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TEAMS FROM AROUND 17 WING COMPETED TO SEE WHO CAN PULL A CC-130 HERCULES AIRPLANE 50 METRES THE FASTEST AS PART OF THE ANNUAL HERC PULL COMPETITION, WHICH ACTS AS THE 17 WING GCWCC KICK-OFF EVENT. OF THE TEN TEAMS WHICH COMPETED, 435 SQUADRON'S TEAM CAME OUT ON TOP, WITH A FINAL TIME OF 37.5 SECONDS. SEE THE FULL STORY ON PAGE THREE.

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OVER 80 RECRUITS GRADUATE FROM BASIC MILITARY QUALIFICATION COURSE

Cpl Bill Gomm
SUBMISSION

“To the families of the soldiers on parade, we are fully aware of the awesome responsibility we take on when we enrolled your family members, young and less young,” said Colonel Robert Poirier, Commander of 38 Canadian Brigade Group.

More than 80 recruits graduated from their basic military qualification (BMQ) course at the historic Minto Armoury on Sunday, August 30, 2009.

Family members and friends lined the second floor viewing area as their sons, daughters, nieces and nephews took part in a parade that would mark the end of training but more importantly would mark the beginning of a career in the Canadian Forces (CF).

“The course went very well. I’m going to attribute that to strong leadership par-

ticularly on the part of my second-in-command, Warrant Officer Alan Pociuk,” said Lieutenant Sean Hennessey, Course Officer.

Over the duration of 22 training days, the recruits took part in a variety of training including drill, first aid, and safe weapon handling.

Two serials of the BMQ were offered during the summer. The first was run in July, while the second ran in August. About 160 soldiers graduated basic training over the summer.

Col Poirier reviewed the parade and during his speech to the recruits and their assembled families, he spoke of both current and upcoming operations the CF is taking part in such as Afghanistan, Operation PODIUM (Olympics) and training in the north.

“Last December and next December, 100 or more Brigade soldiers will head north to get better at operating in arctic conditions,” said Col



Colonel Robert Poirier presents Private Steven Toews with the Top Candidate certificate for the Basic Military Qualification Course 0795. Photo by: Cpl Bill Gomm



Colonel Robert Poirier presents Private Daniel Kenney with the Top Candidate certificate for the Basic Military Qualification Land 0673. Photo by: Cpl Bill Gomm

Poirier. “This is a consequence of the Canadian government’s requirement for a greater capacity—military and civilian—in Canada’s Arctic.”

As his speech drew to a close, Col Poirier made one final comment.

“To the graduates, welcome to the army! Please remember my words: you are important to us, to your country. Stay in, stay active and as the ad says, be all you can be.”

Cpl Bill Gomm is a photojournalist with 38 Canadian Brigade Group.



Colonel Robert Poirier inspects the parade during the graduation ceremony. Photo: Cpl Bill Gomm



Colonel Robert Poirier talks to Private Tana Kieper during the inspection. Photo by: Cpl Bill Gomm

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PULLING FOR A GOOD CAUSE

EVENT HELPS KICK OFF GCWCC'S FUNDRAISING CAMPAIGN



The MFRC Daycare Team takes a shot at pulling the Herc across the line. Photo by: John Towns

John Towns
VOXAIR STAFF

drag the Herc for a total of 50 meters. The aircraft was loaded with fuel to bring its total weight to somewhere around 38 tonnes.

"These are timed pulls, so whoever pulls the Herc the fastest over the 50 meters wins," said Leah Bannister, GCWCC Civilian Co-Chair. The top two teams then competed with each other to determine which team would be crowned the fastest pullers.

Teams came from all across the Wing, including teams from the Squadrons, a team from 1 Can Air Div HQ, and another team, who may have lacked the

pure physical strength of some of the other teams, but compensated with youthful energy.

"One of the teams that will be among the first to pull is a team of children from the MFRC Daycare, who we've called 'The Toddling Terrors,'" said Bannister. "We're really excited to have them participating."

"The Toddling Terrors" required a bit of adult help to get the plane across the finish line, but eventually, they succeeded with a time of 17.5 seconds.

The event was sponsored by the Wing Fund, and featured a free barbecue lunch and entertainment by the Air Command Band. Though not a fundraiser itself, the Herc Pull is designed as an event to spearhead interest in the GCWCC fundraising that will be happening over the next few months.

"It's an event to help kickoff our GCWCC campaign by bringing everyone together in the spirit of good competition and good food," said Bannister. "We've seen a real outpouring of support from within our military community, who have really been making an effort in the last few years to make events like these a great success."



Members of the 1 Can Air Div HQ team try to drag the Herc across the line. Photo by: John Towns

HERC PULL RESULTS

435 SQUADRON COMES OUT ON TOP

Unit	Team Name	Time (Seconds)
MFRC Daycare	Toddling Terrors	17.0
435 Squadron	We Should Know How To Do this	37.5
WTISS	Press 1 For Technical Support	38.8
1 CFFTS/CFSAS	On a Wing and a Prayer	44.5
Wing CE	Pavement Pounders	45.9
TEME	If it ain't broke...	52.3
1 Can Air Div HQ Mission Support	On a Mission	53.8
RCSU	And Friends	56.4
402 Squadron	Gonzos	59.9
Wing Supply/Foods	Delivery Guaranteed	61.7
W Admin/W Ops	Cheque's in the Mail	80.6

Since the MFRC Daycare team was, in the words of Capt Jameel Adam, GCWCC Military Co-Chair, "using performance enhancing naps and snacks," 435 Squadron was the winning team, followed by Wing TISS and 1 CFFTS. A team of volunteers was assembled from the 17 Wing teams to represent the Wing at a city-wide GCWCC plane pull against teams from other organizations participating in the GCWCC two days later. Read about that event in the next issue of The Voxair.



Col Boilard and HCol Barry Rempel step in to assist the 1 Can Air Div HQ team. Photo by: John Towns

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OLD SMOKEY RIDES AGAIN

BELOVED MASCOT FINDS NEW HOME

John Towns
VOXAIR

After almost 40 years of just hanging around, he became one of the most recognizable faces in the Warrants' and Sergeants' Mess until about five years ago, when he was unceremoniously banished to a storage room.

Of course, he didn't complain – after all, despite being one of the Mess' most venerable institutions, he was just a stuffed bison

head.

The enormous bison head, dubbed "Old Smokey" by some, is said to pre-date the 1970s, and had hung in the old 17 Wing WOs' and Sgts' Mess for so long that its origins are something of a mystery.

"It was around from so far down the road that nobody knew exactly where it had come from, or who was responsible for bringing it in," said Sgt Paul Marcotte, the WOs' and Sgts' Mess PMC. "But over time, the

bison head became a part of the mess – he was a historical item."

It was around five years ago when the Mess moved to its current location in Building 61 that space became a concern.

"It had to move across into a shared facility, which did not provide the space that was originally afforded for some of their trophies and icons and that sort of stuff," said Sgt Marcotte. "So this head, which is just massive, had to be put into storage because there simply wasn't enough room to keep him up."

Rather than just allowing Old Smokey to gather dust in storage, Sgt Marcotte's predecessors worked out a way that he could live on – as a mascot for the then newly-reactivated 429 Squadron in Trenton, whose squadron badge depicts a bison. Smokey was recently picked up in one of 429's CC 177 Globemasters to make his final journey to hang in their unit offices.

"Each squadron has an icon, right, and 429 Squadron's is the bison, so we wanted them to take Old Smokey so he could live on," said Sgt Marcotte. "After all, he hung in the Warrants and Sergeants mess for almost forty years, he deserves a little better than to be packed away in storage."



Members of the C17 flight crew carry the Bison Head Mascot to the loading area. The Bison Head will be the new mascot of 429 Squadron. Photo by: Cpl Levarre McDonald



In this photo are Captain Ben Villalobos, Master Corporal Don Sharma, Captain Dave Howard of 429 Squadron and Vice President of the Sergeant and Warrant Officer's Mess Warrant Officer Bryan Smart pose with Old Smokey. Photo by: Cpl Levarre McDonald

BE VIGILANT

Notice to Residential Housing Unit Occupants:

Military police have advised Canadian Forces Housing Agency there have been recent incidents of theft and attempted thefts in the Residential Housing Area and occupants are advised to take all necessary precautions to secure their possessions. We also ask that you be vigilant, get to know who lives in your neighbourhood and report any suspicious activity to the military police. Failure to secure your possessions may cause difficulties when attempting to make insurance claims.

To learn more about residential security please see the flyer which can be found at the 17 Wing MP Patrol site or obtained directly by utilizing:

<http://17wing.winnipeg.mil.ca/mp/Residential/20Security/Residential/20Security/20Flyer.pdf>

La police militaire ont informé l'Agence de logement des Forces canadiennes qu'il ya eu des incidents récents de vols et tentatives de vol dans la zone de logements et les occupants sont invités à prendre toutes les précautions nécessaires pour protéger leurs biens. Nous demandons également d'être vigilants, apprenez à connaître qui habite dans votre quartier et de signaler toute activité suspecte à la police militaire. Faute de ranger vos effets en lieu sur pourrait vous causer des difficultés en faisant des réclamations d'assurance.

Pour en savoir d'avantage sur la sécurité résidentielle vous pouvez obtenir le dépliant au centre de patrouille à la 17ième Escadre ou obtenues directement en ligne au site suivant

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WINNIPEG BASED CANADIAN FORCES HONoured FOR COMMUNITY SERVICE 7KM YELLOW RIBBON GREENWAY TO RUN ADJACENT TO 17 WING PERIMETER



Capt Jeff Noel
WING PUBLIC AFFAIRS OFFICER

The men and women of the Canadian Forces (CF) based here have been honoured for their community service efforts by the City of Winnipeg when it was announced that a section of the city's urban pathway-trail system will be named the Yellow Ribbon Greenway Trail.

The name for the trail, which will eventually run adjacent to 17 Wing's south perimeter, was selected following a series of consultations and will serve as a permanent tribute to not only the men and women of

Canadian Forces but to 17 Wing itself.

"The name is intended to recognize the contributions that the members of the Canadian military have made to the city," said St. Charles Councillor Grant Nordman. "A lot of the people who live in our area are attached to the military, either as soldiers and airmen themselves, or as civilian employees," he said.

Community service is just one of the many ways members of the Canadian Forces emphasize one of our central core values, "Serving Canada before Self."

Canadian Forces members and civilian person-

nel are active participants in such diverse activities as staffing local charity events, working at soup kitchens and food banks, constructing homes with Habitat for Humanity, as well individually volunteering to serve with literally dozens of programs, community, service, and sports organization and more throughout the Greater Winnipeg area.

"Through community service," says Col. Yvan Boilard, Commanding Officer of 17 Wing, "we take this core military value from being a theoretical concept to actual experiences with the goal of instilling in our personnel a lifelong "volunteer

ethic" of serving others."

Once completed, the Yellow Ribbon Greenway Trail will stretch for approximately 7 km from Sturgeon Creek in the west of the city to Polo Park and measure 3.5 metres in width; making it easily capable of accommodating cyclists and pedestrians.

For more information about the Canadian Forces, visit <http://www.forces.gc.ca/site/index.html>

For more information about 17 Wing Winnipeg, visit <http://www.airforce.forces.gc.ca/17w-17e/>

PROTECT YOURSELF FROM THE H1N1 VIRUS

Lt Donna Riguidel
ASSISTANT WING PUBLIC AFFAIRS OFFICER

17 WING WINNIPEG, Man. - There are words that always cause a strong reaction among people regardless of what language they speak. One such word that has been on the lips of everyone around the world the past six months has been Pandemic.

"The common wart is a pandemic; it has been on the list for years. Most people don't realize that," said Captain Phil Dawe, a medical doctor with 23 Health Ser-

vices, at the start of his Influenza A H1N1 (Swine Flu) briefing to 17 Wing personnel.

The term pandemic refers to how something spreads, not how it affects people. That said, the H1N1 virus does have some people concerned.

Although the "swine flu" has been around for years, it used to only pass between swine to human. It recently changed and mutated.

"Human to human transmission was not seen before," said Capt Dawe.

"In a small minority of

people, it can cause profound respiratory problems," said Capt Dawe.

In most people it will cause symptoms similar to that of the seasonal Influenza or flu as it is commonly referred to. These symptoms can range from coughing followed by fever, chills, headache, muscle aches and fatigue and so on to nausea, vomiting and diarrhoea.

Additionally, there are risk factors such as ancestry, pregnancy, smoking and obesity to name but a few which may increase the likelihood of getting more seri-

ous respiratory problems.

The best defence against the flu is frequent hand washing (at least 20 seconds), using hand sanitizers, covering your sneeze with a sleeve or tissue and sanitizing common surfaces often.

The last and best advice is simple.

"If you are sick, stay home! Don't infect anyone else," said Capt. Dawe.

For more information on H1N1, please visit www.pandemicinfluenza.gc.ca or call toll-free: 1 800 454 8302.

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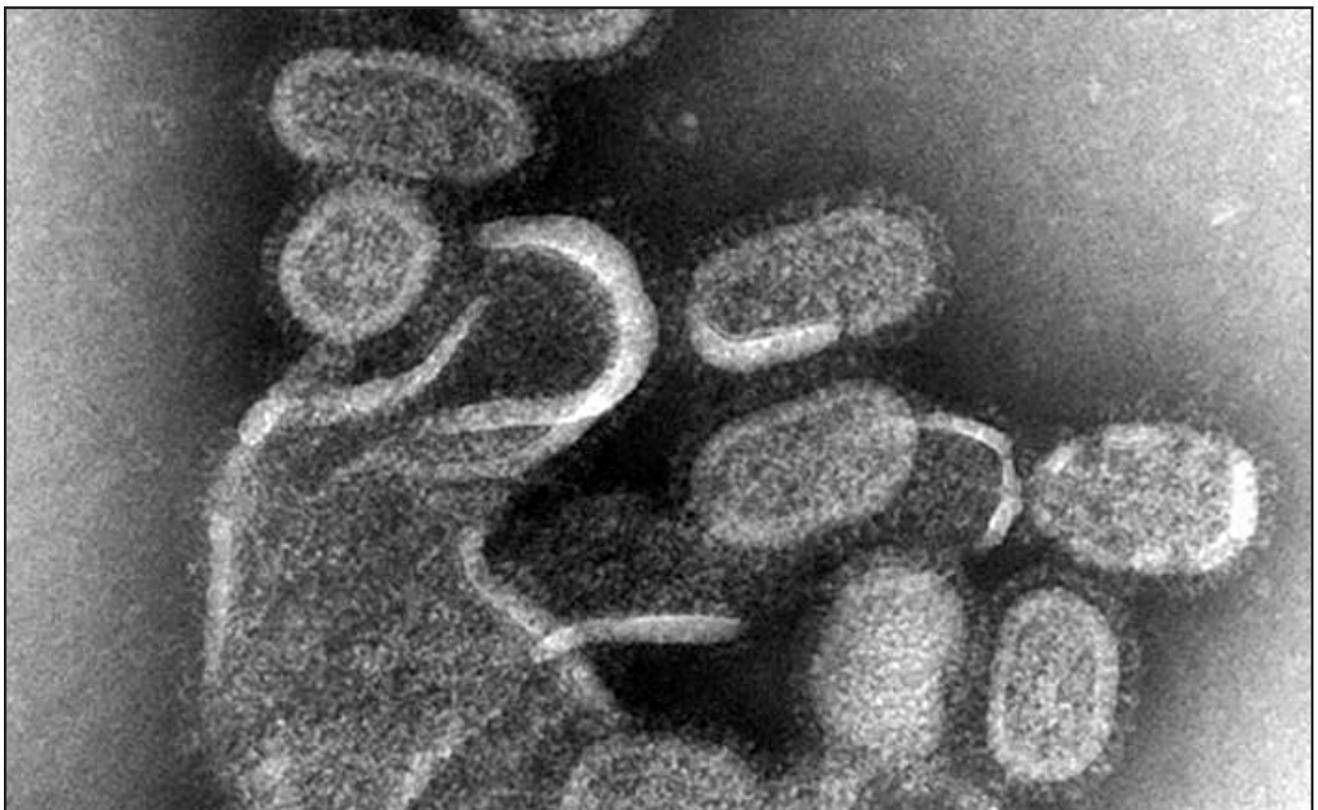
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A Microscopic Look At The H1N1 Virus.

PROMOTIONS AND AWARDS



Colonel Yvan Boilard (left) presents LCol Douglas Fairley with the Wing Commander's Coin for his service as 17 Wing Operations as the Officer in Command for the past year. LCol Fairley was recently posted to Germany. Photo By: Cpl Levarre McDonald



2Lt Pye (right) WAdmin Branch was promoted to Lt. Pte Comeau. 2Lt Pye's husband, is shown changing his spouse's rank.



LCol Marc Rittinger, CO of 402 Squadron presents Private Duane Anderson with a new promotion to the rank of Corporal. Photo by: Pte Piotr Figiel



LCol Marc Rittinger, CO of 402 Squadron presents Master Warrant Officer Andrew Robbins with his commission to the rank of Captain. Photo By: Pte Piotr Figiel



LCol Marc Rittinger, CO of 402 Squadron presents Major Andriy Szkwarek with a 402 Squadron souvenir picture. Photo by: Pte Piotr Figiel



Major Donald Barnby of 402 Squadron presents Private Peters with the "First Hook" - a promotion to the rank of Private (trained). Photo by: Pte Piotr Figiel

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other simple actions may be all it takes to prevent devastating burns.

Fire Prevention Week 2009 focuses on **burn awareness and prevention**, as well as keeping homes

safe from the leading causes of home fires. Questions or comments on this year's campaign can be directed to Sgt Currie, Chief Fire Inspector, at local 5501.

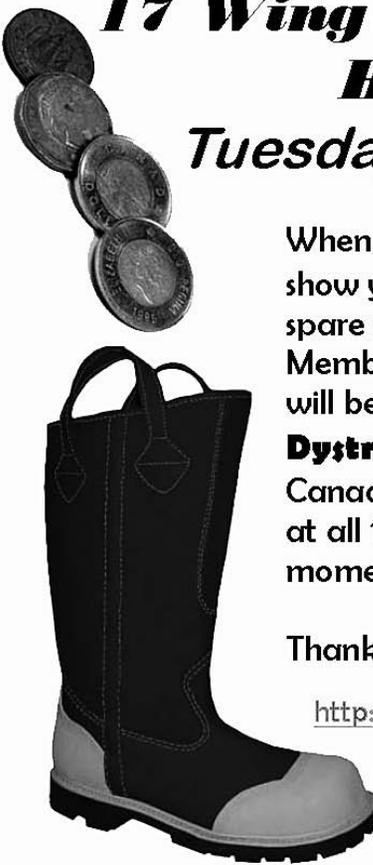


Voxair would like to apologize for the appearance of some photographs in our previous issue. A technical malfunction caused distortion in a few of the photos and we would like to apologize for any inconvenience this may have caused.

-VOXAIR STAFF

17 Wing Fire Department Boot Drive

Tuesday, October 6, 2009



When you come to work on **October 6**, show your generosity by donating your spare change to the annual boot drive. Members of the 17 Wing Fire Department will be collecting donations for **Muscular Dystrophy** through the Government of Canada Workplace Charitable Campaign at all 17 Wing entrances. Please take a moment and put money in the boot.

Thank you in advance for your support!

<http://17wing.winnipeg.mil.ca/wadmin/gcwcc>



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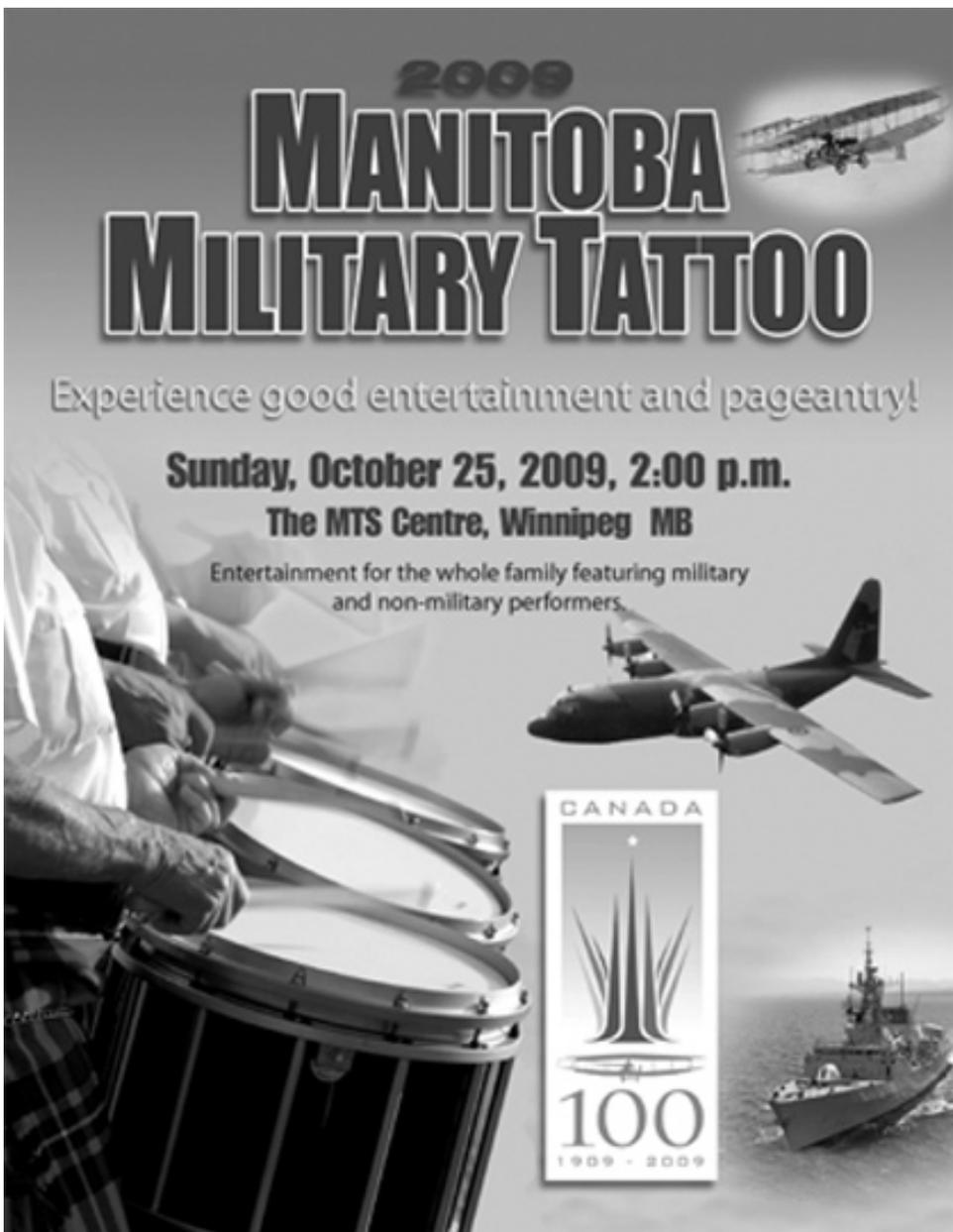
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More than 400 military and non-military performers will provide entertainment at the 2009 Manitoba Military Tattoo on Sunday, October 25, 2009 starting at 2:00 p.m., in the MTS Center on Portage Avenue in Winnipeg, Manitoba.

"It's Tattoo time again in Winnipeg", said General Ray Henault, former NATO Chairman of the Military Committee and currently Honourary Chair of the Manitoba Military Tattoo Board Inc., a non-profit organization composed of a group of community-minded volunteers.

A military tattoo is not a piece of body art. Rather, it is a precisely coordinated show of military music and pageantry mixed with non-military entertainment and various demonstrations of skills such as those presented by members of the Royal Canadian Mounted Police and the Winnipeg Police

Service.

Themes contained in the 2009 Tattoo will include commemoration of the Centennial of Powered Flight in Canada, the historic D-Day in World War II, the Korean Conflict and Winnipeg's own Sergeant Tommy Prince.

At least fifteen groups will join forces to provide a closely-coordinated afternoon of energetic and breathtaking entertainment that will excite and stimulate the audience.

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FALL FAIR FUN FOR ALL

John Towns
VOXAIR

On September 12, the area in front of Building 90 was abuzz with the sights and sounds of the 17 Wing Fall Fair.

There were a number of activities for younger kids, including pony rides, face painting, magicians and a number of games. Older kids could get in on the fun as well by playing some games for the Nintendo Wii on the big screen, or by participating in games of hockey and football, among a number of other activities. Some

of the highlights of the day included a performance by the Shriners' Pipe and Drum band, and an appearance by the Diamond Disc Dogs, a dog performance act that specializes in tricks and agility courses.

Shannon Peake, who helped organize the fair on behalf of the MFRC, says that the event is a fun day out for military families to show gratitude for the sacrifices that they make for our country.

"It's just something we hold in appreciation for military families," she said. "We want them to know that we support the members of the

Canadian Forces and their families, and that we're here for them in lots of different ways."

Approximately 800 members of the 17 Wing community took part in the event, including the family of Penny Wawrzyniak, who spent the day manning the Health Promotions booth.

"It's the best turnout we've had in years – it was really good," she said. "My grandkids look forward to coming down to this every year – they really enjoy all the activities, like the pony rides and face painting and that stuff. They just love it."



A selection of vintage military vehicles was displayed at this year's Fall Fair, including the iconic Jeep Willys (right), one of the most recognizable military vehicles of all time. Photo by: John Towns



Inflatable slides were provided for use by the children attending the fair. Kids also had the opportunity to take in magic acts, a dog show, and get a free hot dog lunch. Photo by: John Towns



'TODO' the clown kept kids and adults alike entertained with his slapstick antics. TODO was just one of several activities to keep the crowd entertained at the fair, including magic acts, The Diamond Disc Dogs dog show, an appearance by the Shriners and a number of information booths from various areas around the Wing.

Photo by: Capt J Noel



Steve Diamond, of the Diamond Disc Dogs show performing for the crowd at the Fall Fair with Rojo, a two-year-old female border collie, who "loves to jump." by: John Towns



The crowd looks on as Steve Diamond finishes his routine with Rojo. Photo by: John Towns

RECOGNIZING THE 'CHINTHES'

As we reported last issue, General Natynczyk presented 435 Transport Squadron with a unit commendation on 31 August, 2009. Here is the detailed story.



(L to R) Gen Natynczyk, LCol Kennedy, CWO Dyer and CFCWO Lacroix. Photo by: Cpl C Aitken

was created in 1980 to recognize distinguished service by "any formation, unit or sub-unit of the CF, or to any similar organization of a foreign armed force working with or in conjunction with the CF, that has performed a deed or activity considered beyond the demand of normal duty. Since its creation the commendation has now been awarded to 17 Air Force Squadrons whom have distinguished themselves through operational achievements or by responding to adversity in an uncommon way. 435 Squadron's commendation comprises three elements: a gold-coloured medallion, a special commemorative flag and a gold-embossed scroll bearing a citation that reads: "Throughout the period 2005 to 2008, 435 Squadron demonstrated selfless dedication and outstanding professionalism in defending Canada's national borders in Operation NORTHERN DENIAL, supporting the Canadian NORAD Region, executing Canada's

mission in Afghanistan and saving lives in the conduct of search and rescue operations across Canada. These actions allowed the Squadron and the Air Force to maintain a very high and efficient operational tempo" When asked about the special recognition his squadron has received, Lt.-Col Kennedy said that "It (the commendation) is a visible symbol of the comradeship, loyalty and perseverance everyone associated with this Squadron, including our families and loved ones, has displayed which has helped us to carryout our duties." 435 Squadron will display the CF Unit Commendation flag for one year, after which it will become part the squadron's historical collection. For more information on the national Honours system please visit <http://www.cmp-cpm.forcer.gc.ca/dhr-ddhr/index-eng.asp> For more information on 435 Squadron please visit <http://www.airforce.forces.gc.ca/17w-17e/sqns-escs/page-eng.asp?id=412>

Capt Jeff Noel

WINEG PUBLIC AFFAIRS OFFICER

Now the herculean efforts of the men and women of 435 'Chinthe' Transport and Rescue (T&R) Squadron based here in Winnipeg have garnered the Squadron a rare distinction. During a special ceremony held at 17 Wing on Monday, 31 August, Chief of the Defence Staff (CDS) General Walt Natynczyk presented a

Canadian Forces (CF) Unit Commendation to the Squadron's Commanding Officer, Lieutenant Colonel David Kennedy, as dozens of 'Chinthes' and members of 17 Wing looked on. "The work that each and every member of this

Squadron has performed, and continues to perform, day-in and day-out is a testament to your dedication to protecting and defending your fellow citizens," said Gen. Natynczyk. The Canadian Forces Unit Commendation

They have flown hundred's of missions everywhere from the Canadian Arctic to the parched landscape of Southwest Asia over the past three years and faced countless perils in support of Canadians and Canadian interests.



Gen Natynczyk speaks to 435 Sqn members during his visit to 17 Wing on Aug. 31. Photo Credit: Cpl C Aitken

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FALL RECREATION GUIDE 2009 NOW AVAILABLE

YOUR GUIDE TO FAMILY FUN

17 Wing Community Recreation is gearing up to offer their fall programming once again this year, including programs that cover a variety of activities in any age group, such as...

INFANT / PRE-SCHOOL PROGRAMS

Make-a-Splash - Parented Program (0-5 yrs)

Meet up with other parents for a half an hour of crafts, a half hour of instructed swimming activities and a hour of free time in the kiddie pool.

Wednesdays-
0900-1100
Sept 23-Dec 2 (10 Weeks)
\$45 Per child

Rumble Tumble (3-5 yrs)

A physically geared program for the preschooler that has energy to burn!

Organized co-operative games and activities will be sure to strengthen your little one's bodies while also exercising their always growing minds.

Fridays
0900-1100
Sept 25 - Oct 30 (6 Weeks)
\$30 Per child

Smorgasports (3-5 yrs)

Sports, sports and more sports. Come try your hand at a variety of sports like floor hockey, soccer, t-ball and basketball to name a few.

Bring your energy for this action-packed time.

Fridays
0900-1100
Nov 6 - Dec 11 (6 Weeks)
\$30 Per child

Hop to it (3-5 yrs)

This beginner dance class will teach the basics in movement, jazz, ballet and hip-hop. A great intro to dance! We will have a recital on Week 11.

Saturdays
0915-1000
Sept 25 - Dec 6 (11 Weeks)
\$45 Per child

ALL-STARS KIDS PROGRAMS (5-12 YRS)

Volleyball & Basketball Club (9-12 yrs)

Learn, practice and perfect your skills with this once a week club.

Tuesdays
1815-1915
Sept 22 - Nov 24 (10 Weeks)
\$35 Per child

Sports Jam

Try a different sport each week to find out what you like! Sports will include basketball, floor hockey, badminton, ultimate frisbee and much more!

Saturdays
1300-1400 hrs
Sept 26 - Nov 28 (10 Weeks)
\$35 Per child

Kids Crew (3-12 yrs)

Drop your kids off for casual care while you work-out at the gym. They will enjoy board games, crafts and organized activities.

Wednesdays
1645-1930 hrs
\$2 Per child

Squash-Juniors

An opportunity for participants to learn the game of Squash, in a fun and relaxed environment. Participants will be able to develop their skills at their own pace within a group environment. A great indoor sport during the fall and winter months!

Saturdays
0900-1000 hrs
\$35 Per child

Dance Classes

You will get the chance to try jazz, ballet, modern and hip-hop.

There will be a recital on week 11 to showcase their new skills.

Saturdays
6-9 yrs
1100-1200

10-12 yrs
1000-1100
Sept 26 - Dec 5 (11 Weeks)
\$45 Per child

TEEN PROGRAMS (12+)

Do you want to get more involved with the community?

Are you interested in meeting new people and making new friends?

Then join the:
Youth Advisory Council (YAC)

We are a group that meets once a month to plan youth events for the our community.

It is a great way to make your voice count!

For more information call:

Lindsay, Com Rec Supervisor at 833-2500 ext 2057

ADULT PROGRAMS (MINIMUM AGE FOR PROGRAMS IS 15 YRS)

Prices:

Class registration: \$45 per class (12 Weeks)
Drop-in pass: \$65 - 12 class passes

Ultimate Cycling

Take an ultimate ride in this all out, anything goes cycling class.

Speed zones, hills, intervals, drills and sprints will take your cycling to the next level.

Mondays
1630-1730

Cardio, Core & Strength

Use a variety of equipment and intervals to focus on increasing muscular strength, cardiovascular endurance and flexibility through a number of core stabilizing exercises.

Tuesdays
1700-1800

Yoga - Multi-level (Traditional)

This class is open to all levels of yoga experience. There are many benefits of regularly practising yoga: increasing your body awareness, developing strength, balance and flexibility, learning to relax and re-energize.

Tuesdays
1915-2015

Circuit Class

Intervals of weight resistance and cardiovascular exercises on the gym floor.

Wednesdays
1645-1745

Pilates

Pilates will engage your mind and improve posture and body mechanics by increasing core strength.

Wednesdays
1800-1900

Aqua-Fit

A low impact class for all ages.

Thursdays
1800-1900

Zumba

Is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system.

Fridays
1645-1745

FAMILY PROGRAMS

Family Gym

Join in an evening of fun, exercise and socializing with the whole family.

Thursdays
1800-1930
Included in your membership

Halloween Party

An evening of spooky fun for families with children 0-12 yrs! Canteen will be opening selling hotdogs and other treats.

Friday October 30th
1800-2000
\$2 Per child

Kids Crew (3-12 yrs)

Drop your kids off for casual care while you work-out at the gym. They will enjoy board games, crafts and organized activities.

Wednesdays
1645-1930 hrs
\$2 Per child

Family Swim

Participate in an afternoon of family fun. The afternoon will include crafts, games and organized activities.

Saturday September 19th - Under the Sea
1300-1500

Sunday October 4th - Pirates and Princesses
1300-1500

Saturday November 21st - Hawaiian Hula
1300-1500

Prices

Mil/Ord \$2/ind \$6/fam
Assoc \$3/ind \$9/fam
Non-Mem \$5/ind \$12/fam

HOLIDAY PROGRAMMING

Monday December 21st - Children's Day Camp: Sleigh Ride and Sledding

Tuesday December 22nd - Children's Day Camp: Holiday Baking

Wednesday December 23rd - Family Movie Event: How the Grinch Stole Christmas (2000)

Monday December 28th - Children's Day Camp: Tropical Holidays

Tuesday December 29th - Children's Day Camp: Ring in the New Year

Wednesday December 30th - Family Event: TBA

Thursday December 31st - Family Event: TBA

For more information call 833-2500 ext 5139.






Zumba
Yoga
Family Gym
Fitness Classes

Fall Programs and Events

Swim Lessons
Pilates
Day Camp
Kids Sports

Fall Program Guide is available now at Building 90 Fitness and Recreation Centre

CDS MEETS AND GREETS IN SHILO

GEN. NATYNCHZYK VISITS TROOPS ON EVE OF 3RD ANNIVERSARY OF OPERATION MEDUSA

Karen Griffin
SUBMISSION

It was coming up on the third anniversary of Operation Medusa on September 1 when Gen and Mrs. Natynczyk visited Shilo to tour the base, talk with members and their families and see what our troops are doing to prepare for their participation in operations in Afghanistan and the 2010 winter olympics.

A rousing show of hands at MPTF proved that most of Shilo is engrossed in training for a multitude of operations at home and abroad.

With so many responsibilities and duties, Natynczyk emphasized the importance of operations at home as well as abroad.

"There is a home game and there is an away game. There won't be an away game unless we win the home games."

In the past decade, those home games included the 1997 Manitoba floods where soldiers worked tirelessly to protect homes from flooding. In 1998, it was the ice storm that left thousands of vulnerable residents of Quebec and Ontario without power in the dead of winter.

"It was then that Canadians realised that they needed an armed force."

"The nineties were the decade of darkness," he said, speaking to a town hall crowd of members and civilian employees from across the base.

"We've moved so far in three years and since that time, we've become the new force, the professional force," added Natynczyk.

Since replacing Gen Rick Hillier and becoming the CDS in July of 2008, Natynczyk spoke of his own thirty-four year career experience.

"I remember in 1996, sitting in a driveway in Kingston thinking of ways we could cut back."

With a present force of over 55,000, he mentioned his current challenges involve recruiting and retaining up to 70,000 Canadian Forces members.

Arriving just after 9am, Natynczyk and his wife did separate tours to cram as much into their day as possible.

Leslie Natynczyk spent the morning with some of the spouses from Shilo units and enjoyed a luncheon with the Military Family Resource Centre.

In the afternoon she visited with Canadian Forces Housing Agency (CFHA) to discuss housing needs and conditions in Shilo.

General Walt Natynczyk is originally from Winnipeg and joined the Canadian Forces in 1975 after spend-



Gen. Natynczyk converses with soldiers during his visit to Shilo. Photo by: Karen Griffin

ing five years as an Air Cadet. He has served in numerous regimental command positions at all levels from tank troop leader up to commanding officer of the Royal Canadian Dragoons.

General Natynczyk's operational experience consists of 4 years on NATO duty in Germany; six months of UN peacekeeping duties in Cyprus (1984); a one-year-long mission with the United Nations in the Former Yugoslavia as Sector South-West Bosnia and Herzegovina (1994) with British forces, then as the Chief of Land Operations, UNPROFOR HQ in Zagreb, Croatia.

He commanded the Royal Canadian Dragoons in domestic operations during the Winnipeg floods of 1997 as well as in the Ottawa region during the 1998 Ice Storm, and he served as the Canadi-

an Contingent Commander in Bosnia-Herzegovina in 1998.

He became the third Canadian to serve as Deputy Commanding General, III Corps in Fort Hood, Texas and deployed with III Corps to Baghdad, Iraq in 2004, serving first as the Deputy Director of Strategy, Policy and Plans and subsequently as the Deputy Commanding General of the Multi-National Corps. Upon his return to Canada, he assumed command of the Land Force Doctrine and Training System. He was subsequently appointed Chief of Transformation where he was responsible for implementation of the force restructuring and the enabling processes and policies.

He has fulfilled various staff appointments including serving as Squadron Commander at the Royal Military

College (Kingston, ON), on the Army Headquarters staff (St. Hubert, Quebec), and in Ottawa as Assistant Director to the National Defence Headquarters Secretariat, J3 Plans and Operations during the period of CF deployments to Kosovo, Bosnia, East Timor and Ethiopia-Eritrea, and most recently as the Vice Chief of the Defence Staff. General Natynczyk was promoted to his present rank on July 2, 2008, when he assumed his duties as Chief of the Defence Staff.

General Natynczyk holds a Business Administration Degree from Royal Roads Military College and Collège militaire royal and is a graduate of the Canadian Forces Command and Staff College, the U.K. All Arms Tactics Course and the U.S. Army War College.

NATIONAL & REGIONAL MASTER STANDING OFFER REFERENCE CHART

Regional Master Standing Offers	Western (AB, SK, MB, NWT, Nunavut)
Office supplies Call up limitations: Max \$25,000 per order \$10,000 per line	EV394-05CA06/005/REG
OEM toner Call up limitations: Min call up value \$100, Max \$40,000 per order, \$10,000 per line	E60PS-040069/006/PS
Remanufactured toner Call up limitations: Min call up value \$100. Max \$40,000 per order, \$10,000 per line	E60PS-040067/002/PD
Paper	E60PD-070004/001/PD
National Master Standing Offers	All Regions
Office seating Installation	E60PQ-030004/034/PQ Regular hours \$12 per chair After hours (Mon-Fri) (17:01-8:59) \$15 per chair Saturdays \$15 per chair 1-100 Holidays & Sundays \$20 per chair. \$50 minimum installation charge per callup Chargeable
Freight	
Filing cabinets Installation	E60PQ-030005-025/PQ 1-100 Regular hours \$20 per cabinet After hours, Mon-Fri:\$30 per cabinet 1-100 Saturdays \$45 per cabinet 1-100 Holidays & Sundays \$50 per cabinet \$60 minimum installation charge per call up Chargeable
Freight	

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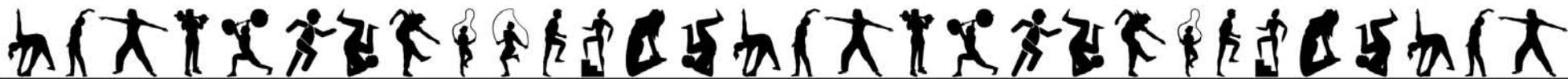
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Gen. Natynczyk talks with Pte Hugo Gringas. Photo by: Karen Griffin



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

SWIMMERS WANTED

The 17 Wing Winnipeg Flying Tigers Swim Team (FTST) is a 17 Wing Community Recreation Club that has been registered with Swim Manitoba since 1993. The Team provides an excellent opportunity for youth to get involved with competitive swimming, have lots of fun, improve their levels of fitness and make numerous friends that can last a lifetime. There are two groups as follows:

Age Group: This is comprised of swimmers under the age of 18 focusing on stroke development and team spirit. Swimmers can be registered under competitive or non-competitive.

Masters: This is comprised of swimmers above the age of 18 focusing on stroke development and fitness.

Fees: Swim Manitoba Fee TBD (Competitive) or TBD (Pre-Competitive)

Club Swim Fees \$25/month

Fundraising We organize swim-a-thons to ensure we have the lowest swimming fees in the province.

Schedule:
Sunday (1000-1130)

Wednesday ()

Friday (0600-0730)

The 17 Wing Flying Tigers Swim Team is also looking for interested people to volunteer as a coach or fill an executive position. This is a competitive swim team that has both age group (17 and under) and Masters (18 and over) divisions. The team will train you as a coach and cover course costs.

If interested please contact MCpl George Meldrum at Ext 5598 or 415-1797



SPORTS TRIVIA TIME

QUESTIONS

1. This team is known as being the first professional baseball club?
2. What is a split finger fastball and what is it supposed to do?
3. After Pete Rose, who is now second in hits?
4. Who leads the ML's in RBI's for a career?
5. What team has gone the longest without being in the playoffs?
6. What team has gone the longest without winning the World Series?
7. How many teams have not won the world series?
8. What part of Canada was Larry Walker born?
9. What is the oldest "Award" in Baseball?
10. What was the 1934 St Louis Cardinals team nicknamed?
11. What current Park has the shortest right field line?
12. What current Park has the longest right field line?
13. What was the first Major league team nicknamed the Bluejays?
14. Who gave up Babe Ruth's first Homer?
15. What 70's Redsox catcher was nicknamed Pudge?
16. Who was the first million dollar a season player?
17. How long did Ty Cobb hold the hits record?
18. What is Bob Aspromonte known for?
19. Of the first five elected to Baseball's Hall of Fame, who had the most votes?
20. Craig McMurtry of the Braves gave up this slugger's first home run?

ANSWERS

1. Cincinnati Red Stockings
2. A type of fastball which will usually drop as it approaches the plate, and breaks right or left. It's most effective when it's outside of the strike zone; the pitch starts in the strike zone and then falls out of it, causing batters to "chase" the pitch.
3. Ty Cobb at 4191
4. Hank Aaron 2297, 80 more than the Babe
5. Expos, Nationals. But we all know about 1994.
6. The Cubs are approaching 101 years.
7. Seven current teams have not won the Series, however the Giants won it as NYG.
8. Maple Ridge BC.
9. Hitters triple crown award.
10. Gashouse Gang
11. Fenway Park at 302 ft.
12. Wrigley field at 353 ft.
13. The Phillies were also referred by nickname of Bluejays from 1943 to 1948
14. Jack Warhop of the Yankees.
15. Carlton Fisk
16. Nolan Ryan 1979.
17. Approximately 61 years
18. Last former Brooklyn Dodger to retire from the ML.
19. Ty Cobb 222, Ruth & Wagner: 215, Mathewson 205, Johnson had
20. Barry Bonds.

Check out our new website at:

www.voxair.ca



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A DEPLOYMENT OUTING – FREE

A Maze in Corn is Manitoba's Original Corn Maze! Every year there is a new unique design and each theme involves a scavenger hunt. It is an extra challenge to find all of the stations. Not to mention, each station has a different shaped punch. Therefore, there is no cheating! Check out their website: www.cornmaze.ca

Come out on **Saturday, October 3, 2009 from noon to 4 pm** and enjoy the fun of the maze with a BBQ to follow. When calling to register I require the following info: How many children: 4 – 12 years old and how many adults: 13 years old and up. Three years old and under are free. If you would like to reserve some tickets, please contact Sandra Doody at Sandra.Doody@frces.gc.ca or 833-2500 ext 4507. **Cut-off date is September 24 for registering.** Event will be cancelled if there is poor weather.

ALPHABET SOUP!

Tuesdays Oct 6 – Nov 4 1:30-3:00 This parent and child program focuses on nutrition and literacy. We'll explore healthy eating through song, story and fun. Parents will also get a chance to try out a different kid friendly recipe weekly. You must preregister for this program by Sept 30. For information /registration call Shannon 833-2500 (2491)

NEWCOMER EVENT: OCTOBER 10 - MANITOBA MOOSE HOCKEY GAME.

Join us for opening weekend action at a Manitoba Moose hockey game at the MTS centre. We'll be meeting at the MTS centre at 6:30 for a pre-game meet with Mick E. Moose and hot dogs (vegetarian option is available). Game time is 7:30 p.m. on Saturday, October 10. Cost is \$5 per per-

son. **Deadline to register is Friday, September 25.**

MUNCH AROUND MANITOBA

Come join us the last Thursday of each month to sample some local cuisine. We'll be visiting a different restaurant each month to showcase all Winnipeg and surrounding areas have to offer. Everyone is welcome. Participants pay for their own meal.

October 22- Pineridge Hollow, Birds Hill 6 p.m.

Nestled in a picturesque location, Pineridge Hollow features seasonal menu items. After dinner, take a walk around the grounds or visit the gift shop. Entrée prices range between \$13 and \$24. For more information about Pineridge Hollow, visit pineridgehollow.com

Deadline to Register is Friday, October 16.

SUPPORT THE MFRC THROUGH GCWCC

Did you know that you can support families in our community through GCWCC? The MFRC is the only charity in the city of Winnipeg that works directly with the military community. By donating to the MFRC through the Box C option, you can ensure your money stays in the community, assisting people you know. The MFRC is a provincially incorporated, registered charity, and by donating to the MFRC, you can help us deliver programs and services that are important to the military community.

Information on the campaign, including events, updates, and fundraising totals, will be posted on the DIN at: <http://17wing.winnipeg.mb.ca/wadmis/gcwcc/index.htm> Ask your unit GCWCC Rep or canvasser about how you can donate to the MFRC. Our charitable number is 133105536RR0001. Thank you for considering donating to the MFRC.

HOME-BASED BUSINESS/ ODD JOB REGISTRY

We're in the process of putting together a directory of home-based businesses and also individuals who are available for odd jobs (lawn mowing, snow removal, etc). If you have a home-based business, or would be interested in joining the odd job registry, please email wpgmfrc@autobahn.mb.ca with your name, company name (if applicable), address, phone number, services and/or product offered and any other information you'd like included. The registry will be available at the MFRC for people to look at.

WINNIPEG SYMPHONY ORCHESTRA SPECIAL OFFER

The Winnipeg Symphony Orchestra is offering military families a special discount for new season ticket subscribers. Buy two season ticket packages and get them at 50% off- that's like getting 2 for 1!

The discount is available on the Masterworks, Musically Speaking and WSO Pops series as well as the Design 6, 8 and 12 packages. For more information about the 2009 concert season or individual concert series, visit wso.mb.ca. To purchase tickets, contact Ray Dalke, Patron Account Executive at 949-3988 or email group-sales@wso.mb.ca

EMPLOYMENT AND EDUCATION WORKS- HOPS

Join John Bailey, the MFRC's Employment and Education Coordinator for a series of employment themed workshops.

Resumes that Work- October 1 and 29, 2-3:30 p.m.

Where are the Jobs? October 2, 9:30-11:30 a.m.

Career Cruising- October 5, 9:30-10:30 a.m.

Job Finding Club- Octo-

ber 6, 13, 20 and 27, 9:30-11:30 a.m.

Cover Letters- October 7, 9:30-11:30 a.m.

The Hidden Job Market- October 8, 9:30-11:30 a.m.

Interview Tips- October 15 and 22, 2-4 p.m.

Dress for Success- October 16, 9:30-11:30 a.m.

Basic Computer Skills for Resumes- October 19 and 26, 10 a.m. to 12 p.m.

To register, contact the MFRC at 833-2500 ext 4500.

FANS NEEDED

The Winnipeg MFRC has a fan page on Facebook. We'll be posting program updates and information on the site on a regular basis. To become a fan, look us up: Winnipeg Military Family Resource Centre.

A SIZZLING SUCCESS



Bison award

On Thursday, September 3, 2009, the Bison Award was presented to the MFRC volunteers who diligently assisted with the MFRC's summer barbecues. Thanks to their support and dedication, the barbecues were a success. No matter what the weather was like, they were out in full force ready to assist. Christina Brine, left, accepted the award on behalf of all of the volunteers from Barbara Thuen, Coordinator of Volunteers. Thank you to Wayne, Terry, Laura, Melanie, Meg, Mariana and Kara!

NEW RESOURCES AVAILABLE!

Thinking of travelling throughout the USA or abroad? We have four new resources by Military Living's available to help you travel on less per day...the military way! These publications are available for use at the Military Family Resource Centre only. You can check out their website: www.militaryliving.com.

Temporary Military Lodging – Around The World

Detailed info is given on more than 425 military installations offering transient lodging for all ranks. Included are all types of worldwide lodging such as guest houses, transient living quarters, Navy Lodges, BOQs, etc. There are description of Temporary Military Lodgings, key addresses, rates and phone numbers that are necessary for a successful trip.

Military Travel Guide – USA

This guide lists military installations with support facilities in the USA. Provides driving directions, military installations, main addresses and phone numbers to a host of support facilities such as lodging, RV, camping, Exchange, commissaries, Space-A Air, public affairs, clubs, legal aid and much more.

Military RV, Camping & Outdoor Recreation – Around the World

This guide is for the outdoor enthusiast! This publication provides full listings of military campgrounds, RV parks and cottages of all services. It points the way to military golf courses and marinas, plus a listing of outdoor recreation offices for renting equipment. Contact info for discount military tickets and tours are included.

United States Military Road Map

Your most compact guide for military travel information featuring the symbols showing the availability of the ten major support facilities, main base phone numbers and support information.

IN MEMORIAM

PRIVATE PATRICK LORMAND



One Canadian soldier was killed and four injured when an improvised explosive device detonated near their armoured vehicle on a road in Panwjai District. The incident occurred approximately 10

kilometres South-West of Kandahar City at around 1:00 p.m., Kandahar time, on 13th September, 2009.

Killed in action was Private Patrick Lormand from the 2nd Battalion, Royal 22e Régiment based in Valcartier, Quebec. Private Lormand was serving as a member of the 2nd Battalion, Royal 22e Régiment Battle Group, Quebec.

Four other Canadian Forces members were injured during the incident. They were evacuated by helicopter to the Multi-National Medical Facility

at the Kandahar Airfield. They have all since been released. Their identities will not be made public.

Our thoughts and condolences go to the family and friends of our fallen comrade.

Members of Task Force Kandahar work with Afghan security forces for the greater good of Afghanistan. We remain focused and determined to bringing peace, stability and good governance despite the challenge imposed on us by the insurgents. We remain committed to Afghanistan.

CORPORAL JEAN-FRANCOIS DROUIN & MAJOR YANNICK PÉPIN



Two Canadian soldiers were killed and five injured when an improvised explosive device detonated near their armoured vehicle in the vicinity of Dand Dis-



trict, approximately 14 kilometres southwest of Kandahar City at around 12:00 p.m., Kandahar time, on 6 September 2009. Killed in action

was Corporal Jean-Francois Drouin from 5e Régiment du génie de combat serving as a member of the 2nd Battalion, Royal 22e Régiment Battle Group based in Valcartier, Quebec.

Killed in action was Major Yannick Pépin also from 5e Régiment du génie de combat serving as a member of the 2nd Battalion, Royal 22e Régiment Battle Group based in Valcartier, Quebec.

The injured members were evacuated by helicopter to the Role 3 Multi-National Medical Facility at the Kandahar

Airfield and are in good condition. The identities of the injured members will not be released.

Our thoughts and condolences go to the family and friends of our fallen comrades.

Canadian soldiers and their ANSF partners work together for the greater good of Afghanistan. Security operations sometimes require a heavy price to be paid, but the challenge we face cannot deter us from our ultimate goal and commitment we have toward Afghans.

A THANKSGIVING REFLECTION

Padre Will Hubbard

September has Labour Day weekend. October has

Octoberfest. The fall festive seasons bring wonderful opportunities for us to enjoy our families. We sometimes sit and watch a bit of the

Canadian Football League. Sometimes we share a glass of cheer, for tomorrow we will have some cold moments with blowing snow and bitter temperatures. We simply celebrate the moments.

Even now, some wind of change blows through my life. On September 9 I will begin my Basic Course in Chaplaincy. A group of 20 people will gather in Borden and go through many of the rigours that form a soldier's discipline. We will be assigned rooms which will be inspected. We will be given instruction on marching. We will be asked to shine our shoes, build tents, put up "hooches" and generally be given instruction on life in the military.

Each year, every September, the chaplaincy Branch runs a school to train its "new" candidates. This

process is now part of the festive season. It seems fitting that this training occurs in a season that foreshadows the cold winter. The course, like its season, demands change. It asks its students to focus on the coming commitment one makes to an environment. In the case of the military, the demand is for its Chaplains to observe and work as part of the chain of command. In particular, we work to benefit each member of the military. I am committed to this focus and so find myself thankful for the chance to energize and re-focus myself toward the goals found within the military community.

As I leave 17 Wing for Borden Ontario I will dedicate myself with an eye towards coming back to this base and serve this community.

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Together in Church

CATHOLIC

CHAPLAINS

Padre Lance Magdziak

Roman Catholic Office 833-2500 ext 5272

Administrative Assistant

Carol Cochrane Office 833-2500 ext. 5087

Masses (English only)

Sunday 1100 hrs

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

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

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

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

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

PROTESTANT

CHAPLAINS

Chaplain Bonnie Mason

(Presbyterian) Office 833-2500 ext 5417

Padre Bob Granholm

(Mennonite Brethren) Office 833-2500 ext 4885

Padre Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Ken MacRae

(Presbyterian) Office 833-2500 ext 4277

Padre Gord Mintz

(Anglican) Office 833-2500 ext 5785

Padre Curtis Duclos (Baptist)

Det Dundurn Office (306) 492-2135 ext 4299

Administrative Assistant

Carol Cochrane Office 833-2500 ext. 5087

Sunday Services (English Only) 0900 hrs

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

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

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

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

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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

INTERFAITH PRAYER ROOM

Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.



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TAROSCOPES

BY NANCY

Aries (March 21 - April 19)

Focus on the practical aspects of life, your body and finances. Stay grounded in reality to alleviate doubts and fears brought on by a hyper-sensitivity at this time. Something unexpected surfaces and can affect your self-image. Complete or deal with unfinished business.

Taurus (April 20 - May 20)

Keep your emotional responses in check. Inflammatory statements waste time and the hurt resulting from careless words can take a long time to heal. Get to the heart of the matter through constructive discussions. Be realistic. You can't share everything with everyone anyway.

Gemini (May 21 - June 21)

You're good at reading situations and finding solutions but you can't do this if someone is deliberately hiding things. You'd rather use your energy to address issues, yet those around you are concerned with keeping up appearances more than the long term fallout from their actions.

Cancer (June 22 - July 22)

You're learning how important it is to maintain balance - and balance of power specifically. Things are heating up and the stress may give you a headache. It's great that everyone is different but sometimes it's exhausting. Someone's pride is strongly influencing a situation.

Leo (July 23 - August 22)

If you've been hiding behind a mask or image this will be revealed. The more you hold back the greater the reaction when things surface. Your usual ability to sense when things are coming to a head seems to be missing. Avoid surprises by being honest with yourself and others.

Virgo (August 23 - September 22)

Your thoughts affect how you see yourself and everything around you. Rethink limiting beliefs. Retreat from opinionated people and ignore your chattering mind when you want to get to the heart of your concerns. A solution will present itself if you are patient and open to it.

Libra (September 23 - October 23)

Your level of expertise is such that you don't want to have to explain yourself or prove you're an asset to the team. Even though you'd rather avoid arguments, differing viewpoints will occur. Confrontations can be constructive. Ultimately, your honesty will be appreciated.

Scorpio (October 24 - November 21)

The actions of others or the result of these actions disappoints you. It may be tough to face but it's better than not knowing. Only help clear up problems if you played a key role in how things played out. Connect with others and clarify if there has been a misunderstanding.

Sagittarius (November 22 - December 21)

You feel elemental connections. Don't try to pass them off as your imagination or the change of season. There is far more going on beneath the surface than is evident. Explore your deeper feelings. Put the past behind you; this is a time for building strong foundations.

Capricorn (December 22 - January 19)

You may think your efforts are obvious but others may not realize how hard you've been working because you've avoided drawing attention to yourself if you thought it would instigate conflicts with others. Sign your work so that you get the credit.

Aquarius (January 20 - February 18)

Sometimes our actions create our reality and other times - life just happens. Determine where you have influence. Use this when making major life decisions to ensure positive developments result. Don't lose hope; take control. Put all your energy into important goals.

Pisces (February 19 - March 20)

Organization is essential for smoothly orchestrating the myriad of commitments you're juggling. You have the ability to manage the essentials and enjoy a few social activities even when you're hampered by limitations. Make lists to stay on track. Complete tasks.

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