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# THE VOXAIR

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## TEME Breakfast Raises Over \$3,000 for the GCWCC



The long line snaked around the room as hundreds lined up in support of the annual TEME Breakfast, which raises funds for the GCWCC. For more, see page 2. Photo: Mike Sherby

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# TEME Breakfast For GCWCC Hits The Spot

By Martin Zeilig  
Voxair Photojournalist

For Captain Danny Vanderbyl the Annual TEME Breakfast, which took place in the huge TEME Heavy Equipment Garage on October 16, is a great way to help support a good cause while enjoying a hearty meal with family and friends.

Capt Vanderbyl, 1 CAD HQ Combat Plans, his wife Shelley, and their two young



The TEME Breakfast was a great chance for people to get together and have a meal, all while helping out a great cause. Photo: Mike Sherby

children, Astra and Willem, were among the more than 500 military and civilian personnel who attended the breakfast.

"The TEME breakfast is an easy way to jump on the GCWCC bandwagon," said Capt Vanderbyl as he and his family ate breakfast.

"The food was great and it's great to see friends, co-workers, and their families from all around the Wing. We are thankful to the sponsors who made it possible."

The event raised \$3100 for the United Way, including the money raised by a draw for a Fitbit Charge and a 50/50 draw.

Major Rob McDonald, TEME Squadron OC, said the breakfast is an important way to contribute to the GCWCC.

"The biggest thing is to give back to the community," he said, describing it as a collective act by military and civilian personnel to help out those who can't help themselves.

Maj McDonald also thanked the military members who were acting as food servers to the long line of people waiting for their eggs, sausages, bacon, hash browns, baked beans, pancakes, toast, juice and coffee/tea. All the food was donated and prepared earlier that morning by the staff at 17 Wing Food Services.

Corporal Jennifer Nesbitt, OPI for the breakfast along with Corporal Jonathan Maloney, called the morning an overwhelming success.

"I've done this the past few years, but this has been the best year ever in terms of turnout and amount raised," Cpl Nesbitt said. "It wouldn't be successful without the support of the entire base, the members, the civilians and their families. It gets bigger and more successful every year."

Major Chuck Halikas, the Wing Flight Safety Officer, has been coming to the breakfasts for the past 13 years, ever since he started working at the 17 Wing.

"The food is very good," he said while seated at one of the long tables set up in the garage. "It's a great place to see people you don't see every day. Every time I come here, it's like going to an all ranks event at the mess. It's very relaxed."

Sergeant Mario Vaillancourt, a reservist at TEME, said that he's been volunteering on the breakfast food line for the past seven years because it's a good cause.

"I see people I know, and I realize that it's a good social event," he said while sipping from a cup of the Tim Horton's supplied coffee during a brief break from making toast.

"There's no doubt in my mind that I'll do it again next year."

# 17 Wing Fills The Boot For MD Research

By Martin Zeilig  
Voxair Photojournalist

Corporal Jessica Summerhayes smiled and said thank you after yet another motorist had dropped some change into the rubber boot of the 17 Wing Firefighter.

Cpl Summerhayes and her colleagues from the fire hall were out on their annual Boot Drive campaign to raise funds for research and support programs for Muscular Dystrophy. Taking place on the morning of October 8, the fire fighters were stationed at all 3 of the 17 Wing gates, as well as at the Tim Horton's Restaurant on Ness Avenue. A total of \$3215 was collected in this year's Boot Drive.

"The response has been very good," Cpl Summerhayes said as yet more change clinked to the bottom of

her firefighter boot in the cool, dark morning.

"People are really generous and kind. They are always happy to donate."

Canadian Fire Fighters have played an integral role for Muscular Dystrophy Canada (MDC) since 1954, when the boot drive started. Since then fire fighters have raised over \$70 million, with more than 600 Fire Departments and Associations across Canada currently participating.

Averill Stephenson, the MDC's Revenue Development Manager, Manitoba and Saskatchewan, came out that morning to lend her support to the 17 Wing team. She said the event, through education, support, and the media relations they generate, lends much needed awareness of muscular dystrophy.

"I came out to give my support to the crew that's volunteering this morning," she added. "The money raised goes to fund research and treatment and, hopefully, a cure one day. It also provides services for individuals and families affected by MD."

17 Wing has been doing the Boot Drive since 1999, and they've helped raise over \$30,000 for the MDC so far, Stephenson said.

"That's what motivates me to go into work every day: My colleagues, clients, and the firefighters are inspirational," she stressed.

Corporal Carolyn Abgral, who works at 1 Canadian Air Division, had just deposited some change into a boot from the window of her vehicle, when she spoke with a reporter from the Voxair.

"I think it's a great idea to collect money for muscular dystrophy," she said. "It's for a good cause. Hopefully all the small amounts add up."

Corporal Jason Loboz, who's been organizing the 17 Wing Boot Drive for the past decade, said it's nice to be able to give back to the wider community.

"It's a pretty simple thing to do," he said, noting that the crew would be counting the money in the Fire Hall immediately after the event.

"For a small community, we're doing okay when it comes to fundraising. We have to give some credit to Tim Horton's for allowing us to use their location to collect

more funds."

Besides small change, Cpl Summerhayes pointed out that some people were stuffing 10 and 20 dollar bills into the boots.

"People are grateful for what we're doing," she said.



A 17 Wing firefighter extending a boot to a generous driver at the Air Force Way Gate during the annual Boot Drive campaign on October 8. Photo: Martin Zeilig

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# Minto Celebrates 100 Years of Army Reserve Heritage with Open House



Cpl Holowczynsky from the Winnipeg Infantry Tactical Group display the Carl Gustav recoilless rifle to members of the public during the Minto Armouries open house. Photo: MCpl Cameron Skrypnik

By Mike Sherby  
Voxair Manager

Over 300 people stopped by Minto Armouries on October 10th as the units of 38 Canadian Brigade Group opened their doors to the public with an open house.

The event featured many displays, including ones from the Fort Garry Horse, the Queen's Own Cameron Highlanders of Canada, a Teddy Bear triage area for children, and several vintage jeeps from the Ghost Squadron.

The weekend was also a high point for the 38 Service Battalion, a combat service support unit within 38 CBG. The battalion celebrated the 50th anniversary of its formation that weekend with a grand re-opening of the expanded Combat Service Support Museum as well as the launch of a book on CSS history entitled 'United in Effort'.

Dale Watts, Honorary Lieutenant-Colonel for 38 Service Battalion, says that the day was a great opportunity for the general public to learn about what the Army Reserve does.

"I think that having the community become more fa-

miliar with the military is always a good thing," he said.

Watts joined the Army in 1968 and was a former CO of the Service Support Unit in Winnipeg before retiring. He came back to the battalion in 2009 when he was asked to be its Honorary LCol.

The museum was founded in the late 1990's by Watts' predecessor, and he inherited it when he became Honorary LCol of the Battalion.

"Originally that wasn't my interest in becoming Honorary Lieutenant-Colonel," HLCol Watts said. "But it's gotten into my blood now and I spend a fair amount of time there, trying to improve the collection."

Sergeant Kevin McRae, a combat engineer with 38 CBG, was happily displaying the tools of his trade for curious onlookers inside of Minto. On the table in front of him were replicas of several different types of land mines, axes, a halligan bar, and even a replica of a claymore mine.

Sgt McRae, who has been in the army for eight years, says that his favourite part of the job is building obstacles and employing demolitions on training exercises.

"The 'enemy' force will construct obstacles to try and stop the flow on the battlefield, and we'll do reconnaissance on the obstacles and attempt to remove the obstacle," he said. "It's a lot of fun."

One of the biggest draws of the day were the three jeeps on display by members of the Ghost Squadron, a loose affiliation of owners, operators and collectors that have military vehicles.

Jason Gravelin, a member of the Ghost Squadron, had his 1985 Bombardier Iltis jeep on display. Gravelin, a former pilot in the RCAF who is currently a reservist at 1CAD, acquired the vehicle in 2012, and has put a lot of TLC into it.

"I've done engine work, drive train work, and some suspension work," he says. "The Ghost Squadron is just a group of guys and gals that loves military vehicles, and loves to restore them."

The day was capped off with a meet and greet for current and former members of 38 Service Battalion and their predecessor units.



The first members of the public stream into the newly opened Combat Service Support Museum. Photo: MCpl Cameron Skrypnik

# LCC to Hold Lunch and Learn on Alzheimer's Disease

By Martin Zeilig  
Voxair Photojournalist

There are currently over 20,000 people living with Alzheimer's disease or another form of dementia in Manitoba, and this number is growing at an alarming rate according to Jennifer May Licardo, Education Coordinator at the Alzheimer Society of Manitoba.

Licardo will be speaking about Alzheimer's and other forms of dementia at a free Lunch and Learn noon hour forum on October 21. The event is sponsored by the 17 Wing Learning and Career Centre.

The presentation will help attendees gain an understanding of Alzheimer's disease and other dementias and how it affects a person and their family, said Licardo.

Dementia is a general term that refers to a variety of brain disorders, including Alzheimer's. Physical changes in the brain as one ages are the cause of dementia.

The most common form of dementia, Alzheimer's disease, is irreversible and destroys brain cells, causing thinking ability and memory to deteriorate, and is not a normal part of aging.

Alzheimer's disease is a fatal disease that eventually affects all aspects of a person's life: how they think, feel, and act, Licardo explained.

"Each person is affected differently," she said. "And it is difficult to predict symptoms, the order in which they will appear, or the speed of their progression."

Licardo says there are 10 warning signs of Alzheimer's individuals should watch out for:

1. Memory loss affecting day-to-day abilities – forgetting things often or struggling to retain new information.
2. Difficulty performing familiar tasks – forgetting how to do something you've been doing your whole life, such as preparing a meal or getting dressed.

3. Problems with language – forgetting words or substituting words that don't fit the context.

4. Disorientation in time and space – not knowing what day of the week it is or getting lost in a familiar place.

5. Impaired judgment – not recognizing a medical problem that needs attention or wearing light clothing on a cold day.

6. Problems with abstract thinking – not understanding what numbers signify on a calculator, for example, or how they're used.

7. Misplacing things – putting things in strange places, like an iron in the freezer or a wristwatch in the sugar bowl.

8. Changes in mood and behaviour – exhibiting severe mood swings from being easy-going to quick-tempered.

9. Changes in personality – behaving out of character such as feeling paranoid or threatened.

10. Loss of initiative – losing interest in friends, family and favourite activities.

If individuals are concerned about any of these signs, they should talk to their doctor, Licardo emphasized.

"My other message is keeping a healthy brain, which is an important step in protecting ourselves from Alzheimer's disease," she said, adding that there are people in their late 90s and even older who have never been diagnosed with any type of dementia.

Keeping a healthy brain is as easy as trying new things, socializing, eating a nutritious diet, and getting regular exercise.

"I want people to be aware that there are resources available for families, friends and caregivers to assist them in their care giving journey."



Jennifer May Licardo is looking forward to giving at talk on Alzheimer's Disease at 17 Wing. Photo: Submitted



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# Small Arms Trainer Simulation a Blast for Wing Admin Branch Members

By Martin Zeilig  
Voxair Photojournalist

Lying prone on a mat and with a modified C7A2 Canadian assault rifle jammed up tight against my shoulder, I peered down my scope at the big screen attached to a wall just metres away.

I was waiting for the command to shoot from Corporal Jason Allan, an instructor at Wing Readiness Flight, in the darkened small arms simulator inside of Building 66.

This simulation was part of a fun shoot on the afternoon of October 13 in the Small Arms Trainer (SAT) set up by the Wing Administration Branch for military and civilian personnel.

One of Cpl Allan's colleagues was seated at a small desk behind us loading the shooting scenarios onto a computer for projection onto the two side by side screens.

On his command of "ready" we cocked our rifles and released the safeties. Cpl Allan's final commands were "watch and shoot."

Simultaneously with that last command a series of targets popped up on the screen and we fired away, reacting to what we saw.

We shot at multiple targets, each one about two feet by two feet in size, set against a realistic desert backdrop. The targets themselves were shaped like tombstones with black "x's" near the top, popped up at simulated distances of 25 to 400 meters. While not deafening, the sound of gunfire seemed real enough, as did the kickback each time the rifle was fired. The simulation runs for about 15 minutes.

The exercise was a lot of fun, and I definitely wouldn't mind getting more practice to improve my shooting ability.

"We find the more coaching we give someone the better they become," Cpl Allan said after the shooting session. "The more coaching we give someone, the better they are. For somebody who's never shot, you did pretty well. It will become memory, the more you do it."

He also pointed out that during actual training exer-

cises, a CAF member's "success or failure" in shooting is measured by the number of targets you hit from five different ranges.

"When I did basic training in 2009, we were allowed to use the simulator as well," said Captain Kim Egert in the SAT classroom afterwards.

"It was good to use it again, but this time without being yelled at. It was nice to get out of my office and do something with other branch members. It's something we wouldn't do in a civilian job. That's kind of cool."

Jaye Rynar, the Chaplain's Administration Assistant, agreed with Capt Egert that this was an experience she wouldn't get in any other job outside of the CAF.

"I thought it was a lot of fun and interesting," she said. "It was like playing duck hunt [a Nintendo game]. I didn't know what to do at first, but they were telling me what to do."

17 Wing Administration Branch Chief Warrant Officer Douglas Clark said that this was a fun shoot meant to show military members of the branch some different weapons they may not get to use.

"This is a team building exercise for the Wing Administration Branch," he said. "It's also an opportunity for civilians to do it because they never get the opportunity to shoot."

The rifles at the SAT have been modified to work



Some of the participants at the "fun shoot" on October 13 in the Small Arms Trainer (Building 66) holding a detailed teaching poster of a C7A2 Canadian assault rifle. A modified version of the rifle was used during the actual shooting session. Photo: Martin Zeilig

with a compressed air system and laser targets.

Corporal Zahoor Alam, who works as a sub cashier in Wing Admin O, called the afternoon excursion a morale booster.

"It gets you out of your daily routine, and back to your basic training culture," he said. "It reminds you that you're a soldier and taking care of your weapon is important."

Warrant Officer Krista Semenchuk said that she was better on the pistol range because her personal weapon in the past was a pistol, but she enjoyed the experience nevertheless.

"It was a team building event, and something different," she said. "And we didn't have to face the elements."

# FireFit Team Burns Through the Competition

By Cpl Jenna Gilby

With MCpl Nelson Nordstrom, MCpl Andrew Gould, Cpl Jen Gilby and Cpl Matthew Sankey returning from the National Scott Firefit Competition, the competition season has come to an end for the 17 Wing Fire Fit Combat Challenge team.

The competition, which took place in Kitchener, Ontario from the 16th-20th September, incorporates what are considered the essential physical tasks of firefighting: a stair climb with a high rise pack (45 lbs), a hand over hand hose hoist up six stories (45 lbs), a forcible entry machine, a run through a slalom of hydrants (140 ft.), a hose advance, and last but not least a victim rescue

where the competitor picks up the 165 lb Rescue Randy mannequin, and drags it backwards a distance of 100ft.

"It's a head to head competition style race, knowing that in the end the person you compete against is really yourself, and the clock," said Cpl Jen Gilby. "This was the first year for our team, so we came into this season with a team consisting of mostly rookies to the atmosphere."

"Our goal from the beginning was clear: not only did we want to show other Fire Services what firefighters in the Canadian Armed Forces could do, but to also show that from Point A, our first qualifying event in June 2015, to Point C, this past competition in September, that we could improve and become better as a team and on an individual basis. We wanted to become better assets, role models, and firefighters within the trade,

wing and community," said Cpl Gilby.

The team placed 4th in the nation in two events, the Mixed Team Relay and the Mixed NX3 event (a two person relay). The times are one thing that demonstrated improvement by the team with the team beating its previous personal best of 1.40mins from the Regional Wasaga Beach Competition in August 2015 and coming it at a final time of 1.30 minutes compared to their first showing with a time of 1.51 minutes.

"We shaved nearly 20 seconds off a run, which is a true testament to hard work in the gym and excellent team comradery and communication, which was built throughout the hours spent in the 16 Hanger stairwell," Cpl Gilby added.

"Throughout the season and training, we were very lucky to receive such support from our fellow firefighters here at the fire hall, and people that weren't even on the team all supported our goals, ensuring operational requirements were met while we were away. It is amazing

to have such strong support from our community and unit. From the top down the chain of command has been rooting for us this whole process, which really made going to compete a pleasure, especially knowing we are representing such a great organization," said Cpl Gilby

The team is recovering and taking time to refocus its efforts into ensuring all members take this off-season to prepare, work on points of weakness, and come out strong again next season with new goals.



Cpl Jen Gilby (left) and Cpl Matt Sankey (right) participating in the Fire Fit Competition in Kitchener, ON. Photo: Submitted



MCpl Nelson Nordstrom (left) talking to the opposing team at the Fire Fit Challenge. Photo: Submitted

# 17 Wing Members Take Part in World Military Games

By Martin Zeilig  
Voxair Photojournalist

The 17 Wing participants may not have won any medals in their respective sports at the 6th CISM Military World Games in South Korea, but that didn't diminish their enjoyment of the overall experience.

Captain Stuart Ireson (soccer), Major Cameron Lowdon (golf), and Second Lieutenant Danielle Vortisch (volleyball) all took the trip to Seoul to participate in the games. Joanna Jarrett, PSP Fitness and Sports, also went to the games as a sports therapist for the swim team.

Held under the banner of "friendship together, peace forever", the Games brought together 7,300 military athletes and delegates from 103 countries to compete in 24 military and traditional sports. It is the third largest sporting event in the world.

Approximately 200 CAF athletes competed in 12 events, including basketball, fencing, golf, marathon, track and field, sailing, shooting, soccer, swimming, taekwondo, triathlon, and volleyball.

"We're very proud of the athletes from 17 Wing who participated, and of their accomplishments," said Chris Merrithew, 17 Wing Sports Coordinator. "They have been working hard to get to this level, and they represented 17 Wing very well at the Games. It's an honour just to have the opportunity to participate in an event of such a high calibre."

"We didn't win any games, but they were all close. For a non-soccer nation, we're showing remarkable improvement and that goes for the CAF too. We were more competitive than at any other such games," said Capt Ireson, Wing Personnel Selection Officer, who was captain of the men's soccer team.

Maj Lowdon, Specialty Training Flight Commander at CFSAS, and his teammates finished fourth in the men's golf competition behind South Korea, Brazil, and the USA, respectively.

"We were one stroke back of the bronze medallists," he said. "The entire Korean and Brazilian teams were made up of professionals, and the top player from Brazil has his PGA card for the 2016 season."

But Maj Lowdon says he had a good tournament per-

sonally, finishing 13th overall.

"And there were nine pros ahead of me," he says. "It was a very challenging golf course with hazards everywhere, and it was a super experience."

Both Maj Lowdon and Capt Ireson praised their hosts in Korea.

"It's a beautiful country, very picturesque. The people are very friendly," Maj Lowdon said, adding that the team paid a visit to the Korean War Museum and the U.N. Cemetery in Pusan where they laid a wreath on behalf of the Canadians buried there.

Capt Ireson, who began playing soccer as a youth in England, said the athlete's village was very well organized.

"The quality of food was unbelievable," he said. "The security was very tight. The amount of thought and preparation that went into these games was incredible. The Koreans were extremely welcoming. We had support from the local population. Every game we played was in a top stadium with high quality professional grade grass."

Capt Ireson also emphasized that CAF Sports and CISM are excellent avenues to attract fit, motivated and self-disciplined individuals and, crucially, retain them in the CAF.

"CAF Sports and CISM affords CAF members exposure to other cultures around the world," he said. "There's a wide range of personnel in the CAF which aids in understanding our organization's culture and excellent leadership opportunities in a close-knit team environment."



Capt Stuart Ireson gets ready to make a pass during the Canada vs Brazil Men's Soccer match at the CISM Military Games. Photo: CFMWS Imagery



Maj Cameron Lowdon tees off on the first hole at the golf portion of the CISM Military Games. Photo: Cpl Michael J. MacIsaac

## AJAG Delivers Legal Advice for All Units



Maj Sherry McLeod, Deputy Judge Advocate, was posted to Winnipeg this past summer. Photo: Martin Zeilig

By Martin Zeilig  
Voxair Photojournalist

To say that Major Sherry McLeod, Deputy Judge Advocate - Prairie Region, enjoys her job would be a bit of an understatement.

"I can't say enough good things about it," Maj McLeod said during an interview in her first floor office at 1 Canadian Air Division.

In her current position, Maj McLeod, who was posted to Winnipeg earlier this summer, is the Legal Advisor to 17 Wing, 15 Wing, 2CAD, CFB Detachment Dundurn, CFB Detachment Thunder Bay, 435 Transport and Rescue Squadron, 440 Transport Sqn and the RCAF Band.

As a member of the team at AJAG Prairie Region, she works collaboratively with her colleagues, "to pro-

vide the best legal services to all of our clients," says Maj MacLeod, a married mother of two adult sons, who completed a Bachelor of Science degree in Nursing with Honours at the University of Victoria in 1997, and a Bachelor of Laws degree at UVIC in 2000.

"Our mission at AJAG is to deliver independent, operationally focused, solution oriented legal advice and services across the full spectrum of military law, in respect of Regular and Reserve Force component commands, formations and units within Prairie Region," she said.

Maj MacLeod, who joined the CAF in 2002 and has completed Basic Officer Training and Legal Officer Advanced Training courses, says that Major General Blaise Cathcart, the JAG, has "a vision" for the Office of the JAG.

"He wants it to be an agile military team of world class, operationally focused, globally deployable and networked legal professionals, proudly contributing to a disciplined force and mission success in a manner that reflects Canadian values and the rule of law," she said.

"Lieutenant-Colonel Bolt, the AJAG Prairie Region, has made it clear that while legal advice flows from legal officers, both those of the regular and reserve force, they work within a team of professionals. He's instructed his legal staff to 'get out there' to increase AJAG Prairie Region client engagement beyond that

necessary for the resolution of immediate legal issues."

Prior to coming to Winnipeg, Maj MacLeod, who's currently enrolled in a Masters of Law distance education program at the University of London in the U.K., was posted for three years to Colorado Springs as the Deputy Judge Advocate - NORAD.

Her list of awards and notable accomplishments include receiving the Canadian Peacekeeping Medal and NATO Non-Article 5 Medal for service in Bosnia, a Meritorious Service Medal from her U.S. Colleagues for her work in Afghanistan, and a Canadian Campaign Star and a JAG Award for Deployed Officer Excellence for her work in Afghanistan.

"We provide advice to the Chain of Command on administrative and disciplinary matters including pre-charge and pre-trial legal advice," Maj MacLeod said. "Every case is different and very interesting. Law is so complex these days. There are layers of laws, policies, procedures and regulations that all interact, and all of them have to be taken into consideration."

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# Wing Commander's Honours & Awards

On 6 October 2015 in the Officers' Mess, 17 Wing Commander Col Andy Cook and 17 Wing CWO Mike Robertson presented Honours & Awards to 17 Wing members. All photos by: Cpl Jean Archambault



17 Wing Commander Col Andy Cook (left) and WCWO Mike Robertson (right) present Sgt Hill (middle) with the second clasp to the Canadian Forces Decoration.



Sgt Vaillancourt received the second clasp to the Canadian Forces Decoration.



WO Spiers received the first clasp to the Canadian Forces Decoration.



MCpl Basque received the Canadian Forces Decoration.



Sgt Butler received the Canadian Forces Decoration.



MCpl Dewald received the Canadian Forces Decoration.



MCpl Hogsden received the Canadian Forces Decoration.



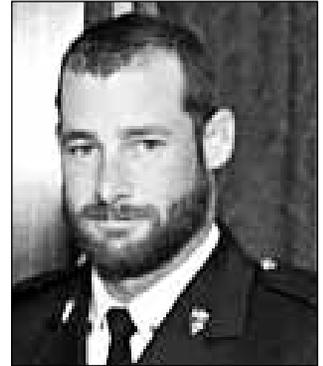
MCpl Loboz received the Canadian Forces Decoration.



Cpl Brown received the Canadian Forces Decoration.



Cpl Dumouchel received the Canadian Forces Decoration.



Cpl Gallant received the Canadian Forces Decoration.



Aviator Matthew Jenkens received the NATO Air Policing Mission Medal.



Cpl Litwiller received the 17 Wing Commander's Commendation.



Sgt Arnold received the 17 Wing Commander's Commendation.



Sgt Keddy received the 17 Wing Commander's Commendation.



Sgt Walker received the 17 Wing Commander's Commendation.



Capt Fullerton received the 17 Wing Commander's Commendation.



Capt McCulloch-Drake received the 17 Wing Commander's Commendation.



Capt Tibbel received the 17 Wing Commander's Commendation.



2Lt Blais received the 17 Wing Commander's Commendation.



Capt Niska Venkatesh received her Commissioning Scroll.



Col Andy Cook (far left) and WCWO Mike Robertson (far right) present a 17 Wing Commander's Commendation to Lt Masicote, Sgt Stevenson, MCpl Twigg and Cpl Boucher from REME.



Col Andy Cook (far left) and WCWO Mike Robertson (far right) present a 17 Wing Commander's Commendation to MCpl Ayer, Cpl Shapka, Cpl Ancelin and Cpl Archambault from 17 Wing Imaging. Photo: Capt McCulloch Drake.



Col Andy Cook (far left) and WCWO Mike Robertson (far right) present a 17 Wing Commander's Commendation to Maj Phil Daves, Evelyn Nymoen, Michael Bodnar and Adrienne Popke from Wing Publishing.

**Congrats to  
all Honours  
& Awards  
Recipients!**

# 435 Squadron Honours & Awards

In recent months at 435 Squadron, many promotions and awards were presented. The majority of awards and promotions were presented by the Commanding Officer of 435 Sqn LCol Brent Andrews and 435 Sqn CWO Douglas Harry along with Maj Radek Chlistovsky. Photos submitted by: MWO Ken Reynolds at 435 Squadron.



**MCpl Daryl Bradley (center) receives his promotion to current rank from LCol Brent Andrews, Commanding Officer of 435 Sqn, (left), and 435 LM Lead Ken Reynolds, (right).**



**WO Marcel Joyal (center) receives his promotion to current rank from LCol Brent Andrews (left), Commanding Officer of 435 Sqn, and 435 SCWO Douglas Harry (right).**



**WO Savage (center) receives his promotion to current rank from LCol Brent Andrews (left), Commanding Officer of 435 Sqn, and 435 SCWO Douglas Harry (right).**



**Cpl J Hann received his Flight Safety Commendation.**



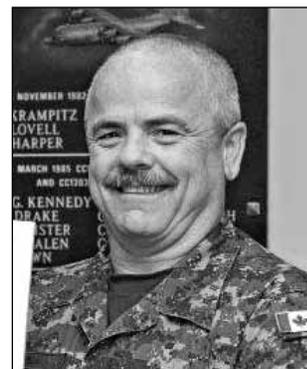
**Sgt Colm Canavan (center) receives his promotion to current rank from LCol Brent Andrews (left), Commanding Officer of 435 Sqn, and 435 SCWO Douglas Harry (right).**



**Cpl Scott Freer (center) receives his promotion to current rank from LCol Brent Andrews (left), Commanding Officer of 435 Sqn, and 435 SCWO Douglas Harry (right).**



**Cpl Jay Feschuk (center left), receives his promotion to current rank from LCol Brent Andrews (far left), CWO Douglas Harry (center right) and Maj Radek Chlistovsky (far right).**



**Cpl M Gervais received his Flight Safety Commendation.**



**Cpl J. Nacinovich (center left), with his family, receives his promotion to current rank from LCol Brent Andrews (far left), Commanding Officer of 435 Sqn, CWO Douglas Harry (center right), and Maj Radek Chlistovsky (far right).**



**Capt M. Pape (center left) with wife Julia receives his promotion to current rank from LCol Brent Andrews (left), Commanding Officer of 435 Sqn, and 435 SCWO Douglas Harry (far right).**



**Capt Mark Bouskill (center) receives his promotion to current rank from LCol Brent Andrews (left), Commanding Officer of 435 Sqn, and 435 SCWO Douglas Harry (right).**



**Capt M. Adam received his Commission Scroll.**

## Dundurn Fire Fighters Hold Annual Spaghetti Dinner

**By Bob J. Gauthier, Deputy Fire Chief  
17 Wing Detachment Dundurn**

On Oct 8th, 17 Wing Detachment Dundurn Fire Department hosted their annual spaghetti dinner in conjunction with their open house during Fire Prevention Week. This event is done annually to raise money for Muscular Dystrophy and the United Way Campaign. The Fire Department raised over 840.00\$ for that dinner with a grand total of 1271.20\$ donated to United Way and Muscular Dystrophy.

Several activities were organized during Fire Prevention Week including a coloring contest for different age groups. Congratulation to our winners: Solvelg Leduc and Maeli Leduc, Audrey Girard, and Sarah-Lee Girard, Jade and Samuel Fullwood

The Fire Department would like to acknowledge our sponsor with their support and donation: MFRC, NPF, Road and Gun Club, Supply and the Kitchen. Without them this event would not of been a success.

17 Wing Detachment Dundurn Fire Department would like to thank everyone who attended this event.



**The Det Dundurn Fire Team prepares for their annual spaghetti dinner. Photo: Submitted**



**It was a full house at the Det Dundurn Fire Hall's spaghetti dinner. Photo: Submitted**

# Comin' Home Video Shoot Attracts Scores of Extras



Crew members, including director B.J. Verot (bent over with hands on knees), positioning the camera crane during the filming of the music video. Photo: Martin Zeilig

By Martin Zeilig  
Voxair Photojournalist

It was "lights, action, camera" at the RCAF Band's Music Video Shoot in Hangar 11 on October 17.

The five minute video is for the song, Comin' Home, by Sergeant Mike Hall, the RCAF Band's guitarist.

"As far as we know, this is the first such music video ever done in the Canadian Armed Forces," said Sgt Joel Green, trombonist with the band and production manager for the video.

The poignant song was recorded for the Band's 2014 CD Four Shades of Blue.

"It's about soldiers returning home from deployment and what they leave behind at home when serving their country," Sgt Green said.

"It shows the bond between deployed CAF members and their families. The video something we wanted to do as a unit. It's another way to reach Canadians and the military."

The original intent was to shoot the video in 2013, but it wasn't until April, 2015 that the band had the budget for such an undertaking. The video is being produced by local company SoGo Productions and directed B. J. Verot.

"We're really trying to capture the soldiers coming home, and we're featuring the Jet Stream Band," producer Cameron Patterson said during a break in filming. "So, that's why it's being staged in the hangar. We'll have families greeting them to connect the

emotional component of coming home because everyone serving (for Canada) has had that experience."

The video required over 100 extras as well as the use of a C-130 Hercules.

Patterson said that as a producer, his job is to organize the entire production.

"I'm also the editor and will deliver the final cut of the video by the end of January."

Captain Frances Busby was one of the many extras who came out for the shoot. She said that the experience of playing one of the returning soldiers in the video brought back memories of her own deployments to Dubai and Cyprus.

"In my career with the military I've had the opportunity to do some things interesting things, including today's film shooting," said Capt Busby as she and the other extras milled about during a break in shooting.

"I'm enjoying my experience. I'm here to support the band."

Master Warrant Officer John McDougall, who works at 23 Health Services, said being an extra was a "cool" experience.

"It's amazing to be in any production that's showcases the CAF," he said.

The shoot also brought back memories for MWO McDougall, who's been on seven deployments during his career.

At the end of the day Sgt Green expressed his gratitude for the support he and the band have received from 17 Wing for the video production.

"It's really exciting that we've gotten this far," he said. "It's been intensely busy."

He also said that it was rewarding to see this idea "come to fruition."

## 17 Wing Struts Its Stuff At MFRC Fashion Show

By Martin Zeilig  
Voxair Photojournalist

There may not have been professional models walking down the runway, but the eight volunteers at the Military Family Resource Centre Fashion Show sure enjoyed strutting their stuff.

The event was held in the 17 Wing Fitness and Rec Centre theatre on October 18 and attracted over 70 people. It was put on as a way for some of the new people on base to meet other base members said Shelia Booker, who was one of the organizers of the fashion show.

Clothing for the evening was provided by Masters of London, a high end clothing store located on Roblin Boulevard. A little bit of everything was on display in the 30 outfits that were modelled that evening.

Both casual wear to dress wear were on display at the show, and there was something for all ages and body types.

Some of the more memorable outfits included a slinky leopard-print dress, a black Gatsby dress with feather fringes, and men's dress shirts from Turkey with stylish linen and wool sports coats.

"They offered to help us coordinate this show, and to display their fashion line," said Booker of Masters of London's involvement. Each of the models went to Masters of London a week ago to try on five separate outfits which were chosen to suit each model's frame.

"And that's what we're presenting tonight," said Booker, who's been working on the fashion show since the 17 Wing Fall Fair in September.

Lois Mallett, who was one of the models and organizers of the event, said the show was also designed to give more exposure to MFRC programs for families.

Audience member Nathalie Dufor, whose partner is Master Warrant Officer Luc Gauthier at 1 Canadian Air Division, said that it was a really nice event.

"It's turned out good," she said. "I hope this will become an annual event. The turnout was pretty good and the models wore really nice outfits."

Lieutenant-Colonel Danielle Clouter said that this was her first time modelling.

"It's awesome," she said. "It's lots of fun, especially trying on all the different beautiful clothes."

Don Brennan, MFRC manager, who also modelled clothes at the show, called the evening a tremendous success.

"It allowed us to advertise our programs to the military and civilian communities," he said afterwards.

The other models were Karen Hansen, Janice Rempel, Sherri Pierce, Christine Johnson, and Colonel Joel Roy.



Left: Colonel Joel Roy, former 17 Wing Base Commander, posing jauntily in an ocean blue sports jacket and black trousers at the MFRC Fashion Show in the theatre at Building 90 on October 18. Right: Waiting in the wings, a confident MFRC model eagerly awaiting to reveal her very stylish patterned dress to spectators. Photos: Martin Zeilig



CAF personnel and civilian extras acting as returning soldiers and their families during the shooting of the RCAF Band's music video, Comin' Home, in Hangar 11 on October 17. Photo: Martin Zeilig

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# Canadian Rangers Go Down Under At EX Southern Cross II

By Capt Wade Jones

## 4th Canadian Ranger Patrol Group

"I'm not kidding" said Canadian Ranger (CR) Glenn Osmond of Lynn Lake MB, "I swear something ran across my leg last night in my swag". The CRs nodded in sympathy, knowing the same thoughts ran through all of their heads more than once during Ex SOUTHERN CROSS, a 25 day Small Unit Exchange (SUE) with NORFORCE, an Australian Defense Force (ADF) unit within the Army.

NORFORCE, a primary Aboriginal force, is situated in the Northern Territory (NT), commonly referred to as the "Top End" of Australia. Their roles, missions, and tasks, although more tactically based, are very similar to the CRs. They too are the "Eyes and Ears" of the north. They are situated in the most sparsely populated, remote and isolated areas of the Top End of Australia. On more than one occasion someone said our countries are like cousins, not close but always there when needed.

The CRs started their experience by spending a week in and around the NT capital, Darwin. There were social events, cultural activities, orientation to NORFORCE capabilities, a watch for this "it will kill you" briefing, and very important medical briefings. Then it was off to Arnhem Sqn and the "Top End".

Upon arrival in Nhulunbuy we were met by Maj Tom

Green, OC Arnhem Sqn and our host for the next 14 days. Our real introductions took place the first evening when visiting the local Returned Services Club (Legion). We enjoyed a social evening with bare foot lawn bowling, cold beverages, local cuisine, and great conversation. It was a tremendously positive icebreaker in the +37C heat.

Our exposure to both NORFORCE and the local area continued over the next few days, but not before we were "Welcomed to Country" by the Yolngu People of Nhulunbuy using the traditional instruments of Didgeridoo, Claves, and singing.

The primary training event of the SUE was a 1900 Km vehicle patrol. The CR experienced incredible uniqueness, isolation and contrast while traveling through the most amazing part of the world any of them have encountered. Even the vehicle patrol was awe inspiring and captivating. It was made up of three Land Cruisers, a Surveillance/Reconnaissance Vehicle (SRV) and a "Baby" G Wagon. They were loaded with everything the group needed: fresh food, cooking equipment, swags, packs, 600 litres of water, and all other necessities of life.

We patrolled to many unique locations; the Koolatong, where eyes were opened to the crystal clear water of the Latram River, Gapuwiyak, Giddy Falls, and the Sinkhole, a remarkable circular hole in the flat plain landscape. At the Arafura Escarpment we were in awe of the vastness of the Arafuru Swamp, and the list goes on. In most communities we met up with NORFORCE Patrolman who would spend the day showing us their skills and the surroundings.

We met up with the crew of a LCM8 and sailed to Rapuma Island and met the Crocodile Rangers of Milingimbi. Rapuma Island is a paradise onto itself, a real "Gilligan's Island". The cultural experiences the CR had in collecting "bush tucker" (country food) of Long Bums (snails in a shell), Ragudo (mud mussels), wallaby and turtle eggs, and of course the taste test, will forever be etched in their minds.

To the last person, including NORFORCE, Rapuma Island was spectacular, with its powder white sand, miles of pristine beach, lush vegetation with mangroves, tidal pools, and post card worthy sunsets and sunrises.

Back to the land, we were off to the Arafura swamp with NORFORCE Patrolman James Gengi and the Gurruwiling and Wanga Djakamirr Rangers. This was an experience in itself; it was simply amazing to see the wildlife and the change in both landscape and traditional ways. Spending the night at the abandoned Old Arafura Homestead did have its downfalls, mostly the mosquitos; those ravaging beasts of dusk and dawn were relentless. Adding to the atmosphere of the swamp were pythons, crocs, buffalo, and wild horses which tramped through the bivouac during the night just to set our hearts thumping. We were rewarded at dawn with the most spectacular misty sunrise. Thousands of spider webs glistened with morning dew in the rays of orange, and we had breakfast silhouetted against an orange fireball.

Cahills Crossing and the East Alligator River provided us with more new skills and experiences as we entered the unique landscape of Kakadu National Park. It was just as spectacular as its name. Having forded some 41 rivers over the last 6 days, the landscape now turned to towering pinnacles of rock that dwarfed us.

The vastness of the top end has hit home. One of the most humbling and inspiring places we visited was Anabangbang, a towering vertical rock escarpment with Rock Paintings (pictographs) that were endless. Later the group was led to the trail to Jim Jim Falls. Jim Jim Falls is one of those places held in high regard by the local Clan.

The next bivouac was near Ngurrungurrudjba (Yellow Water), it was our last night on the land and we were all hesitant to crawl into our swags. There is no way to describe seeing a 5 meter long, 700 Kg Saltwater Crocodile propelling itself half its length out of the water other than "Jumping Crocs".

The patrol was an experience of a lifetime for the CRs. They experienced the unique Indigenous lifestyle, incredible geography, and an exchange of skills that amplified how similar our units and nations are.

The SUE culminated with CRs participating in the Canada Down Under celebration in Darwin. Accompanied by the High Commissioner of Canada to Australia and the Defense Attaché to Australia and New Zealand, they spent two days visiting local schools, interacting with teachers, elders and some 300 youth.

Exercise Southern Cross was a success, and The CRs gained an abundance of knowledge and skills through working with the NORFORCE soldiers and the local rangers. These skills will add to the capability of the CRs both at home and abroad.

"G'day Mates"



CR Lawrence Charnell, Patrolman Peter Garrawirtja, CR Dave Bjorkman, Patrolman Mosses Wanambi, CR Aaron Cunningham, CR Jean Tsannie, and CR Colin Stone take a break from skills training near the Koolatong Latram River during Ex Southern Cross II a Small Unit Exchange with North West Mobile Force of the Australian Defence Force. Photo: Capt Wade Jones

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## CANEX Staff Prepares for Opening



Staff at the new CANEX Expressmart stock shelves in preparation for the store's opening on Wednesday, October 21. Photo: Mike Sherby

# Multi-Faith Prayer Room Aims to Make 17 Wing More Inclusive

By Mike Sherby  
Voxair Manager

With the recent addition of a multi-faith prayer room in Building 64, 17 Wing has taken a big step towards being more welcoming to people from all different faiths.

The room, number 108, is open 24-hours-a-day, 7-days-a-week for private prayer or spiritual use. The room is outfitted with equipment for ritual foot washing, prayer mats, two comfortable chairs, and copies of the Qur'an and the Hebrew and Christian bibles.

17 Wing Chaplain LCdr Jack Barrett says that the new room will help provide for the spiritual and religious needs of 17 Wing members.

"As the military is incorporating more and diverse cultures and people of religious expressions other than Christian, it has become incumbent upon us to provide for their spiritual growth," he said.

The room is currently being used by a number of people, including Cpl Ibrahim Kamara from the Wing Comptroller's Office. Cpl Kamara, who is Muslim, follows the 5 daily prayers of his faith. He must pray early in the morning, at lunch, at around 1600hrs, around 1900hrs, and then before bed.

Before the addition of the prayer room, he had to either go home for his lunch hour prayer, which is called Zuhr. Sometimes, in worst case scenarios, he would have to wait until after work.

"Having the room has made me feel more accepted, one hundred per cent," he says.

Cpl Kamara is very excited to now have a dedicated

room to do his prayers in, and he hopes more members of the Muslim Military Community come out to join him.

"In my faith praying with others is very important," he says. "So with this room maybe I'll have more people joining me."

While there are no exact numbers on how many Muslims or people from other religious backgrounds are at 17 Wing, it's an amount that is growing, and the multi-faith prayer room was designed with their needs in mind.

LCdr Barrett says that the idea for such a room was a long time coming, but once he got the ball rolling the Command Team was totally on board and things moved quickly.

Members of the Chaplain Team even went to the Winnipeg Grand Mosque to speak with members of the faith on what would be appropriate for the room.

"We're planning on visiting other traditions in the near future to have a better understanding of those traditions as well," LCdr Barrett says. "We're at the beginning of developing this, it's certainly not finished."

In fact, plans are already underway to renovate the room to make it even more appropriate for use. LCdr Barrett hopes to have these changes done by the end of the fiscal year.

"Currently it's a former barracks room that's been outfitted with minimal furniture and maximal space for prayer" LCdr Barrett says. "When its finished there will be a dedicated prayer space, and a dedicated ante-room, and it will be appropriately decorated to provide for male, female, or combined prayer time for a small

number of people."

LCdr Barrett says that the room can currently hold about 10 people, and isn't meant as a substitute for a mosque, temple, or other space. Instead it's meant as a place where people of any faith can gather for some private reflection.

"It's really a space for people to come and pray, and to nurture their own faith."



Cpl Ibrahim Kamara performs his afternoon prayer, known as Zuhr, in the Multi-Faith Prayer Room. Photo: Mike Sherby

## SCAN Seminar Scheduled for Nov 4-6

Reference: DAOD 5031-4

Recognizing the commitment of Canadian Forces members and the extraordinary demands and challenges of the military lifestyle, the Canadian Forces makes services available in the Second Career Assistance Network (SCAN) to assist in the transition from military to civilian life.

### SCAN Transition Seminar

This is the regular two-day general information session designed to provide members with a snapshot of the current procedures, services, and benefits they may experience during their transition from the military to civilian life. This seminar is relevant to all members preparing for release, regardless of release item.

### Medical Information Seminar

This half-day seminar provides information on medical support services and other medical related issues. This seminar is available to all members being medically released, members on a temporary or permanent medi-

cal category, and to senior leadership who are interested in learning more about medical support procedures and initiatives.

All members will participate in the SCAN Transition Seminar on the first two days, while only those interested in medical related topics and issues will participate in the Medical Information Seminar the following day.

### \*\*Upcoming SCAN at 17 Wing\*\*

Regular SCAN 04 - 05 November 2015  
Medical SCAN 06 November 2015

- Wing Theatre (Bldg 90)
- Dress is appropriate civilian attire

### TO REGISTER:

Registration Form: <http://dgmpra-dgrapm.sondages-surveys.ca/s/SCANRegistration/>

17 Wing PSO website: <http://10.96.88.150/cms/en/home/winginfo/wingadmin/WPSO/SCAN/DatesandRegistration.aspx>

## Seminaire du SPSC le 04-06 Nov.

Référence : DOAD 5031-4

En reconnaissance de l'engagement des membres des Forces canadiennes ainsi que des exigences et des défis extraordinaires que pose le style de vie des militaires, les Forces canadiennes offrent, par l'intermédiaire du Service de préparation à une seconde carrière (SPSC) des services pour faciliter la transition de la vie militaire à la vie civile.

### Séminaire du SPSC sur la transition

Cette séance d'information générale de deux jours est conçue pour fournir aux militaires un aperçu des procédures courantes, des services et des avantages pouvant être associés à la transition de la vie militaire à la vie civile. Ce séminaire est destiné à tous les militaires qui se préparent en vue de leur libération, peu importe le motif de libération.

### Séminaire d'information médicale

Ce séminaire d'une demi-journée fournit des renseignements sur les services de soutien médical et d'autres problèmes de nature médicale. Ce séminaire est destiné à tous les militaires faisant l'objet d'une libération pour raisons médicales, aux militaires faisant partie d'une catégorie médicale temporaire ou permanente et aux

cadres supérieurs qui veulent en apprendre davantage sur les procédures et les initiatives en matière de soutien médical.

Tous les militaires participeront au séminaire du SPSC sur la transition à la vie civile les deux premiers jours, et seuls ceux qui s'intéressent aux sujets et aux problèmes de nature médicale assisteront au séminaire d'information médicale le lendemain.

### \*\*Prochains séminaires du SPSC à la 17e Escadre\*\*

**Séminaire sur la transition :** les 4 et 5 novembre 2015

**Séminaire d'information médicale :** le 6 novembre 2015

- Amphithéâtre de l'Escadre (bâtiment 90)
- La tenue de rigueur est une tenue civile appropriée.

### POUR VOUS INSCRIRE :

Formulaire d'inscription : <http://dgmpra-dgrapm.sondages-surveys.ca/s/SCANRegistration/>

Site web de l'OSP de la 17e escadre : <http://10.96.88.150/cms/en/home/winginfo/wingadmin/WPSO/SCAN/DatesandRegistration.aspx>

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# Wing Member Pumped to Hold Strength Training Workshop

By Martin Zeilig  
Voxair Photojournalist

Private Ben Langley, a bronze medal winner at the 2015 Canadian Powerlifting Championships, wants to pump you up.

Pte Langley, along with his cousin and fellow powerlifter Ryan Kolesar, will be conducting a basic strength training seminar for Sports Day in Canada on November 21st. The seminar will take place in the 17 Wing Fitness and Recreation Centre's multi-purpose room from 1000 hrs to 1300 hrs.

"I'm going to be teaching people how to properly bench press, squat and dead lift," said Pte Langley, the ninth strongest junior powerlifter in Canada and the strongest in Manitoba.

Pte Langley, who is posted to the Wing TEME Sqn, also won first place at the 17 Wing Open Powerlifting Championships on September 26. He says interested parties should sign up as soon as possible, as the seminar is limited to 25 people.

Participants in the seminar should wear basic gym attire, such as shorts or sweat pants, a T-shirt and proper footwear.

This will be 17 Wing's third year participating in Sports Day in Canada activities, which aims to celebrate all things sport in Canada. Events will be running all day long on November 20 and 21, and more details about specific events will be forthcoming.

As a bonus, Pte Langley says that the first 10 individuals to sign up will receive a goodie bag containing an assortment of supplements.

"My goal is to help anyone who wants to lift properly, and with any interest in getting stronger, whether they want to lift competitively or not," said Pte Langley, who started out as a body builder and high school wrestler before turning to powerlifting exclusively.

This will be Pte Langley's first time leading an instructional strength seminar, and he hopes it will lead to interest in more advanced seminars down-the-road.

"Strength conditioning is as much an art as it is a sport," he said. "It combines my knowledge of different types of fitness, such as weight loss, strength, and overall fitness, and the ability to train longer so you're

less likely to get injuries. Within the sport, there is a lot of respect among lifters for one another because we all know the struggle involved to compete and improve."

His goal is to make Manitoba the strongest province in Canada with "the best lifters."

"Age doesn't matter," said Pte Langley. "The only difference being when it comes to your training routine. Powerlifting can also help athletes in any other sport because this will give them the knowledge to train properly in the three main lifts. It will improve their strength big time and help prevent injuries.

For more information on the seminar, contact Pte Langley at [benlangleypowerlifting@hotmail.com](mailto:benlangleypowerlifting@hotmail.com)

An advance sign-up sheet for the seminar will soon be available in Building 90.



Private Benjamin Langley performing a squat at the Powerlifting National Championships. Photo: Submitted



# Golf Club Closes After Successful Season



The 2015 golf season has now come to a close at CFB Winnipeg Golf Club. We had a fantastic season at CFB Winnipeg Golf Club! With Mother Nature on our side we saw some beautiful golfing weather and excellent course conditions. Thank you to all of our 2015 members and guests for a great season. From all the staff at CFB Golf Club we wish you a safe and happy winter and we hope to see you on the first tee next spring! Thinking of becoming a new member for the 2016 golf season? Please visit our website [www.17wingwpggolf.ca](http://www.17wingwpggolf.ca) throughout the winter for updates on membership specials and pricing. — Jackie Kurceba, CFB Winnipeg Golf Club Manager (Photo: Mike Sherby)

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## 17 WING FIRE CHIEF'S CORNER

### Halloween Fire Safety Tips

**BE HALLOWEEN Safe**

Halloween is a fun, and spooky, time of year for kids. Make trick-or-treating safe for your little monsters with a few easy safety tips.

- When choosing a costume, stay away from long trailing fabric. If your child is wearing a mask, make sure the eye holes are large enough so they can see out.
- Provide children with flashlights to carry for lighting or glow sticks as a part of their costume.
- Dried flowers, cornstalks and crepe paper catch fire easily. Keep all decorations away from open flames and other heat sources like light bulbs and heaters.
- Use a battery-operated candle or glow-stick in jack-o-lanterns. If you use a real candle, use extreme caution. Make sure children are watched at all times when candles are lit. When lighting candles inside jack-o-lanterns, use long, fire-place-style matches or a utility lighter. Be sure to place lit pumpkins well away from anything that can burn and far enough out of way of trick-or-treaters, door-steps, walkways and yards.
- Remember to keep exits clear of decorations, so nothing blocks escape routes.
- Make sure all smoke alarms in the home are working
- Tell children to stay away from open flames including jack-o-lanterns with candles in them. Be sure they know how to stop, drop and roll if their clothing catches fire. (Have them practice, stopping immediately, dropping to the ground, covering their face with hands, and rolling over and over to put the flames out.)

Did you Know?  
Decorations are the first thing to ignite in 900 reported home fires each year. Two of every five of these fires were started by a candle.



# www.pspwinnipeg.ca



## Ghoulish Snacks That Won't Haunt Your Health

With the changing of the seasons comes Thanksgiving, followed closely thereafter by Halloween which means the Christmas season is just around the corner. With these festivities we will also find ourselves surrounded by food. No need to despair, supported by a plan, your waist can get through relatively unscathed!

Of course this holiday is not only about the kids, but that's where we're going to start. Halloween just wouldn't be Halloween without the treats! Of course this is where the "m" word of moderation comes in. Parents you, along with your children, can work out a plan on how to handle the Halloween loot. There is no one right approach and each family needs to decide how best it will work for them.

To avoid diving into the treasures upon returning home from "Trick-or-treating" here are some simple strategies to consider:

- Have a quick and healthy supper before kids go out. Well fed children will be less likely to over eat on treats.
- Cut down on the treats by limiting the amount of trick or treating. Stay on your street for example.
- When you are passing out treats give just a few rather than a big handful. Remember little eyes are on you; be a positive role model and limit the candy you eat.
- Replace trick or treating with a party for the children. Plan spooky games and healthy colourful Halloween food.

Think beyond the candy bars and provide treats that aren't quite as sweet:

- Sugarless gum
- Small bags of pretzels or popcorn
- Granola bars
- Real fruit gummies
- Individual hot drink packages

Who said treats had to be sugary candy? Try something different this year and hand out any of the following:

- Stickers or temporary tattoos
- Noisemakers
- Individually wrapped clay
- Rubber spiders or finger puppets
- Pencils, erasers or pencil toppers

Now adults, we like to think of Halloween as kids' holiday but we all know that we're not immune to those sugary treats! There are likely socials, costume parties and get-togethers planned over the next couple of weeks that will be full of sweet stuff, but you don't have to contribute! Here are some healthy snack ideas that you can bring to the festivities that are still in the spirit of Halloween.

### Puking Pumpkin Dip

Hollow out a small pumpkin and carve a jack-o-lantern face. Place the pumpkin on a platter, have a healthy dip (like hummus or guacamole) coming out of the mouth to get a puking effect. Have lots of fresh vegetables and pretzels around the pumpkin for dipping.

### Pumpkin Seeds

No need to throw those "pumpkin" guts out! Separate the seeds from the "goop," rinse them and place on a paper towel to dry. Preheat the oven to 350 degrees. Spray a baking sheet with non-stick spray, spread seeds in an even layer and sprinkle with salt or other desired spices. Bake 10-20 minutes until crisp, turning once. Store in an airtight container.

### Orange Jack-O-Lanterns

Hollow out oranges by cutting a hole in the top and scooping out the insides. To make a face, cut out shapes with fruit and secure with toothpicks. Fill the orange with vanilla yogurt and serve with slices of fruit.

Have fun with the Halloween colour scheme! Each and every day we are aiming to eat one orange and one green vegetable. Use this opportunity to fill up on or-

ange bell peppers, carrot sticks, sweet potato chips or fries, orange tomatoes or butternut squash.

For those adult beverages, give one of these mock-tails a try to avoid the extra calories provided by alcohol:

### Yummy Bloody Mary Recipe (non-alcoholic)

Ingredients (for about 4 servings)

- 2 cups tomato juice
- 1 celery rib, sliced into small pieces
- 1 lemon slice
- Half red bell pepper, chopped into small pieces
- 2 sprigs fresh parsley
- 1/4 tsp. Worcestershire sauce
- 1/2 tsp. salt
- 1 tsp. oregano
- 1 cup ice cubes

Directions

Blend all the ingredients together in a blender, except ice.

When the mixture is smooth, add ice and blend until it is liquefied.

Strain and serve.

### Red Halloween Punch Recipe (non-alcoholic)

Ingredients (for about 20 servings)

- 48 oz. chilled cranberry juice cocktail
- 1 litre chilled ginger ale
- 1/2 cup chilled lime juice
- 2 cinnamon sticks (optional)

Directions

Combine cranberry juice cocktail, ginger ale and lime juice together in a large punch bowl. Stir well. Float cinnamon sticks in the punch.

For more information on healthy snacking please contact Health Promotion at 4160/4150/4995.

Happy Healthy Halloween!



**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!*

**10 December 2015**

**0800 – 1600 hrs**

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[www.facebook.com/WinnipegMFRC](http://www.facebook.com/WinnipegMFRC) [www.facebook.com/WinnipegMFRCYouth](http://www.facebook.com/WinnipegMFRCYouth)

# Upcoming MFRC Programs and Events

### HALLOWEEN HOOT

Thursday, October 29  
From 9:30 to 11:00 a.m.  
Westwin Children's Centre  
Registration deadline: October 26, 2015  
Parent participation required  
Preschoolers and parents come celebrate Halloween with us at Creative Tots! We'll have crafts, snacks, songs, stories and games...it will be a hoot! Wear a costume if you wish. Call 204-833-2500 ext 2491 to register.

### DECEMBER 6TH VIGIL, PLANNING COMMITTEE

December 6 is the National Day of Remembrance and Action on Violence Against Women.  
We are looking for community members to assist us in planning a vigil to mark the 26th anniversary of the Montreal Massacre, when a man with a gun walked into École Polytechnique and shot or stabbed 27 people, mostly women. 14 women died that day.  
We want to remember and honour these women, as well as all women affected by violence around the world. For information please contact Kim Smyrski at 204-833-2500 ext. 4512.

### LEARN TO...RELAX WITH YOGA

Monday, October 26  
from 7:00 to 8:00 p.m.  
Registration deadline: October 22, 2015  
We are starting a new series of programs called 'Learn To...' This month we are learning the basic breathing techniques used in Yoga. There will be basic yoga poses but with emphasis on the relaxation and breathing aspects of Yoga. Please bring a Yoga mat with you and wear comfortable clothing.

### SPECIAL NEEDS SUPPORT GROUP

Wednesday, October 28  
from 1:30 to 3:30 p.m.  
Please contact Sherri if you require childcare.  
Are you or someone in your family affected by special needs? Please join us for an afternoon of discussion, networking and sharing the rewards and challenges of managing special needs.

### FRANCOPHONE LADIES GROUP, PLAY « LE BOUCHER »

Thursday, October 29 at 7:00 p.m.  
Centre culturel franco-manitobain,  
340 Provencher Blvd  
\$25 (tickets are limited)  
Presented in French We will be attending the play « Le Boucher » presented by Le Cercle Molière. Join us for an evening of suspense and intrigue.

### MOUSTACHE NIGHT, FRENCH MEN'S NIGHT OUT

Sunday, November 1 at 6:00 p.m.  
Barley Brothers, 655 Empress St. (Polo Park)  
Participants are responsible for paying for their own food and beverages.  
Registration deadline: October 29, 2015  
Hey guys, a men's night out just for you, anyone interested? Mark your calendar for Sunday, November 1 as you are invited to eat at Barley Brothers restaurant, try one of their 72 beers on tap and at the same time watch a Winnipeg Jets vs Montreal Canadians game on screen! Be a real fan; show your favourite team's colours. Don't miss it!

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204-833-2500 ext/poste 4511

# Shopping Showcase

Hosted by the Winnipeg MFRC

Friday, November 6, 2015

~

7-9 p.m.

~

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642 Wihuri Rd

~

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## CHRISTMAS CRAFT SALE

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# Taroscopes

BY  
NANCY

**Aries (March 21 - April 19):** Your thoughts influence outcomes when you see what you expect to see and act accordingly. Question your assumptions. Talk to practical friends to get a reality check and solid ideas when you sense you are being overly impulsive. Share tasks with others to lighten the load.

**Taurus (April 20 - May 20):** What you want so badly may be much more work than you expect. Take the time to evaluate how your choices will affect your lifestyle. Research what you're opting into. You can juggle responsibilities and the odd surprise if you're flexible. An optimistic attitude is an asset.

**Gemini (May 21 - June 21):** You might not want to look too far into the future as it can be daunting but there are pluses to planning. When you're in a rush and don't have time to think things through you'll be glad you did. Consider best and worst case scenarios. Make enjoying the journey a priority.

**Cancer (June 22 - July 22):** A storm you'd hoped to avoid is brewing. Expect radical changes as a result. Once the dust settles you'll be thankful that you didn't miss out on this chance to clear the air and take part in a sincere dialogue. The end result is good news you can share with friends and family.

**Leo (July 23 - August 22):** Organize a group trip with friends. You are admired and respected because people can depend on you to lead effectively. If you are feeling jaded about love and life because it hasn't measured up to what you expected as a child, don't try and relive your youth. It just doesn't work.

**Virgo (August 23 - September 22):** Look for ways to have fun without spending a lot. Share expenses. Accept help when offered. Enjoy the simple things in life. Don't hold onto things or people that drag you down. Fill your life with beauty and connect with those who are upbeat. Pamper and spoil yourself.

**Libra (September 23 - October 23):** If you said you'd do it - cowboy up. Events and/or people may upset you but you still have to do your part. Change is inevitable and you may not have time to sort out your feelings as it happens. So just stay true to your values and breathe. Find positive ways to alleviate stress.

**Scorpio (October 24 - November 21):** The minute you show up you are the centre of attention. This can be frustrating when you want to be alone with someone. Set up a one-on-one meeting if you need to discuss anything important. Arm yourself with the basic facts. Expect the best and you'll get it.

**Sagittarius (November 22 - December 21):** People will ask for your opinion and advice. There are important decisions to be made. Only if you have total control can you guarantee the outcome you promise. Keep up-to-date with your contacts to avoid surprises. To get your way, be persistent.

**Capricorn (December 22 - January 19):** Enjoy time with old and new friends. Avoid people who think they know what is best for you. Especially if they want to push their own agenda. Be patient when waiting for test results. You can't do anything until then. Be proactive about getting yourself out of a rut.

**Aquarius (January 20 - February 18):** Until you get all the facts you won't understand the madness around you. Being fearful of the fallout shouldn't stop you from doing a bit of digging. Be fair and honest with yourself and others. You will see progress so promote yourself. Friends will stand by you, always.

**Pisces (February 19 - March 20):** You'll lose more than you gain if you push too hard. The world isn't always fair. People aren't always kind and can be hurt badly by someone with ego issues. Changing to suit another has too high a price. Don't hide your sadness behind anger. Grieve then let go and move on.

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# Chaplain's Corner

## In Support of Immigrants and Refugees

By Padre Paul Gemmiti

You may have heard for a long time now that there is a growing migration of peoples across parts of north Africa and the Middle East going in the direction of Europe. For those of you who do not happen to know a general history of humankind, such migrations are actually regular in frequency and differ in locations, but have been either lesser or greater in numbers during any particular period of our universal past.

The quest for human beings to want to make a change for the better in their lives, especially for reasons of economics, religion, social status, or other pursuits, continues to have generations of human beings migrate to other parts of our planet. Tourism sites and interests get the most publicity in the media when it comes to showing people on the move, but formal immigration for reasons of personal stability, safety, and security of one's present mortal life is actually the larger activity.

The rather recent phenomenon of having access to the internet has opened up the reality for many folk to know – or at least get a good idea - of what is really out there in terms of opportunities for diverse employment, locations of natural and human environments to live in, and culturally acceptable societal norms and laws.

Although you may have the impression that we humans have only common expectations and values, there is actually a diversity of talents, life and after-life perspectives, and present networkings of various folk which all push the boundaries and greater awareness of what can be possible for us human being who live on this planet today.

I write this reflection as a person who grew up within a dual culture family whose father immigrated to Canada due to economic struggle. I went to school in a multi-cultural town, later studied in multi-scientific interested and multi-religious interested institutions, and came to appreciate the cultural activities and faith perspectives of all who have emigrated from many lands to Canada.

As human beings we all share a common experience of being brought into our brief mortal lives without our consent. We all have had no choice of who our parents, cultural context, social status or network with others would be. Therefore we find ourselves having to simply become aware of our circumstantial situation, hopefully make that situation as positive as we can for ourselves in matters of self-security, safety, and financial stability, and then hopefully assist the cause of others who are trying to do the same.

Whether one is an immigrant due to economics or an immigrant due to conflict, we who are blessed with reasonably stable politics, social comfortability, financial stability, and religious tolerance/appreciation, are the ones who should feel the inspiration to help our fellow brothers and sisters of our human family.

I encourage you to seek and participate in any way to help the cause of the immigrant and refugee. Some prayers, some pressure on your government representative, some monetary donations to the right outreach organization, or some volunteer time with an immigrant-helping agency can accomplish much. Formal sponsorship on your own, or as a family unit, or in cooperation with an organized group of families can also help the cause.

Please take note: the commonly shown crisis usually displays families and young children and the commonly known religion and the commonly known cultural group. Yet those who are persecuted or ignored due to their minority religion, their sexual orientation, their personal special needs (physical or psychological), or their age are the ones who get missed and become the broader collateral damage during these crises. They need to be helped as well.

Leaders of different faith groups, leaders of different governments, and leaders of non-government agencies are all claiming to want and actually help the cause in support of immigrants and refugees. What about you?

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**Marriage:** Contact the chaplain at least six months in advance if possible. A marriage preparation course is a requirement. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

**Baptism:** 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:** It meets the first Sunday of the month at 1900 hrs in the Chapel Annex. All women are welcome.

### CHAPLAINS

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

**Padre Lesley Fox**  
(United Church) - Chapel Life Coordinator ext 5272

**Padre Christopher Donnelly**  
(United Church) ext 5785

**Padre Charles Baxter**  
(Ukrainian Orthodox) Det. Dundurn 306-492-2135 ext 4299

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204 833 2500



17 Wing Community Chapel  
2235 Silver Avenue  
(Near Whytefold)



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### CHAPLAINS

**Padre Paul Gemmiti**  
(Roman Catholic Priest)  
- Chapel Life Coordinator ext 4885

**Padre Emanuelle Dompierre**  
(Roman Catholic Pastoral Associate)  
- Mental Health Chaplain ext 5956

**SUNDAY MASS** (Bilingual) 1100 hrs  
**COMMUNITY SERVICES**

**Religious Education:** Classes can be available to children from Preschool to Grade 6.

**Sacrament of Reconciliation:** It is available by request and at special times of the year. Contact Padre Gemmiti.

**Baptism:** We recommend that you contact the chaplain's office for an appointment six months in advance. *Please contact the Chaplain before setting the date for the Baptism or arranging family travel.*

**Marriage:** Six months notice (1 year preferred) is required for weddings, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

**FOOD BANK DONATIONS**  
In assistance to Winnipeg Harvest, the donation box is located at the entrance of the chapel.

**EMERGENCY DUTY CHAPLAIN**  
After normal working hours s/he can be reached through the Wing Ops Duty Centre at 204-833-2700.

**INFO PHONE NUMBER**  
For service times and contact with a chaplain of your choice, phone ext 6800 and follow the prompts.

**WEBSITE**  
Those with access to the DIN can visit <http://17wing.winnipeg.mil.ca> then click Wing Admin - A1, then Wing Chaplains.

**CARE & SHARE BENEVOLENT FUND**  
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