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**THE VOXAIR**

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**Lest We Forget**



On 11 November 2014 at the RBC Convention Center, 17 Wing Commander Colonel Joel Roy, 17 Wing Honorary Colonel Ross Robertson, and 17 Wing Chief Warrant Officer Michael Robertson, lay a wreath to honour those who gave their lives to protect beliefs and rights. For more Remembrance Day coverage see page 7. Photo: Cpl Jean Archambault

IN THIS ISSUE:

JR HIGH STUDENTS GET TOUR OF 17 WING

PAGE 2

CFCWCO KEVIN WEST VISITS 17 WING

PAGE 3

1CAD MEMBER RECOGNIZED FOR HOUSING LIAISON WORK

PAGE 4

SWEATING IT OUT AT THE SPIN-A-THON

PAGE 5

THE TALL GRASS PRAIRIE LANDSCAPE OF THE ST. CHARLES RANGE

PAGE 9

WFOODS HOLDS GCWCC FUNDRAISING LUNCH

PAGE 15



PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

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# Kids Get Inside Look at 17 Wing During Take Our Kids To Work Day

By Martin Zeilig  
Voxair Photojournalist

As the group of 24 quiet students stood in a semi-circle before him, Sergeant Kaulin Damron, a Search and Rescue Technician with 435 Squadron, explained the critical role that SAR Techs play in the CAF.

"We provide hospital care to areas of inaccessibility," he said to the engrossed junior high school boys and girls, all grade nine students from different schools. Behind him was a gear laden parachute packing table in the SAR TECH Maintenance Room at Hanger 16.

There were a total of 48 young people divided into two groups on November 5 for the annual Take Our Kids To Work Day at 17 Wing.

The day's events were organized by WO Scott Balam, with the goal of giving students a chance to explore their future while helping them understand the importance of staying in school, and to appreciate their parent's role in making a living and supporting their family.

On this morning the kids, who had gathered earlier in the theatre at the PSP Fitness and Recreation Centre, were being shown through 435 Squadron and 402 Squadron.

Apart from the SAR Tech shop, they also were allowed inside a CC-130 Hercules, and a Dash 8 aircraft; given an opportunity to see the City of Winnipeg Police helicopter, which is parked in Hangar 16, and hear an informal presentation by one of its pilots; and given a tour of the Non Destructive Testing Shop, the 402 Aircraft Structure Shop, and 1 Canadian Air Division HQ.

During the presentation the students were also allowed a hands-on experience with TEO, the bomb disposal robot, which is designed to take the place of people in especially dangerous situations involving explosives.

A number of kids from each group had the opportunity to run the robot while sitting at the metal console with its switches, dials, antennae, and computer screen. They were able to remotely manipulate TEO's arm to pick up a dummy mortar out of a plastic garbage bin with the goal of not moving the bin.

A couple of game students even tried on portions of the bulky kevlar and metal bomb disposal suit, which

weighs 41 kilograms.

After lunch students had the opportunity to shadow their parents at work.

"It's kind of cool," Drake, 14, said to The Voxair after Sgt Damron's presentation. "My grandpa was a Chief Warrant Officer in the Air Force at 17 Wing as an air frame technician."

"His favourite part of the whole morning was the bomb disposal robot and also the area where they do tests for structural flaws in the aircraft," said Drake's mom as she followed along in the tour.

"I think it's pretty interesting, especially the diving stuff of the SAR TECHS," said Charlotte, 15, whose parents work at 17 Wing.



Search and Rescue Technician Sergeant Kaulin Damron, standing by a gear laden parachute packing table, explaining to students the critical role that SAR Techs play in the RCAF. Photo: Martin Zeilig



A Corporal with 435 Squadron showing a student how to operate TEO, the telerob Explosive Ordnance Disposal and Observation Robot, from the remote control panel. Photo: Martin Zeilig



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# CFCWO Visits 17 Wing Winnipeg

**By Sgt Bill McLeod  
Wing Public Affairs Photojournalist**

Canadian Forces Chief Warrant Officer (CFCWO) Kevin West met with personnel from 17 Wing Winnipeg on Friday, 14 November, as part of his tour of Western Canada.

The CFCWO used the opportunity to communicate about issues of interest to the Canadian Armed Forces and highlight the Chief of Defence Staff's leadership priorities to non-commissioned members (NCM) at the Wing. The visit also gave the members a chance to make their concerns known to him.

The Chief's visit began with a packed town hall meeting at the Netherlands Theatre for all NCM ranks from private to warrant officer. During this meeting the CFCWO talked about changes at the top of the Depart-

ment of National Defence, the Chief of Defence Staff's priorities, conduct and behavior on and off duty, and mental health and suicide.

During his presentation, the CFCWO stressed how important conduct and behavior was in ensuring the Canadian Armed Forces were supported by the Canadian public.

"We hold on to this piece of operational excellence absolutely, which is why our people never fail, but we can only have so many times that people pull at the thread of this uniform," he said. "We're the only profession that wears this flag on our shoulders and represents Canada at home and abroad."

The CFCWO pointed out that he regularly sees significant incident reports that indicate a failure of a Canadian Armed Forces member to carry out their high-

est priority: to defend Canada and Canadians. "These people inside our organization are pulling at the thread of our uniform. We are responsible to act accordingly because we live on a higher moral ground," he said.

The CFCWO was also frank as he discussed the importance of being aware of your own mental health and seeking treatment for problems you might be experiencing. To illustrate his point, the CFCWO talked about the times during his career when he asked for help. One of those times was when he served as 8 Wing's CWO while the Wing Commander was arrested for murder.

Following his presentation the CFCWO accepted questions from the audience. The questions included reservist to regular force component transfer issues, the contracting of construction engineering tasks, and the wearing of uniforms under the new force protection levels.

At the end of the question period CWO West thanked everyone present for allowing him the honour of serving as the CFCWO and reminded them that it didn't matter where they were in the chain of command, everyone had an effect on the mission. As an example he pointed out that it took 85 support personnel to keep a 10-person Aurora crew in the air.

Following the town hall, the CFCWO met with the Master Warrant Officers and Chief Warrant Officers at the 17 Wing combined mess before he attended a private meeting at the request of a small group of junior ranks.



Canadian Forces Chief Warrant Officer Kevin West makes a point at a town hall gathering which was attended by 17 Wing members at the Netherlands Theatre on 14 November 2014. Photo: Sgt Bill McLeod



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## In Memorium: Pte Steven Allen

Pte Steven Allen, 20, of Victoria died as the result of a training incident at 3rd Canadian Division Training Centre in Wainwright, Alberta. The incident occurred on Monday, November 3rd, 2014.

Pte Allen and another soldier were inside a tactical structure when it collapsed. He was airlifted to the University of Alberta Hospital where he died of his injuries. The other soldier received minor injuries as a result of the incident.

Pte Allen was training to become a fully-qualified Regular Force Infantry soldier serving at 3rd Canadian Division Training Centre, at 3rd Canadian Division Support Base Wainwright. He was recruited out of Victoria in October 2013 and posted to Wainwright Alberta.

Pte Allen's family released a statement thanking the Canadian military for their assistance in their time of sorrow, and thanking the medical staff of the University of Alberta Hospital. The family has asked for privacy so that they can continue the grieving process.



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# 1CAD Member Awarded Liz Hoffman Memorial Commendation

## Submitted

On October 16th, 2014 Major Heather Collins of 1 Canadian Air Division was one of four recipients presented the Liz Hoffman Memorial Commendation by Mr. Gary Walbourne, Ombudsman for the Department of National Defence and the Canadian Armed Forces.

The Liz Hoffman Memorial Commendation is presented annually to recognize Canadian Forces members, civilian employees or groups who go the extra mile and exceed expectations in helping their colleagues resolve a difficult problem or in bringing about positive and lasting change to the Department of National Defence and the Canadian Armed Forces. Ms. Liz Hoffman was an investigator with the Ombudsman's Office who had a deeply rooted sense of fairness and was a tremendous force for positive change. This commendation allows The Ombudsman to recognize those in the Defence community, who like Ms. Hoffman, are dedicated to helping others and making a difference. Ms. Hoffman's daughter, Dr. Andrea Hoffman joined the Ombudsman in assessing this year's submissions and was on hand to help present awards to this year's recipients.

Major Collins was recognized for her exceptional skill in resolving conflict and contributing to the well-being of the Defence community in her capacity as the 17 Wing Housing Liaison, a position unique to 17 Wing, where she consistently and selflessly dedicated herself to the welfare of members and their families. As an advocate for the betterment of the quality of life of members in the Wing's aging military housing, she worked to ensure that each and every problem was resolved at the lowest level. Her approach to managing complex problems concerning members that often involved sensitive family

situations and sometimes mental health concerns demonstrated her willingness to go above and beyond the normal requirements of her position. She worked relentlessly with the Canadian Forces Housing Agency, members of the Joint Personnel Support Unit, other helping professionals and the member's chain of command to devise suitable resolutions and her impact on the quality of life of serving members and members as they transitioned to civilian life after their military careers cannot be understated. Often engaging alternative means of resolving disputes and never willing to turn a blind eye to difficult situations, Major Collins was recognized for finding ways to resolve challenges with fairness, loyalty, integrity and resourcefulness.

Major Collins was presented a framed citation and a glass sculpture by First Nations Artist Steven Hearn of Elliot Lake, Ontario entitled "Truth". His artwork is a symbolic in-

terpretation of the cultural philosophies and values inherent to the original inhabitants of North America that speak of a value system based on Harmony, Respect, Truth and Balance. Major Collins' home town is Halifax, Nova Scotia.



Major Heather Collins (center) receives the Liz Hoffman Memorial Commendation from the National Defence and Canadian Forces Ombudsman Gary Walbourne (left) in the company of Andrea Hoffman during the Ombudsman Commendations Ceremony held at the Warrant Officer's and Sergeant's Mess in Ottawa, Ontario on October 16th 2014. Photo: Cpl Pierre Habib

# Wood Hobby Club Holds Annual Christmas Raffle

By Martin Zeilig  
Voxair Photojournalist

The four handcrafted pieces are stored on racks or shelves in the club's crowded finishing room. They are an oak hallway blanket chest (\$2250.00), an exotic wood table (\$1250.00), an oak heirloom quilt rack (\$350.00), and, a walnut jewellery box (\$250.00). And some fortunate individual will be able to take them home thanks to 17 Wing Wood Hobby Club Christmas raffle.



Warrant Officer Paul Marcotte and Major Denis Letellier flank civilian Nick Iafolla who's holding the walnut jewellery box (one of the Wood Hobby Club's Christmas raffle prizes) he created. Photo: Martin Zeilig

The value of the items is based on the retail value of similar items, says Warrant Officer Paul Marcotte, the club's equipment manager, who along with club president Major Jason Mawdsley and vice president Major Denis Letellier, showed The Voxair around their large shop located at the back of the Westwin Community Centre.

Tickets are \$2 each and will be available from 1200 hrs to 1800 hrs at the Wood Hobby Club on Friday, Nov. 21. Tickets can also be purchased from members of the Wood Hobby Club by calling local 507 or 5271. The drawing will be held on December 17, 2014.

These items were crafted with love and wouldn't look out of place in any top end store.

"Whoever wins them will receive a high end product," says WO Marcotte, an airplane mechanic with 402 Squadron, as the smell of freshly cut wood wafts through the air.

"We don't make things for profit; we're not a retail company," he says. "The Christmas draw is to raise money to replace a table saw. It's the only fundraiser that we do during the year.

We need to maintain all the equipment here, so we have to raise money to replace parts and repair equipment."

There are currently 44 members of the club. Membership to the Wood Hobby Club is available to all active or retired military members and dependants; full-time Public Service or NPF employees.

"We work at our leisure," says WO Marcotte. "Sometimes smaller pieces take longer than bigger pieces to make. I've been a mechanic all my adult life, and I wanted to get into cabinetry because of the gratification of making stuff with my own hands. I've made dressers, jewelry boxes, cabinets, and all sorts of things, including lots of Christmas gifts."

Maj Mawdsley adds: "I've enjoyed woodworking all my life. I did a lot of woodworking in my youth. When I got into the military, I joined the woodworking club in North Bay in 2000."

Having the availability of a wood hobby shop allows members to make more refined furniture he says, noting that he's made a dining room table extension leaf, a cutting board and a butcher block table for his kitchen.

"The beautiful part of having this shop is access to good quality wood products," says Maj Mawdsley. The club purchases its wood from Finmac Lumber Ltd. "Our furniture is made of solid wood. We have the benefit of higher quality products and making it ourselves, and leaving it for future generations in our families."

Another benefit of joining the 17 Wing Wood Hobby Club is that members can benefit from the decades of experience that other members have.

"We also have the expertise of other members in lathing, carving, joinery and aspects of constructions, and the use of top quality equipment," says WO Marcotte.

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# 7th Annual Spin-a-thon Gets the Blood Pumping



The Spin-a-thon was held on November 14 and had many military members and civilian employees spinning throughout the day. Photo: Martin Zeilig

By Martin Zeilig  
Voxair Photojournalist

With sweat streaming from his brow Max dismounted from the stationary bike that he had been furiously pedalling just moments before.

"It's awesome," he said while his sweat soaked t-shirt clung to his chest and back.

The 6'3", 250 pound member of the Canadian Forces School of Survival and Aeromedical Training was taking part in the seventh annual Spin-a-thon in the gym at the PSP Fitness and Recreation Centre.

Max was doing a 30 minute stint on the bike as a member of the CFSSAT Spin-a-thon team. It was one of eight different teams participating in the event.

"You're getting in shape and having fun at the same time," said Max, as music blared from two loud speak-

ers while two large screens showed background outdoor activities, including snowboarders doing amazing jumps as they sped down mountain trails.

"You also get drinks (gatorade or water). We should do it more often."

PSP fitness instructor Dawn Redahl, the OPI for Spin-a-thon, said she expected about 100 cyclists to participate during the event, which ran from 0800-1500 hrs.

"The military members are divided into teams for their units," she said. "It's about being active and having fun, health and fitness. They trade off and take turns spinning. That's also why we have extra bikes for any other members who want to take part and don't have a team registration. We also encourage teams to decorate their bikes."

At various points throughout the spinning, a PSP fitness instructor would engage fellow cyclists in some fun activities, such as tossing a bean bag into a plastic container, or throwing a small ball or Frisbee through a plastic hoop suspended from the crossbar of a hockey net.

"All the PSP fitness instructors and leaders are participating on the instruc-

tor's bike," said Redahl, noting that she spent time collecting donations for prizes from local companies, including City Park Runners, George's Burgers and Subs, Boston Pizza, Pro Hockey Life, Showtime Fitness Ltd., Woodcock Cycle Works, and, Olympia Cycle & Ski.

"I'd like to see even more members participate in this fun packed event. Its focus is on health and fitness, and it's free. It's also a good morale booster within the unit, and prizes are given out along with drinks and food. It's all good."



Spin-a-thon participants toss a ball while spinning. Photo: Martin Zeilig

## 17 Wing Winnipeg Active Supporters of Canadian Blood Services

By Gloria Kelly  
17 Wing Communications Officer

The slogan "It's In You to Give" is well known to many Canadians but in fact there is always a need for blood donations.

What is little known is that there is a strong historical connection between the modern blood service and the Canadian Armed Forces who are strong supporters. It was actually during World War II when the then Canadian Red Cross began its blood program that collected civilian blood for use in life saving transfusions in military hospitals.

From that wartime beginning we have today the modern Canadian Blood Services in which the Canadian Armed Forces has been a Partner for Life since 2006.

"There is a belief among Canadians that if I ever need blood it will be there for me," said Pamela Mullins, director of donor relations for Canadian Blood services in NW Ontario, Manitoba and Nunavut. "We hope that will always be the case but there is no question that in Manitoba there are times when we struggle to make sure the supply is adequate."

The Canadian Armed Forces plays a role in helping

to make sure there is always blood to meet demand.

17 Wing Winnipeg has a commitment to 100 donations a year, says Captain Thom Doelman, who as a volunteer manages the Wing's blood donation program.

For CAF members meeting this annual commitment is a tangible show of support to the local community in which the members and their families live as well as work, he said. While in some cases the work an individual does will impose restrictions following a blood donation that can be managed.

With winter coming, Canadian Blood Services held an annual appeal around Remembrance Day with support from local media. Capt. Doelman took part in that campaign with Global Television as a visible face of the Canadian Armed Forces and their continued com-

mitment to Canadian Blood Services.

"We have members who are regular donors and members who have rare blood types who CBS knows they can call on when the need is there," he said.

One never knows when one may be in need and making sure that blood bank has a full supply is something every community needs to be committed to, said Ms. Mullins.



The Canadian Armed Forces are dedicated supporters of Canadian Blood Services through the Partners for Life Program. Manitoba is always in need of donations and the men and women at 17 Wing Winnipeg are regular donors. Shown at a recent promotion to highlight need are from left Derek Taylor, Global Television morning show host; Captain Thom Doelman, volunteer manager of 17 Wing's donor program; Warrant Officer Frederic Lair, a member of the Air Force who is a regular donor; Darrin Desmedt, territory manager for Canadian Blood Services and Pamela Mullins, director of donor relations for Canadian Blood services in NW Ontario, Manitoba and Nunavut. Photo: Supplied

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# Western Canadian Aviation Museum Opens WWI Exhibit

By Martin Zeilig  
Voxair Photojournalist

He's been called the deadliest air fighter who ever lived. Major William Barker was the most decorated war hero in the history of Canada, the British Empire, and the Commonwealth. He is also just one of the many World War I fighter pilots being commemorated in the new Western Canada Aviation Museum exhibit: World War 1: Canadians and the Birth of Aerial Combat. The exhibit serves to mark the anniversary of the start of the First World War.

Maj Barker's 50 victories ranked him twelfth highest in the world and fourth highest among Canadian aces of the First World War. He was born in Dauphin, Manitoba on November 3, 1894.

"His reckless nature and expert marksmanship with rifles served him well as a fighter pilot," said Paul Balcaen, the exhibits Coordinator/Designer at the museum during a tour of the exhibit.

On October 27, 1918, while flying solo in his Sopwith Snipe, Maj Barker came under attack by roughly 15 German Fokker D.VII fighters. Despite twice fainting from his injuries, he managed to down four planes and drive off the remainder. He suffered three wounds but managed to land safely behind Allied lines. It was this battle that earned him the Victoria Cross.

Canada's start in aviation began in 1909 with Alexander Graham Bell's A.E.A. Silver Dart taking to the air in Nova Scotia.

"Who would have believed that just five years later, Canadians would be involved in the First World War, not

only fighting in the trenches and on the seas but for the first time in the air?" said Mr. Balcaen.

Nearly 23,000 Canadians served with overseas air crews during WWI, a huge number for a country with such a small population. With an average life expectancy of just a few weeks, these aviators had to battle poor navigation, engine failure, bad weather, freezing temperatures and enemy attacks.

Mr. Balcaen says that the museum tried really hard to bring out the people behind the airplanes for the exhibit.

"We wanted to talk about the Canadian Aces, and the Manitobans, in particular," said Mr. Balcaen, an industrial designer by training, who's worked at the museum for almost five years.

"We wanted to show an angle that wasn't so romantic. This was a very difficult and tragic job for the aviators. So we did a lot of research and found information on the successful aces. We wanted to highlight those aces because so many people don't know who they were and what they did. They led dangerous lives during the war."

For example, you can learn about Lt Alan McLeod (20 April 1899- 6 November 1918) of Stonewall, Mb. who piloted his burning aircraft to safety while standing on its wing. He was Canada's youngest Victoria Cross recipient.

He survived the war and returned home only to die at age 19 of the Spanish Influenza. He is buried in the Old Kildonan Presbyterian Cemetery.

And of course, no exhibit would be complete without information on the man called Intrepid: Sir William Ste-

phenson. During the Second World War, Stephenson's character and lifestyle heavily influenced a fellow officer with British Intelligence and author, Ian Fleming. It's said that Stephenson was the inspiration behind James Bond.

Stephenson was born in Winnipeg on January 11, 1896. He made his name in WWI as a fighter pilot, flying Spad and Sopwith Camel fighters with the Royal Flying Corps. He was credited with 12 victories.

Apart from Maj Barker, Lt McLeod, and Stephenson, the exhibit features the extraordinary stories of other aces, as well as World War I artifacts, rare photographs, detailed scale model aircraft and a vintage aircrew uniform.

"The whole concept of fighter pilots in the war was sketchy," Balcaen said. "Most people just thought they hopped into the plane, took off, and got into a skirmish with the Germans. The whole aviation point of view was unique and brand new at the time."

The World War 1: Canadians and the Birth of Aerial Combat exhibit runs until November 2015 at the Western Canadian Aviation Museum. For further information call (204) 786-5503.



Paul Balcaen, the exhibits Coordinator/Designer of the Western Canadian Aviation Museum talks about the new WWI Exhibit. Photo: Martin Zeilig

## FREE Tickets available for Manitoba Opera – FIDELIO 25 November 2014

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# 17 Wing Remembers



The Colour Party presents colours during Remembrance Services at Bruce Park. Photo: Pte Darryl Hepner



The Colour Party retrieve the Colours during the Remembrance Day Ceremony on the 11th of November, 2014 at Her Majesty Canadian Ship (HMCS) Chippawa, Naval Reserve Unit, Winnipeg, Manitoba. Photo: Cpl Justin Ancelin



At the RBC Convention Center, Brigadier-General Bruce Ploughman, the 2 Canadian Air Division Commander, lays a wreath to honor those who gave their lives, during the Remembrance Day ceremony. Photo: Cpl Jean Archambault



The 402 Squadron pipe band march into Bruce Park at the beginning of the Remembrance Day Ceremony on November 11. Photo: Martin Zeilig

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**HONDA**

# St. Charles Rifle Range: A Tall Grass Prairie Wonderland

By Martin Zeilig  
Voxair Photojournalist

As the early November wind sliced across the desolate landscape, Mark Dettman, the 17 Wing Environmental Officer, trudged through the tall grass prairie portion of the 1200-acre St. Charles Rifle Range, located 10 kilometres west of 17 Wing Winnipeg.

Tall grass prairie is among the most endangered habitats in North America, but these sites are not protected under any current legislation.

"We have not yet identified any species at risk at this site, and thus it's technically not protected by Federal or Provincial legislation," Dettman said of the acres of dried out grassland that surrounded us on that bleak and blustery afternoon.

Recent developments just to the east of the range seems to point to its inclusion in the Phase 2 expansion of CentrePort Canada, the inland port designed to provide businesses with single-window access to Free Trade Zone benefits.

Phase 2 of the project would see the construction of a Headingly by-pass that, according to Dettman, "would cut through the southern portion of the range, putting its use as a small weapons range and EOD facility at risk."

He is hoping that at least a portion of this tall grass prairie will be saved if and when that expansion goes through.

The St Charles Range was donated to the Department of National Defence in 1911 by Sir Henry Pallot. It provides Canadian Armed Forces personnel at both 17 Wing and 38 Canadian Brigade Group enough room to safely conduct small arms weapon training and qualification, gas mask training and qualification, and navigation training.

As an accidental by-product of its ownership, the range also contains 250 acres of high quality tall grass prairie.

In the early '90s, former RCAF Chief Environmental Officer Lewis Cocks began working with ecologist John Morgan, a prairie restoration specialist and president of Prairie Habitats Inc., and Scott Edwards, the very first Environmental Officer at 17 Wing, to implement measures to manage and protect the tall grass prairie at the range.

"With the cooperation of Nature Manitoba and World Wildlife Fund Canada, the DND has set aside the Saint Charles Range as a conservation area. Importantly, DND has shown that military training and conservation are very compatible," says Morgan. "The area has been managed with controlled burns that mimic the fires that

tall grass prairies are adapted to and keep it healthy."

Morgan says that even as a child he knew he wanted to be an ecologist and that he would spend hours admiring the wildlife and flowers of the range.

"We lived just a mile away. Throughout school and university, I spent many hours rambling around the wilds of the St. Charles area and Sturgeon Creek on the western outskirts of Winnipeg. My main interest always was the natural history."

It was not until 1993, however, that Morgan and an assistant were finally able to get the blessing of the Department of National Defence to do a formal inventory of the range.

"What we found was amazing," he says. "There are over 90 species of plants and many prairie birds and mammals on a rare, undocumented piece of tall grass prairie."

According to Dettman, Morgan's work on the site proved invaluable.

"His work is directly responsible for 17 Wing taking the action that it has to protect and manage the site," Dettman says.

At over 1,000 acres, it is one of the largest parcels of tall grass prairie remaining in the Winnipeg area.

"DND had done a magnificent job of preserving the area for nearly a hundred years without even realizing the gem they had," says Morgan. Currently, only small fragments of tall grass prairie have been preserved around Winnipeg. One such fragment can be found at the Living Prairie Museum off Ness Ave., which is less than four percent of the size of the St. Charles Range.

Morgan, who says he's not against the development, stressed what an important habitat the St Charles Rifle Range is.

"My fervent hope is that DND can find a way to continue their century-long track record of good conservation at the St. Charles Range, and continue to ensure that this priceless part of Manitoba and Canada's



Mark Dettman, seen here on the tall grass prairie portion of the St. Charles Rifle Range, talks to the Voxair. Photo: Martin Zeilig

natural and cultural history remains secure."

Back in the warmth of his car, Dettman says that the needs of 17 Wing would not, in his words, "trump" those of CentrePort's planned Phase 2.

"Currently 17 Wing is in discussions with the Province of Manitoba about the potential impact of CentrePort Phase 2 on the range. Although the Wing will work diligently to protect its interests and needs with regards to the importance of the range, I am still uncertain about the range's long-term future," says Dettman.

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# 17 Wing Health Promotion Holds Addictions Awareness Workshops

By Mike Sherby  
Voxair Manager

With the Spin-A-Thon in full swing behind them, the staff of 17 Wing Health Promotion were welcoming a steady stream of visitors to their Addictions Awareness Campaign display. You'd think that after completing an intense spin class, the last thing on anyone's mind would be hopping on another bicycle, but the biggest draw of the day was certainly the bike blender. With a blender

mounted on the back of a modified mountain bike, the bike blender allows for riders to stir up some delicious cold drinks that are pedal powered.

But the delicious drinks were just one part of massive campaign, which this year is working under the theme "Wasted time? It's Your Choice!". The campaign runs until November 28th, and features a variety of programs and activities designed to increase knowledge and awareness of alcohol, other drugs, and gambling, and the effects these addiction can have on your life and the lives of those close to you.

Health Promotion Admin Assistant Chrissy Parsons said it was her first time attending the

Spin-A-Thon, and that she was impressed with the turnout.

"It was great to see so many people coming to see us with questions, especially after they had worked so hard at the spin class," she said.

In order to help promote the Addictions Awareness campaign, a website has been made available to all Defence team members at [www.forces.gc.ca/wastedtime](http://www.forces.gc.ca/wastedtime), where you can look up all kinds of tips and information on the ways to help maintain and addictions free lifestyle for you and your family.

For more information on the Addictions Awareness program or any other programs offered by Health Promotion, please contact the 17 Wing Health Promotion Office at (204) 833-2500 ext 4150, or email [HealthPro-mo@forces.gc.ca](mailto:HealthPro-mo@forces.gc.ca).

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Diane Brine, 17 Wing Health Promotion Manager, stands in front a display that shows how to plan a safe party. Photo: Martin Zeilig

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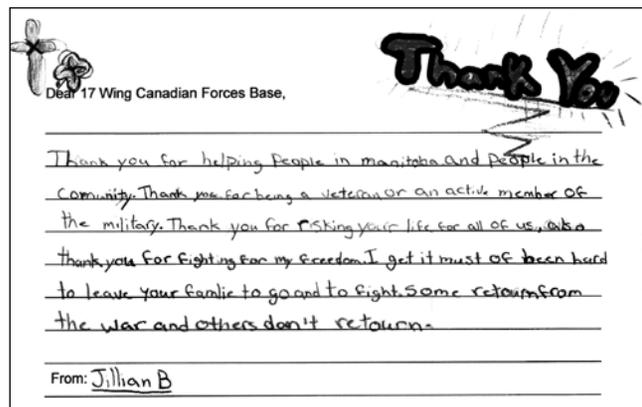
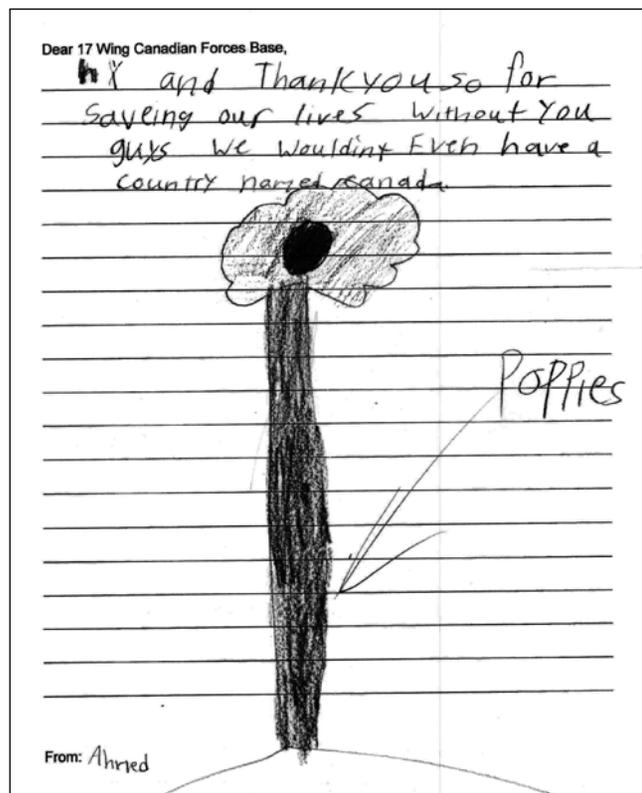
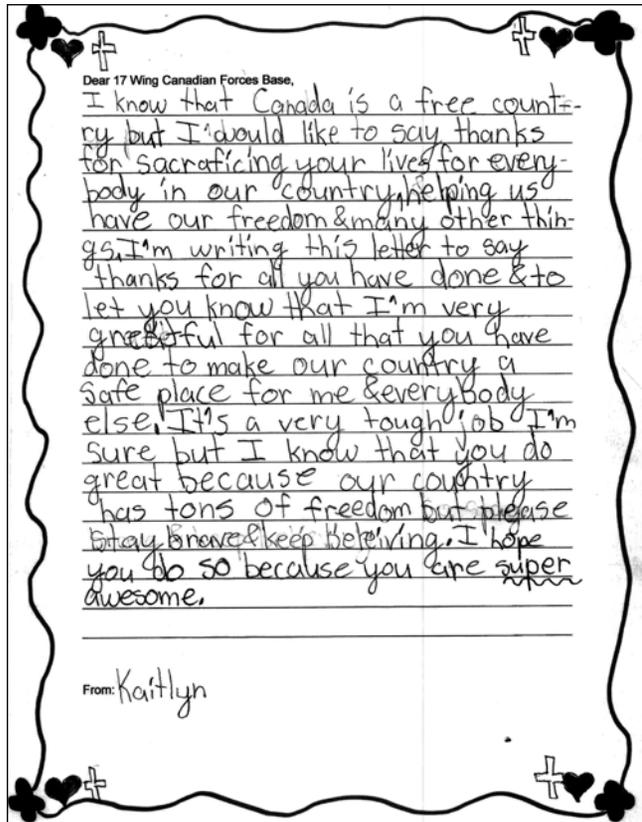
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## Elementary Students Thank RCAF Members

As part of Remembrance Day, several elementary school students wrote messages of thanks to serving CAF members. We wanted to share a few of these messages with you.



**Have you got a story or photo you'd like to share with us?**  
Drop us a line at 204-833-2500 (ext. 6976) or send us an e-mail at [voxair@mymts.net](mailto:voxair@mymts.net)

## Manitoba Government Removes Employment Barriers for Military Tradespeople

By Gloria Kelly  
17 Wing Communications Officer

For generations the Canadian Armed Forces has provided highly skilled and sought after training to its members – a good many of them in the technical and trades realm.

However, on transitioning to civilian life turning those top notch skills into civilian world tickets and accreditations has not always been an easy or inexpensive process.

In Manitoba that changed on 7 November 2014 when the provincial government announced new measures to make it easier for military personnel to obtain Red Seal Certifications in the province and also waved the fee required to write accreditation examinations.

Jobs and Economy Minister Kevin Chief made the announcement at the provincial legislature as part of the activities marking Apprenticeship Recognition Week.

“Members of the military have dedicated years to serving our country and we want to honour and recognize that experience,” said Minister Chief. “We are helping experienced tradespeople gain Red Seal certification to get good jobs right here in Manitoba.”

“After years of service in the military, many veterans

have the training and experience necessary to work in the trades,” said Paul Robins, a former member of the Royal Canadian Air Force who is now a refrigeration and air-conditioning mechanic working at 17 Wing Winnipeg. “Today, the government of Manitoba has made it a lot easier for veterans by having our credentials recognized so we can get our Red Seal Certifications. This will help veterans access good jobs in the trades and ease the transition from military to civilian life.”

“Manitoba values its veterans and the contributions they make to our communities,” said Deanne Crothers, special envoy for military affairs. “This program will not only help veterans it will help our communities and businesses who will be able to access a highly skilled and certified workforce who want to put those skills to work right here in Manitoba.”

To be considered under the process, applicants in one of the regulation’s listed trades must provide a copy of their Member’s Personnel Record Resume, which is accessible to all current and former members of the CAF.

Eligible applicants will be able to write the certification examination for their designated trade with all fees waived. Upon successful completion of the examinations they will receive a Red Seal Certificate of Qualification from Apprenticeship Manitoba.

This year marks the 70th anniversary of a formalized apprenticeship training program in Manitoba. Since 1944, 35,000 journey people have been certified across industry sectors, building careers in the skilled trades and contributing to the province’s economic growth, said Minister Chief.



Retiring or releasing military members in the trades will now find it easier to receive their Red Seal Certifications under a new program announced by the Manitoba Government. Shown at the Manitoba Legislature following the announcement with Special Envoy for Military Affairs Deanne Crothers are former military members who transitioned to civilian careers in the trades and now work at Construction Engineering at 17 Wing Ed Travale, mechanical shop supervisor and Paul Robins, a refrigeration and air-conditioning mechanic. Photo: Supplied



## Robertson College is Proud to Support Military Families Across Canada!

Winnipeg, MB - Robertson College Online is excited to join the CF Appreciation program and offer military members and their families an exclusive scholarship for its diploma programs.

Robertson wants to show its appreciation not only to military members but also to their families. As military members tend to move frequently and without much notice, it can make it very difficult for family members to achieve their educational goals.

“Having just commemorated Remembrance Day, we feel it’s important to show our thanks and appreciation to the military families across Canada and we’re excited to announce the Robertson College Canadian Forces Scholarship (RCCFS),” said Director, Audrey Blatz. “It will provide up to a \$5000 discount for our online diploma programs. We hope this will make re-training more affordable and accessible to service members and their families while also helping them to find employment,” she explained.

Robertson College has been around since 1911 and launched its online division in 2009 after realizing not everyone has the option to attend a campus to complete their post-secondary education. Students have chosen the school because of the flexible online courses and a commitment to their continued success. As a graduate of Robertson College Online, students have the option to attend a graduation ceremony in Calgary, Edmonton or Winnipeg. They also complete practicums at the end of the programs and have lifetime access to the career services department that partners with over 1000 national companies.

To see all the programs that are offered online, please visit: [www.robertsoncollege.com](http://www.robertsoncollege.com) or give one of our career counsellors a call at: 1-888-892-5262!

# Make Your Holiday a Little Greener

By Beth McKechnie

With the holiday hoopla, it can be easy to give in to overspending, overeating and just plain overdoing everything. Here are a few tips from Green Action Centre on how to make the holidays a little more sustainable for your wallet, the environment and your health.

Consider experiential gifts like concert tickets, movie nights, homemade treats, gift certificates for a massage or language lessons. Draw names among your family to make it easier to find one larger gift that will be truly appreciated. Make it personal, such as compiling a recipe book of your favourite tried and true dishes for someone who loves to cook. Or give a plant cutting to the family member with a green thumb. Pick up a unique container at a thrift shop like a teapot or mug as a planter.

Look for children's toys that don't require batteries or pick up a gently used toy at one of the many consignment stores or online through Kijiji. Take the kids to see

Father Christmas in the Forest at FortWhyte instead of at the mall and enjoy some family fun outdoors.

If you buy new items, look for recycled content and minimal packaging. Choose organic whenever possible along with locally produced or fair trade products. (See Fair Trade Manitoba's website for a list.)

Tasty treats like homemade jam, honey and baked goods – prepared by you or a local producer – make great stocking stuffers and host gifts.

Wrap your gifts using scarves, towels or cloth napkins that can be used again or returned, or re-use gift bags from the previous year. The comics section from the newspaper, outdated maps and old music sheets also make great wrapping paper. For gift tags, cut up Christmas cards from last year.

Leave the tinsel behind and trim your tree with edible decorations like cookies, candy canes, and popcorn and whole cranberry chains. Add a few strings of festive

LED lights to send warm wishes of good cheer into the chilly Manitoba night. Or reconsider a tree altogether – if you have a cedar or spruce tree in need of trimming, gather a few branches into a holiday-themed container of water. Simply tie together and decorate.

For the holiday letter, send a snappy e-card or re-use paper cards. Create a family tradition of sending the same cards back and forth, adding a new sentiment each year.

And since a fair bit of the fun at holidays is sharing good cheer with friends and loved ones, hand over the driving to Winnipeg Transit or carpool with a designated driver.

Happy, safe and green holiday wishes from all of us at Green Action Centre! Find more tips on our website ([www.greenactioncentre.ca](http://www.greenactioncentre.ca)) for living greener year-round.



Left: The Green Action Centre staff pose for a group photo. Above: Baked goods make a great sustainable alternative to pre-packaged store bought treats.

[www.pspwinnipeg.ca](http://www.pspwinnipeg.ca)

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# Upcoming MFRC Programs and Events

### CARE FOR THE CAREGIVERS

Caring for a CAF family member with an illness or injury? An 8 week group for those who care for a CAF family member with an illness or injury of any sort. Find education, ideas, community, fun, with those who understand. Gain understanding of the latest breakthroughs in health care and family well-being. Do it for yourself. For more information, contact Laurie-Anne Johnson, Family Liaison Officer MFRC/IPSC, 204-833-2500 ext. 4478, [laurie.johnson2@forces.gc.ca](mailto:laurie.johnson2@forces.gc.ca)

### FRENCH COFFEE

Every Wednesday morning  
10 to 11 a.m.

Join us every Wednesday morning for a coffee and a chat with members of the francophone community. Free child care is provided for children ages 18 months to 5 years old.

### FRANCOPHONE LADIES GROUP CHRISTMAS BAKING WORKSHOP

Sunday, November 30 at 1:00 p.m.  
\$10.00

Registration deadline: November 26, 2014

What could be better than cooking with a group of people and learning new cooking techniques, while having fun! We will be making our Christmas baking. Fun guaranteed!

### « BENDING BUT NOT BREAKING—DEVELOPING PERSONAL RESILIENCE WHILE PARENTING UNDER EXTREME CONDITIONS »

Thursday, November 27 from 7:00 to 9:00 p.m.

Registration deadline: November 25, 2014

How do you meet stress and life's demands with optimism and flexibility without becoming stuck or overwhelmed? Kalyn Falk, MA, is an author, speaker, retreat guide, and spiritual director. She has been an active advocate for her son, who is profoundly autistic and released her book "Mother of the Year and Other Elusive Awards: Misadventures in Autism" this year. She will be sharing her story of parenting and finding

her own voice as well as inviting other parents to think about their own resilience in this interactive evening.

### Youth Drop In Centres

The MFRC Youth Centres, North Side, 102 Comet Street and the South Side, 347 Doncaster Street, are currently open Monday to Friday. Please see below for hours of operation.

Youth Drop-In Centre Hours of Operation:

North Side (6-12 year olds)

Monday/ Wednesday/ Friday: 5:00pm - 8:00pm

Tuesday/Thursday: CLOSED

\* PLEASE NOTE NEW HOURS OF OPERATION!

South Side (6-12 year olds)

Monday-Friday: 4:00pm - 8:00pm

\*Hours of Operation are subject to change based on usage and youth attendance.

\*Youth Centres are closed on Holidays.

Both Youth Centres are invited to attend the field trip to the 17 Wing Recreation Centre Pool on Friday, November 28th from 6:00-8:00pm. The cost is \$6.00 and includes 1 hour of swimming, pizza dinner and transportation. Spots limited so be sure to pick up a registration form at your local Youth Centre today!

For more detailed information of each Youth Centre and its activities, please see the attached Youth Centre calendars.

We do require all youth who are take part in the drop-in programs to hand in a completed membership package. Please see a member of staff for details.

All this information regarding Youth Centre activities and more great opportunities for youth is now available online. Our Facebook page – WinnipegMFRCYouth is dedicated to providing the most up to date information on activities, events and updates related to the MFRC Youth Centres. Be sure to "like" us and check back regularly!

To be added to the email distribution list for upcoming events and activities, please contact Brynne Dalebozik,

Youth Centre Assistant at 833-2500 Ext. 5391, [brynne.dalebozik@forces.gc.ca](mailto:brynne.dalebozik@forces.gc.ca) or John Bailey, Employment, Education & Youth Coordinator at 833-2500 Ext. 4511, [john.bailey@forces.gc.ca](mailto:john.bailey@forces.gc.ca).

### Operation Wish

You're Invited to a Private Holiday Season Party and Private Shopping

At the Sears Polo Park Mall Store

Come join the Sears family on Sunday, December 7th at 8:30 a.m. prior to Polo Park Mall opening to celebrate the upcoming Holiday season with a private party for you and your family along with an opportunity for a private, pre-store opening shop to make use of this year's Military Family Shopping Day. This special military discount offers active and retired military members, reservists and their family members a discount of 15% on almost everything in the store.

This fun event is part of the 9th annual Sears Operation Wish program that pays tribute to and honours the Canadian military, both at home and abroad, and their family members. The Sears store will be all 'decked out' and will have fun stations including face-painting and Christmas story telling for the kids and parents to enjoy. Sears is working in partnership with the Winnipeg Military Family Resource Centre (MFRC) and many of its volunteers to make this event a memorable experience. Refreshments will also be served.

The Military Family Shopping day is a one-day, 24-hour Holiday Shop based on Eastern Standard Time from midnight to midnight on Sunday, December 7, 2014. No orders are accepted either before or after this Eastern Time Standard. This offer is available through a host of channels: Sears Department stores, Sears Home stores, Sears Hometown stores and [www.sears.ca](http://www.sears.ca). Valid military ID or CF Appreciation Card is required for store purchases during normal store hours on December 7, 2014.

For information please contact the MFRC at 204-833-2500 ext 4500.

Guest Speaker  
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**Call For Submissions**

Each year at the Yellow Ribbon Gala the MFRC displays pictures in order to highlight our program areas.

This year we would like to showcase military families. We invite you to submit a picture of your family that depicts an aspect of military lifestyle. Show us firsthand what 'Military families; strength behind the uniform' means to you and your family.

If we choose to use your picture you will receive a \$50 gift card to a place of your choosing. In total 5 pictures will be displayed.

Submissions must be received no later than December 5, 2014.

Please submit your picture electronically by emailing it to [winnipegmfrc@familyforce.ca](mailto:winnipegmfrc@familyforce.ca)

Images are going to be reprinted as 16x20 so only good quality, clear, sharp images will be considered. Once submitted all pictures become property of the Winnipeg MFRC and will not be returned to the sender unless it is requested.

The Yellow Ribbon Gala is the MFRC's largest annual fundraiser. It is being held on February 21, 2015 at the Victoria Inn Hotel and Conference Centre.

Tickets went on sale on November 6, 2014.

For ticket information please contact the MFRC at 204-833-2500 ext. 4500

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For questions or information check out [www.Scouts.CA](http://www.Scouts.CA) or email Dean Parsons at [Kirkfieldgc@gmail.ca](mailto:Kirkfieldgc@gmail.ca)

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# Taroscopes

BY NANCY

**Aries (March 21 – April 19):** Don't let a feeling of being trapped push you into doing something new just for the sake of feeling free to do so. Instead, explore and focus fully on current projects, tasks, hobbies and relationships. Sensible doesn't have to be boring. Make a change only if it's essential and healthy.

**Taurus (April 20 – May 20):** Be patient. Things will settle into a predictable pattern. Get your surroundings in order and you'll feel less stressed. Balance work and play. Unplug from technology for a while so that you're not bombarded by too many images. Turn inward and focus on your soul's desires.

**Gemini (May 21 – June 21):** Something you assumed was true isn't. If you've been reacting to faulty assumptions you need to reconsider your response. A really good act or good story can unduly influence your life. When you suspect something isn't quite right, listen to your own intuition for guidance.

**Cancer (June 22 – July 22):** Your good habits are really paying off. If you feel stressed and frustrated with your limitations, relax. Aim for slow, steady progress. You can't make others do what you'd like but you shouldn't give in to their demands either. Stay away from those who can't agree to disagree.

**Leo (July 23 – August 22):** Your passion flares when you're hot on the chase. Challenges make you feel alive. Still it's important to be clear about what your priorities are and to act responsibly. Deal with essential commitments so that when an opportunity arises you can "go for it" with a clear conscience.

**Virgo (August 23 – September 22):** Being an advocate for others can bring you joy. Work with what you've got. You will accomplish more than expected. You are responsible and dynamic. Like minded others with equal energy and vision follow your lead. Look for win/win solutions whenever possible.

**Libra (September 23 – October 23):** You may have limited resources but you will manage to get things done. Emulate those who inspire you. Take the lead in dealing with shared responsibilities. Even if you feel limited in what you can do you will manage gracefully. Expect more and you'll get it.

**Scorpio (October 24 – November 21):** Stick to the facts and do what needs to be done in a systematic, logical and steadfast way. Break things down into simple steps. You're easily able to multitask. Don't be afraid to ask the hard questions. Dig beneath the surface. You'll be empowered when you have answers.

**Sagittarius (November 22 – December 21):** You're making progress, so don't stop now. Your emotional control may confuse others. It's sensible not to celebrate too early though, even if discussions seem to be going your way. Giving gifts to gain the advantage can only get one so far. Hard work is the true key.

**Capricorn (December 22 – January 19):** You're feeling invincible as you start something new. Others may try and influence your decisions based on their own fears and doubts but you're confident in what it is you want to do. Share the "real you," your talents and abilities. True friends will accept you.

**Aquarius (January 20 – February 18):** You're feeling inspired and disciplined. You're getting back into the swing of things and the results you're seeing are encouraging. Whatever you bring forth at this time will be received positively. Your work and contributions are valued and appreciated. Enjoy!

**Pisces (February 19 – March 20):** Take note of the synchronicities happening in your life. You'll share an immediate sense of connection with new people you meet now. You're attracting those who seek to understand the mysterious workings of the cosmos because you seem to know more about it than most.

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# GCWCC Lunch Impresses

By Martin Zeilig  
Voxair Photojournalist

Diners had a choice between a mouth-watering Philly cheese steak sandwich or a heaping portion of creamy Fettuccini Alfredo at the 17 Wing Food Services sponsored fundraising lunch on November 14 in the Red River Lounge at the Junior Ranks Mess.

All proceeds from the event, which cost eight dollars per person, went to the Government of Canada Workplace Charitable Campaign (GCWCC).

The more than 60 CAF and civilian personnel filing through weren't playing favourites in what they chose, as the servers were dishing out equal portions of each dish.

"The garlic mayo made all the difference," one satisfied diner said after cleaning their plate of a Philly Cheese Steak.

"It's a good opportunity to come out and support a good cause, enjoy good food and company," said Kathy Dmytrisin, the GCWCC's Civilian Co-Chair.

She encourages people to bring out their co-workers to the next GCWCC Lunch Special, a Chinese Food Buffet, on Wednesday, December 3 at the Junior Ranks Mess (11130-1300 hrs).



A Philly cheese steak sandwich is happily served to 17 Wing diners. Photo: Martin Zeilig



17 Wing military personnel and civilian staff enjoy the mouth-watering lunch that raised money for the GCWCC. Photo: Martin Zeilig

## Winnipeg to Remember, Honour Veterans in Special Ceremony at Brookside Cemetery

Canadian Forces Base Winnipeg, in partnership with Bison Transport and Brookside Cemetery, will hold a special commemorative ceremony in remembrance of all the military personnel interred at Brookside Cemetery on Sunday, December 7 starting at 11:00 a.m. Modelled after the Wreaths Across Canada ceremony that first took place at the National Military Cemetery in Ottawa on December 4, 2011, it is hoped that this remembrance ceremony will become an annual event in Winnipeg.

The day before the commemorative ceremony, the Knights of Columbus, along with local Air Cadets, Army Cadets, and Sea Cadets, will place balsam wreaths at the ends of each row contained within Brookside's Field of Honour. Balsam wreaths will also be laid at the Stone of Remembrance, the only Commonwealth War Graves

Commission memorial in Canada, as part of the ceremony on December 7.

Members of the public are invited to attend the short ceremony on December 7, to view the gravestones within the Field of Honour, and to show their appreciation to the veterans interred at Brookside.

To learn more about the history behind the Wreaths Across Canada initiative, visit: [http://www.wreath-sacrosscanada.ca/index.php?page=about-us&hl=en\\_CA](http://www.wreath-sacrosscanada.ca/index.php?page=about-us&hl=en_CA)

To learn about Brookside Cemetery and its Field of Honour visit:

<http://www.themanitoban.com/2013/10/teeming-life-history/17252/>

<http://www.cavunp-winnipeg.com/honour-field.html>



Sgt Marleau Belanger (Left) and Sgt Alan Buchanan (Right) from the RCAF Band play "The Last Post" during the Candlelight Service of Remembrance at Brookside Cemetery in the Field of Honour on the 10th of September, 2014, Winnipeg, Manitoba. Photo: Cpl Justin Ancelin

### CATHOLIC

#### CHAPLAINS

**Padre Paul Gemmiti**  
Roman Catholic Priest  
833-2500 local 4885

**Padre Emanuelle Dompierre**  
Roman Catholic PA - Mental Health Unit  
833-2500 local 5086

**Mass (Bilingual)**  
Sunday

1100 hrs



**Religious Education:** classes are available to all students from Pre-school to Grade 6. Please call the office for information.

**Confession:** The sacrament of reconciliation is available by request. Contact Padre Gemmiti's office.

**Baptism:** We recommend that you contact the chaplain's office for an appointment prior to the birth of your child. *Please contact the Chaplain before setting the date for the Baptism or arranging family travel.*

**Marriage:** Six months' notice is required for marriages, as counseling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required. *Please contact the Chaplain before setting the date for the marriage or arranging family travel.*

### PROTESTANT

#### CHAPLAINS

**Padre Jack Barrett (Wing Chaplain)**  
(Anglican) 833-2500 ext 5417

**Padre Christopher Donnelly**  
(United Church) Office 833-2500 ext 5785

**Padre Darryl Levy**  
(Baptist) Office 833-2500 ext 5272

**Padre Charles Baxter**  
(Ukrainian Orthodox) Det. Dundurn. Office 306-492-2153 ext. 4299

**Sunday Services (English Only)** 0900 hrs

**Sunday School** is held during the service for children ages 3 to 12. 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 if possible. A marriage preparatin course is a requirement. *Please contact the Chaplain before setting the date for the marriage or arranging family travel.*

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

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

#### FOOD BANK

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

#### EMERGENCY CHAPLAIN

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

#### OTHER PHONE NUMBERS:

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



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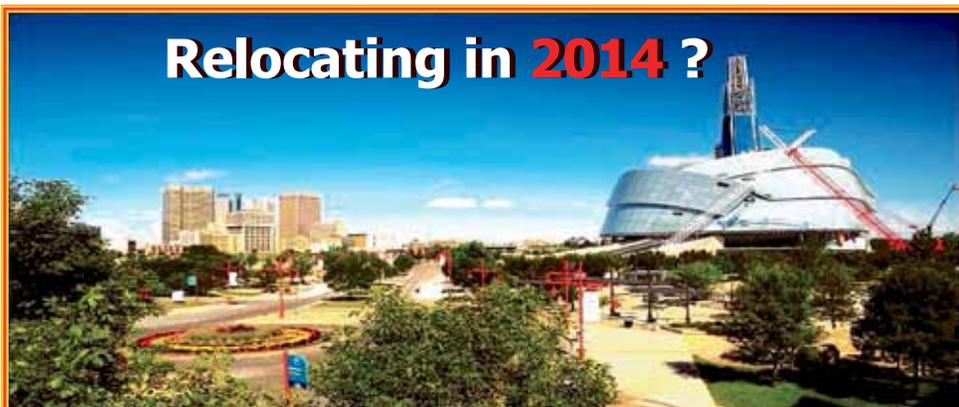
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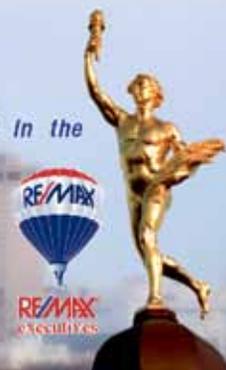


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