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TEME Breakfast: A Delicious Way to Support the GCWCC



Hungry early morning diners line up for a hearty meal at the annual TEME breakfast, proceeds of which go towards the GCWCC. For more please see page 2. Photo: Martin Zeilig

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TEME Breakfast Raises \$3061 for GCWCC

By Martin Zeilig
Voxair Photojournalist

On a chilly Friday morning, it was hard to mistake the enticing aroma of fresh slices of toast, eggs served scrambled or sunny side up, fluffy pancakes, succulent sausages, and sizzling bacon strips being dished up by Food Services personnel and other volunteers inside of Building 129.

It was the Wing Transportation and Mechanical Engineering (TEME) Squadron Breakfast in support of the Government of Canada Workplace Charitable Campaign, and they were doing a brisk business. Corporal Jennifer Nesbitt, the event's OPI along with Master Corporal Kevin Green, said that 360 people attended the event, which raised \$3061, which was slightly more money than last year.

The huge TEME garage echoed with the sounds conversations and live music, as off in the corner, the RCAF Band's Dixieland Combo played.

"The food is fantastic," said 17 Wing Commander Colonel Roy, who was wearing a grey Winnipeg Jets sweat-shirt and ball cap. He also mentioned the breakfast's longstanding tradition.

"The entertainment is great," added Col Roy. "We should turn this place into a restaurant."

Meanwhile over at one of the long tables that were set up in rows, Second Lieutenant Chris Ford and his wife, Karensa, along with their daughters Lyvia, and nine-month-old Mila, were enjoying their breakfast.

"It's a nice breakfast, and good to get together with everyone," said 2Lt Ford. "We didn't know about it till the last minute. The food is very good."



Larry Freedman (centre) presents a \$500 cheque to the GCWCC from B.A. Robinson Co. Ltd. to 17 Wing Commander Joel Roy (right) and Capt Lee (left), the acting CO TEME Sqn. Photo: Martin Zeilig

During a brief ceremony, Larry Freedman, sales manager for B.A. Robinson Co. Ltd., presented a \$500.00 cheque for the GCWCC on behalf of his company to Col Roy and Cpl Nesbitt. The company's owner, 17 Wing Honourary Colonel Ross Robinson, was unable to attend the breakfast.

"It's part of our culture to help those in need and to share our success with the community," Mr. Freedman said. "It's nice to see the turnout, which is fantastic,

and everyone helping the charity."

Cpl Nesbitt also expressed pleasure at the turnout, especially considering everything that's going on around the Wing.

She said that planning for the breakfast began at the end of July when she made the initial telephone calls to put things in motion.

"It's the last two months when things are busiest," said Cpl Nesbitt, who praised the efforts of all the volunteers involved. "It's the mess hall that does all the work. They take care of all the preparation, and we transport everything over here from the Mess Hall."

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Filling the Boot to Help End MD



Cpl Noseworthy takes in a donation for the Boot Drive. Photo: Martin Zeilig

By Martin Zeilig
Voxair Photojournalist

As yet another motorist dropped some coins into a firefighter's boot, Master Corporal Troy Noseworthy said he was pleased to see all the "happy faces" he was encountering on this cool early morning at the Airforce Way Gate as the vehicles were rolling in for work.

MCpl Noseworthy was one of 14 17 Wing firefighters taking part in the annual Boot Drive to raise funds for Muscular Dystrophy. The firefighters were set-up at all

three gates into 17 Wing as well as at the Tim Hortons on Ness Avenue on October 8.

A total of \$3411 was raised this year-- slightly more than in 2013.

"It's awesome to see this turnout," said MCpl Noseworthy in a spare moment before yet another automobile stopped to contribute to the cause.

"A lot of people are pitching in. We're getting a lot more bills than we did last year."

Muscular dystrophy affects muscle fibres, making them unusually susceptible to damage. These damaged muscles become progressively weaker. Most people who have muscular dystrophy will eventually need to use a wheelchair. People who have muscular dystrophy may have trouble breathing or swallowing. Some varieties of the disease can also affect the heart and other organs. There is no known cure.

The boot drive is a charity that the firehall has been raising money with for over a decade now, said Master Corporal Jason Loboz, the MD representative at the firehall.

It's also something that the majority of fire departments, including the City of Winnipeg Fire Paramedic Service, have been doing for 50 years.

"The boot drive is a signature event for firefighters," said MCpl Loboz. "We do it during Fire Prevention Week in the second week of October."

He praised the staff at Tim Hortons for their support, which included supplying firefighters with coffee during that morning.

Retired City of Winnipeg firefighter Alan Bartley was one of the volunteers at the 17 Wing boot drive. He has

been a volunteer with Muscular Dystrophy for the past 50 years, and has co-chaired the Manitoba Chapter of the MD Association.

"I started fundraising for them when I first started with the fire department in 1964," said Bartley as he sat around the firehall's kitchen table helping to count the masses of coins and bills collected that morning.

He said that 17 Wing's firefighters are no different than civilian firefighters in their support for the cause.

"It's safe to say that without firefighters, MD Canada wouldn't exist in its present form today," said Bartley.



Sparky, Cpl Hopp, Cpl Sankey, and MCpl Loboz take a quick break from canvassing Tim Hortons partons. Photo: Martin Zeilig

Wing Honourary Firefighter Helps Out at Boot Drive

By Martin Zeilig
Voxair Photojournalist

With Ella, her "companion" chihuahua snuggled into her folded arms, Crystal Rondeau looked upon the sea of money being counted and rolled into coin sleeves on the table before her inside the 17 Wing Firehall.

It was a moving moment for Crystal, who was first diagnosed with Muscular Dystrophy at eight months of age. And she was there with her mother Cheryl, and attendant Julie Ducharme at the fire station on October 8 to take part in the money counting a short time after that morning's annual Boot Drive, the firefighter's fundraising charity drive for MD research.

"I think it's awesome that they're doing this effort for Muscular Dystrophy," says Crystal, 25, an honorary 17 Wing Firefighter as well as an Honourary Corporal since 2000.

Cheryl says of her daughter: "It's been 25 years of ups and downs, challenges and achievements. I'm very proud of the young woman Crystal has grown to become."

"It's a condition from birth," says Crystal of MD. "I've been in a wheelchair since age three. I was also diagnosed with leukemia at age 13, and the firehall was very supportive. They visited me in the hospital. I was on chemotherapy for two and half years."

The firefighters even brought their dog, Dottie the dalmatian, into the ICU at the Children's Hospital, she said.

"I've just had my 10th anniversary of being free of cancer," says Crystal, an honours graduate of Sisler High School. She's been studying for a degree in busi-

ness at the University of Winnipeg, but had to put her education on temporary hold due to medical issues.

Peeking out from the sleeves of Crystal's shirt are some of her many tattoos.

"I'm covered in tattoos," she said. "I've always been a huge fan of tattoos. It's a way to express yourself. Most of my tattoos are in memory of someone."

She points to one design on her upper right arm that runs all the way up to her shoulder.

"It's in memory of a friend who died from cystic fibrosis," explained Crystal.

She calls living with MD a challenge, but not an insurmountable one.

"It has made me who I am," Crystal says. "I'm strong despite it. If I didn't have MD, I wouldn't be the person I am."

She also says that the boot drive is a very important fundraiser for MD Canada.

"I want to thank all those people for donating their

time and money because it makes a huge difference," said Crystal, noting that she does presentations in high schools about MD and disabilities in general in order to change peoples' attitudes about the disease.



Honourary 17 Wing Firefighter Crystal Rondeau (bottom row, centre) poses for a photo with the 17 Wing Fire team. Photo: Martin Zeilig

Finkle Scholarship Now Accepting Applications

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

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

For more information please visit http://umanitoba.ca/student/fin_awards/media/Finkle-Flying_Officer_2014.pdf

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1 CFFTS Member Volunteers in Romania

By Martin Zeilig
Voxair Photojournalist

Lending a helping hand to people in need can often be a transformative experience, not just for the person in need, but also for the one providing the assistance.

Captain Jeff Roulston, an ACSO Instructor at 1 Canadian Forces Flight Training School, found that out during a two week volunteer stint this summer as a civilian doing renovations at a home in Pitesti, Romania for young women who've been the victims of human trafficking and sexual exploitation.

"It changed my life," said Capt

Roulston. "I'm a little bit more inclined to help homeless people now than before."

Capt Roulston's journey to Romania began in early October 2013 at Grace Community Church.

Capt Roulston attended a lecture delivered by Iana Matei, a Romanian activist who founded Reaching Out Romania (ROM), an organization dedicated to finding and rehabilitating victims of forced prostitution.

Since 1999, ROM has assisted over 470 victims, mostly Romanian women and girls who have been enslaved and abused in European countries.

Victims are mostly referred to ROM by the police, Child Protection Department, or NGO's from destination countries. However, if all else fails, ROM will also organize the direct rescue of victims.

ROM offers rescuees shelter as well as psychological, medical and legal assistance. They shape their activities around the needs of these girls and women, and provide them with long term assistance. They also help many to initiate or continue their studies, to seek jobs or do whatever it takes for them to rebuild their lives.

Capt Roulston says he was moved and motivated by Iana Matei's presentation.

"She realized the degree of the problem with human sex trafficking, so she opened up a shelter for the victims. She mentioned that if any of the men in our church were good at renovations that she had work for us in her shelter."

Being a handy guy with tools, Capt Roulston, who had just finished doing renovations on the family home, figured this would be a good way to "help people who have been treated so poorly by others."

"So, I went to our pastor at the time, Scott Gillingham, and said that I thought this would be a good mission for our church," said Capt Roulston.

His pastor concurred.

Capt Roulston and another church member, Ian Croatto, who has since become the new pastor at GCC, were able to get time off work to travel overseas. They were joined by a husband and wife from another Canadian faith based organiza-

tion were also part of the volunteer work crew.

The entire trip, including airfare, supplies, hotels and related expenses, was funded by donations and a series of fundraising efforts, including a garage sale that raised \$1100.

At the six bedroom group home in Pitesti, which is located on the Arges River and has a population of about 155,000 people, the four person team managed to get three of the bedrooms and a hallway fully tiled, as well as repairing a shower and a sink.

"The girls in the home cooked us lunch every day."

Capt Roulston says the girls in the shelter had all undergone unimaginable treatment.

"One of the girls in the shelter had celebrated her 13th birthday a week before we arrived. And, she already had been in the shelter for a year. So, she had probably been sold at age 10 or 11."

Another young woman at the home had been sexually abused by her father and his friends. Capt Roulston was amazed by their resiliency despite the ordeals they'd gone through.

"All these girls at the shelter acted like normal teenage girls, exactly the way they're supposed to be," Capt Roulston remarked. "Because we all had teenage daughters at home, it was difficult to imagine what these girls went through. But they are all bright with beautiful smiles, and they all go to school now."



Capt Jeff Roulston spent two weeks this summer volunteering at a home for victims of human trafficking in Romania.. Photo: Martin Zeilig

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Recruit-4-9/14

Fire Chief's Corner: Have a Fire Safe Halloween

Planning ahead can help make this Halloween a fire-safe one. Taking simple fire safety precautions, like making sure fabrics for costumes and decorative materials are flame-resistant, can prevent fires.

Safety Tips

- Purchase only costumes, wigs and props labelled flame-resistant or flame-retardant. When creating a costume, choose material that won't easily ignite if it comes in contact with heat or flame. Avoid billowing or long trailing features.

- Dried flowers, cornstalks and crepe paper are highly flammable. Keep these and other decorations well away from all open flames and heat sources, including light bulbs, heaters, etc.

- Use extreme caution when decorating with candles, and supervise children at all times when candles are lit. When lighting candles inside Jack-O-Lanterns, use long, fireplace-style matches and be sure to place lit pumpkins well away from all combustible items. Pumpkins can

also be illuminated with small, inexpensive flashlights.

- Remember to keep exits clear of decorations, ensuring nothing blocks escape routes.

- Use flashlights as alternatives to candles or torchlights when decorating walkways and yards. They are much safer for trick-or-treaters, whose costumes may brush against the lighting.

- Instruct children to stay away from open flames or other heat sources. **Be sure children know**

how to stop, drop and roll in the event of their clothing catching on fire. (Stop immediately, drop to the ground, covering your face with your hands, and roll over and over to extinguish flames.)

- Instruct children who are attending parties at others' homes to locate the exits and plan how they would get out in an emergency.

- Provide children with lightweight flashlights to carry for lighting or as part of their costume.



Image courtesy of Feeltart at FreeDigitalPhotos.net

Keep Your Head in the Clouds

By Amber Donnelly, 82 RCACS Brandon

When I was eleven my Dad came home from a Christmas banquet at the local Air Cadet squadron to tell us about his evening. He is a United Church Padre in the Canadian Forces.

He had sat next to a sixteen year old girl who had recently earned her glider pilot license for free through the Air Cadet program. My Dad has always had ambitious aspirations for me, and now he envisioned his little girl as a future pilot. I knew nothing about the program, but was well associated with the military because of my Dad's career. This was a goal that I was on board with. Pilot was a title that I didn't mind.

By the time I was old enough to join, my Dad had been posted to Edmonton, and so I headed out with my Mom to the 82 Royal Canadian Air Cadet Squadron armories. We arrived, entered quietly, and saw the cadets performing their opening parade.

Today my Mom and I are both well familiar with parades, but on that day we were intimidated by the professional looking ceremony. Not wanting to interrupt something that we were unfamiliar with, we backed out and headed back home.

I forgot about Air Cadets after that, but a year later, with my Dad working at Shilo, and prompted by a friend of mine who wanted to join the program, I found myself back at the Air Cadet armories.

This time I successfully joined, and an entirely new dynamic was added to my life. As summer approached that first year, I learned about the summer training opportunities that the Air Cadet program provides. First year cadets are eligible for the two week General Training Course which was held in Penhold, Alberta, and is free of charge. Somehow I was chosen to attend, and

on that course I was thrown into an immersive military atmosphere. We wore matching uniforms and were marched from place to place by our flight staff, slept in a barracks, shared communal washrooms, and ate in a mess hall. It was an addictive experience, and I've been going back for more ever since.

Over the next two years I went on more summer courses that were some of the best times of my life, and met more friends from across Canada.

Somewhere in this, my motivation for staying in cadets was no longer solely to become a pilot. Cadets had become an integral part of my life, and the people there are an extension of my family, but my sights were still set on the Glider Pilot Scholarship.

During the next year I buckled down and studied aviation theory in preparation for the Glider Pilot Scholarship entrance exam. I was disheartened when I only received eighty-three percent, but I was still chosen by my squadron to go forward to the interview stage in Winnipeg, and I wasn't going to let a mediocre score stop me. Before the interview I wrote the best essay that I could pull together and sent it in with a current high school transcript. After four years I was so close to my goal, but I still didn't fully believe that I could make it.

Spoiler alert: I did!

My acceptance this time was the product of hard work, far from a fluke, and I spent six weeks of the summer of 2014 in Gimli, Manitoba, flying nearly every day and surrounded by more friends that I will never forget. It was the most surreal experience of my life. It was hard, stressful, fun, rewarding, and without a doubt the best summer of my life. And in the end I walked out of it with a glider pilot license and wings to sew onto my uniform.

Looking back today at how I nearly didn't join the Air Cadet program because I was scared of an unfamiliar situation, I can't believe what I might have missed out on. Air Cadets has become such a huge influence in my life, and I am so thankful that it has been there. The Air Cadet program, and more importantly the Glider Pilot Scholarship, have shown me that the most intimidating dreams can be the most rewarding.



On October 12, 2014 Amber brought her Dad up for his first flight in a Schweizer 2-33A glider. Photo: Supplied

17 Wing Hosts Conflict Resolution Day Speaker

By Martin Zeilig
Voxair Photojournalist

For all the different jobs he's held over the past 27 years, Brett Takeuchi, a Conflict Management Practitioner at the Conflict Resolution Centre at 3 CDSB Edmonton, admits there were many times when he "felt a sense of futility, like your wheels were spinning in deep sand."

But, not anymore.

"I've never felt that in this job, because there's a lot of gratification," says Takeuchi, who led a Lunch & Learn seminar, Military-Civilian Conflict within DND, at the Winnipeg Learning and Career Centre to coincide with Conflict Resolution Day on October 15.

"You become involved in a conflict situation, which is very significant. And I can have a great input with those involved. You help them work through it."

Conflict Resolution Day was created by the Association for Conflict Resolution in 2005 to promote conflict resolution, and is celebrated every year on the third Thursday of October.

The technique that Takeuchi favours for resolving disputes is known as Alternative Dispute Resolution, or ADR.

"Alternative Dispute Resolution processes empower individuals to develop solutions to conflict early, locally, and informally before a situation escalates and the resolution is tailored to their particular needs," says Takeuchi, who is also a Lieutenant Colonel in the Reserves.

According to Takeuchi, the military-civilian conflict

within DND is one of the major areas of conflict within the Armed Forces.

"We provide ADR services to DND members and employees," says Takeuchi, who became part of the DND's Conflict Management Program in April 2002.

Those services fall into three broad categories: Awareness, which includes briefings and presentations; Training, which entails teaching conflict management to help members and employees develop the competencies to deal with their own conflict in a positive manner; and Intervention, which includes providing mediation services to help clients work through a conflict.

"In terms of intervention, we initially have a consultation with a client over the telephone or in person to discuss the situation that either they or their subordinate/co-workers are having," says Takeuchi. "Then, we explore options for them to deal with that problem."

He says that an important reason to use ADR services to resolve a conflict is because an impartial and qualified party can facilitate dialogue between parties without taking sides.

"All DRC services are designed to meet various needs, and can be offered to individuals, two parties, several parties or larger groups," says Takeuchi, whose sphere of responsibility includes all of Western Canada plus the three territories.

"Most of the conflicts we deal with have been going on for a while. They're at the point where they're escalating beyond control. So, obviously, you can't resolve it in

a day. It requires a group process. But, they're in a far better place than before after we've worked with them to resolve the situation."

For further information, contact the Conflict Resolution Centre West & North, Phone: 780-973-4011 extension 4165 (CSN 528-4165 or toll-free: 1-855-202-7861 extension 4165). DIN E-Mail: +CRC Edmonton@1 ASG HQ@Edmonton or SMTP E-Mail: EdmCRCTrg@forces.gc.ca.



Brett Takeuchi talks to the Voxair. Photo: Martin Zeilig

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SECURITY GATE ENTRY

CFS MET Still Going Strong After 40 Years at 17 Wing Anniversary Celebrated at WComd Coffee Break

By Martin Zeilig
Voxair Photojournalist

As a civilian meteorology instructor for the past 22 years at the Canadian Forces School of Meteorology (CFS MET), Cathy White says that the best part of her job is interacting with the students.

"It's really fulfilling to see when they finally understand what I'm teaching," says White, who is part of Training Services Unit Winnipeg (Environment Canada).

"It's great to see their progress and how much they learn during the course."

White was one of approximately 60 people attending the Wing Commander's Coffee Break on October 14th, which served to help celebrate the 40th anniversary of CFS MET as a 'temporary' lodger unit at 17 Winnipeg.

CFS MET moved to 17 Wing from CFB Trenton after a fire burned down their school in 1974. It's the central meteorological training facility for Canadian Forces Meteorological Technicians (MET TECHS), said Chief Warrant Officer Sean Gould, Acting Commandant of CFS Met.

"A team of instructors, consisting of military MET TECHs and Environment Canada meteorologists, offers basic and advanced courses in meteorology and oceanography," he said of the school.

These courses include: MET TECH Tactical Weather

Specialist (BOQ); MET TECH Tactical Weather Bridge Training; MET TECH Junior Meteorological Forecaster Course (IOQ); and, Military occupational structure identification (MOS ID): MET TECH 00100.

During the event, 17 Wing Commander Colonel Joel Roy presented a Wing Commander's coin to Captain Paul Wood for his work in organizing the Family TGIF event on August 29, and to Master Corporal Mary McGillivray for organizing the Family Barbeque that was part of the TGIF.

"It's nice to be recognized," said Capt Wood afterwards. "But, a lot of people were helping out. We had over 800 people. So there's no way you can do it without a lot of help."

Col Roy also presented Sergeant Susan Vivian, who is retiring after 19 years as a Technical Assistant at CFS MET, with the Commanders Commendation from the Canadian Forces School Training Group. This was done on behalf of Colonel Doyon, Commander of CFSTG and the Base Commander at CFB Borden, the headquarters for CFS MET.

Sgt Vivian says she has seen a lot of exciting changes in her 20 years in the RCAF.

"It's been very interesting," Sgt Vivian said. "The people and the MET trade has changed a lot in the past 20 years technologically. The computerization of infor-

mation, and the use of weather satellites, is the biggest change I've seen in the profession."



Left to Right: Capt Paul Wood, WComd Col Joel Roy, and MCpl Mary McGillivray. Capt Wood and MCpl McGillivray were both recipients of the Wing Commander's coin. Photo: Martin Zeilig



Sgt Susan Vivian (right) was presented with the Commander's Commendation by WComd Col Joel Roy (left). Photo: Martin Zeilig



Civilian employees and military personnel celebrating the anniversary of CFS Met at the Wing Commander's Coffee Break on October 14, 2014. Photo: Martin Zeilig

A LONG STANDING TRADITION

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8-Year-Old Holds Fundraiser for Soldier On

**By Martin Zeilig
17 Wing Photojournalist**

17 Wing Commander Colonel Joel Roy put it most fittingly after receiving a cheque for \$70.00 for the Soldier On program from eight-year-old Saba Harding, a grade four student at École Dieppe.

"She's an inspiration to us all for taking action to support Soldier On, and for helping make things better and making such a contribution to society at such an early age," he said.

Saba's proud parents, Lieutenant-Colonel Joseph Harding from 2 CAD and Major Sharlene Harding from 1 CAD, and her brother Kingston were among the dozen people present at the ceremony.

Saba decided that she wanted to help people in the Soldier On program after running five kilometres during the 2014 RCAF Run in May. All funds raised that day went to Soldier On Find and to the Military Families Fund.

Meeting Sgt Chris Downey, the VIP for the race weekend, cemented her desire to help the program, which was founded in 2006. The aim of Soldier On is to

empower retired and serving members of the Canadian Forces with an illness or injury to accept their new normal by adopting an active lifestyle through participation in physical, recreational or sporting activities.

While on patrol in Afghanistan in 2010, Sgt Downey was seriously injured by an IED, and a result, he suffered two aneurysms, serious burns, a shattered jaw and hand, and the complete loss of his right eye.

"Saba watched the video of his Afghanistan experience and she was able to meet him after the running event," said Joint Personnel Support Unit Prairie Region MWO and the Soldier On contact, MWO Mike Fuentespina.

So Saba took it upon herself to prepare a number of crafts at school and in daycare and sold them to family and friends to raise the money for Soldier On. Sgt Downey, now an Air Weapons Technician at CFB Trenton, was so moved by Saba's initiative that he has sent her a handwritten letter of thanks.

Saba seemed surprised at being the centre of attention.

"I want to thank everybody for being here," she said.



Saba Harding (centre) presents 17 Wing Commander Col Joel Roy (left) and JPSU Prairie Region CO Maj Desjardin with a homemade blanket she made as a fundraiser for Soldier On. Photo: Martin Zeilig

"I didn't realize there would be this many people and cameras."

CFAD Dundurn Hosts EX Dusty Thunder

**By Sgt Therrien
CFAD Dundurn**

Once again CFAD Dundurn in Saskatchewan was the host of EX DUSTY THUNDER 14 from June 3rd to July 31st. During the course of this exercise several military and civilian Ammunition Technicians from across Canada came together to support ammunition processing and mass logistics disposal. This year personnel were divided into two rotations, allowing participants to work at both the destruction range and Ammunition Processing Building (APB) for a period of two weeks during a four week tasking. With one rotation of 18 and a second of 17 incremental staff, CFAD Dundurn saw a total of 35 personnel completed both qualification and familiarization training during the exercise.

The APB, during the span of the exercises managed to breakdown 5,583 Cartridge 76mm SH-P, 1,224 Cartridge 105mm APFSDS-T M111, 3,674 Cartridge 105mm APFSDS-T DM23A, 114 Cartridge 105mm HESH, 443 ERYX F1 and 4 Hammers. During the range phase, the staff disposed of 15,600kg of High Explosives (Detonation), and 31,000kg of Low Explosives (Burning). Together between the APB and Range operations, CFAD Dundurn succeeded in significantly reducing quantity of unserviceable and obsolete items which were being held in storage.

EX DUSTY THUNDER 14 was a very busy but rewarding on a trade point of view and we are looking forward to EX DUSTY THUNDER 15 to bring back both civilian and military Ammunition Technicians to CFAD Dundurn for more disposal operations.



Members of Roto 2 prior to disposing of Mine AT FFV028. Photo: Supplied

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In fact, a large part of Bernie's job could be thought of as educational. He dedicates much of his time to provide different briefings, meetings, and PD days, educating members on their coverage under the Long Term Disability plan, as well as supplemental group life insurance.

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When he's not busy with work, Bernie who originates from Montreal and who is fully bilingual also enjoys playing sports, cycling, and strumming on his guitar; he even says that when he himself retires he'd like to play in a band. However, for now, his priorities remain focused on his work and on providing the CAF members of 17 Wing with the best service he can.

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The Russians Are Coming



If you were heading by the flight line last week, you may have seen something a little out of the ordinary for 17 Wing: a Russian Aircraft. The Tupolev Tu-154 aircraft was at 17 Wing last Thursday and Friday as part of 1992 Treaty on Open Skies.

The treaty, signed by 34 states, allows for unarmed aerial flights over the entire territory of signatories, including over military bases and other installations.

The plane came to Canada on Monday, and will cover over 5,400 kms before heading to the United States on Saturday.

While information wasn't available on where exactly the flight was flying, The Voxair did learn that the Russian team spent a portion of the day on Thursday shopping at local establishments.

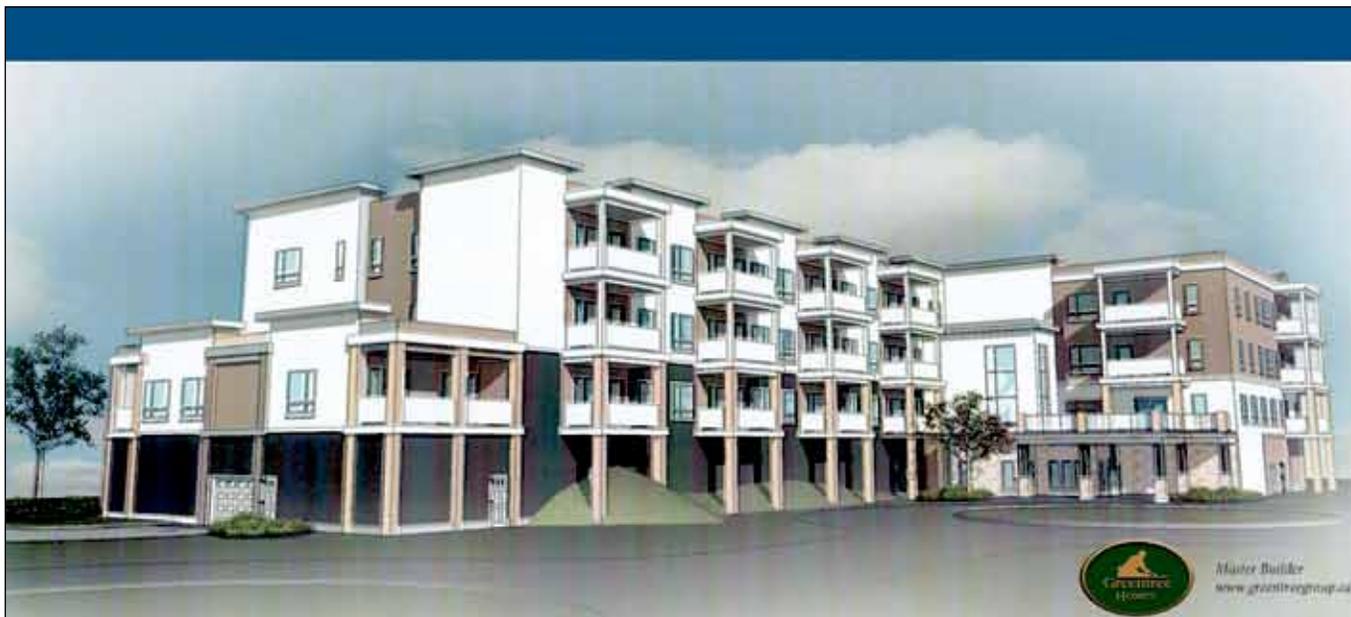
CFMWS Member Celebrates 40 Years of Service



Gina Neufeld (left), accepting her long service award from Shirley Tang-Jassemi (right). Photo: Michael Sherby

On October 6th, 2014, Gina Neufeld celebrated her 40th year of service with CFMWS at the Red River Lounge.

In attendance was Shirley Tang-Jassemi, the Canadian Forces Morale and Welfare Services Chief Financial Officer, who presented Gina, the 17 Wing NPF Accounting Manager, with her 40 year long service award. Gina was also presented a digital camera that she promises to make good use of on her upcoming trip to Italy.



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RCAF History: Operation Overlord Escort



Harry Hardy, DFC, taxis his 440 Squadron Typhoon Hawker Typhoon, "P" for "Pulverizer", over steel matting at a forward airfield in Eindhoven, Holland, in 1944-45. Photo Courtesy: Imperial War Museum

By Dave O'Malley

Seventy years ago, Canadian, British and American troops were pushing across Belgium, Holland and the remnants of occupied France, with the Germans backed up to the Fatherland. U.S. President Franklin D. Roosevelt and British Prime Minister Winston Churchill were so positive about the outcome that they were meeting at the Château Frontenac in Québec City, Quebec, to discuss the strategy for the defeat of Japan.

The Germans may have been reeling backward, but they were far, far from done. There was half a year of dying still to be done and much of Germany to be destroyed. Soon, Canadian ground forces and their Royal Canadian Air Force (RCAF) counterparts were beginning a sweep through Holland. Hawker Typhoon pilots of the RCAF and the Royal Air Force (RAF) were as much a part of this massive and deadly ground war as a mortar or machine gun team on the ground.

While their Spitfire and Mustang-flying brothers were duelling with the enemy Luftwaffe in the thin blue air at altitudes where they chalked contrails like a football playbook, and while their Bomber Command brethren steeled their hearts on a steady course through clouds of flak and the raking fire of night fighters, the ground-attacking Typhoon pilots engaged an enemy without wings. In addition to the lethal threats of flak and enemy fighters, Typhoon pilots faced a buffet of dangers that made their life expectancy one of the shortest in the air war – small arms fire, collision with terrain, heavy machine guns from armoured vehicles and tanks, and bad weather.

The Typhoon ("Tiffy") was designed to be a super-powerful and lethal air superiority fighter for the mid-level air war. At the altitudes it was designed for (above 15,000 feet), it lacked the promised performance. Instead, at low levels, it performed better than its Spitfire and Hurricane stable-mates. Displaying speed and agility, combined with size, stability and armour, the Typhoon became a fighter match for the enemy's Focke Wulf FW-190 as well as one of the finest ground attack aircraft of the Second World War.

Pilots who flew the Hawker Typhoon rightly consider themselves part of an elite group, in the same way U.S. Marines see themselves – tough, rugged, muddy, and sharing with ground troops the deprivations of life near the front and immediate threats of counterattacks. They conducted their business at the front, close-to-the-ground fighting, and they fought the Wehrmacht as well as the Luftwaffe.

On June 6, 2014, the 70th anniversary of Operation Overlord – the invasions of Normandy known by all as D-Day – three of Canada's premier aviation heritage

institutions combined to honour those Hawker Typhoon pilots whose exploits are now legendary.

Under the leadership of Stephen Quick, the Canada Aviation and Space Museum (CASM), Canada's premier collection of historic aircraft, worked with the RAF Museum (RAFM) at Hendon, England, to accept on loan the world's only complete example of a Hawker Typhoon. The one-of-a-kind aircraft, painted with the markings of the RCAF's storied 440 Vampire Squadron, began a two-year-long stay on display at the CASM's Ottawa, Ontario, facility.

Of the idea, Mr. Quick wrote, "This story started as a dream and a late-night conversation with the then Director of the RAF Museum over wine three years ago to bring the world's only Tiffy to Canada and honour the men that flew them in such a hostile battle environment.

"Everyone gave of their time and their dedication to make this happen, from the huge hearted Michael-Potter, to the amazing Dave Rohr from Canadian Warplane Heritage, my fabulous crew at the Museum, the boys at RAFM, the RCAF, and the incredible pilots and crews that flew on June 6, 2014.

"Gentlemen, for one brief, shining moment, you gave these Typhoon pilots the 'thank you' they deserve. They are men who gave so much to their country and never asked for anything in return. When they came off of the DC-3 that day, they were saluted as heroes coming home. We must never forget that they were young men who stood fast for everything we are today, a great country where amazing men and women move mountains and still say, 'I was just doing my job'. I humbly say 'thank you' to everyone that made this happen."

To commemorate the start of the Typhoon's stay in Canada and the 70th anniversary of Operation Overlord, the CASM called upon the Canadian Warplane Heritage Museum and Vintage Wings of Canada. The idea was to have a group of honoured D-Day veteran Typhoon pilots arrive in style at a public "unveiling" ceremony for the Typhoon, in a vintage DC-3 Dakota (Dak) similar to those used in the D-Day invasions. A group so honoured should also be escorted in the air, so that those on the ground in Ottawa who might see them would know that something very special was flying overhead on what, for most, would just be another working day. Vintage Wings of Canada was called upon to provide the escort in the form of two Second World War fighters.

The first choice for escort duty would have been aircraft types that had participated alongside the Hawker Typhoon in Operation Overlord and the subsequent defeat of the Nazis – a Supermarine Spitfire and a P-51 Mustang, perhaps. Unfortunately, and luckily for me, the Vintage Wings Spitfire was unserviceable. This made the next choice for escort duty the P-40 Kittyhawk. Though no Curtiss Kittyhawks took part in the closing battles on the Western Front, it was dedicated to a man who certainly did – Wing Commander James "Stocky" Edwards. During its restoration, and under the direction of Vintage Wings, Pioneer Aero of Auckland, New Zealand, installed a second seat and set of controls.

The Vintage Wings of Canada 442 Squadron P-51D Mustang was also cho-

sen and this was particularly appropriate, for 442 worked side by side with Typhoon units as they swept inexorably across France and the Lowlands toward Germany. The Vintage Wings aircraft is dedicated to two brothers from Ottawa who took part in the aerial battles throughout Nazi-occupied Europe – Flying Officer Laurent "Larry" Robillard and his younger brother, Roger, known to all as "Rocky".

Larry Robillard would become an ace with 7½ kills, flying for many squadrons including the RAF and RCAF 145, 72, 130, 402, 411, 442, and 443. With 145 Squadron, while on a sweep over Lille, France, after D-Day, he was shot down. Being French-speaking, he was able to evade capture and return to flying in England via Spain and Gibraltar.

It was Larry's little brother, Rocky, who had the longest attachment with 442 Squadron and who flew the Mustang on operations in Europe. In fact, Rocky flew a Mustang with RCAF Serial KH661 (the aircraft represented by the Vintage Wings Mustang), many times while pushing the Germans further and further back toward Berlin at the end of the war. Rocky would share the destruction of one enemy aircraft with another 442 Squadron pilot. Rocky flew Kittyhawks in the Aleutians and on the west coast, and was transferred to Britain in late 1943 at the age of just 19 to form the new 442 Squadron.

In the early morning of June 6, 2014, 70 years to the day that Canadian boys were fighting their way through the cobble streets of Courseulles-sur-mer and Saint-Aubin-sur-mer, and the Typhoon pilots of 440 Squadron were pounding the advancing German troops and armour through a hailstorm of ground fire, I found myself in the back seat of a Second World War fighter aircraft snuggled into the left wing of a big DC-3 Dakota as it flew on currents of Canadian air.

Across from us, on the Dak's right wing, flew the legendary P-51D Mustang and two friends. We – Mike Potter, Rob Erdos, Peter Handley and me – were four very lucky Canadians, able to pay homage to a group of Canadian heroes with aircraft dedicated to other heroes. I could not imagine a better place to be than flying over the nation's capital with four close friends in two fighters from another time, escorting a group of men who made all this possible.

Sitting in the back behind Rob, I could feel the greatness carried in that DC-3 Dakota, watch her big rudder flick, her engines thunder as she proudly carried those great men who gave us so much. For me, it's never too late to share that day, so here you are, honouring the Typhoon pilots of D-Day.

Article and photos courtesy of Vintage Wings of Canada. Translated and reproduced with permission.

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Present and Visible: RCAF Honourary Colonels Volunteer Their Services

By David D. Peart

When the term “honourary colonel” first enters any conversation, it is inevitably followed by questions about who they are, what they do, and how they are appointed.

There may also be a perception that honourary colonels are purely “decorative” and have no real purpose other than to appear for photo opportunities or function as “arm candy”, as one of the RCAF honoraries so colourfully described it.

The genesis of the honourary colonel program

The honourary colonel program originated in the United Kingdom and arrived in Canada as a concept a decade before Confederation. It took almost 40 years before the first appointment took place in 1895.

Obviously, this was not an Air Force honourary colonel, since the first flight of the Silver Dart was still 14 years in the future. The appointment was deemed to be an honour, bestowed upon prominent members of the community for their influence; however, it also involved rallying civilians to enlist during times of conflict or emergency, and to clothe and even equip troops during times of peace.

Through research completed by Major Mathias Joost, a Royal Canadian Air Force (RCAF) officer working in the Directorate of History and Heritage at National Defence, it was determined that the first RCAF honourary colonel appointees date to 1931, and the names were legendary in our nation’s military aviation history: Group Captains James Stanley Scott and Redford Henry “Red” Mulock, Wing Commander William “Billy” Bishop and Squadron Leader Donald Roderick MacLaren. As they had recently retired from active service, bestowing honorary appointments upon them was both a way to honour their service and to retain them as role models and mentors to those who continued in uniform.

Other retired military personnel and prominent civilians were subsequently appointed over the years, recognizing their contributions in the field of aviation, to the RCAF during the Second World War, or for their standing in the community.

Interestingly, the first appointment to a specific squadron, wing or the RCAF was none other than John Alexander Douglas McCurdy, the first person to complete a powered, heavier than air flight in Canada, flying the Silver Dart. He was appointed as the first honorary colonel of the RCAF in 1959, marking the 50th anniversary of the flight of the Silver Dart. Honourary Colonel McCurdy served in that capacity until his death in 1961.

In 1934, the RCAF Auxiliary (the Air Reserve in modern parlance) began to nominate its first candidates – selected local dignitaries such as publishers, lawyers

and business owners. The honoraries’ role was to provide a link between the auxiliary squadron and the local community in order to raise the public profile of the squadron – a role that is largely unchanged today. Unlike their army predecessors, they were not required to assist in enlistment or to equip the squadron.

It was not until the 1970s that the Regular Force squadrons in the RCAF sought the appointment of their first honorary colonels.

The past quarter century has seen distinguished Canadians from all spectrums of society appointed to the list of honoraries. The visibility that they bring to the RCAF and the pride that the men and women of the Air Force feel in their honorary colonels provide an important link between the Air Force and the communities in which it is based. The honorary colonels continue a centuries-old tradition of service and are just as important, if not more so today, as when the program first began.

The appointment process

The aim of the honourary colonel program – to provide a link to the community – remains essentially unchanged, but it has been expanded to include professional communities as well as geographic reference.

In the RCAF, all nominations come from the “bottom up,” insofar as the squadron commander nominates prospective candidates based on a “fit” with the squadron’s roles and missions. Eligibility for consideration includes retired Canadian or Commonwealth military commissioned officers or distinguished civilians. While the latter category may seem somewhat ill-defined, it has proven to be not particularly difficult to select. It follows the same adage as defining a “leader” – one who may be difficult to find, but easy to spot.

There are many filters or levels of review for every potential nominee, culminating in the appointment by the Minister of National Defence. At present, the RCAF’s brilliant cast of honoraries includes prominent men and women from business and industry; academia at the university, community college and secondary school levels; members of the banking industry; municipal and provincial elected officials; lawyers; members of the clergy and medical professionals; members of the media; sports personalities and entertainers; as well as retired military (mainly Air Force) commissioned officers.

Notably, when appointments of honorary colonels for Regular Force squadrons and wings really took root in the early 1990s, they were almost exclusively retired RCAF officers. Over the past decade, the balance of retired military and distinguished Canadians has shifted markedly. At present, there are upwards of 70 RCAF honorary colonels in the program, 75 per cent of whom are from the distinguished Canadian category with little or no military service; the remainder are retired military commissioned officers. With this shift, the Air Force is able to engage many more professional communities without reducing the link to geographic communities.

Their role

What do honorary colonels do?



Honourary Colonel Loreena McKennitt, pauses for a photograph with the commander of the RCAF, Lieutenant-General Yvan Blondin, during the 2014 Honourary Colonels’ Conference. The internationally renowned Canadian singer/songwriter is the most recent honorary colonel of the Royal Canadian Air Force; she was presented with her appointment scroll in early September 2014. Photo: Corporal Vicky Lefrançois

Without exception, these volunteers are devoted to their duties, excited to contribute, and constantly examining new and different ways to help all members of their squadron or unit to be part of their adopted communities. As volunteers, they are not paid for their services, although they are compensated for any travel, meal and accommodation expenses. There is no exhaustive list of their involvement but duties fall in the broad categories of:

Fostering esprit de corps

Developing, promoting and sustaining strong community support for the unit

Maintaining close liaison with the unit commander and other honoraries in the area

Assisting the unit in hosting parades and other unit functions

Being available when they can to all members of the unit for advice and support

Representing the squadron, or perhaps even the entire RCAF, within the community at public gatherings and conferences

Contributing to overall unit morale and effectiveness.

The power of 70+

Finally, while each individual within the cadre of honorary colonels has considerable power and influence, when taken together as a body of 70 or more prominent volunteers, that power and influence expands exponentially.

The term “Power of 70 plus” has been demonstrated repeatedly over the years and has continued to grow. As RCAF men and women move from location to location, an honorary colonel-to-honorary colonel link can assist with special education or medical needs, spousal employment, and settling in more smoothly. Collectively, the cadre will build foundations, assist in the operation of Military Family Resources Centres and assist families during periods of bereavement.

In the early days of the honorary colonel program, we honoured such aviation pioneers as Scott, Mulock, Bishop and McLaren, by granting them the honorary rank.

Today, as the honorary colonel of 400 Tactical Helicopter Squadron, John Wright, so succinctly stated, he accepted the appointment “to honour the men and women who serve in Canada’s Air Force, not to be honoured”.

That sentiment is true of every one of these proud Canadians who volunteer so selflessly – and the men and women of the RCAF are truly grateful and honoured.

David D. Peart is a retired colonel and special advisor to the commander of the Royal Canadian Air Force.

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 ron@habinglaviolette.com

Improve Communication and Conflict Handling with Inter-Comm

Canadian Armed Forces (CAF) personnel and their family members who are interested in learning how to deal with conflict and improve communication in their personal relationships can participate in a new course called INTER-COMM.

Director General Alternative Dispute Resolution (DGADR), Military Family Services (MFS) and RCAF's Health Promotion (HP) program, Strengthening the Forces, have partnered in the development and delivery of this course to give individuals in the CAF community the opportunity to increase their ability to communicate more effectively. INTER-COMM is not a couple's counselling course, but rather valuable preventive education that focuses on the strengthening of families' and indi-

viduals' capacities to navigate difficult or challenging situations through increased communication.

The skills introduced and practiced in this program can be used with teenagers who won't clean their rooms, friends who cancel plans last minute and even that neighbour who borrows the lawn mower and forgets to bring it back. The communication skills can be used to help de-escalate potential conflicts and to reach desired outcomes.

The next course is scheduled for 10 Nov – 1 Dec; 1800-2100hrs.

For more information or to register for the next INTER-COMM course, please contact Health Promotion at local 4150 or HealthPromo@forces.gc.ca.



Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes



It's one thing to look after your body. Just don't forget about your mind.

Mental Fitness and Suicide Awareness: Supervisor Training
This course is course coded!
6 November 2014
0800 – 1600 hrs

For more information or to register, contact Health Promotion at local 4150

Sensibilisation à la santé mentale et au suicide : Formation du superviseur
Il s'agit d'un cours auquel on a attribué un code!
6 novembre 2014
8 h à 16 h

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150

C'est bien de prendre soin de votre corps, mais n'oubliez pas votre esprit.



COMMUNITY RECREATION

Children's Program Schedule

GAMES 'N SPORTS		CHILDREN'S TENNIS
6 to 8 yrs	9 to 12 yrs	6 to 12 yrs
MONDAYS	WEDNESDAYS	THURSDAYS
1800 - 1900 hrs	1800 - 1900 hrs	1800 - 1900 hrs
UNTIL DEC. 1	UNTIL NOV. 26	UNTIL NOV. 27

FOR MORE INFO. 204-833-2500 EXT 5139 OR 2057 www.pspwinnipeg.ca

FÊTE d'HALLOWEEN PARTY

COMMUNITY RECREATION / LOISIRS COMMUNAUTAIRE

17 WING / 17^e ESCADRE

HALLOWEEN PARTY

SATURDAY OCT 25 LE SAMEDI

4 PM - 7 PM / 16 H à 19 H

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3 ^{\$} MILITARY/ASSOCIATE MEMBER	3 ^{\$} MILITAIRES/LOISIRS ASSOCIATION MEMBRE
10 ^{\$} FAMILY MILITARY/FAMILY ASSOCIATE MEMBERS	10 ^{\$} FAMILLES MILITAIRES/FAMILLES LOISIRS ASSOCIATION MEMBRES
5 ^{\$} NON-MEMBERS	5 ^{\$} NON-MEMBERS
12 ^{\$} FAMILY NON-MEMBERS	12 ^{\$} FAMILLES NON-MEMBERS



Alcohol, Other Drugs and Gambling: Supervisor's Training

18 November (0800 - 1600 hrs) and 19 November (0800 - 1200 hrs)

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

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

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

18 novembre (8 h à 16 h) et 19 novembre (8 h à 12 h)

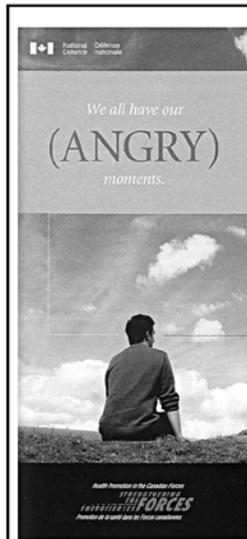
Reconnaître les premiers symptômes et savoir y réagir. Apprendre à faire des entrevues efficaces.

Ces compétences seront bientôt obligatoires pour tous les Militaires qui ont des fonctions de supervision. Ce cours aura un code. DOAD 5019-7

To register, contact Health Promotion at local 4150



Pour vous inscrire, appelez le Bureau de Promotion de la santé, au 4150



Managing Angry Moments (MAM)

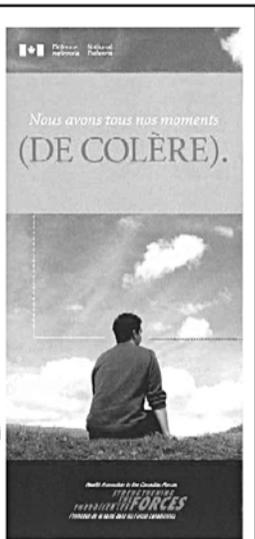
21 & 28 Oct 2014
0830 - 1600 hrs

Through education, MAM aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

Gérer les moments de colère

21 et 28 octobre 2014
0830h à 1600h

Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptati qui vous conviennent.



For more information or to register contact Health Promotion at local 4150



Pour s'inscrire, composez Promotion de la santé le 4150



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www.facebook.com/WinnipegMFRC www.facebook.com/WinnipegMFRCYouth

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Caring for a CAF family member with an illness or injury?

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Do it for yourself.

For more information, contact Laurie-Anne Johnson,
Family Liaison Officer
MFRC/IPSC 204-833-2500 laurie.johnson2@forces.gc.ca



Upcoming MFRC Programs and Events

Road to Mental Readiness (R2MR) Reunion Briefing

Tuesday, November 18 from 6:30 to 9:30 p.m.

Registration deadline: November 12, 2014

While many families recognize the need for preparation prior to the deployment, preparing for the return of your loved one is just as important. Although your emotions about the upcoming reunion are bound to be much more positive than those that you were dealing with prior to their departure, it is essential to understand that there can be some common transition challenges for both families and CAF personnel during this time. Preparation, education and skills are key for both you and your military loved one's success in managing this phase of the deployment.

Newcomer Coffee Night

Wednesday, November 5 from 6:30 to 8:00 p.m.

Childcare is available

Registration deadline: November 3, 2014

Military families new to the area are welcome to join

in, meet new people and learn more about their community. Participants are required to preregister.

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!

Coffee and Conversation

Tuesdays, November 4, 18 and 26

from 2:00 to 3:00 p.m.

Please advise in advance if childcare is required

The Coffee & Conversation drop in program is open to anyone interested in meeting MFRC volunteers and staff. It is an opportunity to learn more about and par-

ticipate in planning some of the MFRC programs, especially those involving volunteers. The coffee is always on, and the conversation is always interesting!

Make Ahead Meals

Tuesday, November 25 from 6:30 to 8:00 p.m.

\$60.00

Registration deadline: November 18, 2015

Join us for an evening of food and fun. We'll be making five take home freezer meals from the books 'Not your Mother's Make Ahead and Freeze cookbook' and the 'The Big Cook'. This is a great way to get out of the dinner rut and create some new meals for your family. Registration and prepayment are required. Please bring a cutting board, sharp knife, large mixing bowl, mixing spoon, spatula, measuring spoons and cups and a can opener. This month we'll be making Lazy Man's Lasagne, zesty Italian melts, vegetarian chili, honey garlic chicken and marinated pork chops.

NOW OPEN!!

Winnipeg MFRC Youth Drop-In Centres

HOURS OF OPERATION

NORTH SIDE CENTRE	SOUTH SIDE CENTRE
102 COMET STREET	347 DONCASTER ST.
MON/ WED/ FRI	MONDAY-FRIDAY
5:00PM - 8:00PM	4:00PM - 8:00PM

[WinnipegMFRCYouthCentre](https://www.facebook.com/WinnipegMFRCYouthCentre)

www.familyforce.ca E: mfrckids@hotmail.com

P: 204-833-2500 Ext. 4500

Guest Speaker
LGen (ret'd) Eric Findley
former Deputy Commander NORAD

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Lgén (ret) Eric Findley
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Gala des rubans jaunes

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Cocktails à 18 h - Dîner à 19 h

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Pour plus d'info, composez le 204-833-2500, poste 4500.

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Cub scouts - 8 to 9

Scouts - 10 to 12

Venturers - 13 to 17

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

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

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Taroscopes

BY
NANCY

Aries (March 21 – April 19): The big questions keep bringing you back to reality when it's sometimes nice to escape it. Life is about giving and receiving. Finding love and your purpose are rewards in themselves. You'll feel blessed when you help those who are less fortunate. Even sharing a smile helps.

Taurus (April 20 – May 20): Appreciate what you have. Complaining when you've got it pretty good doesn't help anything. Instead determine what you think you need more of and explore ways to gain what you want in the future. You can't change the past but you can learn from it. Forge ahead.

Gemini (May 21 – June 21): You're motivated to end an impasse. Let go of what doesn't serve you. Things will naturally fall into place. Hold to your values when making decisions. You have more options than you realize. Show gratitude and appreciation for what you have. Accept a friend's help.

Cancer (June 22 – July 22): It's hard to learn to trust again if your trust has been abused but it's not impossible. The lesson to learn is how to spot those who don't respect you. Pay attention. Note who orchestrates outcomes and you can avoid playing into their hands.

Leo (July 23 – August 22): Your efforts won't get you the results you want right now so don't try to persuade or sway others. This may be due to bad timing or someone is interfering. You'll have to learn patience and deal with personal frustrations. Ask yourself, "What can I learn from this phase?"

Virgo (August 23 – September 22): Change is a way for new growth and new ways to prevail so don't try to keep things static. Trust that in the long run things will work out. Consider your actual needs: identify essentials and extras. Become aware of the rules and roles governments and institutions play in your life.

Libra (September 23 – October 23): Keep a few projects on the go right now as it is unclear which will pan out in the long run. You want to create something lasting so use good quality materials. But don't be excessive for nothing lasts forever. You find joy in accomplishing so keep setting new goals.

Scorpio (October 24 – November 21): Take special care with your appearance when heading into an interview or presentation. First impressions count. Once you have more time you can show people how competent you are. Listen and trust your gut to navigate in social settings. Watch for hidden agendas.

Sagittarius (November 22 – December 21): There's reason to celebrate. You'll be enjoying improved health, vitality and good fortune. You'll be getting what you've always wanted and acknowledged for all you have done. Share the recognition and rewards with those who helped you succeed.

Capricorn (December 22 – January 19): Your past accomplishments can carry you through times of self-doubt. Life flows in cycles. Change is natural though it can be unnerving. Be flexible and responsive. The joy you gain from doing what excites you spills over into all aspects of your life.

Aquarius (January 20 – February 18): Find ways to weather the ups and downs of life. A loss can actually leave you feeling calmer than expected when you think philosophically about it. Reflecting on change you can see that by letting go of something you make room for new interests and friends.

Pisces (February 19 – March 20): Your hard work is starting to pay off. Strive to be responsible while also having fun and enjoying spontaneous adventures. Take more risks. Things are more likely to work out at this time. All the aspects of your life and your talents are interwoven creating a beautiful whole.

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CRIBBAGE: Thursdays at 7:30 pm
DANCING: Friday & Saturday evening 8:00-12:00 pm
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

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ATF Lithuania Troops Root for the Bombers



Members of the Canadian Air Task Force Lithuania pose for a group picture with an autographed Winnipeg Blue Bombers flag, which was received as part of a care package from Canada, at Siauliai Air Base, Lithuania on September 24, 2014 during Operation REASSURANCE, in support of NATO Baltic Air Policing Block 36. Photo: Cpl Gabrielle DesRochers

Padre's Corner

How quickly the seasons change. It is now mid-October and the days are getting shorter and cooler. No matter what we try to do, time marches on. Life is like that. Just like the seasons of the year there are seasons in life that march by no matter what we do.

Being young is the springtime of life and everything is new. It is full of firsts. Everything is exciting and we constantly look at what is ahead.

Ecclesiastes 11:9 has this advice to share, "You who are young, be happy while you are young, and let your heart give you joy in the days of your youth. Follow the ways of your heart and whatever your eyes see, but know that for all these things God will bring you into judgment."

In other words enjoy life, but remember that some decisions will follow you the rest of your life.



Around age 25 to 30 we move into the summer of life. Many people develop serious relationships and some start their families at this point.

In 1st Timothy 3: 4, 5 we read that everyone "must manage his own family well and see that his children obey him, and he must do so in a manner worthy of full respect. (If anyone does not know how to manage his own family, how can he take care of God's church?)"

So according to this scripture families are an important test of management skills. If your family respects you and listens to you, then you can be trusted with greater things. We all need to remember this when things are tough at home and again later when times get better. At that point we can rejoice in a job well done.

Today, with the high operational tempo at 17 Wing we must remember to care for our families even when the "mission" takes over. Without strong leadership at home your family could suffer. Sure you might win the "battle" at work, but you could lose the war at the home.

Following this around age 50 to 55 people find themselves in the fall of life. At this point their children have grown and are moving out and starting their own lives. This is a time of reflection and many begin to plan for life after full time work. Also, at this point they may even be looking after parents (over 80) in the winter of life.

Titus 2: 2,3 recommends that we "Teach the older men to be temperate, worthy of respect, self-controlled, and sound in faith, in love and in endurance. Likewise, teach the older women to be reverent in the way they live."

Sometimes, as we age, we think we know it all. In this passage we are reminded that experience teaches a great deal, but unless we can pass that knowledge on to the younger generation it will be lost. People will seek out advice from someone who treats them with respect. The same advice given with or without that premise will be dismissed without a second thought.

Today, as you reflect on your stage of life. Remember that you are important. Your life and witness is important. No matter what stage of life you find yourself in there are so many ways that you can influence those around you. You can make a difference.

So, approach every situation with respect of others, self-control, love and endurance. That way at home, at work, with family or with friends you will have a positive impact. Listen, put into action or teach as the situation demands.

And above all do not forget to enjoy life. For in the end it will always be too short.

Blessings, Padre Donnelly
17 Wing Chaplain

Together in Church

CATHOLIC

CHAPLAINS

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

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

Masses (English only)
Tues, Weds, Thurs 1210 hrs
Sunday 1100 hrs



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

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

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

Marriages Six months' notice is required for marriages, as 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 Jack Barrett (Wing Chaplain)
(Anglican) 833-2500 ext 5417

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

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

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

Sunday Services (English Only) 0900 hrs

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

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

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

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

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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



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