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November 7, 2012 VOLUME 61, ISSUE 20 FREE
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MFRC Daycare Expansion Opens



17 Wing/AFTC Commander, Col Blaise Frawley, cuts the ribbon marking the opening of the new Short Term Infant Care Centre. On his right is Mr Don Brennan, Executive Director MFRC. To his left are Mrs Lois Johnson, Director MFRC Childcare Centre, Mrs Bonnie Korzeniowski, Special Envoy for Military Affairs and Mr Jim Rondeau, Minister Healthy Living, Seniors and Consumer Affairs for the Manitoba Government. Photo: Cpl Piotr Figiel

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PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

Steven Fletcher,
Member of Parliament
Charleswood-St.James-Assiniboia

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2CAD Welcomes New Chief Warrant Officer

On 26 July, 2 Canadian Air Division held a CWO Change of Appointment ceremony. CWO Luc Tremblay was appointed the new CWO by the Presiding Officer of the ceremony BGen Martin Galvin, 2 Cdn Air Div Commander. BGen Marting also promoted the outgoing CWO Bill Dalke to the rank of Major during the event.



Outgoing CWO Bill Dalke receives his promotion to the rank of Major. Photo: submitted



Incoming CWO Luc Tremblay (L), BGen Martin Galvin, Commander of 2 Cdn Air Div and outgoing CWO Bill Dalke (R). Photo: submitted

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CONTACT

Ad Sales/Main Office (204) 833-2500 ext 4120	Submissions/Reporter (204) 833-2500 ext 6976 voxaire@mts.net +VOXAIR@PersSvcs@Winnipeg
Accounting (204) 833-2500 ext 4121	

VOXAIR STAFF

LCol AT Spott Editor-In-Chief (204) 833-2500 ext 5281	Alison Dickey Production Coordinator/ Photojournalist	Capt Jordan Woodman Wing Public Affairs Officer
Rick Harris Managing Editor (204) 833-2500 ext 4299	Maureen Walls Sales Coordinator (204) 895-8191	Sgt Bill McLeod Wing Public Affairs Photojournalist
Michael Sherby Voxair Manager (204) 833-2500 ext 4120	Misra Yakut Accounting	Printed By The Winkler Times (204) 325-4771
Traci Wright Proofreading		

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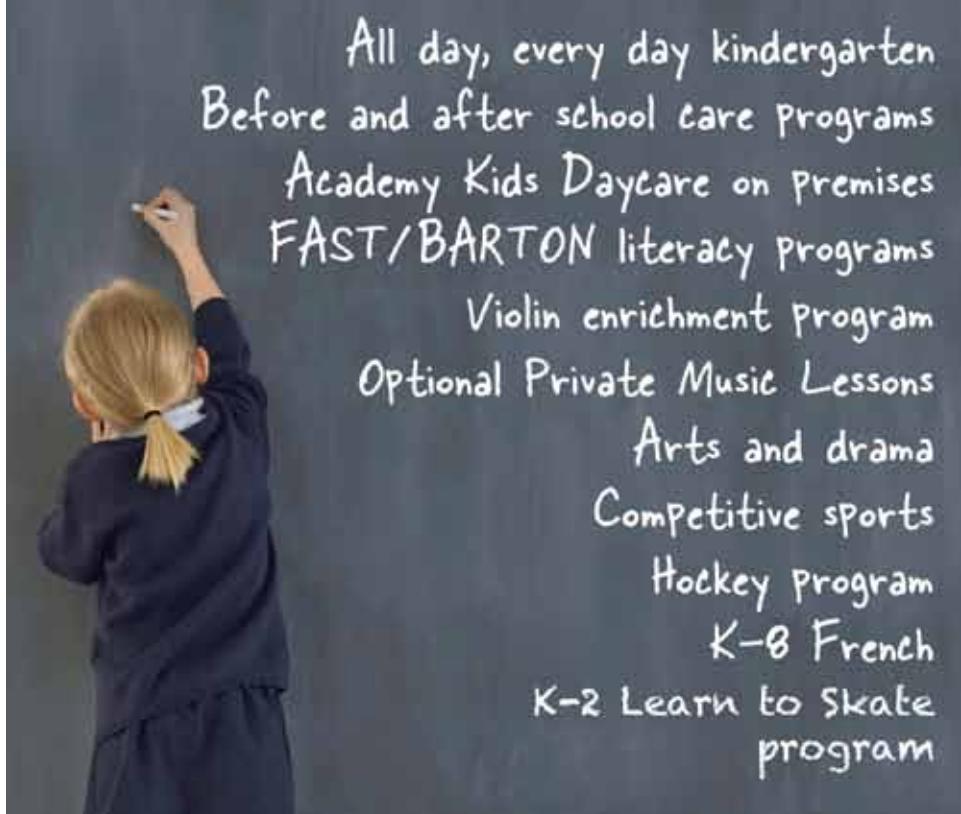
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Correspondence should be addressed to:
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1 CAD Commander Visits 17 Wing



Col Blaise Frawley (L), the Commander of 17 Wing Winnipeg/AFTC welcomes MGen Pierre St-Amand, the Commander of 1 Canadian Air Division to 17 Wing Winnipeg's Headquarters. All Photos: Cpl Jean Archambault



Major-General (MGen) Pierre St-Amand, the Commander of 1 Canadian Air Division presents a 1 Cdn Air Div Commander's Commendation to Major (Maj) Heather Collins.



Major-General (MGen) Pierre St-Amand, the Commander of 1 Canadian Air Division Commander's Commendation to Captain Marie-Josée Bellemare-Whiting from Wing Logistics.



Major-General (MGen) Pierre St-Amand, the Commander of 1 Canadian Air Division presents a 1 CAD Commander's Coin to Katie Williams from 23 Health Services.

Sgt Bill McLeod, 17 Wing Public Affairs Office

Major-General Pierre St-Amand, Commander 1 Canadian Air Division, made 17 Wing Winnipeg the first stop on his tour of Royal Canadian Air Force Wings on 23 October.

MGen St-Amand, along with 1 CAD Chief Warrant Officer Guy St-Jean, were met by an Honour Guard, signed the guest book, and had a briefing from the 17 Wing/Air Force Training Centre Commander, Colonel Blaise Frawley, before visiting several locations on the Wing.

Stops on the tour included 435 Transport and Rescue Squadron, the RCAF Band, Wing Telecommunications and Information Services Squadron, and the Military Family Resource Centre Daycare where he toured the newly constructed Infant Care addition.

During the afternoon portion of the visit, MGen St-Amand held a town hall meeting at the Netherlands Theatre to discuss his priorities with 17 Wing members.

"My very first priority is that we need to be ready and willing to conduct operations," said MGen St-Amand to the audience. "This is the reason why we exist. This is why we are all in uniform. No matter what we do, no matter what choices we make, no matter what policies are imposed on us, the mission is primary."

"My second priority, and it's very close to the first, is people. I know that all of us

are thrilled to read the mission statements on the wall," said MGen St-Amand. "As brilliant a vision as those can be, unless we have the human beings to carry them out nothing is going to happen."

"My third priority is force generation. In order to carry out our mission we need to be able to train," said MGen St-Amand.

MGen St-Amand then had some words for 17 Wing members concerned about the future in a period of contraction following the expansion for operations in Afghanistan. "The uniform represents a lot more than just a salary, just a job, just a qualification," said MGen St-Amand. "What we do, all of us in uniform and the civilians who support us, is stand up when faced with challenges."

"There are two types of people, those that duck and give control to others and those that stand up in the face of challenges. We are those that stand up," added MGen St-Amand. "We believe that service has value. We defend our country. We don't do it for thanks, we don't do it for gratitude-but we are pretty happy when we get it."

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WELCOME ALL MILITARY PERSONNEL



Major-General (MGen) Pierre St-Amand, the Commander of 1 Canadian Air Division presents a 1 CAD Commander's Coin to Master Corporal Desmond Rowe from Wing Foods.

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MFRC Opens Short Term Infant Care Expansion



Mr Don Brennan, Executive Director MFRC gives a speech during the opening ceremony for the new Short Term Infant Care. Photo: Cpl Piotr Figiel

**By: Alison Dickey
Voxair Photojournalist**

The MFRC Daycare has resembled a construction site for the past little while now, but the addition is now officially complete and the centre can accommodate 24 more infants. Col Blaise Frawley, 17 Wing/AFTC Commander was on hand to cut the ribbon with the help of Minister Jim Rondeau and Manitoba Special Envoy for Military Affairs, Bonnie Korzeniowski. "Because of the hard work, generosity, and determination of all those involved in this project, I can proudly report that the MFRC Childcare Centre has been able to meet all the required care dates on the present waitlist! With these 24 spaces, we have been able to assist 27 additional families with their childcare needs," announced Col Frawley.

The construction began in the late fall of 2011 and was completed on October 11, 2012, which was actually two months ahead of schedule.

The daycare officially opened its doors in January 2000 and was licensed for only 12 infant care spaces. "The wait list was very long for infants. We understand that military families are posted into the province and don't have any family here and it's very difficult for them to find care," explains Assistant Director Cathy McCullough. "We've actually come up with this idea in

order to temporarily help families while they put their child's name on a wait list at a centre elsewhere."

The MFRC daycare tries to provide as much help as they can to military families, however, they don't have a lot of spaces as it really depends on postings in and out of 17 Wing.

"We try to meet all of the needs of military families first - currently we have a total of 103 children including infants all the way up to school aged kids to the age of 12" says McCullough.

This new addition will also provide a positive impact to the local community, as these childcare services are also available to civilian families in the area. This new centre has also created eight new jobs. Three military spouses and five civilians from the local community have been hired to work at this new facility.

The different programs they provide include a bit of

17 Wing Winnipeg's Toastmasters would like to invite the public to an open house with



**Dr Benedict Albensi
Ph.D., Everett Endowment Fund Chair**
on the topic of

Traumatic Brain Injury, Alzheimer's, and links to PTSD

**Thursday, November 8, 1200-1330
Bld 90 Theatre, 17 Wing
680 Whytewold Road**

For more info contact: Thea Haut Ostermann, Club Secretary at 204-757-4411 or Cpl Alex Greer, Club President, at 204-833-2500 ext 5376

a french immersion preschool program for children from ages three to four and a half; the school age children program only runs before and after school hours but they also offer a kindergarten program for kids that go to either Strathmillan or Bannantyne schools half-time and then they are bussed over to the centre at lunch time. Children also have the availability to use the facilities over at building 90 like the theatre and pool.

If you are interested in further information on the 17 Wing MFRC Daycare centre, please contact the

Director, Lois Johnson at: (204) 837-3626 or e-mail: loisjohnson@mts.net

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Are you looking to earn a few extra dollars while getting some exercise? Then join the Voxair team as a paper carrier. The Voxair is published bi-weekly, year round. If you're interested, please forward your information to: voxair@mts.net or call us at: 204-833-2500 ext. 4120.





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Breaking Bannock with Rangers Near Yellowknife

By Ottilia Spiller
A4 Maintenance Coordinator

While awaiting a chance to taste the fresh fish that was roasting over a fire, members of A4 Maintenance Council shared some coffee and bannock with members of the Canadian Rangers at a camp near Yellowknife.

A4 Maint Council consists of the Senior Aircraft Maintenance Authorities (SAMAs) for the Air Force and they meet several times a year to focus on fleet management, maintenance and standardization at the tactical level. The Council was in Yellowknife from 18 to 20 September 2012 to carry out team based problem solving for maintenance operations and to raise the air maintenance community's awareness of Commander, 1 Canadian Air Division's Arctic Air Campaign.

On this trip, the A4 Maint Council also was granted a situational awareness of 440 Transport Squadron Operations as well as the accomplishments and challenges encountered in the north.

LCol François Laniel, DOS / HQ CO

JTF (N), arranged the tour with the Canadian Rangers to provide SAMAs fundamental insight into the interconnectivity of the RCAF with these indigenous sentinels of the north.

Acting as gracious hosts, the Rangers set up a temporary shelter and prepared a small feast including duck, fresh fish and bannock, coffee and more. They also showcased an assortment of their tools such as a satellite phone, weapon etc for the Council Members to view.

"We were exceptionally privileged to have an occasion to witness how the Canadian Rangers live from the land," said Col Michael Barker. "What an incredible opportunity to have a glimpse into a long-standing way of life and to understand the Rangers' role in the North."

The Rangers shared their insights into the linkages between local emergency first responders, municipal, territorial and federal capabilities. The visit underscored the vital role they play in ensuring safety and security in the North while setting a positive example for the youth to by representing the Canadian Forces.



Ranger Sgt Stephen Vandell, 1 CRPG, with (from left to right) LCol Glenn Madsen, A4 Maint 1 CAD HQ, CWO Mike Whitman, Aircraft Technician Branch Chief Warrant Officer, and LCol Tressa Home, CO 8 Air Maintenance Squadron. Photo: Capt Stephen Walton, 1 CRPF HQ Yellowknife

Spaghetti Lunch Raises Money for the GCWCC



As the event fell on Halloween, some costumed customers showed up to support the GCWCC's Spaghetti Lunch at the Junior Rank's Mess. Photo: Alison Dickey.

TEME Breakfast Update

By: Mike Sherby
Voxair Manager

The GCWCC 2012 campaign got a large boost after the recent TEME Breakfast. Event organizer Cpl John Bain says that the breakfast raised \$2788.50, all of which will be going towards charity thanks to the hard work of Cpl Bain, his volunteers, and the businesses that donated products to the event.

Cpl Bain says that the event, which went through 50 kgs of bacon and 40 kgs of sausage, couldn't have been possible without the hard work of volunteers like Wilf Jones, who's been

helping with the event since 1988, and Gary Huffman.

He says that he's already thinking about ways to improve the breakfast next year, and says his goal is to break \$3,000 in 2013.

Cpl Bain, and everyone at 17 Wing, would like to thank the following sponsors of the United Way TEME Breakfast:

Sysco, Pratts, Burnbrae, Canada Bread, Humpty's, Safeway Corydon, Real Canadian Whole Sale, TO-LE-DO, Red Carpet Coffee, Super Store School Street, Sobeys Unicity, Costco Kenaston, and White Cap Foods.

By: Alison Dickey
Voxair Photojournalist

The pasta was flying last week as the GCWCC Spaghetti Lunch was well underway at the Jr Ranks Mess.

The aroma of marinara sauce and garlic wafted through the air as long lines of people waited to eat a delicious lunch, with all the proceeds going towards a good cause, the 2012 GCWCC fundraising effort.

As of October 29th, the 2012 GCWCC Campaign has raised a total of \$32,196.04. This represents 21.46% of the fundraising goal of \$150,000.00 with a reported total of 23.4% canvassed. Organizers believe more than that percentage have been

canvassed but they won't know those numbers until the final tallies are completed by the treasurer.

"I believe we are behind the pace in reported donations from previous years' campaigns, which is why we are encouraging Unit Reps and Canvass-

ers to turn in their funds regularly - this will give us a better view of how much we have truly raised at 17 Wing this year," says Civilian Co-Chair Evelyn Nymoen.

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Winter Car Care Tips: Keep your car safe

By: Jose Ferreira
Fountain Tire Manager -
3020 Portage Avenue

October was Car Safety Month, and an important time for people to start thinking about preparing their vehicles for winter. Snow will be falling soon enough, roads will be slippery, and temperatures will continue to get colder.

As Canadians, and with mounting global economic uncertainty, it likely comes as no surprise that we are driving our vehicles longer, a fact that is making routine maintenance such as preparing for winter driving conditions more imperative than ever before.

According to the 2011 Canadian Automotive Demand Study, produced by AIA in cooperation with DesRosiers Automotive Consultants, almost 42% of vehicles on Canadian Roads are between six and 12 years old. Yet those older vehicles are being under-maintained by an average of \$239 per vehicle.

As we tell our clients, this cost isn't astronomical, but it is a well-made investment in the health and safety of themselves, their family, and their fellow motorists on our roads and highways.

To help prepare your vehicle for winter driving conditions, there are

a few easy to follow tips that should be considered:

Take your Vehicle for a Check Up

As humans, it's important that we have regular medical check ups to make sure things are working as they should be. It's no different for your vehicle. As you get ready to embark on a new driving season, take your car into a professional service provider to make sure things are running properly, and your vehicle is as safe as possible.

Winter Tires

The importance of winter tires cannot be understated. The rubber compound of a winter tire is relatively soft, whereby the rubber of an all-season tire will start to lose elasticity and harden at temperatures around 7 degrees, greatly reducing grip. Winter tires will only harden at around minus 40 degrees; and therefore retain their elasticity for much longer.

Check your Tire Treads and Pressure

The condition of your vehicle's treads and pressure is crucial when driving on snow or ice. Make sure to also check the tire pressure of the spare tire.

Keep your Gas Tank at Least Half Full



This limits condensation in your tank and reduces gas-line freezing. Adding a little gas-line antifreeze every second fill-up will also prevent gas-line freezing.

Wipers and Fluid

Wiper blades that are cracked, torn, that chatter or streak should be replaced, as they will impair your visibility.

Also make sure to keep extra jugs of window washer fluid in your vehicle so you don't run out.

Keep an Emergency Kit in the Car

A winter roadside safety and emergency kit can be a real lifesaver if your car breaks down in nasty or cold weather.

You can view the suggested contents of an emergency kit and other winter driving tips and best practices at www.becarcareaware.ca

If you follow these tips, and drive according to road conditions, you will improve not only your safety on the road, but that of your fellow motorists.

Here's to a safe and healthy winter season!

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McDonald's To Support MFRC

By: Mike Sherby
Voxair Manager

What could be better than having a good cup of coffee? How about if by buying that coffee you could help out a great cause? On November 10-11, the McDonalds at 375 Osborne Street will be donating \$1 from every cup of coffee sold to the Winnipeg MFRC.

The owner/operator of the McDonalds, Ryan McCullough, says that he wanted to have an event that helped support a good cause that many people outside of the military community may not know about.

"I hadn't really heard of the MFRC before," says McCullough, "and someone at McDonalds in Toronto said that they had a friend in the military, and if it wasn't for the MFRC, they wouldn't have had day care, and all that kind of stuff. It was pretty heart touching."

Starting on Thursday, November 15, the McDonalds will be accepting any donations that people give them for the MFRC. And then from the 10th and 11th, McCullough will be donating \$1 from every coffee sold. On top of this, McCullough says that a couple of his vendors have agreed to match his donations, so that actually, \$3 from every cup sold will be donated.

McCullough got the idea of reaching out to the military when he realized that the grand opening for his restaurant fell on Remembrance Day, and he wanted to make sure he paid proper respect to Canada's veterans.

"We figured we'd gear it around coffee, because we don't want to have a party on Remembrance Day. So we decided to do it in a bit more of a respectful, quiet kind of way."

The grand opening for the McDonalds at 375 Osborne will be from the 8th to the 11th of November, and they will be presenting the MFRC with the cheque at 1500hrs on the 11th.



Lest We Forget



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Remembrance Day Services 2012



Winnipeg Convention Centre	375 York Avenue	Service at 1045 hrs, to be seated by 1030 hrs
Memorial Street Ceremony	1885 Memorial Street	Service at 1045 hrs, service by Royal Winnipeg Rifles
Minto Armouries	969 St Matthews Street	Service at 1045 hrs in the drill hall
Army, Navy, Air Forces Assiniboia - Unit 283	3584 Portage Avenue	Service at 1040 hrs in the main hall
Sir Sam Steel Legion Branch 117	376 Salter Street	Service at 1040 hrs. Parade to march from Legion to the ceremony in Bruce Park
Charleswood Legion Branch 100	820 Charleswood Road	Service at 1030 hrs. Service to be held at Oak Park High School
Fort Rouge Legion Branch 97	426 Osborne Street	Service at 1045 hrs at the Legion
Transcona Legion Branch 7	117 Regent Avenue East	Service to be held on 07 Nov at Blessed Sacrament Church at 1400 hrs
Brooklands and Weston Legion 2	1613 Logan Avenue	Service at 1045 hrs in the Legion's upper lounge
HMCS Chippawa	1 Navy Way	Service at 1045 hrs, to be seated by 1015 hrs
McGregor Armouries	551 Machray Avenue	Service at 1030 hrs in the main drill hall
Lamp Post Memorial	Sergeant at Valour Road	Service at 1045 hrs, service by 38 CBG
Royal Winnipeg Rifles Memorial	Vimy Ridge Park, Portage at Home street	Service at 1045 hrs
West Kildonan Legion Branch 30	1748 Main Street	Service at 1045 hrs at the Legion
Norwood St Boniface Legion Branch 43	134 Marion Street	Service at 1045 hrs at St Philips Church. Members will march from Legion (1015 hrs) to the church
Prince Edward Legion Branch 81	300 Trent West Kildonan	Service at 1045 hrs at the Legion
Fort Garry Legion Branch 90	1125 Pembina Highway	Service at 1030 hrs at the Legion
Elmwood Legion Branch 9	920 Nairn	Meet at Cemetery (Henderson at Hespler) with service to follow at the Legion at 1100 hrs
Manitoba Legislature	450 Broadway	Service at 1030 hrs
Henderson Highway Legion 215	3400 DeVries Avenue	Service at 1030 hrs
Ukrainian Legion 141	618 Selkirk Avenue	Service at 1030 hrs
Winnipeg Polish Canadian Legion 246	361 Burrows Avenue	Service at 1030 hrs
Winnipeg Osborne South Legion 252	426 Osborne Street	Service at 1030 hrs

Dress for military personnel is DEU 1 A (medals). Headdress Navy - Service cap/Bowler, Army - beret, Air Force - Wedge.

Timings and locations are subject to change. For a complete list of Remembrance Day services visit www.thevoxair.ca

List of Remembrance Day Services Made Possible Thanks to John Dick's Landscaping

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John Dick's Landscaping and Lawn Care is a Winnipeg business that provides grounds maintenance services to Winnipeg Veterans and their families through The Veterans Independence Program.

The Veterans Independence Program

The Veterans Independence Program is a national home care program provided by Veterans Affairs Canada. The program was established in 1981 to help Veterans remain healthy and independent in their own homes or communities.

Grounds maintenance services may include:

- * snow removal from steps, walkways and driveways to allow safe access to the principal residence;
- * snow and ice removal from roofs and eaves troughs when such conditions pose a threat to safety and access;
- * periodical cleaning of leaves and debris from eavestroughs;
- * tilling ground to enable the client to plant a small flower or vegetable garden; and
- * lawn mowing and raking.

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After starting his landscaping career in 1985 working for one of Manitoba's largest landscaping companies, John Dick founded his own landscaping and property care business in 1997. John Dick's Landscaping provides landscaping, property care services and more to residential and commercial clients city wide.

John's hardworking employees make all the difference in the exceptional level of service that is provided to their clients. The team's professionalism and service excellence has been recognized three years in a row by the Manitoba Better Business Bureau. John's crew has maintained their A+ rating with the BBB since 2004.

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Winnipeg Veterans, "Serving Those Who Have Served"

Most importantly John Dick Landscaping developed a 12-month property care program that specifically caters to Veterans and their families who want to maintain an independent living in their own homes. Year-round residential grounds maintenance services are provided to Veterans citywide through private contracts as well as with the tremendous support from Veterans Affairs Canada and the Veterans Independence Program.

The Veterans Independence Program

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- * Periodical cleaning of leaves and debris from eavestroughs;
- * Tilling ground to enable the client to plant a small flower or vegetable garden; and
- * Lawn mowing and raking.

For more information about John Dick's Landscaping, please call 204-291-7778 or visit his website at www.johndickenterprises.com

Lest We Forget

Knokke-Heist 2012: A Legacy of Remembrance

By: Maj Daniel Kucherhan and Catherine Villeneuve

Knokke-Heist, Belgium — Knokke Heist is an annual celebration of one of the more significant events in Canadian history: The Liberation of the Scheldt Estuary by the First Canadian Army in the fall of 1944. The 68th Knokke Heist Liberation march will take place November 2–5 with a contingent of 30 military personnel representing the Canadian Forces.

This popular autumn event draws thousands of outdoor enthusiasts and local figureheads to the region in order to relive the thrill of freedom's return. The main activities over the course of the four-day event are several solemn commemoration ceremonies, visits to stunning battlefield museums and a day-long march through the towns of the Netherlands and northern Belgium.

Over 67 years ago the community of Knokke-Heist, located on the Dutch border near the North Sea coast of Belgium,

was surrounded by occupying forces. During Operation SWITZERBACK in 1944, Allied Forces were ordered to recapture the Belgian East Coast, Zeeland, the Isle of Walcheren and Zuid-Beveland, where more than 6,000 Canadian soldiers became casualties.

The picturesque European countryside was transformed into a thick quagmire of mud accompanied by torrential rains, making mobility and survivability extremely challenging. In early November, following five years of intense battle, the entire region was liberated by Canadian and Polish soldiers.

To this day, residents of Knokke-Heist remember and thank Canadian soldiers for their bravery and sacrifices.

Thousands of kilometres from Canada, Canadian Forces marchers and colleagues are honoured.

Canadian flags are draped from the balconies of small European homes distinctly marking the 35-km route, and



Canada at War
www.canadaatwar.ca

warm smiles are displayed on the faces of locals, many of whom still remember the day they were liberated from the Axis forces. Bagpipe melodies echo through the narrow, building-lined streets and over the countryside where wreaths sway in the cool breeze to commemorate those who fought so tirelessly for freedom.

Knokke Heist will also host teachers, students and families of the Tri-border

community who will follow the footsteps of their forefathers and relive the Canadian military history of the region. For more information, visit the Canada-Poland War Museum or the For Freedom Museum Web sites, or contact the Knokke Heist 2012 D/OPR, Major Daniel J. Kucherhan.

In Memory Of Our Fallen Comrades



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Lest We Forget



National Association of Federal Retirees
Winnipeg & District Branch
www.fsna.com

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OUR
FALLEN COMRADES

WE WILL REMEMBER THEM

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Of Our
Fallen Comrades
Of Past Wars*

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Them

The Korea
Veterans
Association

Manitoba Unit #17



To Those Who Served
and paid The Supreme
Sacrifice
We Will Remember Them
Lest We Forget

MANITOBA AND NORTHWESTERN ONTARIO COMMAND
THE ROYAL CANADIAN LEGION



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LADIES AUXILIARY

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"WE WILL REMEMBER THEM"



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WE WILL REMEMBER THEM



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Fort Garry Unit #60
Unit 3, 433 River Ave
942-8851

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OUR FALLEN COMRADES
OF PAST WARS**

"WE WILL REMEMBER THEM"

**In memory of our
fallen comrades**

500 Wing



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"WE WILL REMEMBER THEM"

Lest We Forget

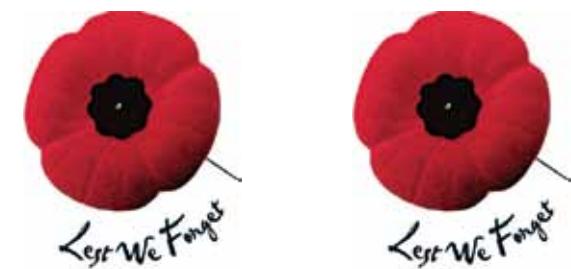
In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

by John McCrae, May 1915



Lest We Forget



Bonnie Korzeniowski
Manitoba Special Envoy
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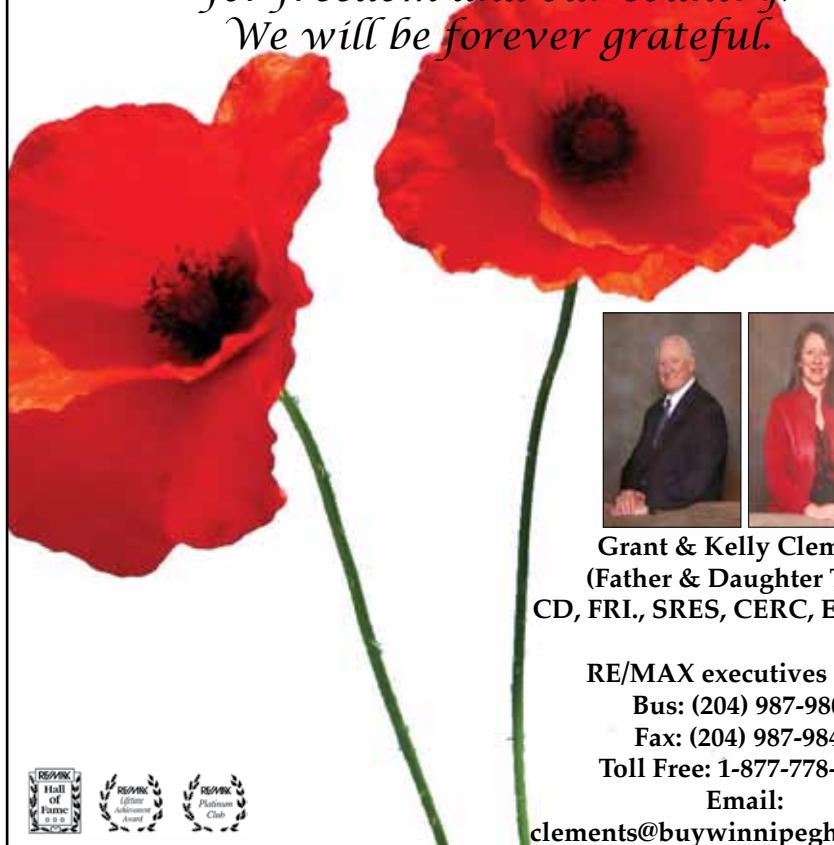
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Remembering those we have lost

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

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*We owe our lives to those who took a stand for freedom and our country.
We will be forever grateful.*



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GCWCC Scores With Ball Hockey Tournament



A player from this year's winning team, The Falcons, scored a goal in their first game of the day in the gymnasium at Building 90. The Falcons won 4-0 over the Mixed Nuts team to win the tournament. The event raised over \$380 for the 2012 GCWCC Campaign. Photo:

Alison Dickey

Pink Fire Truck Visits 17 Wing



Members from the 17 Wing Fire Hall were very honoured to welcome the Pink Fire Truck from the Winnipeg Fire Service to the base for the first time on October 24th, 2012. Photo:

Alison Dickey

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MLA for St. James
415-0883
DeanneCrothers.ca



A Hair Raising Event



The GCWCC Beard Growing Contest Winners, (l to r), MCpl Busque (Fullest), Pvt Macrory (Most Colourful), MCpl Woods (Scruffiest), and Cpl Maxwell (Best Attempt). Photo: Mike Sherby

Things got a little hairy last Friday in the Jr Ranks Mess as the room was filled with over 100 bearded men taking part in a beard growing contest to raise money for the GCWCC.

Sgt Loewen, WCWO Assistant, was the MC for the event, which featured judging in four categories: scruffiest beard, best attempt, most colourful, and fullest. The mood was jovial as the entrants lined up to be judged, with contestants ribbing each other about their respective beards, or lack thereof.

The event took in over \$3500 this year for the GCWCC campaign, and the event's organizer, WCWO Scarcellea, said that the real winner was the GCWCC, before joking that he looked forward to seeing all the entrants on Monday morning.

A Frighteningly Good Time: Community Recreation Halloween Party

By: Mike Sherby
Voxair Manager

Gaggles of little ghouls n' goblins crammed into the Fitness and Recreation Centre last Saturday to take part in the scarifying yearly tradition that is the Community Recreation Haunted Halloween Party.

Close to 250 little witches and warlocks and their families took part in hair-raising games and

events, including spine-tingling giant hamster balls, blood-curdling inflatable slides and obstacles courses, and even a monstrous movie theatre showing cartoons. The highlight of the evening for many was the costume parade, which gave the over 60 children who'd signed up a chance to sashay across the stage and show off their wonderful costumes.

Throughout the whole event, the PSP staff and volunteers took care to make sure that the children and families present had a safe and fun time.



PSP Staff members hand out treats to children after the costume parade. Photo: Michael Sherby

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Cycling Through the Fall or Putting Your Bike Away?



- Submitted by 17 Wing Sustainability Program

With the leaves and temperatures falling, many cyclists are deciding whether they should keep riding or pack the bike away and jump on the bus. Riding through the fall (or even much of winter) can be fun, but it does offer a few challenges. If you are instead putting the bike away until spring, there are also a few things to consider. Either way, here are few ideas to help you prepare.

Follow 17 Wing's Winter Cycling Policy

Firstly, if you choose to cycle this fall or winter, please ensure that you follow all 17 Wing cycling policies when on the Base. These policies are in place to ensure your safety and the safety of others.

It's Getting Dark out There

If you are planning to keep cycling through the fall, the first thing that you need to consider is the reduced daylight hours that you are likely going to be cycling through. On November 4 we will be "falling back" to Standard Time and this will contribute even further to the need to ride in night time conditions. One of the most important aspects of safe cycling is being visible and at this time of year that means having lights and reflective materials on you and your bike. The rules require cyclists to have a white or amber light on the front and a reflector on the rear of their bikes. Reflectors don't really provide the kind of visibility you need so it's a good idea to have a flashing LED light on the back. They greatly improve your visibility and are relatively inexpensive. Add a reflective safety vest and angle straps and you'll be ready for the night.

Ice and Leaf Alert

Fall riding can present some challenging and even risky road conditions especially in the early morning when the temperatures fall below freezing. If you have wet streets combined with freezing conditions it is a good time to consider other transportation options or wait until it

warms up a bit and the streets are free of any ice. Watch out as well for wet leaves piled up along the edge of the roads. They might look harmless enough but can also be very slippery.

Let's Stay Warm, but Not Too Warm

Dressing for fall riding is really no different than any cool weather activity. Dress in layers and if possible follow the basic principle of a perspiration wicking undergarment, an insulating layer and a wind-proof shell. If you have a longer ride you need to remember that you will build up some heat as you ride. If you are toasty warm when you walk out the door, you'll be cooking hot when you arrive at your destination. Make sure that you keep your head and torso warm. If you don't they will rob your extremities of heat and you'll end up with cold hands and feet.

If the above has convinced you that riding in the cooler weather is not for you, it may be time to put that bike away for the winter. It is also be a good time for a bit of servicing. That way when spring arrives you are ready to go.

It's Easier in Fall

Most shops are not as busy at this time of year and since you're not in a hurry, it is a perfect time to get your bike in. Can't afford to go to a bike shop, consider one of the many community bike shops where you can learn to do the repairs yourself. Check out www.thewrench.ca for more information on community bike shops and upcoming opportunities to learn or volunteer.

I Don't Think I Need any Repairs

Just ready to put it away, that's easy! Before you do however, you might want to just check a few items that may yet need attention. Inspect the tires to make sure there is no cracking or even open cuts. You should also have a close look at the brake pads to make sure that they are not in need of replacement. Most brakes pads have wear indicators so that you can easily see if they are worn out. If you ride a fair amount you may want to get the wheel hubs and crank checked or possibly serviced to make sure they are in good running order for the next riding season.

I'm Good, No Repairs Needed

Before you put it away it is a good idea to clean your bike. If possible clean it thoroughly, especially the drive components (chain, cogs, etc) however if it already too cold, you can just brush off any debris or dried mud from the frame and components with a stiff brush or rag. If you plan to leave the bike standing on its wheels, inflate the tires to make sure they don't end up flat over the winter. The weight of the bike on a flat tire can distort and/or damage a tire over time. Lastly it is a good idea to lubricate

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.



Steven Fletcher, MP

Charleswood - St. James - Assiniboia
204-984-6432 www.stevenfletcher.ca

Canadiana Crossword

Natural Nasties

By Bernice Rosella and James Kilner

- ACROSS
 1 Tsunami
 9 Goes Greyhound
 10 Paragons
 12 Mercury
 13 Designate
 15 Pot
 16 Partners
 18 ___ Romana
 19 Civil disorder
 21 Mafia overlord
 22 Criminal
 23 Hindu noblewomen
 25 Renovate
 27 Lightening concomitant
 29 Russian empress
 32 Peasants
 35 Church part
 36 Golfing icon MacKenzie
 38 Mall feature
 39 Little louse
 40 Leos
 42 Birmingham biffy
 43 More strange
 45 Word after First
 47 Wife of Zeus and mother of Perseus
 48 Alter
 49 Avalanche

- DOWN
 1 Throw a switch
 2 Doctrine
 3 Judge
 4 Syrian President
 5 Enlarged
 6 Fruit drinks
 7 Braun or Trapp preceder
 8 Lammed for love
 9 Stalin's top cop
 11 Ogle
 12 Hazel, for one
 14 Detonation
 17 Twister
 20 Concentration
 22 Zeroed in
 24 Muslim
 26 ___ amis
 28 Not broadcasted
 30 Worked for CSIS
 31 Stellar
 33 Brake job
 34 Inundation
 37 Chronicle part
 40 Thin
 41 Lappish
 44 Per
 46 Urness or Rogers

the chain to reduce the potential for any rust forming. Make sure to use a lubricant designed to bike chains and don't use WD-40 or motor oil. If you have to store your bike outside, make sure that it is not sitting in an area that accumulates water. If ice forms around your rims the pressure created by the freezing water

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

Bath Salts: No, Not The Salts That Go In Your Bathtub!

There have been several media reports of a new drug on the market called "bath salts", leaving people wondering what it is and why it is such a concern. The reality is this drug, or class of drugs, has been around for a while. The renewed hype over bath salts is related to high profile incidents involving extreme violence and in one case death. So here are the real facts about the drug and why you should be concerned!

"Bath salts" is a name used for a group of products containing amphetamine - type stimulants such as methylenedioxypyrovalerone (MDPV), methylone or mephedrone. These substances come under the classification of group of drugs known as synthetic cathinones, which are prepared in illegal labs. This particular drug is called "bath salts" because the substance looks like sugar or salt you would use in your bath, like epsom salt. Other street names for it include: Ivory Wave, Vanilla Sky, Cloud Nine, Whack....to name a few.

The real danger with bath salts is that it's a combination product. There really is no way of knowing exactly what's in the mixture. It is usually made from a variety of hazardous substances that can negatively interact and produce unknown side effects or reactions or may even kill you.

As bath salts have a similar effect to other stimulants, initially providing a feeling of euphoria and sense of super strength or power to its users. However, like most substances, is followed by general body discomfort such as insomnia, stomach cramps and digestive problems, headache, or dizziness. Other unwanted side effects may include hallucinations, paranoia, chest pain, blurred vision, increased body temperature, increased anxiety and agitation.

In Canada these products are being sold over the internet and in "head shops", even though, several of the substances found in bath salts such as methylone or me-

phedrone are illegal under Canadian law. The good news is that in Sept of 2012, it was announced that MDPV is now listed as a controlled substance under the Controlled Drugs and Substances Act. This makes possession, trafficking, importing, exporting, and production of MDPV (or any mixtures containing MDPV, such as bath salts, or other regulated substances like mephedrone and methylone) illegal in Canada.

It is important to remember that, the CF is committed to an impairment free workforce, and as a result, prohibits the use of drugs by CF members which can impair normal psychological or physical functioning. The bottom line, Bath salts is hazardous and an illegal substance, that can jeopardize personal safety, the safety of others and negatively impact on operational readiness, and is not for use in the CF.

For more information on this and other topics, contact Health Promotion at (204)833-2500 ext 4160/4995.

Are you Addiction Aware?

Our Forces Know, I Know, Do you know?

When to say I've had enough, When to step in, When and how to ask for help

Join us in promoting an addiction free lifestyle for the entire CF community by participating in this years' Addictions Awareness Campaign November 12-26th.

What's New?

- Canada's Low-Risk Alcohol Drinking Guidelines have been updated. Drinking is a personal choice. If you choose to drink, these guidelines can help you decide When, Where, Why and How
- Alcohol & Mixes: Not a recipe for your next party!
- Bath Salts: No not salts that go in your bathtub!
- Social impacts of alcohol misuse and abuse
- What is "Spice" and why is it a

concern?

- What is Binge Drinking?
- How to lead an addiction free lifestyle

Log on to www.forces.gc.ca/know-sais to find out more

How Can You Win?

Simply go online www.forces.gc.ca/know-sais and test your knowledge about alcohol, other drugs, gambling, addictions and you can WIN WIN WIN**!!!

CANEX and SISIP Financial Services have generously donated amazing prizes for this years Campaign, which include:

- Daily draws of 15 iPod Shuffles,
- 2 weekly prizes of an iPod Touch and
- 3 grand prize draws for a chance to win one of two iPads.

For more information, please contact Health Promotion at (204) 833-2500 ext 4160/4995.

TOP FUEL
for Top Performance

BOUFFE-SANTÉ
pour un rendement assuré

**13-14 November/novembre 2012
0800-1600 hrs**

What you eat makes a difference!

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

Ce que vous mangez fait toute la différence!

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

Pour s'inscrire, composez Promotion de la santé le 4160

For more information or to register contact Health Promotion local 4160

Health Promotion in the Canadian Forces STRENGTHENING THE FORCES

STRESS: Take Charge!
A Canadian Forces Program

Le stress : ça se combat!
Programme des Forces canadiennes

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

Stress: Take Charge!
4 & 11 December
0800 - 1600 hrs

Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

Le stress : Ça se combat!
4 et 11 décembre
0800 h à 1600 h

For more information or to register contact Health Promotion at local 4160

Alcohol, Other Drugs and Gambling Supervisor's Training

5 December

Recognize and respond to early warning signs and develop effective interview skills.

This training is course coded and is required for all military or civilians in a supervisory role. DAOD 5019-7

Sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif: formation des superviseurs

5 décembre

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

Pour s'inscrire, composez Promotion de la santé le 4160

LEARN MORE ABOUT ALCOHOL, OTHER DRUGS AND GAMBLING
- TROUVEZ PLUS SUR L'ALCOOL, LES AUTRES DROGUES ET LE JEU EXCESSIF

APPROFONDISSER SUR L'ALCOOL, LES AUTRES DROGUES ET LE JEU EXCESSIF
- DOZE MODULES DISPONIBLES

To register, contact Health Promotion at local 4150

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MFRC Kids Care gets an expansion

The MFRC is introducing an expanded casual child care service on a trial basis. This service is aimed at families who need care for their young children on an occasional basis in order to attend appointments, run errands, volunteer, or need some personal time. The care will be provided at our new site located at 630 Wihuri Road. While this program is located within the MFRC Child Care Centre it will be managed and staffed by Westwin Children's centre.

Hours:

Tuesdays 900-1200
Wednesdays 900-1200
Thursdays choice of: 900-1200, 900-1600, 1300-1600

Fees:

3 hour session children under 2 years... \$12
children over 2 years.... \$10
7 hour session children under 2 years...\$28
children over 2 years.... \$24

Fees are payable by cash or cheque on the day care is provided or by pre purchasing a "punch" card. The card costs \$50 and gives you \$52 worth of care. It may be purchased on site (cash/cheque) or at MFRC 102 Comet St (debit/\$/cheque)

Ages:

Children aged 6 months to 5 years old may attend. However, our license allows us to accept a maximum of 4 children under the age of 2 at any one time.

(It may be possible to accommodate children under 2 years at other times within the MFRC child care centre's short term program. Call 2491 for availability and cost)

Registration:

Spaces may be booked up to one week in advance by calling 204 833-2500 ext 2491 or in person. A complete information registration form for each child must be completed before care is provided.

For further information please contact the MFRC Children's Program Coordinator at shannon.peake@forces.gc.ca or 204 833-2500 ext 2491



The MFRC is excited to announce its expanded child care service. Photo: Melanie Lyrette

UPCOMING MFRC PROGRAMS

REMEMBRANCE DAY AT FORT WHYTE ALIVE

COME AND EXPERIENCE THE NATURAL BEAUTY AT FORT WHYTE ALIVE. SUNDAY, NOVEMBER 11, 1 TO 5 P.M.
FREE ADMISSION FOR ALL VETERANS AND CURRENT ARMED FORCES AND FAMILY MEMBERS UPON PRESENTATION OF A VALID MILITARY ID CARD, VA ID, GYM ID OR MILITARY DEPENDANT ID. A LETTER OF PRESENTATION CAN ALSO BE OBTAINED FROM THE WINNIPEG MFRC. FOR INFORMATION, CONTACT THE MFRC AT EXT. 4500.

ADULT PROGRAMS

REST, RELAX & REVIVE

WEDNESDAY, NOVEMBER 14 7 TO 9 P.M.
REGISTRATION DEADLINE: NOVEMBER 9
DO YOU JUST WANT TO SOAK YOUR FEET AFTER A LONG DAY? DO YOU WANT TO TAKE THE REST OF THE DAY OFF AND RELAX?
COME AND JOIN US FOR A NIGHT OF DIY PAMPERING! WE WILL BE DOING SOME DO IT YOURSELF FOOT BATHS AND PEDICURES. WE WILL HAVE SOME SOOTHING MUSIC, BEVERAGES AND SNACKS THAT WILL HELP YOU RELAX AND GET READY FOR THE BUSY HOLIDAY SEASON.

CASINO BUS TOUR

McPHILLIPS STATION CASINO
FRIDAY, Nov 16TH, 7-11 PM
FREE FOR ADULTS 18+
IF YOU HAVE NOT EXPERIENCED WINNIPEG'S McPHILLIPS STATION CASINO, OR HAVE AND CAN'T WAIT TO GO BACK, HERE IS YOUR CHANCE! WE WILL BE PROVIDING A FREE AND FUN BUS TOUR, TRANSPORTATION TO AND FROM THE CASINO, GAMES AND PRIZES ONBOARD, A TOUR OF THE FACILITY FOR NEW VISITORS AND EVEN A WAY TO EARN \$10 IN FREE SLOT PLAY. IT REALLY DOESN'T GET ANY BETTER THAN THIS! MUST BE 18+ TO

ATTEND. FOR MORE INFORMATION PLEASE CONTACT EXT. 4506. WE MEET AT THE MFRC, 102 COMET STREET
[HTTP://WWW.MCPHILLIPSSTATION.COM/](http://WWW.MCPHILLIPSSTATION.COM/)
REGISTRATION DEADLINE: 9 NOVEMBER 2012

DEPLOYMENT SUPPORT NETWORK

TUESDAY, NOVEMBER 20 7 TO 8:30 P.M.
REGISTRATION DEADLINE: NOVEMBER 16
JOIN US FOR THIS HOLIDAY THEMED DEPLOYMENT SUPPORT NETWORK WE WILL BE PACKING CARE PACKAGES TO SEND TO YOUR LOVED ONES. THE MFRC WILL SUPPLY THE BOXES, WRAPPING PAPER, MAILING LABELS, AND SPECIAL GOODIES TO BE INCLUDED. YOU CAN SUPPLY LETTERS AND PICTURES FROM HOME. TOGETHER WE WILL MAKE AN UNFORGETTABLE HOLIDAY PACKAGE. ALL PARCELS WILL BE SHIPPED FROM 17 WING THE NEXT DAY. IF YOUR LOVED ONE ISN'T CURRENTLY DEPLOYED YOU ARE STILL WELCOME TO JOIN US. WE WILL PACK BOXES FOR VETERANS AT DEER LODGE. ADDITIONAL STRESS FREE CHILD CARE FUNDS AVAILABLE.

ROAD TO MENTAL READINESS

TUESDAY, NOVEMBER 27 7 TO 8:30 P.M.
REGISTRATION DEADLINE: NOVEMBER 20
ROAD TO MENTAL READINESS IS A SERIES OF BRIEFINGS DESIGNED TO PREPARE BOTH MILITARY MEMBERS AND THEIR FAMILIES FOR THE DEPLOYMENT EXPERIENCE. THE OBJECTIVES OF THIS PROGRAM ARE TO IMPROVE SHORT-TERM PERFORMANCE AS WELL AS LONG-TERM WELL-BEING. IT IS MEANT TO ENHANCE YOUR KNOWLEDGE AND HELP YOU UTILIZE THE SKILLS REQUIRED TO PROTECT AND MAINTAIN YOUR HEALTH AND FUNCTIONING. THE PROGRAM IS DIVIDED INTO THREE PHASES. PHASES ONE AND TWO HAVE BEEN DELIVERED TO THE MILITARY PERSONNEL DEPLOYING, WHILE THE TARGET AUDIENCE FOR THIS BRIEFING IS YOU, THE FAMILY MEMBERS. TOPICS COVERED INCLUDE; GOAL SETTING, STRESS MANAGEMENT AND SELF

TALK. ADDITIONAL STRESS FREE CHILD CARE FUNDS AVAILABLE.

FRANCOPHONE LADIES GROUP CHRISTMAS CARD MAKING WORK-SHOP

SUNDAY, NOVEMBER 18 STARTS AT 1 P.M. \$20/PERSON, INCLUDES ALL MATERIAL
REGISTRATION DEADLINE: NOVEMBER 14
WOULD YOU LIKE TO LEARN HOW TO CREATE YOUR OWN CHRISTMAS CARDS AND GIVE THEM A PERSONAL TOUCH? COME EXPRESS YOUR TALENTS AND CREATIVITY! FOR MORE INFORMATION, CONTACT MÉLANIE AT EXT. 4515.

CHILDREN'S PROGRAMS (0-5 YEARS OLD)

STORYBOOK ADVENTURES WESTWIN CHILDREN'S CENTRE

TUESDAYS, NOVEMBER 13 – DECEMBER 11, FROM 1:00-2:30 P.M.
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THIS PROGRAM IS FOR CHILDREN 2-5 YEARS OLD. USING FAVORITE STORIES AS A JUMPING OFF POINT, CHILDREN WILL PARTICIPATE IN ART, MUSIC, MOVEMENT AND PLAY ACTIVITIES. PARENTS MAY MEET AT THE MFRC FOR COFFEE AND CONVERSATION DURING THE PROGRAM IF THEY WISH. CALL 833-2500 (2491) FOR MORE INFO OR TO REGISTER BEFORE NOVEMBER 7TH.

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*DUE TO THE NATURE OF THE ACTIVITY, HEIGHTS ARCHERY ONLY PERMITS 7 YEARS OLDS AND OLDER TO ATTEND. SORRY FOR THE INCONVENIENCE THIS MAY CAUSE SOME.

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Chaplain's Corner

The Tears of Remembrance

By: Padre Darryl Levy

As I write this article on a Remembrance Day theme, there is sadness in my heart, which each year seems to go a little deeper. I look at myself and wonder why – am I becoming, or am I, simply a sentimental old fool? Are my life experiences shaping these memories? I really don't know the answer; I simply know that there is emotion around these remembrances and memories. Some would look at me and say why? It is really simply another day – but is it?

As far back as I can recall I have always been at a Remembrance Day parade. I recall going through elementary school and junior high school playing in the school band for the parade. In high school and university I attended various parades. When I finished seminary and started my civilian church career as a pastor I attended the local parade and even officiated. Since joining the Reg force in 1999, I have officiated at various parades and cenotaphs in Canada. I have led the Remembrance Day celebration in the Golan Heights. I celebrated Remembrance Day at the Commonwealth cemetery in Damascus, Syria. I performed memorial services at Vimy Ridge, at the Grosbeek Canadian Cemetery in Holland, and the most recent international Remembrance Day celebration was in Kandahar, Afghanistan. All of these celebrations were indeed an honour to perform, but they

have left a lasting impression.

I suppose when I think about things, I have always had a fascination with the military. I remember fondly the stories my mother's family told about their father's career in World War I and II. As my mother used to say, he should have made that his career, not the farm. What I find unique in all of this is that out of all the grandchildren and cousins on that side of the family, I was the only one to pursue a career in the military. One of my mother's sisters was even married to a former US Air Force pilot, so there was a strong military connection for some of my cousins.

That fascination has enabled me, and may I say, has given me the privilege, of experiencing things that I never thought I ever would. As I look back over all of those experiences, there is one thing at this time of year that its memory remains as sharp in my mind as though it happened only a few moments ago.

During my tour to Afghanistan in 2010 there were a number of Ramp Ceremonies to attend. For those of you reading who are not familiar with Ramp Ceremonies they are our means and the means of many other countries to send our/their fallen comrades home with dignity and honour. The event in my memory that I wish to reveal takes place a couple of hours prior to it. Before we (Canadians) have a Ramp Ceremony we would do a memorial service in front of the Canadian Memorial. During this time we would say

a few prayers and someone from the unit would also bring some remarks. Once the remarks were completed there was time for people to just sit and be quiet and reflect. Before all would leave they would stand and salute. At this particular memorial service which was during the day, a group stood to salute. Within the group was a beautiful gal, standing as part of a larger group from the unit our fallen soldier was part of. I did not know her, and I don't to this day, but from where I stood I could simply watch. She stood tall and proud in her uniform, proud of whom she was, and what she represented. As she stood to salute in a final act of good bye before the Ramp Ceremony, which would see some 3,000 on parade, she struggled with all her might to maintain composure and fight back the tears. Struggle though she might, it was a battle she did not win. As she stood there, the weight of what had happened, and the loss she felt, swept over her and the tears began to fall. When the tears broke through she was in full salute with the rest of her unit and the tears simply streamed down her face, because the person who had been lost was a close friend. Her grief was real, and it was poignant. I remember as I saw her beautiful face and the tears, thinking to myself that is the face of remembrance, those are the tears of shared memories, the tears of remembrance, and that is the price at times of freedom.

I have seen other people cry at their loss before, and I really can't explain why this image sticks so vividly in my mind, but it does. It reminds me to be thankful even on days when I don't really feel thankful. It reminds me to cherish the freedom I have and the people who love and care about me. It reminds me most especially of the fact that for many, Remembrance Day is a day when tears of remembrance are shed.

I do not know the make-up of the audience this paper circulates to, but I know that most of you will attend a Remembrance Day parade somewhere, and I thank you for that. As you do this year, I would ask of you a few things. First, take a few moments on that day to truly be thankful for the freedom that we have – it was achieved at a great price. Second, in line with the first, make sure that those whom you love, know that you love and care for them, because life can change our circumstances so quickly. Third, if you come from a tradition that believes or practices prayer, could you say a prayer for those families who remember on this

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Padre Mark Mawson (Wing Chaplain)
Roman Catholic Office 833-2500 ext 5417

Padre Ray Laudenorio
Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre
Roman Catholic Office 833-2500 ext. 5956

Ms Catherine Landry
W Chap Admin Assistant
Office: 833-2500 ext 5087

Masses (English only)

Tues, Weds, Thurs	1210 hrs
Sunday	1100 hrs

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

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

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

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

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

PROTESTANT

CHAPLAINS

Padre Will Hubbard
(Anglican) Office 833-2500 ext 5349

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

Padre Frank Staples (UCC)
Det. Dundurn. Office 833-2500 ext. 4299

Sunday Services (English Only) 0900 hrs

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

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

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

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

day the loss of one of their own in the pursuit of peace and freedom. If you are not from a tradition of prayer, perhaps you might simply think about some who do mourn and hope that they know that they are not alone. Finally, I would ask that all of you join in the hope that one day war will no longer be needed, and that you would cherish Remembrance Day, because it is not simply another day.

As for me, I will take my place in one of the parades. I do not know if I am officiating this year or not. I do know that in the skirl of the pipes and the beat of the drums my mind will drift and float off to many places. I will remember the face that I spoke of earlier. I will remember the faces of the four families for whom I did the funerals for their loved who were lost in Afghanistan. I will think of many who have lost a loved one in the wars and the pain that brings. I will remember my family who are not here with me. Finally, I will look around me and know that I am not alone in my tears of remembrance, because God is with me, and you are too.

May God truly bless each of you as you remember.

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The Western Canada Aviation Museum is looking for volunteers in the artifacts, library and restoration departments. Applicants must be able to use a computer for data imputing and indexing. Let us know what your skills are but if you're willing to learn new things, we can teach you! We are always looking for help in other departments as well. Please contact the museum reception desk at: 204-786-5503 to volunteer.

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Taroscopes

BY NANCY

Aries (March 21 – April 19): Get things settled and organized. Push yourself to prepare. Pay attention to details. You now have the time to do the things you've always wanted to do, and to do things you once set aside. Don't be surprised if you meet someone you didn't think you'd ever see again.

Taurus (April 20 – May 20): Be patient. Adopt a less stressful approach to dealing with the challenges you face, especially financial responsibilities. Look at the big picture and plant seeds for the future. You will be doing more entertaining and mixing business with pleasure. Be circumspect. Don't over indulge.

Gemini (May 21 – June 21): Travel appeals. Contemplate your current situation. How are your unconscious needs shaping your reality? What limits you and what assists you in making your dreams come true? Build relationships with supportive people that allow you to express your feelings.

Cancer (June 22 – July 22): You're determined to do something to clear the air and to complete plans that ensure that what you want isn't overlooked. Having a heart to heart with others is constructive at this time because you're not overwhelmed by an honest exchange. You're stronger than you realize.

Leo (July 23 – August 22): You may have to leave the comfort of all you know to find happiness. Seek out what you love. Concentrate on steady progress. Your desire to see fast results might make a quick fix scheme appealing but it won't get you far. Be patient. Just when you want to give up you'll see results.

Virgo (August 23 – September 22): Those in power are making decisions that could influence you more than you realize. Communication glitches result in some things coming to light long after they should have been brought forward. Play your own cards close to your chest. Think of solutions to problems.

Scorpio (October 24 – November 21): When you're excited about what you do you are full of positive energy. Live in the moment. Consider how you could make a living doing what you love. Don't wait for fate to bless you. Following your dreams is worthwhile even if you have to give up a bit of fun for now.

Sagittarius (November 22 – December 21): Seeing people from a new perspective you realize some deserve more respect. You'll be faced with a situation where you have very little say in how things pan out. If you can do something to limit the fall-out, do it quickly. As time passes you have fewer choices.

Capricorn (December 22 – January 19): Connect with a strong woman who is forthright, wise and caring. This will motivate you to reach your highest potential, to be more fully yourself and this facilitates creative expression. As responsibilities shift, you have time for yourself. Expect more leisure time.

Aquarius (January 20 – February 18): Something you did in the past turns out to be lucrative. Sign up for a course or teach a course. Natural changes aren't upsetting because you are surrounded by others who are at the same point in life. You feel a sense of camaraderie that you haven't felt for a while.

Pisces (February 19 – March 20): It's time to finalize a few things. Complete assignments. Get organized. Revisit old issues. Clear away residual "stuff" and reconfigure your life so that it reflects the new you. Something lost is found. Give from the heart. Manage your money so you can afford to do what you love.

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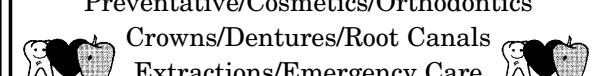
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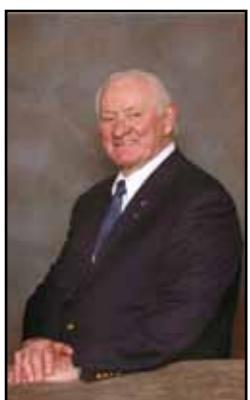
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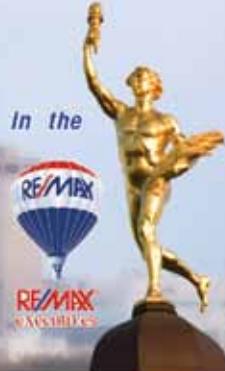


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