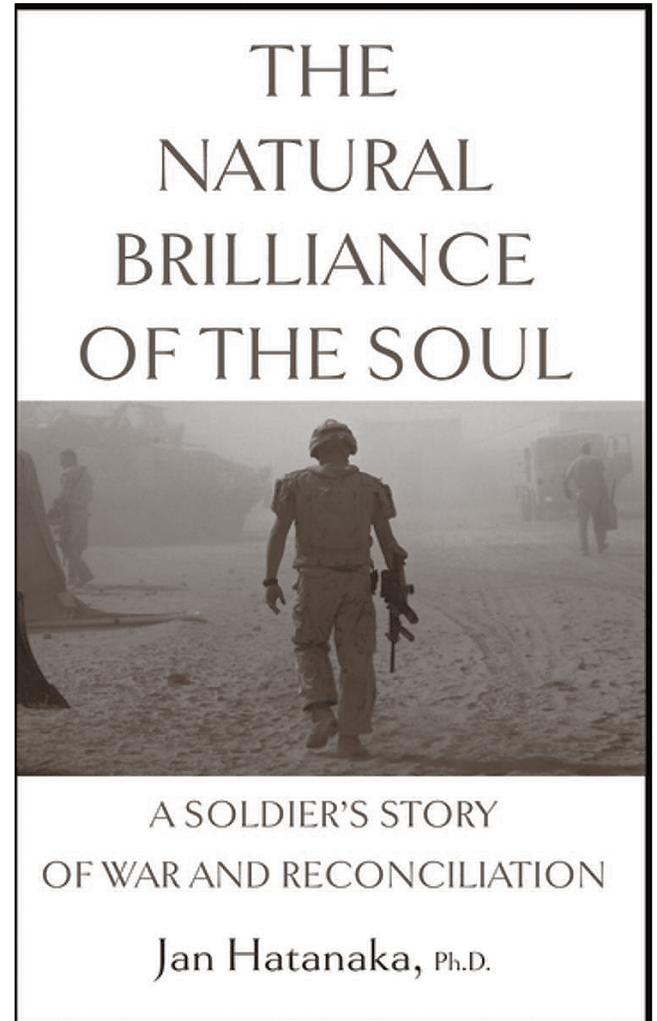
Change. If anything were to describe this past decade it would be the rapid change in our world. I've been a Chaplain for barely 10 years in the CAF and the amount of change I have seen in the military in that time is staggering. I mean seriously, even someone like me can actually say, "Do you remember having to polish your boots....?" So, within a couple weeks we've seen radical changes with the once untouchable trifecta of boots, beards and pot. It's hard to sort out some of this stuff as it literally hits you in the face (sorry, another beard reference).

So what's my point? Constant change is something that may work well for your fitness routine, but when it comes to the human condition, security and predictability is extremely important. When we talk about Spiritual Resilience we are really attempting to address what happens when a person's world is rocked. We are not human doings, we are human beings. Too often because we might be turned off by "religion" we can unknowingly throw the baby out with the bath water. The baby in this case is "spirituality." In her ground shattering book, "The Natural Brilliance of the Soul: A Soldier's Story of War and Reconciliation" Dr. Jan Hatanaka impresses upon a veteran she is attempting to help find some inner healing from his Afghanistan war experience that Spirituality is not religion. Rather it is "your inner belief system. It (provides) you

with meaning and purpose in life." You may not be aware of it, but we all have values and beliefs that guide us.

The constant change that really begins to erode at us from the inside out is when what we take for granted can no longer be relied upon. Like waves splashing up against a sand castle, before we know it, our world has been eroded and can collapse from the inside out. To be spirituality resilient is to take time to reflect and to do an inventory on what values have been important to you and to be aware if any of those beliefs have been unsettled in ways you may not be aware of. For example, if in your world view, maybe even subconsciously, is that bad things don't happen to good people, how do you approach life when in reality, this may not be the case? When your relationships keep changing, has your sense of trust in people declined to the place that you no longer open yourself up to others?

The untouchable trifecta might provide us with a little humour (or maybe not as past CWO's are rolling over in their graves!) but it is a reminder that certain change can slowly chip away at us and cause our spiritual foundations to be unsettled. Maybe it's time to do a little inventory?



## Faith and Life

### PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

**SUNDAY SERVICE:** (English Only) 1100 hrs

**COMMUNITY SERVICES:**

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

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

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

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

**CHAPLAINS**

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

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

TBD  
ext 5272

### JEWISH

**CHAPLAIN**

**Padre Noteh Glogauer**  
(Rabbi)  
ext 6914



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

### CATHOLIC

STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

**SUNDAY MASS:** (Bilingual)  
Spring/Summer Liturgy Timings: 9am  
(Sunday after Easter - Thanksgiving Weekend)  
Autumn/Winter Liturgy Timings: 4pm  
(Sunday after Thanksgiving to Easter Sunday)

**COMMUNITY SERVICES:**

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

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

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

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

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

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

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

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

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