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Remembering the Fallen



Above: Members of the Veterans' Colour Party stand at the ready nearby the Bruce Park Memorial, which was erected to pay tribute to veterans of the First World War.

Photos: John Towns

John Towns
Voxair

On November 11, several hundred members of the community, 17 Wing Members, and veterans crowded into Bruce Park to pay tribute to service members of the Canadian Forces, many of whom paid the ultimate price in the course of serving their country.

The service, which hon-

oured both veterans of past wars as well as CF Members currently overseas serving in Afghanistan and elsewhere, was organized by members of the St. James Legion Branch #4, and included musical accompaniment from the 402 Squadron Pipes and Drums, along with the Salvation Army Band.



LCol Marc Rittinger, CO of 402 Sqn and CWO David Hiscock of 402 Sqn, prepare to lay a wreath on behalf of 17 Wing Winnipeg.

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CFSMET's Latest Graduates

The first course to graduate this year was the pilot session of the new BOQ course, which began in August 2008 and finished April 2009. It was the longest running Met Course ever. This is the first step in occupational training for new Met Techs. The aim of this course is to train personnel to: take weather observations; disseminate observed data; and provide technical meteorological information to support operations.

Right: The third course to graduate was the QL6B 0901. This course began in January and finished in April. It is the senior course taught at CFSMET and the students have many years experience within the trade.



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Giving the Gift of Life

Capt Brian Luszeck of 1 Can Air Div HQ takes some time to donate blood at the blood donor clinic at Building 21 on 13 November.

CFSMET'S CONTINUING SURGE IN TRAINING

Sgt Jodie Bissonnette

The staff at CFSMET continues to maintain a high training tempo in 2009. Thus far we have graduated three courses, with two more in-house, and are re-developing an intermediate occupation course. 2008 and 2009 are transition years for the Met Tech occupation. Under DPGR's Military Employment Structure Implementation Plan (MESIP) the Met Tech occupation is being completely restructured, resulting in major changes to occupation training. In 2008 and 2009 old occupation courses are being phased out and new courses are being designed and delivered. So far, the Basic Occupation Qualification (BOQ) has been delivered for the second time and the Intermediate Occupation Qualification (IOQ) has finished the Training Plan Writing Board (TPWB). Starting in January, instructors will commence developing new lesson plans in time for the first session of the new course in June 2010.

At the same time, training throughputs are continuing at unprecedented levels to address the severe shortage of Met Techs with advanced skill sets.

The first course to graduate this year was the pilot session of the new BOQ course, which began in August 2008 and finished April 2009. It was the longest running Met Course ever. This is the first step in occupational training for new Met Techs. The aim of this course is to train personnel to: take weather observations; disseminate observed data; and provide technical meteorological information to support operations. Technicians are to



The second course was the QL5A 0901. It was an intense month-long course in April. The main purpose of this course is to provide naval commanders with Met Techs who can conduct weather observations at sea, and present basic environmental briefings to support maritime operations. Subjects taught include: meteorological theory; maritime weather observations; and presentation of meteorological information in a maritime environment.

prepare and provide detailed environmental briefings in addition to providing technical meteorological information in support of military operations. Subjects taught include: theoretical and applied meteorology, analysis, and interpretation of weather data including satellite, lightning and radar information, presentation techniques, and climate presentation.

The second course was the QL5A 0901. It was an intense month-long course in April. The main purpose of this course is to provide naval commanders with Met Techs who can conduct weather observations at sea, and

present basic environmental briefings to support maritime operations. Subjects taught include: meteorological theory; maritime weather observations; and, presentation of meteorological information in a maritime environment.

The third course to graduate was the QL6B 0901. This course began in January and finished in April. It is the senior course taught at CFSMET and the students have many years experience within the trade. The QL6B, which is also known as the "Specialized Weather Support" course, is the final step in a Met Tech's trade progression.

The aim of this course is to provide highly specialized trained Met Techs who will be capable of supporting such diverse operations as ship-based helicopters, land-element combat groups, and search and rescue units. Met Techs are trained as operations personnel with weather information in the form of forecasts and advice on meteorological matters worldwide.

Currently we have BOQ 0901, which started in June, and QL6B 0902, which started in September, in-house. The BOQ is broken into two phases. Due to the restructuring of the trade, the second half of the BOQ

is a mix of students new to the trade and students who have been in the trade for a few years. The second half of the BOQ is focussed on providing weather briefings, which previous QL3 students did not receive training on. Mixing the students on the BOQ will continue until all junior personnel in the trade are qualified to the same level. Graduation for BOQ 0901 will be Nov 25th, 2009. The QL6B will graduate in December.

The last course of the year for CFSMET is QL5A 0902 which begins in November and ends in December.

The graduates of

all six courses should be commended for their hard work, dedication and superb performance in successfully completing their training.

As for the upcoming year, the pace will continue at a high tempo for CFSMET. So, in 2010 the cycle will start again with the development of the IOQ in time for its pilot session in summer 2010, while at the same time we will continue to run courses to provide qualified Met Techs in support of today's CF operations worldwide. Till next time

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GCWCC Campaign Exceeds Fundraising Goal

John Towns

Voxair

As the Government of Canada Workplace Charitable Campaign here on 17 Wing draws to a close, the GCWCC Committee wants to thank the members of 17 Wing for their generosity.

"It's really a team effort," said committee member WO Sandra Driscoll. "Everyone on

bers that the committee was able to raise over \$120,000, exceeding their goal for this year's campaign. That money will now be passed on to the United Way, which will use it to help fund a number of charitable organizations around Manitoba.

Committee member and 17 Wing GCWCC Webmaster Joanne Spence said that this year's campaign turned

meet our goal now, is excellent."

Committee co-chairs Leah Bannister and Capt Jameel Adam were also quick to point out that it was thanks to the hard work of canvassers that the committee was able to

"It's thanks to the support of 17 Wing members that the committee was able to raise over \$120,000, exceeding their goal for this year's campaign."

the committee played a big role, but it's thanks to everyone that this is possible. The way that the DND family just pulls together is something that really makes things like this a success is just awesome."

It's thanks to the support of 17 Wing mem-

bers that the committee was able to raise over \$120,000, exceeding their goal for this year's campaign. That money will now be passed on to the United Way, which will use it to help fund a number of charitable organizations around Manitoba.

Committee member and 17 Wing GCWCC Webmaster Joanne Spence said that this year's campaign turned out much better than in past years. "During last year's campaign, we struggled to get to the end of it," she said. "It was extended right up until Christmas, or close to it, to try and get all the funds in, so to have us

exceed its goals this year in time for the end of the campaign.

"The team was so great," said Bannister. "Without all of the committee members, canvassers and reps, this would never have been possible."



Volunteers and hungry donors took part in the annual TEME breakfast. The breakfast was one of the fundraising initiatives at 17 Wing that helped exceed the fundraising goal this year. Photo: John Towns

IPSC Officially Opens for Business



IPSC Manager Frank Emond (left), Col Yvan Boilard, and WCWO Sheila Blair (right) cut a ribbon signifying the official opening of the Integrated Personnel Support Centre Winnipeg. The IPSC will provide one-stop administrative support for injured and ill CF Members and their families and reduce the potential for gaps, overlaps and confusion between different organizations handling the care of injured and ill personnel.

Photo: John Towns

Bombers Honour CF

The Winnipeg Blue Bombers played host to military members and their families on November 8 at Canad Inns Stadium.

For the final day of the season, the Bombers took on the Hamilton Tiger Cats, with the Ti-Cats winning the CFL play-off spot 39-17.

Right: Col Marc Rittinger CO of 402 Sqn enjoys the game with his son Paul.

Below Right: Bombers mascot poses and shows his support by wearing a poppy and a yellow ribbon at the game.

Photos: MCpl Bob Mellin



Members Receive Their H1N1 Vaccinations



CWO Garrett Spurrell of 1 Can Air Div HQ gets his H1N1 vaccination at the Building 90 theatre. While there have been established unit vaccination schedules, 17 Wing members with high operational priority or with medical conditions that place them at high risk for complications from H1N1 are urged to go down to the Building 90 theatre daily from 1445 to 1545 to get vaccinated during the overflow timing.



Scholarship opportunity

For the 14th 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 Personnel (and their immediate families) and Reserve Force members attending the University of Manitoba in any degree granting program who are based in Manitoba and Northwestern Ontario.

The current deadline is November 30 and there are letters of reference, etc. to be completed.

Flying Officer George Finkle, a North Winnipegger, was a master navigator on Mitchell Bombers, 180 squadron RAF. He flew 50 missions against Nazi targets.

After the war he was a fighter controller with 2402 squadron RCAF (reserves).

Flying officer Finkle passed away in 1993. These awards are dedicated to him and the Finkle's commitment to Canada and the Canadian Forces.

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CF Recruiting Group welcomes Maj Sylvain Germain



Maj JGS Germain speaks after taking command of CFRC Winnipeg. Maj Germain says he looks forward to working with the CFRC team. Photos: John Towns



Cmdre D.M MacKeigan, Canadian Forces Recruiting Group Commander (left) presides over Maj JGS Germain's assumption of command of the Winnipeg CF Recruiting Centre on Friday, November 13. Maj Germain assumed command after serving as A6 Personnel Coordination at 1 Can Air Div HQ, but had previously worked for the CFRC in Corner Brook, Newfoundland.

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Lest We Forget



By Alf Brooks

In October Canada Post issued a stamp to commemorate the sacrifices of members of our Armed Forces. Information on the website states

“The stamp features a close-up photograph of the National War Memorial in Ottawa, ... [It is] not... a monument to the glory of war, but to the commitment of Canada's soldiers... Standing together, the two figures shown speak to the camaraderie that is the very nature of peacekeeping efforts. And by focusing on their faces... the image transcends the ages, allowing the human character of the work to shine through. Their upward glances are forward-looking and express a sense of hope—of pride in a strong nation and belief in a peaceful future.”

The stamp was issued in booklets of ten; the booklet features photographs of the National War Memorial from various perspectives.

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Coaching Practices for Managers or Leading by Asking Good Questions

Raluca Muresan,
Learning Advisor
Edmonton LCC

Whether you have just embarked on managing or have been managing for years, you may find that leading people is not as easy as you thought it would be. Hired because of your strong problem solving skills, you are expected to provide timely responses to a variety of challenges that your people face on a regular basis. Should you always be responsible for finding the answer?

Instead of counting the solutions that you have been able to offer as a manager, try to slow down a little bit and reflect on other ways to assist your employees. Do you need to have all the answers? Having all the answers might work against your people, because you make them dependent.

Instead of jumping to a solution you may want to embrace a different approach: involve your employees by asking them questions, such as 'What is important to you?', 'What have you tried so far?', 'What's your approach on that?', 'What would you prefer to have happened?'

People often have their own solutions, and your role as a manager is to help them find what they are looking for, help them develop. In other words you need to *coach* them.

Coaching is grounded in listening, observing, doing and reflecting. Coaching is about creating space for conversation, helping your people build their own capacity, evoking their excellence. Coaching implies looking at

other ways of seeing things in order to produce different outcomes. Coaching can be another practical and affordable tool to support you in your managerial endeavours.

Leadership Coaching was introduced to the Federal Public Service through the Canadian Centre for Management Development in 1997, as a valuable learning and development method for the modern management. It was also regarded

as an important strategy to promote cultural change. In 2002 the National Managers Community Council (NMCC) recognized this coaching demand and launched several initiatives to support it.

As part of these initiatives, 'Coaching Practices for Managers' is a workshop designed by the NMCC specifically for leaders in the Federal Public Service. This workshop will help:

- Develop awareness of how our personal and organizational culture impacts our conversations;
- Introduce language of coaching and the foundation of a coaching conversation;
- Introduce eight coaching practices and with in-depth review of five of the coaching practices;
- Introduce and practice giving feedback using a feedback model; and
- Practise coaching with colleagues.

The Winnipeg Learning and Career Centre in conjunction with the NMCC Alberta Region will be offering a Coaching Workshop on December 9, 2009. This session will be open to managers, supervisors, team leaders and aspiring managers from DND as well as other federal departments.

'Coaching Practices for Managers' is not about turning you into a professional coach. This workshop is about helping you see the value of powerful conversations, improving how you communicate with your employees and engaging in positive dialogue, factors which are critical in successfully leading people and shaping better organizations. As an interdepartmental session, the workshop will also help you build your managerial network within and outside the department.

To register for the 'Coaching Practices for Managers' workshop please contact the Learning and Career Centre at local 4636 or e-mail LCCshare@forces.gc.ca

Preparations Underway for Air Force Run 2010

By Capt Jeff Noel

Wing Public Affairs Officer

The Inaugural Air Force Run held at 17 Wing this past May attracted over 1,000 civilian and military runners along with another 281 in a "Shadow Run" held in Kandahar, Afghanistan. Preparations for the second annual event, Air Force Run 2010 are now well underway.

"The spectacular success of the Inaugural Air Force Run would not have been possible without the tremendous effort of more than 200 volunteers and cadets," said Major Rob Clark, Deputy Commandant of the Canadian Forces School of Aerospace Studies and Chairman of Air Force Run 2010.

Maj Clark says that their dedication to the Air Force was pivotal and along with the excellent support the Run received from businesses, the City of Winnipeg and the community, a solid foundation for this year's run was laid.

Air Force Run 2010 promises to improve greatly upon last year's event. With an improved route, the addition of a post race BBQ and desire to double last year's runners and charitable donations, this year's team is committed to making this event a steadfast and noteworthy Winnipeg event.

Although known as the Air Force Run, the focus of this family-oriented, community event is to offer an opportunity for the general public to come out and participate with the men and women of the Air Force, Navy, Army, and the Reserves...their neighbours, while promoting physical fitness and two valued charities, the Military Families Fund and Soldier On.

Information about Air Force Run 2010 is available online at www.airforcerun.ca. Register today for this historic event at www.runningroom.ca!

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Spin-a-thon

Les membres de l'équipe d'une unité iront sur le vélo stationnaire à tour de rôle et se succéderont au bout de 10 à 60 minutes. L'objectif du « spinathon » est que chaque unité garde le vélo à rouler de 8 h jusqu'à 16 h.

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Hundreds of Winnipeggers Come to Honour The Fallen



Hundreds of members of the community attended the service to pay tribute to fallen Canadian Forces members.

The family of Spr Sean Greenfield lay a wreath at the Bruce Park Remembrance Day service. Spr Greenfield was killed in Afghanistan when an improvised explosive device struck his vehicle on 31 January 2009.

Photos by John Towns



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Convention Centre Ceremony Brings New Tradition To Remembrance

Right:

Civilians, veterans and serving members gathered at the Winnipeg Convention Centre on November 11. World War Two veterans pass a torch to Sgt Martin Benard, a new tradition to take place during the Remembrance Day ceremony.

Below:

Horace Massan of the Aboriginal Veteran's Association takes the opportunity to speak to participants of the Remembrance Day ceremony at the Winnipeg Convention Centre.

Photos: Cpl Levarre MacDonald



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How to Stay Addiction Free

Kathy Godfrey
Health Promotion
Director

As the health model below suggests, the best way to stay addiction free is to stay in, or work towards, being in a healthy state (in the green). The best way to do

this is to continue to develop effective coping skills to manage daily stress, develop healthy leisure activities and build a supportive network of family and friends. Also, when engaging in behaviours that may lead to addiction, such as drinking alcohol, do so in a responsible manner and know the signs that may tell you when your use is becoming unhealthy. This model can be used as a guide to help you determine where you are with your alcohol and other drug use. If you are concerned you are moving to orange or red, help is available through your local Medical Officer or Wing Addictions Counsellor (WAC), or through the Member Assistance Program at: <http://www.forces.gc.ca/health-sante/ps/map-pam/default-eng.asp>.



Health Model Applied to Alcohol and Other Drug Use

Healthy	Reacting	Injured	III
No Use Experimental Occasional/Social	Regular Use	Misuse/Abuse	Dependent/Addicted Uses very regularly and frequently
No Use	A pattern of regular use is established	Uses at higher doses and/ or with increased frequency	May experience decreased tolerance
Or	Tolerance to the substance is increased but major life areas are not affected as a result of use	Increase in tolerance to the substance	Negative consequences are felt in most or all major life areas
Use is motivated by curiosity or desire to experience new feelings	Can readily control the use of the substance	Negative consequences can be felt in many of the major life areas	Increasing emotional pain
Or	Little or no withdrawal symptoms	Increased emotional pain. Withdrawal symptoms experienced	Severe to life threatening withdrawal symptoms
Uses on specific social occasions for its specific effect	E.g. Drinking every weekend but not on weekdays	Difficulty controlling use	Constant obsession with use Cannot control use – attempts to stop are followed by relapse
No regular pattern of use is established. E.g. Drinking alcohol when socializing with others at a party	May drink beyond LRDG	E.g. Tries to set a few rules (will only drink on weekends) but cannot stick to it, always has a stash, and creates opportunities to use	E.g. Spends more and more time alone and using alone
Follows the LRDG		Unable to follow LRDG	Unable to follow LRDG

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Get Off Your Chair, It Can Kill You!

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Check this out! It can change your life! If you don't remember the first part of this feature, we learnt about our metabolism and how it can improve or degrade our physical health. We learnt that, when we are stationary in the laying or seated position, our metabolism slows down to the minimal, switching from energy expenditure mode to energy saving/storing mode. Blood circulation, hormones, fat burning enzymes, muscle activation, everything dramatically slows down. When you are in this metabolic minimal state for an extended period of time, your body becomes accustomed to shutting down and gets more efficient at it, now that's where the problem lies.

If you find your regular weekday somewhat like this: wake up, drive to work, sit in front of the computer all day, drive back home, sit back on couch to watch on your HD flat-screen TV, then call it lights out and sleep. Then you are in danger!!! It's shocking how much time we are seated in a day. It is also shocking that 63% of Canadians are physically inactive. If you find yourself in the seated position the majority of your day, you are considered sedentary. Individuals of sedentary lifestyle are at increased risk for obesity, type II diabetes, cardiovascular disease, depression, osteoporosis and premature death. Your chair can be the death of you. By knowing this, we can do something about it.

Sports & Exercise: the only way?

Exercising and playing sports are excellent ways to get into great shape but you can also reap the benefits of physical activity from living a physically active lifestyle. This is great news for everyone, from people that are recovering from an injury

or have a medication condition, to people that are too busy to fit in a structured workout or for those who simply do not enjoy sports and exercising. Being physically active in your daily life is NEAT! Non-Exercise Activity Thermogenesis to be exact. NEAT for short, is

According to recent research studies in Australia and Canada, if you have your 30 minute workout of moderate to high intensity but you are in the seated position for 10+ hours a day, you are still at risk for cardiovascular disease! The workout is not enough to counteract the 8-10 hours of metabolic shutdown. Even if you have your daily workout, don't think that you can just sit back and do nothing the whole day or your workout will be for nothing.

any physical activity that is non-structured like walking the dog, shovelling snow, and carrying groceries to the car. Performing these everyday tasks burns calories and revs up your metabolic engine!

Dr. James Levine and associates from the Mayo Clinic, conducted a study where half the study group was obese and the other half was lean but both were sedentary. Both groups were tracked for 10 days, given the same diet and performed no physical training. The test was conducted to observe why one group is lean and the other obese, even though diet and sedentary lifestyle were the same. They discovered that the lean sedentary group were standing, fidgeting and moving for an average of 150 minutes per day more than the obese sedentary group. Therefore, if the obese group were standing and mobile rather than seated for 150 minutes (2.5 hours) more, they could potentially burn 350 extra calories per day. Being mobile 150 minutes or 2.5 hours a day can translate to 16kg or 35 lbs of fat loss a year.

Don't think you're in the clear.

For those individu-

als that regularly exercise and play sports listen to this! According to recent research studies in Australia and Canada, if you have your 30 minute workout of moderate to high intensity but you are in the seated position for 10+ hours a day, you are still at risk for cardiovascular

disease! The workout is not enough to counteract the 8-10 hours of metabolic shutdown. Even if you have your daily workout, don't think that you can just sit back and do nothing the whole

day or your workout will be for nothing. So if you are not seeing big results from your consistent workout routine, maybe you should look into what you are doing after visiting the gym. Imagine the benefits you would see by incorporating NEAT to your daily life, combined with a

balanced diet and regular exercise!

So get off your butt and move about! Try to avoid sitting down for long periods of time, be spontaneous! It is so easy

to do at work or at home! You might feel that it might interfere at work, but actually it will help. By being active, it helps hormones circulate in your brain, keeping you sharp. Do you have lower-back pain? Well you can blame sitting all day for that. Applying the NEAT principal into your daily life feels so good and empowering because you are improving yourself, doing your body good and you are getting things done! You don't have to set time off of your busy schedule just to burn some calories. You have the choice to modify or manipulate anything in your environment.

Please consult your local PSP fitness and sports instructors for more information.

M E T A B O L I C P R O F I L I N G

Wondering how to fit NEAT

in your life? Wondering if you are in danger from sitting too long? By evaluating your day, you can find how long you are in the seated position and where you can modify parts of your day to be more active.

Record major activities throughout your day in 30 minute or an hour blocks, then plug in some of the ideas or your own to make your activity more physically active. You will find that there are some activities in your day that can't be modified significantly but doing something so minor like posture adjusting and fidgeting still expends energy. Your goal is to cut 2.5 hours of sitting in your day, trying to get under 10 hours. Realistically it may be difficult to do that off the bat, so try to focus on some modifications.

Remember be creative with the modification ideas and keep your body moving!

Here are some simple ideas to apply NEAT to your workplace and home:

- » Instead of emailing or calling a co-worker in the same building, simply just walk to their office or work station and talk.
- » Try walking or standing while reading a document or talking on the phone.
- » Avoid elevators, take the stairs!
- » Park your vehicle at the end of the parking lot. Bike or walk to work. While working on the computer, take a walk every 15-30 minutes or whenever you complete a section of a report.
- » Take a 5 minute brisk walk in your coffee break. Replace your office chair with a stability ball.
- » Avoid the closest washroom, walk about and go to the furthest washroom.
- » Walk and talk with co-workers or have a "walking meeting".
- » At home when watching TV, stand up take a walk, perform some exercises or do something whenever a commercial comes up.
- » When bringing the groceries into the house, take one bag at a time, so you make more trips.
- » Walk the dog. Play with the kids. Go to the bank or the mall, forget the online conveniences.
- » Do household chores with great music! Avoid using labour saving devices, like dishwashers, snowblowers.

Hello From Camp Mirage

Capt James Murdock

Human Resources/
Finance Flight

The Admin section consists of Capt James Murdock (Pers Admin O), WO Joanne Robertson (Chief Clerk), Sgt Audrey Thompkins (IC OR), Sgt Pat Menard (NCO IC Postal), MCpl Craig Penney (2IC OR Cell A), MCpl Annie Wullaert (2IC OR Cell B), Cpl Heather Dixon (Arrivals Clerk), Cpl Jason Lewis (Departures Clerk), Cpl Dayna Nichol (Pay and Record/Sub cashier), MCpl Shae Watkins (Central Registry), Cpl Neil Aguinaldo (Passport clerk) and Cpl Rob Macgregor (Accommodations Clerk). Our Fin team consists of Capt Steve Willet (Fin O), Sgt Denise Benson (Fin Svcs Supr), MCpl Kevin Myers (Head Cashier) and Cpl Jennifer Smith (Engr Sup/Fin Svcs Clk). Most of us arrived on the ground at the beginning of June to begin our handover with Roto 7. The HR/Fin Flight

has had a productive and rewarding tour to date. We were all anxious to take over our new positions and get down to business. The reality of being in a Theatre of Operations (TOO) came quickly as we had our first repatriation ceremony within the first week of being here. The first two months were especially busy; we were all getting used to our jobs and working in an operational environment. We have had some interesting challenges working in the Middle East. Business is conducted in a 'different' manner. Among the locals, there doesn't seem to be a sense of urgency which makes things interesting when supporting a high tempo operation. We had to adapt quickly to their customs during the holy month of Ramadan, when we were not allowed to eat or drink around locals between sunrise and sunset. This was especially difficult as temperatures were



+50 degrees. Fortunately temperatures are starting to fall slightly with day time highs of approximately 36 degrees with lows of around 20 degrees. Two of our clerks, Sgt Thompkins and MCpl Watkins, had the opportunity

to visit Kandahar Airfield (KAF) to assist with the new arrivals, WO Robertson and Capt Willet also paid a visit there. Beyond our day to day responsibilities, we have been kept extremely busy with a number of VVIPs and

special visitors including the CDS, Governor General and entourage, as well as Team Canada and the Show Tour. This was especially challenging since we were going through a major furniture replacement project in the accommodations and the opening of a new accommodation building at the same time. Kudos to the whole team for their hard work during this period, in particular, WO Robertson and MCpl Myers who received a Wing Commander Commendation and a CDS coin, Cpl Macgregor and Cpl Aguinaldo for

earning a Wing Commander Commendation and Capt Willet, who received a CDS coin for his work in opening the new Trans Canada Cafe; a new entertainment building on base. With over 70% of the tour behind us, most have had the opportunity to take R&R and enjoy time with family and friends while on our mid-tour vacation. The Movement plan for the next rotation is currently underway and the Change of Command Handover Report (CoCHR) is being drafted. We are all looking forward to being reunited with our families before Christmas.

"Kudos to the whole team for their hard work during this period, in particular, WO Robertson and MCpl Myers who received a Wing Commander Commendation and a CDS coin, Cpl Macgregor and Cpl Aguinaldo for earning a Wing Commander Commendation and Capt Willet, who received a CDS coin for his work in opening the new Trans Canada Cafe; a new entertainment building on base."



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Date: le 4 décembre, 2009 Heure: 11h30 - 13h30

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On Remembrance Day, we take the time to remember those who have fallen in the service of our country, and those who continue to serve Canada with courage and compassion.





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A Dog Named Jimmy

Wendy Hayward

(Mother of Cpl James Hayward Arnal, 88th CF Military Member killed in Afghanistan)

I departed to Afghanistan very shortly after the fund-raising dinner to raise monies to purchase a mine detection dog named Jimmy. We are still receiving funds as a result of the focus and attention to this global crisis so exact figures will be coming soon but I did want to report that we have raised the funds to purchase a dog and then some! Plans to purchase a second dog are in the making as continued focus is being embraced by schools and others, and my trip to Afghanistan provided me with even more validation and motivation to continue our work to help de-mine countries of their weapon of terror, destruction and devastation.

I want to share with you some of my trip to Kandahar

Air Force Base, KAF: I met a young boy in the Kandahar Hospital that stepped on a landmine last May and lost one of his legs and I have to tell you I was horrified and cried as I immediately felt we were too late. We may be too late for this young boy, but not

"I left my heart there in the middle of Afghanistan and brought back more pride and inspiration to do whatever I can to help others and encourage those that can to do the same."

others and there are so many other ways I can help that little boy. I was also briefed on IEDs in Kandahar and the evolution of the Taliban's use of this weapon and how our military combats against it, protects from it and defuses them. I also met up with a reservist from South Africa, Werner and his mine detection dog Ricky. What an incredible dog! There is actually a Vet Hospital right on KAF for mine detection dogs! And for those of you that believe in signs, omens or writings on the wall, when

I left a Chapel on base there was this small magazine and the cover story is "What my dog taught me about living". Our dog Jimmy is teaching us so much about living and how living is meant to be. Any dog or pet owner out there knows what I am talking about. To quote Dean Koontz, "Our grief was acute. The pain was so great because the joy before it was even greater." Dogs give their love unconditionally and freely. If only humans could capture the secret of unconditional love we would be much better off!

Our troops among so many other countries and quite a number of civilians are hard at work and busy in Kandahar with a number of things. I learned about a school just outside the wire that was built by our military and supported to house classes for the local children and was told that our troops would appreciate our support for that school. I was given a power point presentation on it and it's progress

and I find it amazing how substantial a project could evolve out of a mission that at first glance appears to be chaos. But being there, it is everything but chaotic. It is organized and focused tasks going on all around you. A number of barbed wired compounds, proud armies, friendly locals, sand dusted machinery and vehicles, cubed housing and facili-

Bison Award



Leah Bannister, left, civilian co-chair of the 2009 GCWCC committee and Capt Jameel Adam, military co-chair of the committee accept the Bison award on behalf of the committee at the MFRC's community coffee break on November 5. The GCWCC committee selected the MFRC as one of the charities of choice for this year's campaign.

ties, a poop pond, a MASH hospital that is equipped and efficient of professionals, mess halls feeding a constant line of soldiers and civilians, pallets of water everywhere, airplanes coming and going constantly, de-mined fields and the scrap metal removed from them ... all ... in the middle of nowhere. I left my heart there in the middle of Afghanistan and

brought back more pride and inspiration to do whatever I can to help others and encourage those that can to do the same. Thank you for all your support for raising more than enough funds to purchase and train a dog named Jimmy. "Manana!" Which is Dhari for thank you, one of the local languages in Afghanistan. Carpe diem my friends!

Yellow Ribbon Gala

Tickets for the 2010 Yellow Ribbon Gala are now on sale. Get yours early. Lori-Ann Muenzer, Canadian Olympic gold medalist is this year's guest speaker. She was the first person to capture gold in cycling for Canada. This year's event will take place on Saturday, February 20, 2010 at the Delta Winnipeg. Cocktails will be at 6 p.m. with dinner following at 7 p.m. Dress is formal attire (dark business suit is acceptable) or Mess Kit.

Tickets are \$100 each, a portion of which is eligible for a charitable receipt. Tables

of 10 are also available for \$900.

For more information about the Yellow Ribbon Gala, visit [*www.yellowribbon-gala.ca](http://www.yellowribbon-gala.ca), or call the Winnipeg MFRC at 833-2500 ext 4500 or drop into our office at 102 Comet. All funds raised at the Gala will be put back into programs and services the MFRC provides for our families.

Munch around Manitoba

Come join us the last Thursday of each month to sample some local cuisine. We'll be visiting a different restaurant each month to showcase all Winnipeg and

surrounding areas have to offer. Everyone is welcome. Participants pay for their own meal.

November 26
Alycia's - 559 Cathedral Ave. - 6 p.m.

Come out to experience what can be described as Winnipeg's most popular Ukrainian restaurant. Feast on perogies, borscht, holubtsi, and other authentic Ukrainian cuisine. Prices range between \$6 and \$12. Deadline to register is Friday, November 20.

De-stress for the holidays

Take some time out of your busy schedule to de-stress. Treat yourself to an eve-

ning of relaxation. We will discuss ways you can slow down through the holidays. This interactive session will leave you feeling uplifted and ready to enjoy the holidays. Please register at ext. 4500.

MFRC, 102 Comet St.

December 3
7 pm

Deployment Support Network

Is your loved one away? Would you like to connect with others experiencing a deployment? Come out and join us for some sinful desserts and the chance to meet new people, make new

friends and learn new coping skills in a fun, social setting. Please phone to register so I can make a reservation. Call 833-2500 Ext 4507 or email sandra.doody@forces.gc.ca. If you leave a voicemail, please leave your full name and a phone number to confirm your registration.

December 9 @ 7 pm
Just Desserts - 150 Provencher Blvd Register by December 2

Deployment Stress Free Childcare

Deployment Stress Free Childcare will be offered on Saturday December 12 from 9 am to 4 pm. You can sign

up for the whole day and take advantage to finish up your Christmas Shopping. You will have to provide a peanut free lunch for your child(ren). This service is provided for families who have a loved one deployed and there is no charge. Reservations are accepted by calling 833-2500 Ext 4500 (voicemail will not be accepted). Please follow up by either dropping into the MFRC to fill out the forms or you can request to have them emailed, but the forms must be dropped off in person to verify we have the correct information. The MFRC is open Monday to Friday from 8:30 am to 4:30 pm.

Surrounded By Our Heroes

Padre Lance Magdziak

The month of November is a period of time for which we spend reflecting upon the lives of the people known and unknown to us who have died and left an impact on our lives.

In Western Christianity many churches from the catholic tradition celebrate All Saints Day which falls on the first day in November. It is a time when the church recognizes and commemorates the holy apostles, the saints, the martyrs, and the confessors who were made just and perfect in their death. All Saints Day is followed by All Souls Day on November 02 which is a time for which the church and the gathered community honour and celebrates the faithful departed, the people in our lives for whom we have had a personal relationship and who had a significant influence in our lives

and continue to impress us even in their death.

They are our mothers, fathers, brothers, sisters, children, grandparents, and dear friends. They are all of those people who throughout our

lives we have loved and

lost. Together, with the changing nature all around us, we commemorate, remember, and celebrate our basic human destiny – which is death.

In September I had the privilege of spending some time at the Franciscan Monastery which is close to my home town where I grew up in Poland. It is a beautiful place to visit, and although their vows of poverty are very visible, it is truly a place of warmth and love. One evening with a few of the brothers we talked about death. Brother Tomas shared with us the most memorable description of death through the life of Saint Francis who experienced bereavement in a much larger context than simple physical death. History tells us that Saint Francis' brothers who grew to five thousand members came to him and declared openly that they no longer wanted to live according to his rule. They wanted leaders who were more educated in all areas of study and could offer more than Saint Francis was

capable. Saint Francis felt rejected, and in response wrote a hymn called; "A Song About My Perfect Joy". When asked why he wrote such a hymn he responded; "If I come to the door of my monastery and they will not be open for me, and I will be homeless, cold and miserable – then my joy will be perfect." It would be the perfect joy of a man who devoted his life to one of poverty sharing everything he had with the poor.

From time to time we have to deal with physical death but I believe that even more difficult is dying every day to ourselves, our ideas, our dreams. The story of Saint Francis is not only a beautiful account of a very humble man and his deep love for God and his brothers, but a reminder to us that everyone at some point in their lives will experience

deep losses and disappointments in life and if we so chose can continue to grow and flourish in our lives. Our reflection of every day dying can lead us to new tasks, new visions and new blessings.

There is no doubt

that our soldiers, air personnel and sailors who returned from the WWI, WWII and the Korean War knew about loss. They saw their friends die in combat, missed the birth of children, went to war in their youth and returned having aged many more years than the time they spent abroad. They also understood what it meant to embrace a new vision, one that included a healthy economy and the blessing of children. When I officiate at cenotaph services I always look to see our Veterans surrounded by their children, grandchildren and great-grandchildren and feel a sense of joy that is beyond measure, because in spite of the horrors of war our Veterans chose to embrace life.

In this month of November we continue to express gratitude to all those who offered their lives, their gifts, their visions and their hard work to make this world a better place to live. To all the saints, to all the faithful departed and to our Veterans, thank you.

"When I officiate at cenotaph services I always look to see our Veterans surrounded by their children, grandchildren and great-grandchildren and feel a sense of joy that is beyond measure, because in spite of the horrors of war our Veterans chose to embrace life."

LESS THAN TWO WEEKS LEFT TO JOIN THE ALS SOCIETY AT CHARISMA OF INDIA!!!

Monday, November 23, 2009, at 6:30 p.m.

Charisma of India, located at 83D Sherbrook St., wants to heat up November by hosting an evening in support of the ALS Society of Manitoba.

The evening will include East Indian food at its finest provided by Charisma of India, entertainment from Jasmine, Farasheh and the Turkish Taffy Belly Dancers, and ale supplied by Fort Garry Brewing Company. This is certain to be a hot fall night full of great food, fun, friendship and entertainment that you won't want to miss.

The mission of the ALS Society of Manitoba is one of HOPE (Help Our People Every way we can). To do this we need your support. So come out and spice up your evening out while supporting a worthy cause.

Tickets are only \$30.00 and you will receive a \$15.00 tax receipt. We look forward to seeing you there. For tickets or information call: Sharon at: 831-1510 e-mail: als@deerlodge.mb.ca Or Brian at: 837-1270 e-mail: bcampbellals@deerlodge.mb.ca

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CHAPLAINS

Padre Lance Magdziak

Roman Catholic Office 833-2500 ext 5272

Administrative Assistant

Carol Cochrane Office 833-2500 ext. 5087

Masses (English only)

Sunday 1100 hrs

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

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

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

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

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

PROTESTANT

CHAPLAINS

Chaplain Bonnie Mason

(Presbyterian) Office 833-2500 ext 5417

Padre Bob Granholm

(Mennonite Brethren) Office 833-2500 ext 4885

Padre Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Ken MacRae

(Presbyterian) Office 833-2500 ext 4277

Padre Gord Mintz

(Anglican) Office 833-2500 ext 5785

Padre Curtis Duclos (Baptist)

Det Dundurn Office (306) 492-2135 ext 4299

Administrative Assistant

Carol Cochrane Office 833-2500 ext. 5087

Sunday Services (English Only) 0900 hrs

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

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

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

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

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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

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TAROSCOPES

BY NANCY

Aries

(March 21 - April 19):

Consider learning a new skill. It should be something that excites you and that you can do alone or with others. Reflect on what you've accomplished so far so you can take similar steps to effortlessly implement change now. Be creative. Many limitations are of your own making.

Taurus

(April 20 - May 20):

You're reviewing some of your associations to determine who best assists you in your endeavors. This is a good time to make a move but you need to assess your options carefully. Take into consideration your health and wellbeing as well as your need for a sense of belonging.

Gemini

(May 21 - June 21):

Don't waste time worrying when you can do something constructive. No one can force your thoughts to mirror their own unless you allow it. Escape other peoples limiting beliefs especially if you know you are being used. "Take charge of your thoughts; take charge of your life."

Cancer

(June 22 - July 22):

Significant events occur and/or day-to-day events take on more significance. You'll be reflecting on your life. The process used for making choices in the past affected how confident you were in your decisions. Be logical, fair and caring to cope when faced with stressful situations.

Leo

(July 23 - August 22):

You're operating in an emotionally charged environment where you'll need to maneuver through potentially explosive situations. Aspects of your life begin to overlap making clear, sincere communication essential. Past issues or harsh realities could create rifts between people.

Virgo

(August 23 - September 22):

You seem to know what others are thinking at this time but don't act based on this alone. Instead wait for facts to be revealed. Watch what people do to ensure it matches what they say. Then act accordingly. Once you can see clearly what is happening you can set your course.

Libra

(September 23 - October 23):

Time moves on and so must you. Face facts. Pretending that things are different won't help. Objectively determine your abilities and ways to use them. Imagine a situation in which you'd feel you fit comfortably, then start taking steps to get there. Don't wait for the help of others.

Scorpio

(October 24 - November 21):

You're full of ideas and won't be side-tracked from seeking to do what fulfills you. This is the ideal time to start a business. When your energy is high your uniqueness shines through and you're less likely to follow the crowd. Use your natural abilities to prosper.

Sagittarius

(November 22 - December 21):

You're in a rush to get things done. There is so much involved it can seem overwhelming. You may think it is work that only you can do, but you need to learn to trust others. Practice this by offloading duties. See yourself as a team captain not a one-man-show.

Capricorn

(December 22 - January 19):

You're already mentally preparing for future celebrations but there is a lot to do before you get to that point. Make changes based on a solid plan. Accept help and make progressive investments. Repeat old patterns only if they have proven to be constructive.

Aquarius

(January 20 - February 18):

You're so determined to make things go the way you want them to that you may manipulate things to suit yourself at this time. As long as you consider the wishes and welfare of others your efforts will be seen in a positive light. You can replicate past successes.

Pisces

(February 19 - March 20):

If you need assistance to take advantage of options, ask. Assuming you're alone only makes it so. You have special skills but you need the help of others to advertise yourself. Look past your current situation to what is possible in the future. Obstacles are not immovable.



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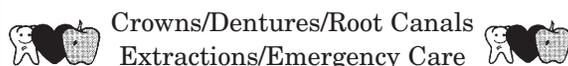
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