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# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

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## New CANEX ExpressMart Opens at 17 Wing



17 Wing Commander, Colonel Andy Cook cuts the ribbon during the CANEX Grand Opening with help from (L-R) Larry Mohr, John Cleary (Winnipeg SISIP FS Manager), 17 Wing Chief Warrant Officer Mike Robertson, Mike Ward (Associate DGMWS), and David Yanick (17 Wing CANEX Manager) on November 17, 2015. For more, see page 3. Photo: Cpl Justin Ancelin

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# Jail & Bail Locks Up Funds for the GCWCC

By Martin Zeilig  
Voxair Photojournalist

Despite being shackled and having an overall seedy appearance, the accused, Edward Oleszko, an employee at Wing TISS, maintained a defiant attitude as he faced the judge in the lobby of Building 90 on November 19.

Oleszko was just one of many 'victims' of the annual Jail & Bail, an event held in support of the 17 Wing Government of Canada Workplace Charitable Campaign (GCWCC). A total of \$1711.65 was raised from the event.

Master Corporal Mary McGilivray was the OPI, Major Yann Boudreau was the judge, and Master Warrant Officer Long acted as bailiff. There were also three arresting officers, a jail guard, an operator, and the all-important cashier, Captain Kim Egret.

A small yellow oval was emblazoned near the top of each warrant: "You Can Make A Difference," it said in French and English.

A makeshift cardboard jail was set up in the entrance of building 90, and someone had even provided fresh-baked homemade banana cake and other goodies for the prisoners. Most of those incarcerated for periods between 15 and 120 minutes either chatted with each

other or else checked their phones while drinking coffee.

Mr. Oleszko was just one of many being tried throughout the day by Maj Boudreau.

"M'Lord, it has fallen upon this court to bring the accused, Edward "the Man" Oleszko before the blind eyes of Lady Justice to ensure the safety of the general population of CFB Winnipeg," the bailiff said.

The list of charges he read out was extensive: "Unruly hair, the ability to consume anything, and we mean absolutely anything, left in the DSF fridge, driving at impossible speeds and giving traffic cops inferiority complexes requiring a lifetime of corrective therapy, being a hazard to himself, bearing an uncanny resemblance to Professor Rubeus Hagrid from Harry Potter, and finally for simply being an outstanding friend and colleague."

Rather than spend time in jail, Oleszko opted to pay his fine by pulling out \$200 stuffed inside his right shoe.

"It's fun," said Oleszko, who had "Trust no one" written in black crayon above one eyebrow and a teardrop by the other eye. "I was looking forward to it. It's an excellent way to raise funds for GCWCC."

Colonel Martin Gros Jean, who works at 1 Canadian Air Division, also chose to bribe the court with \$60 rather than go to jail.

Lieutenant-Colonel Parry and Chief Warrant Officer Stewart were both arrested at the same time. The charge against LCol Parry was for "excessive use of safety equipment." CWO Stewart was charged with a very grave crime, "failure to host a pool party Summer 2015."

Both walked away free by each donating \$30.00 to the charity.

"It's surprising the number of people who brought money in to have other people arrested rather than themselves," said MWO Long, the bailiff. "It's a good opportunity to do something different. We're having fun."



A smiling and handcuffed "prisoner" happily handing over bail money to bailiff MWO Dan Long and judge Major Yann Boudreau-- both of whom are from Wing TISS. Photo: Martin Zeilig



A sad and dejected looking prisoner clutching the bars of her cell. Oh woe is me! Photo: Martin Zeilig



Edward "the man" Oleszko hamming it up behind bars. Photo: Martin Zeilig

## Red River Exhibition Park Winter Wonderland

Once again the 17 Wing Community Recreation Association is selling tickets to the Annual Winter Wonderland that will be held at Red River Exhibition Park from 4 December 2015 to 2 January 2016 (except Christmas Day).

Tickets are available at the Reception Desk, Fitness and Recreation Centre (Bldg 90) at a cost of \$7.00 each/car or van (including GST). These tickets are available to the military community, including civilian employees.

Questions may be directed to Community Recreation at local 5139, 5976, 2057 or 7013.

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## Winter Wonderland, au parc de l'exposition Red River

Encore une fois cette année, l'Association de loisirs communautaire de la 17e Escadre vend des billets pour l'activité annuelle Winter Wonderland, qui aura lieu au parc de l'exposition Red River, du 4 décembre 2015 au 2 janvier 2016 (à l'exception du 25 décembre).

Les billets sont en vente au bureau d'accueil du Centre de conditionnement physique et de loisirs (bâtiment 90) au coût de 7 \$ par voiture ou fourgonnette (TPS incluse). Les billets sont à la disposition de la collectivité militaire, y compris le personnel civil.

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# 17 Wing CANEX Expressmart Holds Grand Opening



17 Wing Commander, Colonel Andy Cook cuts the cake during the CANEX Grand Opening with Larry Mohr, David Yanick, Mike Ward and John Cleary on November 17. Photo: Cpl Justin Ancelin

By Martin Zeilig  
Voxair Photojournalist

As he stood among the crush of people at the Grand Opening for the new Canex Expressmart on November 17, SAR Tech Sergeant J.P. Cossette reminisced about the former Canex building at 17 Wing.

"This is definitely an improvement on the old building," Sgt Cossette said.

Customers circulated through aisles stocked with a vast variety of goods. There was everything from clothing to food, televisions, computers, washing machines and driers on the shelves, racks, bins and in the coolers throughout the store.

Business was brisk that morning.

"This is so well organized," Sgt Cossette said. "The staff is phenomenal. I asked them questions about stuff, and they knew all about it."

To mark the occasion, cake and coffee was served to customers as they filed into the store.

17 Wing Commander Colonel Andy Cook was present for the kickoff.

"I encourage everyone to come here. People from CFB Winnipeg will be very pleased. My wife is coming here in January, so I'm looking forward to shopping here," said Col Cook, stressing that he was very proud of the way Canex supports RCAF members and families.

David Yanick, the Canex Expressmart

Manager, said he was ecstatic with the turnout at the grand opening.

"This has been coming for a long time," he said, noting that the store covers 4000 square feet of floor space.

"I think we'll meet and exceed people's expectations, especially when they walk in for the first time. They'll be happy to be here, to come in and see what we have to offer."

Her arms laden with gifts, including sweatpants, sweatshirts and T-shirts for family members, Jackie Kurceba, CFB Winnipeg Golf Club Manager, called the Canex "incredible" and well displayed.

"The merchandise is so fantastic," she said.

Capt Bettina McCulloch-Drake, 17 Wing Public Affairs Officer, was also excited to have a Canex on base again.

"To me a Canex is a community meeting place," Capt McCulloch-Drake said, adding that the new facility will help bring the base and the surrounding community together.

"You'll always see a familiar face at the Canex, both civilian and military personnel."

Wing Chief Warrant Officer Mike Robertson was also pleased that the Canex was finally open.

"It's a good service for the people who are on the Wing," he said.



## Manitoba Dedicates Hall of Honour at Provincial Legislature



Within the Hall of Honour at the Manitoba Legislature there is an exhibit containing a tunic worn by Lt.-Col. Billy Barker of Dauphen, the most decorated serviceman in Canadian History and plaques recognizing the various military regiments that have served in the province. Maj.-Gen. David Wheeler, Commander 1CAD views the display with Premier Greg Selinger and Deanne Crothers, Manitoba special envoy for military affairs. Photo: Cpl Justin Ancelin

By Gloria Kelly

Visitors to the Manitoba legislature building will now be able to visit the provincial Books of Remembrance in the Hall of Honour.

Premier Greg Selinger officially unveiled the newly dedicated Hall of Honour at a solemn ceremony on 10 November 2015.

"This hallway stands as a tribute to the brave men and women who have given their lives for the peace and freedom we enjoy as Canadian," said Premier Selinger.

The Hall of Honour features plaques honouring Manitoba's military regiments and now holds a complete listing of all World War I regiments based in Manitoba and an exhibit containing a tunic worn by Lt.-Col. Billy Barker of Dauphen, the most decorated serviceman in

Canadian History. To come is a plaque honouring Sgt. Tommy Prince of Winnipeg, Canada's most decorated first nation's soldier.

The Hall will also be the permanent home for the province's five Books of Remembrance.

Premier Selinger said it is important that the people of Manitoba have access to the materials held within the Hall of Honour. Each day of the year there is a ceremony at 11:00 where the pages of the Books of Remembrance are turned. The public is welcome to attend.

Maj.-Gen. David Wheeler, commander 1 Canadian Air Division thanked all Manitobans for their support of military members and their families saying, "this Hall of Honour is a tribute to those who have served and sacrificed and those who continue to do so today."

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# Learning and Career Fair Attracts Curious Job Seekers

By Martin Zeilig  
Voxair Photojournalist

As a truck driver with the 17 Wing TME Squadron, Master Corporal Jason Fortin has a good idea of what he wants to do after leaving the CAF. He wants to work in the trucking industry.

MCpl Fortin was just one of about 100 participants throughout the day at the Learning & Career Fair, which was sponsored by the Winnipeg Military Family Resource Centre, on November 18 in the Westwin Community Centre.

"It was a good day, very successful," said John Bailey, Employment, Education, and Youth Coordinator at MFRC, who organized the semi-annual event.

"Many of the participants got a lot out of it, and made contacts with possible employment in the city."

MCpl Fortin's interest was piqued by material about supply chain management and logistics that were available at a display table for Herzing College.

"There are more opportunities for people getting close to retirement," said MCpl Fortin, has served almost 20 years in the CAF.

"I'd like to do logistics work outside of the military quite possibly. And I'll stay in Manitoba."

"Supply chain management is the process of moving the right thing to the right place at the right time, and at the right cost," said Mary Vaillancourt, Senior Admissions Advisor at Herzing. Students who complete the year-long course, which includes a six week internship, will receive the Supply Chain Management Association Diploma in Supply Chain Management.

"An individual involved in supply chain management is responsible for managing the flow of products through



The two personnel from G4S Security Solutions (Canada) Ltd. engaging in conversation with a visitor to their table. Photo: Martin Zeilig

the supply chain from start to finish. Statistics Canada data indicates that the supply chain sector is expanding," Vaillancourt said.

There's a crisis looming over the trucking industry, said Anthony Thiessen, Scheduling & Maintenance Coordinator for United Transportation Driver Training, who had a table next to Herzing College.

"Over the next ten years, we're expecting a high percentage of drivers to retire. There's such a huge demand for truckers. We train people to become professional truck drivers. You can get into a new career within six weeks of passing the course."

In order to drive a truck professionally you have to qualify medically and have a relatively clean driving record Thiessen said.

"When you become a truck driver it opens up other avenues. You're not just behind the wheel. You can do dispatching, trip planning, or finding loads to haul. If you start in the industry as a driver, it makes you more aware of other opportunities in the industry."

There were also display tables from the Manitoba Civil Service Commission, the Department of Justice Corrections Officers, Freedom 55 Financial, Investors Group Financial Services, Apple Canada, Border Services, Red River College, G4S Security Solutions (Canada) Ltd., and the Canadian Association of Agri-Retailers (CAAR), among others.

"We've partnered with the CAF to create Operation Ag-Careers," said Delaney Ross Burtnack, President and CEO of the CAAR.

"We build awareness of career opportunities with Canadian agriculture. We want to help retiring military members transition into the agricultural industry. We're mostly off farm, we're retailers who sell products and services to farmers. Through the program we're creating a national job board that will host every agricultural job in Canada found on the internet."

Meanwhile retired CAF member Chris Maher, a correctional officer at Headingley Correctional Institution was manning the Department of Justice table. He said a lot of people have misconceptions about the work of a correctional officer.

"A lot of the job now is case work. Getting the inmates jobs and places to go when they're released, and trying to make sure they don't come back to jail," he said.



Master Corporal Jason Fortin, Wing Transportation Electrical and Mechanical Engineering Squadron, listening to the pitch from Mary Vaillancourt, Senior Admissions Advisor at Herzing College. Photo: Martin Zeilig



A woman exploring job opportunities with a representative from a local company at the Learning & Career Fair on November 18. Photo: Martin Zeilig

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# Sports Day in Canada Scores Big at 17 Wing

By Martin Zeilig  
Voxair Photojournalist

Master Corporal Stanley Cross was just one of many satisfied customers at the 17 Wing Military Sports Day in Canada event on November 20.

"I love it," said MCpl Cross, who was playing in the co-ed volleyball tournament, as he sat on the bench during a game against the RCSU Diggers.

"I'm glad we get this opportunity to get some exercise for a few hours in the morning with other units. I haven't even been concerned with the score. We seem to be evenly matched."

The Military Sports Day in Canada events preceded Community Sports Day in Canada, which took place on November 21 in Building 90.

"Sports Day in Canada is a celebration of sport at all levels," said Chris Merrithew, the event's OPI.

"The CAF has a longstanding and rich sports history where sports are considered an integral part of the con-

tinuing training and development of its members. And a well-balanced program helps to improve physical and mental health, promote community integration, and build family relationships. Sports Day in Canada at 17 Wing Winnipeg is a great opportunity for individuals to come out and get active by participating in a fun activity of their choice."

Besides the volleyball tournament, the Military Sports Day also featured squash, a stationary bike/swim challenge, dragon boating, ball hockey, curling, and pickleball. A morning soccer challenge, Zumba, and power yoga were also held in Building 21.

The Zumba class attracted over 25 participants who were put through a pulsating hour long workout, accompanied by hot and heavy samba, salsa, mambo, and hip-hop music. The class was put on by Lexi Margolis, 24, who is also a regular Zumba instructor at the Rady Jewish Community Centre.

"I have always enjoyed zumba classes with Lexi,"

said Captain Audrey Jordan. "It is so much fun, you even forget you are exercising. It feels more like dancing and partying than a work out!"

Major Doug Chess and Captain Dale Dieleman conducted a squash clinic to about 10 participants in Building 90.

"Squash tends to be one of those curiosity seeker sports," said Maj Chess, who's been playing for over 25 years, and is a certified Level 1 coach and a certified official.

"Played at the highest levels, it's one of the most physically demanding sports. You're constantly improving and always learning new shots and techniques. We have four of the best courts in Winnipeg."

Aviator Evan Marshall of 402 Squadron started playing squash at CFB Borden.

"I play it casually with some of my buddies. It's very hard work, but enjoyable at the same time. I'm pleased that squash has been included in Military Sports Day in Canada."

Community Sports Day in Canada, which began with a Community Breakfast with food provided by 17 Wing Food Services, included such activities as active kids, try karate, muscle boot camp, a weightlifting clinic, zumba for all ages, pickleball, children's tennis, ultimate frisbee, dragon boating, and a demonstration of goalball.

"I thought it was a good learning experience for anyone to just try karate for the first time," said black belt Morgan MacDonald after taking part in a class for novices and experienced students in the gymnasium.

MacDonald, whose parents are Corporal Duane MacDonald and Jennifer MacDonald, takes karate lessons at the 17 Wing Shotokan Karate Club three days a week during the fall and winter.

"It's a great opportunity for everyone to come out and experience what's offered sports wise," said Jennifer MacDonald of the event.

Deanne Bennett, Community Recreation Coordinator and the OPI for Community Sports Day, was pleased that there were a lot more children involved this year.

"They took part in karate, Zumba, and children's tennis," she said, noting that the youngsters were particularly engaged during the Zumba class. "I think there's more people than last year. People tried new sports and were generally active. We're already making plans for next year, and hoping to include some local athletes."



Shotokan Karate workout in the gym of Building 90 at Community Sports Day in Canada. Photo: Martin Zeilig



Powerlifters Private Ben Langley and his cousin, Ryan Kolesar, helping participants with bench press at the weightlifting workshop in the Multipurpose Room. Photo: Martin Zeilig

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Captain Audrey Jordan and friend Blair Geisel at play on the squash court in Building 90 during Family Sports Day in Canada. Photo: Martin Zeilig  
More photos on page 7.



# Lock-outs Lock Up A Div Championship at WComd Hockey Tourney

By Martin Zeilig  
Voxair Photojournalist

Standing outside his team's dressing room, Lieutenant Chris Worthen, still wearing his hockey pants and skates, smiled when asked about the four goals he had just scored in the A Championship Final of the Wing Commander's Hockey Tournament at the MTS Iceplex on November 27.

Lt Worthen, who works at 435 Squadron, seemed amazed at his goal scoring prowess.

"Every time I touched the puck, it went into the net," he said, noting that he is more of a basketball player than a hockey player.

His team, the Lock-Outs, had just overwhelmed the 3 CFFTS team 9-3 to take home the Wing Commander's Cup.

"I was playing with the two best guys, my line mates. I just happened to be in the right place at the right time. But, it's great to get out with the guys and away from the office. It's pretty high tempo at 435 Squadron. This sure beats running on the treadmill any day," he said.

Earlier that day, 38 Canadian Brigade defeated TEME 3-1 to claim the division B-C Championship title.

Master Warrant Officer Kurt MacDonald, goaltender for 38 Brigade, said his team's victory in the finals was extra sweet since they were the runners up in last year's tournament.

"This year we managed to pull it off," he said. "The tournament was a lot of fun."

A total of 13 teams participated in the three divisions throughout the week long event.

"This was the largest number of teams ever at the tournament," Wing Commander Colonel Andy Cook said immediately following the Championships.

"I'm pleased to see everybody here having a good time and enjoying the comradeship and sportsmanship," he said.

Major Dennis Derocher, a forward with 38 CBG HQ, said the tournament was marked by teamwork.

"It was played in the spirit of competition," he said, noting that his team went undefeated throughout the tourney. "Everybody put out a great effort. The facilities were outstanding."

He also praised the PSP Sports and Fitness staff for organizing the tournament.

Misty Burrows, a forward for the TEME team, said being involved in the tournament was a nice break from the routine of work.

She was one of a few women playing in the tournament.

"It was good, lots of fun," Burrows said, adding that both the semi-final and championship games were competitive.

Lieutenant Colonel Jay Nelles, who presented the awards after the A Division Final, said the event is a necessary way for 17 Wing to continue to support base personnel.

"Today we witnessed a great display of enthusiasm and sportsmanship. Most of this could not be possible with the support of PSP staff."

Chris Merrithew, Sports Coordinator PSP and OPI for the Tournament, said that the games were very

close during the week because the teams were so evenly matched.

"The Wing Commander's Hockey Tournament is a great opportunity for team work, morale and esprit de corps," he said.



A goal mouth scramble during the finals at the Wing Commander's Hockey Tournament, Photo: Martin Zeilig



A power play set-up in the offensive zone during the championship game. Photo: Martin Zeilig



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# CANEX Presents Jets Jersey to Draw Winner



Captain Chris Nam (right) was the lucky winner of the draw for a special military themed Jets Jersey at the grand opening of the new CANEX ExpressMart. He was presented the jersey by David Yanick, CANEX store manager. Photo: Submitted

# More Fun During Sports Day in Canada



Zumba participants being put through a vigorous workout in Building 21. Photo: Martin Zeilig

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17 Wing members working up a sweat during the Military Sports Day Volleyball Tourney. Photo: Martin Zeilig

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# 17 Wing Takes Part in Grey Cup Festivities



Canadian Armed Forces personnel march with Light Armored Vehicles (LAV) during the 2015 Grey Cup & Santa Claus Parade on November 28, 2015 on Portage Avenue. Photo: Cpl Justin Ancelin



The Royal Canadian Air Force Band "Jetstream" performing during the Grey Cup festivities on November 28, 2015 at the Duckworth Center. Photo: Cpl Justin Ancelin

## 17 Wing a Part of the Opening of the Legislature



26 Field Regiment of 38 Canadian Brigade Group fire the 15 Gun Vice Regal Salute during the Opening of the Manitoba Legislative Building on November 16, 2015 at the Manitoba Legislative Building. Photo: Cpl Justin Ancelin



The Lieutenant Governor of Manitoba, Honourable Janice Filman inspects the 17 Wing Honour Guard during the Opening of the Manitoba Legislative Building on November 16, 2015. Photo: Cpl Justin Ancelin

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# New Wing Chaplain Brings Lifetime of Military Experience

By Martin Zeilig  
Voxair Photojournalist

Captain Les Johnston, who was posted to 1 CAD from CFB Gagetown on July 23, calls himself a base brat. And the recent addition to the RCAF Chaplain team has the background to prove it.

His father, Charles Johnston, was an electronics technician in the Air Force at CFB Cold Lake.

"He spent 15 years in the Canadian Armed Forces," Capt Johnston noted. "Then he went on to become a high school teacher in New Brunswick, and a school principal."

Now the son is following in his dad's footsteps, just in a different trade.

Lieutenant-Commander Jack Barrett, head of the 17 Wing Chaplaincy Team, said that Padre Johnston brings a knowledge of the army into the 17 Wing environment.

"That's a definite asset because we're a tri-service team," he said.

"As a United Church clergyman, he brings an additional depth of knowledge and pastoral experience that will clearly benefit the personnel at 1 CAD and our Protestant Chapel community. It's great to have a diversity of experiences, traditions and expertise on our team."

Padre Johnston, 56, has been in the Regular Force since 2009, and before that he was a Reserve Chaplain.

"My parents were very involved in the military chapel in my dad's postings. And so at a young age I felt a calling to be a military chaplain. It was the chapels, especially in the bases at that time, which created a sense of community for me. So that influenced me a lot."

After graduating from high school, Capt Padre Johnston attended the University of New Brunswick, where he graduated with a major in biology and military his-

tory with a minor in English and German.

"Then I went into the workforce, although my professors wanted me to do a Master's Degree in military history," Padre Johnston says.

"I spent one year working with my father-in-law in home construction in New Brunswick. Then I worked in the retail business in Fredericton. Then I reached the point where I needed to find out if the ministry was where I wanted to be."

So in 1981 he went off to the Atlantic School of Divinity and did a Masters of Divinity. He was ordained in 1992.

Afterwards Padre Johnston ministered in Newfoundland before joining the CAF as a Reserve Chaplain.

"It was a phenomenal experience," he said of his time in Newfoundland.

"Newfoundlanders are down to earth. They live life to the fullest. They believe very strongly in family and community. Then in 1996 the church asked me to move to New Brunswick, so I moved to a pastoral church there. I went on Supplemental Reserve until 2000, and at that point I joined the 1st Royal New Brunswick Regiment as a Reserve Chaplain."

Then he says he did a component transfer and crossed over to the Regular Force as a full time chaplain.

"I got to do basic training three times. In the Reserves, at CFB Borden, and after joining the Reg. Force in September, 2009," Padre Johnston said.

"There is a huge difference between the military and civilian chaplaincies," he said, adding that he feels that being a survivor of PTSD has made him more approachable and empathetic as a chaplain.

"In civilian life you have to be a Lone Ranger type where you're expected to run everything," Padre John-

ston said. "Whereas in the military chaplaincy it's very much team oriented. You're one cog in the wheel, but you know where you fit. You have defined parameters; you know what you're supposed to be doing. I also like the intentional professional development in the military chaplaincy. You have to do an ethics course, pastoral counselling and all kinds of other required courses."



Captain Les Johnston, a recent addition to the Chaplain team, talks to the Voxair. Photo: Martin Zeilig

## RCAF Run/Yellow Ribbon Gala Sponsors Visit 17 Wing



RCAF Run/Yellow Ribbon Gala sponsors pose for a group photo during a visit to 17 Wing on November 23. Photo: Martin Zeilig



RCAF Run Sponsors use the Weapons simulator during their visit to 17 Wing Winnipeg, on November 23, 2015, Winnipeg, MB. Photo: Cpl Darryl Hepner

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# A Multi-Purpose Air Platform for Multiple Roles: The CC-130 Hercules and 435 Transport and Rescue Squadron

By Captain Bettina McCulloch-Drake  
17 Wing Public Affairs Officer

Engines on a CC-130 Hercules transport aircraft hum loudly as an aircrew at 435 Transport and Rescue Squadron go through pre-flight checks before their next mission. This time, the mission is not saving lives or supporting fighter operations, but rather annual training during which the crew will support the deployment of personnel and equipment needed for a training exercise.

The efforts of 435 Squadron's maintenance crews, who fix a few snags during start up, continue to be worthy of that legendary fictional engineer of Star Trek fame, Montgomery "Scotty" Scott.

Master Corporal Peter Miller, a former aviation systems technician and now a flight engineer, had little doubt that the maintenance crews would "get it done". A 19-year member of the Royal Canadian Air Force, he has spent his entire career working on the CC-130 Hercules. Restricted to the ground in his previous occupation, he now troubleshoots mechanical issues and provides critical mechanical servicing while 435 Squadron's Hercules are in the air or operating away from their home base at 17 Wing Winnipeg, Manitoba.

Serving alongside loadmasters, pilots and air combat systems officers (formerly known as air navigators and still informally referred to as "navs"), Master Corporal Miller has some insight into the two principal roles assigned to 435 Squadron: air-to-air refuelling (AAR) and search and rescue (SAR). After all, flight engineers, along with loadmasters and air combat systems officers, train to fly in support of both the AAR and SAR roles at 435 Squadron. Pilots, on the other hand, focus on flying in support of either SAR or AAR as they have many necessary qualifications and annual checks to complete for these very different missions.

## A force enabler: air-to-air refueling

In general, AAR extends the effective range of aircraft such as the CF-188 Hornet fighter jet. The longer a fighter can stay in the air, the faster it can reach its destination and the more times it can engage a target or otherwise complete its mission.

For AAR crews, the challenges begin with mission planning. "Everything is based on what the fighters need," says Captain Patrick Ketsman, a squadron pilot. "You have to know where they are coming from and where they will be going." In a fluid operational environment, it can be a challenge to meet in the right place at the right time.

"Our goal is to be on target and on time," he says. "The more time we have to wait, the more fuel that is burned and the less fuel we have for the jets." A strong headwind will also cause more fuel to be burned before jet and tanker meet.

Mission routes have to be carefully planned to ensure the fighters always have an alternate location where

they can get fuel if circumstances such as mechanical issues or weather prevent the refuelling from taking place as originally planned. "They [the fighters] cannot be tanker dependent. If they can't get fuel from us, they need to have another plan in mind like a nearby airport," adds Captain Ketsman.

Flight planning for AAR missions outside of Canada can be even more challenging. "Planning a flight over Europe is particularly challenging and requires a great deal of coordination," says Captain Michael Harper another pilot. "Not only are the jets restricted from flying in certain areas but there are places you can't fuel over. On top of all this, you still need to obtain diplomatic clearances and have your flight plan validated by the appropriate authorities."

Once planning is complete, the mission can proceed.

While the Hercules pilots fly a steady course, the CF-188 pilots manoeuvre to get into position to approach the tanker's wings from which the fuel hoses are suspended. Along with the loadmaster, the flight engineer serves as an "observer" as the jets approach for refuelling. In constant communication with the other members of the aircrew, the loadmaster and flight engineer relay information about the position of the other aircraft in relation to the Hercules, the point at which the fuelling aircraft engages the hose, and the point at which the fuelling aircraft has received its allotted amount of fuel and has disengaged. Operating the fuel panels, the flight engineer must pay close attention to the fuel levels.

"One of the biggest in-flight challenges in air-to-air refuelling missions is making sure we have enough fuel to make it home," says Master Corporal Miller. When configured as a tanker, the Hercules can carry around 38,000 pounds, or just over 17,000 kilograms, of fuel. In just one minute, the Hercules can transfer between 1,000 to 2,000 pounds of fuel. Given this transfer rate, a CF-188 Hornet can refuel in fewer than five minutes depending on how much fuel it needs.

The amount of fuel a Hercules is able to carry at any one time for refuelling can vary. "If we are carrying a cargo in the back of our aircraft, that would affect how much fuel we take on," says Captain Josef Sliwinski, a 435 Squadron pilot.

## Partners in saving lives: search and rescue

While 435 Squadron is tasked to fly AAR and transport resupply missions, its SAR role tends to receive more public attention. And it's no wonder, given that 435 Squadron, along with 424 Transport and Rescue Squadron out of 8 Wing Trenton, Ontario, operates in the largest SAR region in Canada – the Trenton Search and Rescue Region – which covers most of Canada's landmass, including most of Canada's Arctic.

Joint Rescue Coordination Centre Trenton receives an average of 3,500 SAR calls a year, but only a fraction of those calls are related to aeronautical SAR, the Canadian Armed Forces' primary SAR responsibility. Most SAR calls are referred to federal, provincial/territorial or municipal organizations that activate their own emergency response networks to act upon the call in accordance with agreed-upon areas of responsibilities.

The squadron keeps SAR crews on stand-by 24 hours a day, seven days a week, using response postures that are tailored to minimize the response times when distress calls are most likely to occur.

"Two years ago, we were called in to search for an overdue plane whose ELT went off," recalls Master Corporal Miller. "When we found the plane, it was upside down in the snow. There were no survivors. This mission still sticks out in my mind because my son was the same age as one of the boys that had died in that plane with his father."

But many SAR missions have a much happier conclusion. On another mission, Master Corporal Miller and his SAR crew responded to a call in Hudson Bay. Within 30 minutes of reaching the search area, the crew found the people and their boat. "We flew 11 hours straight, remaining on station until a boat was able to rescue them the next morning. By being there and marking out their location, I believe we made a difference in their rescue."

Like AAR missions, SAR missions depend on all crewmembers working as part of a team. Similar to their role during AAR missions, flight engineers ensure that all checklists are strictly adhered to. "You have to listen



**SAR Techs on board a CC-130 Hercules aircraft from 435 Sqn watch out the spotter window for their ground target during SAR exercise (SAREX) 15 in Comox, British Columbia, on September 14, 2015. Photo: Corporal Ian Thompson**

very carefully to ensure that everything is being done correctly and safely by the entire team," says Master Corporal Miller.

In the air, flight engineers monitor altitudes and speeds during SAR missions. Hercules aircraft need to fly at lower altitudes to search for aircraft and watercraft in distress and it is important that altitudes are monitored to avoid collisions with structures such as buildings and power lines as well as natural features such as trees and mountains.

Speed is an important consideration in preventing stalls and for deploying SAR technicians and emergency equipment out the back of the aircraft by parachute.

In the cockpit, air combat systems officers guide pilots in executing search patterns that take in account the various probabilities. When SAR technicians are ready to jump, the navigator goes to the back to act as a safety person.

In the back of the aircraft, loadmasters such as Master Corporal David Smart are an active part of the SAR team. "I work with the SAR techs to ensure that they get what they need. If they need food, water, blankets or chainsaws, I ensure it gets to them. If they need to see at night, I drop illumination flares."

## The little differences: a comparison of AAR and SAR crews

At 435 Squadron, there is one CC-130 Hercules dedicated solely to AAR missions and one dedicated solely to SAR missions. The other squadron aircraft augment these missions and carry out other tasks such as passenger or cargo transport.

While the mechanics of flying a Hercules are basically identical whether the aircraft is being flown in support of AAR or SAR, Captain Ketsman says there are some minor differences.

"In AAR you are flying at higher altitudes, often in high density airspace. In SAR you are flying at a lower level so that you can see the search area. Essentially you end up flying three or four different patterns depending on what the terrain is and what needs to be seen," he explains.

Depending on the SAR mission, days for SAR crews are typically longer than those of AAR crews. "Individual air-to-air refuelling missions can last as little as two hours from takeoff to landing," he continues.

"In SAR, your crew day starts from the time you get in to the squadron to the time you land after a mission," says Master Corporal Miller. "We can go up to 15 hours before we need to swap out SAR crews to allow people to get rest."

While SAR crew hours may seem daunting, AAR crews can experience long days as well. "In one week during Exercise Cougar South, my crew flew three missions a day," says Captain Sliwinski.

"In that one week we transferred approximately 500,000 pounds [226 metric tonnes] of fuel."

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# JAGuar Roars Past H.P. Sauce

**By Diane Brine**  
**Health Promotion Specialist**

The gauntlet had been thrown. Health Promotion challenged units to invent an alcohol-free cocktail (or mocktail) as part of the CAF Addictions Awareness Campaign. A call was put out to all units at 17 Wing to put their heads together and create a drink that represented their respective unit.

Answering the call, the AJAG office, under the direction of Maj MacLeod, accepted our challenge. Judging took place at the GCWCC luncheon on November 12, 2015. Two mocktails were up for the title. The "JAGuar," a rosé-coloured drink with notes of apple and cranberry was served in a cinnamon-rimmed glass. Best served warm, it was spicy and sweet. The second mocktail, "H.P. Sauce," had a crisp, slightly tart taste and a distinctive end note of ginger that cleaned the palate.

Anyone attending the GCWCC luncheon was invited to taste and vote on the two drinks. The drinks were rated in 5 areas, visual appeal, taste, name and whether the voters would consume or serve the drink again.

Votes have been tallied and by popular choice and a margin of 2 to 1, the JAGuar roared past H.P. Sauce. We (at Health Promotion) aren't saying that perhaps

the voting was stacked – however the AJAG office was extremely well represented at the luncheon. Their team was quite effective at getting the vote out.

For those of you who missed the opportunity to enjoy the JAGuar, it will be available for purchase at the Wobbly Prop until Christmas.

Congratulations to the AJAG office as the winners of the Mocktail Contest!

If you would like to enjoy either of these mocktails at one of your upcoming festivities, please find the recipes below:

## The JAGuar

Combine equal parts apple juice, cranberry juice and ginger ale. For a warm option, heat the apple juice and cranberry then splash the ginger ale in just before serving. Serve it with a sugar and cinnamon rimmed cup (run a lemon around the rim then dip the cup in sugar then in cinnamon).

## HP Sauce

Combine one part Ginger Beer (found in the pop aisle of some grocery stores) with two parts club soda with a splash of lemon or lime. Serve cold for a refreshing beverage with a little bit of zip!

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The AJAG office won the Health Promotion mocktail contest with their mocktail called 'The JAGuar'. You can try it out at the Wobbly Prop until Christmas.

## Health Promotion has MOVED!

Come and visit us on the 2nd floor of the CANEX / Integrated Facility between 1-10 December to be entered for prizes (back packs and Moose Tickets)

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# Upcoming MFRC Programs and Events

## MFRC FAMILY CHRISTMAS PARTY

Drop in and celebrate the season with the MFRC staff and Board members, for our annual Christmas Party. There will be holiday crafts and activities for the kids to do, Christmas music and snacks, as well as a surprise visit from a special someone from 2:30 to 4:30 p.m.

Friday, December 18 from 2:00 to 5:00 p.m.

## "GINGERBREAD" HOUSE PARTY

Thursday, December 17

From 9:30 to 11:00 p.m.

\$2.00 per house

Westwin Children's Centre

Registration deadline: December 14, 2015

Parent participation required

Create a cute "gingerbread" candy house for the holidays. Please bring a clean milk carton (1 litre or smaller). Call 204-833-2500 ext. 2491 to register.

## DROP N' SHOP

Saturday, December 19

From 9:30 to 4:00 p.m.

Kid's Care, 630 Wihuri Rd.

Special drop n' shop rate: \$12.00/full day/child; \$8.00/half day/child

Registration deadline: December 15, 2015

Do you need some time to finish up those last minute holiday preparations? Leave your children ages 6

months to 4 years old with us for the morning/afternoon or full day. Snacks; lunch; outdoor apparel and diaper supplies should be sent. Space is limited. Call 204-833-2500 ext. 2491 to register. Older children may wish to register for the PSP Drop n' Shop. Call 204-833-2500 ext. 5139 or 2057 for info.

## HONEY HIVE

Monday, December 14 at 7:00 p.m.

Registration deadline: December 3, 2015

If you are 45+, you are welcome to join in the conversation about midlife, how to enjoy it and plan for the next stage. Our group will discuss future event ideas, such as guest speakers, ways of living, whatever our creative energies can come up with—that's why the more minds we have in the hive, the better! Come help us get our group off the ground. A craft and cookie exchange will take place.

## COLOUR ME CHRISTMAS

Wednesday, December 9

from 6:00 to 8:00 p.m.

Registration deadline: December 4, 2015

Cost: \$10.00

Childcare available for children ages 18 mos. to 5 years when preregistered by deadline.

The holiday season is a busy, bustling time for many folks. Take this opportunity to slow it down. Join us for mindful colouring and holiday treats. Each registered

participant will receive a winter/holiday colouring book for this event.

Adult only event. No children may register.

Space is limited.

## LADIES NIGHT OUT ORNAMENT EXCHANGE

Monday, December 7

From 6:30 to 9:00 p.m.

Registration deadline: December 3, 2015

It's time once again for our annual 'Ornament Exchange'. Please bring a wrapped Christmas ornament (\$5 or under) and an appie or dessert to share. We will be playing games, having fun, laughing and sharing some snacks.

## GROUPE DE FEMMES FRANCOPHONES SOUPER AU RESTAURANT SABAI THAI EATERY ET ÉCHANGE DE CADEAUX

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Sabai Thai Eatery (1113, av. Corydon)

Le coût du repas et des breuvages est aux frais des participantes.

Date limite d'inscription : 7 décembre

Venez célébrer l'arrivée du temps des fêtes en vous joignant à nous pour un bon souper où rires et plaisir seront de la partie. Apporter un cadeau d'une valeur de 10 \$ pour l'échange de cadeaux !

## December 6th Vigil Sunday, December 6 at 7:00 p.m.

December 6, 2015 is the 26th anniversary of the massacre at Montreal's École Polytechnique where 14 young women were killed. To honour, remember and encourage discussion about violence against women, the MFRC will be hosting an art installation outside our offices at 102 Comet.

"Laying it on the Line" will display t-shirts with the names of each of the women who were killed in Montreal on December 06, 1989. There will also be a t-shirt for each of the women and one for the eleven year old girl who died in acts of violence in Manitoba since December 06, 2014. Violence against women is often hidden, invisible and unspoken. By "Laying it on the Line" this issue is brought into the open, not to be hidden, but to be recognized, to raise awareness and work towards ending violence against women.

Please join us on Sunday, December 6th, 2015 at 7:00 p.m. at the MFRC to remember these women and all women who are in abusive relationships. The vigil will be outside, so please dress for the weather. Conversation and light refreshments will follow. Violence affects us all. Together we can make a difference.

## Santa's elves need your help!

Donations are requested for the Magic Christmas Shoppe. Children will be able to shop for presents for their loved ones.

The following items are needed for its success:

- New or gently used gifts for men and women

Ex: New toiletries, hats, gloves, socks, etc.

- Non-perishable treats, gently used books, jewelry, trinkets, DVD's, CD's, games, sports paraphernalia, etc.

- New or gently used gift bags and boxes

- Ribbons, bows and tape

• Monetary donations for the purchase of gifts and supplies would also be greatly appreciated.

Donations may be dropped off to the MFRC until Friday, December 11, 2015. All gifts should be in very good condition. We are not accepting clothes as donation for this event, beyond the hats/gloves/socks noted above.

## Community Coffee Break

The MFRC Community Coffee Break takes place the first Thursday of every month. It provides a chance to meet informally with the staff and Board members of the MFRC, our military families and volunteers. As well, many members of our military and civilian communities regularly attend our Community Coffee Breaks. The food and fellowship are always outstanding, and you will even have a chance to win a door prize! Please join us on Thursday, December 3, 2015, from 10:00 to 11:00 a.m. at the MFRC.





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# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** Don't beat yourself up about what you weren't able to finish. Instead use what you know now to change how you approach deadlines in the future. This is also a good time to recommit to what is working for you and to let go of habits and lifestyle choices that steal your energy.

**Taurus (April 20 – May 20):** A logical and practical approach to meeting goals is good, but don't forget to factor in your feelings. Aside from chores, and everyday essentials, if you're not passionate about what you're doing - what is the point? Assess whether your current lifestyle is meeting your emotional needs.

**Gemini (May 21 – June 21):** Look for the patterns and cycles in your life. Note where you need to make changes to get different results. Allocate time for work and play. Spend time on personal growth. Identify and promote your competencies and talents. Confidently meet new and exciting challenges.

**Cancer (June 22 – July 22):** You're organizing activities and anticipating sharing good times with friends and family. However your desire to ensure everyone has a good time may get very stressful. You can't please everyone all the time. Focus on yourself a bit more and let others take care of themselves.

**Leo (July 23 – August 22):** Don't measure your success by the fact that life is going as planned. Detours often make the journey more interesting. Consider yourself "ahead" if you have a sense of joy. Foster genuine connections with those you love by being honest and open. Practice good listening skills.

**Virgo (August 23 – September 22):** You are responsible for your feelings. If you want to feel differently start doing so. Be honest with yourself and others. Strive to find solutions and make changes if something is bothering you. When you maintain boundaries you can be objective about what others say and do.

**Libra (September 23 – October 23):** Enjoy when things are going well but accept that change is inevitable. Good times or challenging times are all just phases. They come and go. Get comfortable with all circumstances so that as they change they don't affect your inner peace. Go with the flow.

**Scorpio (October 24 – November 21):** Explore and work through your most intense feelings before you share them with others. Learn how to express how you feel in a constructive way. No one can make you feel something. That is your choice. Create new relationship patterns. Loving yourself is essential.

**Sagittarius (November 22 – December 21):** Things just keep getting better and better. You have enough self-awareness to know that as one chapter in your life ends you're ready for the next one. Things you've been working on are coming together to create a dynamic, fulfilling future. Adventure awaits.

**Capricorn (December 22 – January 19):** You want to help others and make the world a better place. Your actions and generosity may not always bring the expected results but this shouldn't stop you from giving unconditionally. Graciously accept when others offer you something with no strings attached as well.

**Aquarius (January 20 – February 18):** Make something special for someone. Mark the time of year by creating beautiful memories. You are ready for change. Follow your heart to know which way to go next. Share what motivates you, your feelings and life experiences with others and listen to their stories.

**Pisces (February 19 – March 20):** At a crossroad, slow down and consider your options, but don't come to a full stop. To find the right choice for yourself, let your spirit guide you and you'll experience a greater sense of joy and personal fulfillment. Make peace with the past. Make room for what you love.



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# Chaplain's Corner

## Keep Things Simple this Christmas Season

By Padre Lesley Fox

Advent, the season leading up to Christmas, is a crazy time for many of us, particularly for Padres with all of those extra services and commitments. A year ago, I was working on another CAF base, and found myself in the midst of this particularly chaotic month. When we find our-selves under more stress in life, we tend to get anxious, emotional, and in my case, forgetful. So there I was, scrambling around the barracks looking for my military ID, and making the horrible realization that the empty gift card I had thought I had thrown out was indeed my military ID which was now lying somewhere in the huge dumpster behind the barracks. No worries. I would simply climb into the dumpster and fish through the garbage in order to retrieve it. It seemed like a good plan at the time, as I hauled my body one leg at a time, up and over the bin, until a terrific wind closed the lid on the dumpster, and I found myself stuck in the garbage. Uh oh. (Clearly, that doctorate does not bestow common sense.) Eventually, I pried the lid open with the help of an amused passer by, and after several attempts was able to jump out with my card in hand. This story must never be repeated to any army types, and yes, you could say that this was not one of my more stellar moments in the military to date!

Are you finding yourselves overstressed in this season? All of the shopping, cleaning, stringing decorations and lights, visiting family, baking, and trying to make this season come off without a hitch can send people far from wonder and joy into a pit of stress and anxiety. Perhaps, my dumpster experience is a lesson for all of us that at this time of the year maybe we all need to be a little bit embarrassed about what we have made of this Advent season, and how we have forgotten the reason for all of our celebrations. There are occasions when we need to be inconvenienced a little in order to remind ourselves to open our hearts to the mystery, joy, and expectation of the unexpected that Christmas brings. Slow down. Breathe deeply. Keep things simple. The best part of Christmas for me is the quietness that comes in the Christmas Eve service where we light candles, sing familiar carols, and hug each other tightly.

My prayers for you this December are that you will indeed find the time to journey into that promise and love that God sends into our world in so many unexpected ways and places. And, if it all seems too much, your Padres are only a phone call away. We understand stress, pain, anxiety, and loss, and are here to support you in the seasons of your lives. Love came down at Christmas. May Love rest on each of your homes and in each of your hearts now and forever more.



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**Sunday School:** It is held during the service for children ages 3 to 12. Childcare is provided on an as-required basis for children under 3 years of age.

**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 6914

**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)



Administrative Assistant  
ext 5087

### CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

### 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

Contact Wing Chaplain Office for further information.



## Your 17 Wing Chaplain Team

From left to right:  
Lt (N) L Fox,  
Capt P Gemmiti,  
LCdr J Barrett,  
Capt C Baxter,  
Lt(N) C Donnelly,  
Capt E Dompierre



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