



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

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FREE

## Piping in the Tunes



402 Squadron's Pipes and Drums Band march on to play a few tunes in Assiniboine Park at its Family Day on September 25th. For more information please see page 09.

Photo credit: MCpl Colin Aitken

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PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

**Steven Fletcher,**  
Member of Parliament  
Charleswood-St.James-Assiniboia

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## Jim Holland R.I.P. 17 Wing Loses Friend

**Kristy Rydz**  
Voxair Reporter

17 Wing Winnipeg is grieving yet celebrating the life of a dedicated and talented leader with the passing of CWO (ret'd) Jim Holland.

Mr. Holland's commitment to the base in a variety of roles long after his retirement from the military enriched the daily lives of many Canadian Forces members and civilians alike.

Serving as the advertising sales representative for The Voxair for over 20 years,

Mr. Holland's passion for the job was evident, never failing to hand-deliver copies of the paper to Deer Lodge Centre as well as ANAF #283 and RCL @ 4.

Mr. Holland was also a founding member of the CFB Winnipeg Golf Club and continued to serve as the treasurer until his passing.

A lifetime member of the 17 Wing Warrant Officers' and Sergeants' Mess, Mr. Holland was a regular visitor and never hesitated to make suggestions to help take care of the membership and their quality of life.

In recognition of his long-term efforts, the upper lounge of the mess was named after him as "The Holland Room" in June 2007.

"I'm taken whole-heartedly by it, by the turn out and the dedication of the room to yours truly," he said after the unveiling ceremony. "I thought that was the most wonderful thing that ever happened to me."

After living such an accomplished and full life, both within the Canadian Forces and outside of it, a gracious Mr. Holland felt the honour marked the fulfillment of his career.

"It brought tears to my eyes," he said about the recognition. "That completes my life as far as the military goes."

Mr. Holland's contributions to 17 Wing will live on in the hearts and minds of all who knew him. He will be deeply missed.

On behalf of the 17 Wing community our condolences are with Mr. Holland's family.



Jim Holland cutting the ribbon to officially open the Holland Room in the Warrant Officer's and Sergeants' Mess on June 27, 2007. Photo Credit: Avery Wolaniuk

## Northern lights shine on Canada's Air Force

**Lt (N) David Lavalee**  
Voxair Reporter

With the eyes of the world turning to the Arctic, the northern lights weren't the only thing shining in the northern skies this year. Spring and summer 2010 were filled with significant Air Force activities.

Two CF-18 Hornet fighter jets from 3 Wing Bagotville, Que., accompanied by a CC-150T Polaris air-to-air refuelling tanker from 8 Wing Trenton, Ont., flew over Canadian Forces Station (CFS) Alert, Nunavut for the first time on September 11.

This event demonstrated our capability to support fighters operating at the far reaches of Canadian territory and to meet Canada's commitments to defend the airspace of Canada and the U.S. under the North American Aerospace Defense Command agreement.

"We will continue to refine Air Force capabilities in the North in support of Canadian government priorities and Canadian Forces operations," said Lieutenant-General André Deschamps, Chief of the Air Staff and Commander of Canada's Air Force. "With great respect for the harsh arctic environment, we will become more efficient in delivering airlift, sustainment, monitoring, and disaster-response in the North making the most of our new capabilities and accumulated experience."

This spring, the CC-177 Globemaster II landed at CFS Alert for the first time. In August, with the aircraft's capability proven and the magnitude of transportable cargo established, the Globemaster returned to carry out Operation Boxtop, the vital semi-annual resupply mission to the station.

The Air Force then executed one of the world's most northerly rescues on April 15, when Australian adventurer Tom Smitheringale, who fell into arctic waters during a solo mission to the North Pole, was rescued by two search and rescue technicians (SAR

techs) who had been operating out of CFS Alert for the annual Operation Nunavut. The SAR techs, supported by a CC-138 Twin Otter aircraft from 440 Squadron and a chartered Sikorsky S61 helicopter, spotted and rescued the adventurer from an ice pan approximately 200 kilometres north of Alert.

The new CC-130J Hercules aircraft then participated in Op Nanook, conducted this year out of Resolute Bay, Nunavut, in August alongside CH-146 Griffon helicopters and the CP-140 Aurora long range patrol aircraft. Op Nanook, a sovereignty operation conducted annually by the CF in the North, demonstrates and enhances its ability to operate alongside government partners in the arctic.

And this week, the Air Force is conducting SAREX – its annual search and rescue exercise – in Whitehorse, Yukon. It's the most northerly location ever for this exercise.

CFS Alert, which is an Air Force establishment, is the most northerly, permanently inhabited settlement on Earth. Its staff supports Environment Canada and Arctic researchers, maintains signals intelligence facilities, and geo-location and maintains high frequency and direction finding facilities to support search and rescue and other operations.

And on an ongoing basis, 440 Transport Squadron conduct such tasks as airlift, utility and liaison flights in the Yukon, Northwest Territories and Nunavut. The squadron, which reports to 17 Wing Winnipeg, is co-located with Canada Command's Joint Task Force North (JTFN) in Yellowknife, N.W.T., operates four CC-138 Twin Otter aircraft.

The Air Force's increasingly robust capability to operate in the North will continue to be tested and demonstrated in the coming months and years.

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# Koats for Kids 2010 Campaign Starts

**Cpl Loboz, J.J.**  
17 Wing Fire Department

After yet another successful campaign in 2009, the 17 Wing Fire Department is once again proud to be involved with a great Winnipeg tradition during the winter season, which is collecting new or lightly used winter clothing for children who are less fortunate in our community.

As all of you know that live here, and for those of you who will find out very soon, Winnipeg becomes a very cold place over the next few months. Some of the hardest hit by this cold are children.

So, all you have to do is clean out your closet. If you come across some of that winter wear including gloves (mittens), scarves, ski-pants, toques (knit hat for our American friends), balaclavas, and of course jackets which you know your kids don't fit in anymore, please don't throw them away, but rather swing by our fire hall and simply drop them off here. We also gladly accept winter clothes that you may think might be too big for kids. These can obviously be given to the older children who need it.

The 17 Wing Fire Department will start accepting donations on 20 September 2010.

We look forward to having you come by and say hello. Donations are accepted throughout the winter season as the cold lasts well past Christmas, so if you purchase new winter wear for your kids or even yourself, we'll take the old stuff off your hands!

All we ask is that the clothing is fairly clean and in good condition so it can be distributed as soon as possible to those who need it most.

Thank you in advance from your 17 Wing Fire Department.

\*\*\*\*\*  
À la suite d'une autre campagne fructueuse ayant eu lieu

en 2009, le personnel du service d'incendie de la 17e Escadre est fier de prendre part encore cet hiver à la grande tradition winnipegoise qui consiste à recueillir des vêtements d'hiver neufs ou peu usés pour les enfants de familles moins fortunées de la collectivité.

Comme le savent déjà ceux et celles qui connaissent Winnipeg, et comme l'apprendront bientôt les autres, le mercure se maintiendra à des températures très basses au cours des prochains mois. Parmi les plus durement touchés par ces grands froids seront les enfants.

Vous n'avez donc qu'à faire le ménage dans les garde-robes. Si vous trouvez par hasard des vêtements d'hiver qui ne font plus à vos enfants, on vous demande de ne pas les jeter et de faire plutôt un petit détour chez nous afin de les laisser à la caserne des pompiers. Parmi les articles recherchés figurent les gants, les mitaines, les foulards, les pantalons de ski, les tuques, les passe-montagnes et, bien sûr, les manteaux. Nous accepterons aussi volontiers les vêtements d'hiver qui sont trop grands pour vos enfants, lesquels vêtements seront offerts à des enfants plus âgés qui en ont besoin.

Au service d'incendie de la 17e Escadre, nous commençons à recevoir les dons à compter du 20 septembre 2010.

C'est avec très grand plaisir que nous vous accueillerons. Nous recevons des dons tout au long de l'hiver, car le froid persiste bien au-delà de la période des fêtes de fin d'année. Ainsi, si vous achetez des vêtements d'hiver neufs pour vos enfants ou pour vous-même, nous serons très heureux de vous décharger des vêtements ayant été remplacés.

Tout ce que nous demandons, c'est que les vêtements soient propres et en bon état afin que l'on puisse les distribuer le plus rapidement possible aux personnes qui en ont le plus besoin.

En vous remerciant à l'avance de votre générosité, le personnel du service d'incendie de la 17e Escadre vous prie d'agréer ses salutations distinguées.

## 17 Wing Fire Prevention Week

Good day 17 Wing, this year's theme for Fire prevention week is **Smoke Alarms: A sound you can live with**. During the week the Fire Hall Inspection branch will be conducting various fire drills around the Wing, so take the time and become familiar with your work place fire orders. Below are some tips on smoke alarms that will make your home a safer place for you and your loved ones. If you have any questions please call 833-2500 ext 5501.

### Locating/Installing Smoke Alarms

Read and follow the manufacturer's instructions carefully.

For best performance, an alarm should be mounted on the ceiling in or near the centre of the room, hall or stairway, and at the head of each stairway leading to an occupied area.

Optimum location for wall mounts is at least 15 cm (6 inches) from the ceiling but not more than 30 cm (19 inches) from it.

Avoid installing where the temperature is less than 50C (41oF) or exceeds 48oC (119oF).

Keep alarms away from doors and windows.

Never locate an alarm in front of an air register, fans or vents.

Keep alarms at least 60 cm (2 feet) from any corner.

Don't recess an alarm.

Smoke alarms in rooms with ceiling slopes greater than 30 cm (one foot) rise per 2.4 m (eight feet) horizontally should be located on the high side of the room.

Avoid locating an alarm at the peak of an "A" frame type ceiling.

Never paint a smoke alarm.

Keep alarms 60 to 90 cm (two to three feet) away from light fixtures.

When having an alarm connected into the electrical wiring system of a house you should:

Use a qualified electrical contractor.

Never install the alarm in the electrical circuit except at the main panel. Alarms must also never be installed in a circuit connected to an on/off switch.

Check the alarm when installation is complete.

Mark your calendar: Testing & Cleaning

Test your smoke alarm monthly and clean it every 6 months. Mark it on your calendar so that you don't forget. Things to remember when testing your smoke alarm:

Ensure that power is being transmitted to the alarm and that it will activate in the presence of smoke.

Test your smoke alarm by pressing the test button.

Even alarms with a pilot light that indicate power is being transmitted, should be tested regularly.

Battery-operated smoke alarms will warn you when batteries need replacing. Despite this, make it a habit to change the batteries yearly.

When you've been away from home for a few days, check your alarm on your return to ensure it is working properly.

Remember, your smoke alarm can't protect you if the batteries have been removed or a plug has been disconnected.

The lifespan of a typical smoke alarm is about 10 years, but some models last as little as 5 years.

To clean the alarm, open the cover and gently vacuum the interior of it. Frequently, the alarm will sound while the unit is being cleaned.

**Sgt Currie T.A.**

Chief Fire Inspector  
17 Wing Fire Hall

# Battle Group Receives Commander-in-Chief Commendation

**Kristy Rydz**  
Voxair Reporter

In honour of heroic actions under unimaginable circumstances in Sarajevo in July 1992 the 1st R22eR Battle Group (BG), N Coy 33 RCR has been awarded the Commander-in-Chief Unit Commendation by the Government of Canada.

While securing the Sarajevo airport for the safe landing of humanitarian relief flights and escorting them into the city, the BG was shot at on all sides yet still persevered to execute the mission with determination. Their presence forced the surrounding anti-aircraft weapons, tanks and howitzers to withdraw leading to the provision of crucial aid for the citizens of the war-torn city.

The presentation was made by Major General Dennis Tabbernoe, OMM, MSM, CD to Corporal (re'd) David Somers and Corporal (re't) Kevin Graff who both valiantly contributed to the mission as members of the BG.

Commander-in-Chief Unit Commendations are awarded for units or sub-units of the Canadian Forces that perform extraordinary deeds under extremely hazardous circumstances amid war or war-like conditions in an active theatre of operations.



MGen Dennis Tabbernoe (center) presenting the Commander-in-Chief Unit Commendation to Cpls (ret) David Somers and Kevin Graff.

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# Book on soldier's death speaks volumes about her life in the Canadian Forces

Kristy Rydz  
Voxair Reporter

Award-winning journalist and columnist for the Calgary Herald Valerie Fortney is known for her ability to provide readers with the human side of tragedy.

With a successful 20-year career under her belt, she was granted the opportunity to pore over intimate love letters written from the battlefield and delve into the world of the Canadian Forces to craft her first book, "Sunray: The Death and Life of Captain Nichola Goddard". Fortney sensed the story she was about to recount was something remarkable.

Capt Goddard, 26, was leading an artillery unit as a Forward Observation Officer (FOO) when she made history by becoming the first Canadian female soldier to die in combat on the front lines in Afghanistan on May 17, 2006.

While her death was heartbreaking, Fortney says the life of the prolific letter writer who grew up in various corners of the world and was raised by 'left-wing hippie parents' is the legacy Goddard herself

would want the world to remember.

"She was the most written about, most talked about Canadian soldier to have died in Afghanistan, probably to have died in the past 50 years," Fortney explained. "So here she was, the most talked about and we know it was because she was the first female - something she would have hated. Her whole life was a refutation of stereotypes."

A lifetime that the author reconstructed through letters written by Goddard herself to family, friends and notably her husband Jason Beam who now resides in Shilo, Manitoba. By reading the words penned by the late English major, Fortney got to know Goddard through her own words.

"I was able to absorb her essence, her personality, who she was a human being," she explained. "What she felt, what she struggled with. She was very open and very passionate about everything."

Along with the letters, Fortney did meticulous research on the details of Goddard's mission and the Canadian Forces (CF) in general to ensure that not only would she write an entertaining book, but an accurate one.

Countless hours of interviews with her unit members lead to a biography that has not only gained critical acclaim in the literary world since its early September release, but also the stamp of approval from those closest to Goddard in the CF.

"I spent countless hours with them (her men), reconstructing the events in Afghanistan and the day she died," she said. "That takes over two chapters because I was given so much detail. The interesting thing is that her FOO team never spoke before. They were very protective of her. They didn't want her memory to be exploited."

Despite vast successes, the tragic reality of Fortney's first foray into book writing is that she will never get

to meet Goddard herself.

As Goddard's family and story has impacted Fortney so deeply, she has donated 10 per cent of both her advance on the book and its total earnings to the Nichola Goddard Foundation that does charitable work around the world in her name.

Yet, if Fortney could spend time with the remarkable woman in person, she knows exactly how the encounter would go.

"I would want to thank her," Fortney said thoughtfully. "Then I'd pour her a glass of gin and tonic - her favourite drink - and want to sit and hear some of her stories and hear her laugh. Her laugh was one of the most defining things about her. And I guess I'd ask her, 'Did I do okay? Do you like it? How'd I do, Nic?'"



Captain Nichola Kathleen Sarah Goddard. Photo courtesy: Key Porter Books

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# Wing Commander Honours and Awards

On 17 Sept in the Officer's Mess at 17 Wing Winnipeg, Manitoba, the Wing Commander, Colonel Yvan Boilard conducted an Honours and Award ceremony.



Sgt Jeffrey Eves receiving the General Campaign Star Medal (GCSM). Photo credit: Cpl Piotr Figiel



Sgt Jeffrey Eves receiving the General Service Medal (GSM). Photo credit: Cpl Piotr Figiel



MCpl Ian MacRea receiving the General Service Medal (GSM). Photo Credit: Cpl Piotr Figiel



Cpl Darryl Owen receiving the General Service Medal (GSM). Photo credit: Cpl Piotr Figiel



MCpl Joanne Prost receiving the Special Service Medal (SSM) to. Photo credit: Cpl Piotr Figiel



MWO Paul Richard receiving the Canadian Forces Decoration Medal 2nd clasp (CD2). Photo credit: Cpl Piotr Figiel



WO Sue Lenihan receiving the Canadian Forces Decoration Medal 2nd clasp (CD2). Photo credit: Cpl Piotr Figiel



WO Matthew Marshall receiving the Canadian Forces Decoration Medal 2nd clasp (CD2). Photo credit: Cpl Piotr Figiel



MCpl Charles Ross receiving the Canadian Forces Decoration Medal 2nd clasp (CD2). Photo credit: Cpl Piotr Figiel



Cpl Nancy Wild receiving the Canadian Forces Decoration Medal 2nd clasp (CD2). Photo credit: Cpl Piotr Figiel



LCol Richard Pamplin receiving the Canadian Forces Decoration Medal 1st clasp (CD1). Photo credit: Cpl Piotr Figiel



Capt Cary Campbell receiving the Canadian Forces Decoration Medal 1st clasp (CD1). Photo credit: Cpl Piotr Figiel



WO Bryan Smart receiving the Canadian Forces Decoration Medal 1st clasp (CD1). Photo credit: Cpl Piotr Figiel



WO Pamela Tochor receiving the Canadian Forces Decoration Medal 1st clasp (CD1). Photo credit: Cpl Piotr Figiel



Sgt Anthony Peeren receiving the Canadian Forces Decoration Medal 1st clasp (CD1). Photo credit: Cpl Piotr Figiel



Sgt Charles Spooner receiving the Canadian Forces Decoration Medal 1st clasp (CD1). Photo credit: Cpl Piotr Figiel



MCpl Celine Filion receiving the Canadian Forces Decoration Medal 1st clasp (CD1). Photo credit: Cpl Piotr Figiel



Cpl Wayne Bennik receiving the Canadian Forces Decoration Medal 1st clasp (CD1). Photo credit: Cpl Piotr Figiel



Cpl Christopher Murray receiving the Canadian Forces Decoration Medal 1st clasp (CD1). Photo credit: Cpl Piotr Figiel



Capt Matthew Lamb receiving the Canadian Forces Decoration Medal (CD). Photo credit: Cpl Piotr Figiel



Capt Keith McCharles receiving the Canadian Forces Decoration Medal (CD). Photo credit: Cpl Piotr Figiel



Capt Paul Faulkner receiving the Canadian Forces Decoration Medal (CD). Photo credit: Cpl Piotr Figiel



Sgt Jason Cuppage receiving the Canadian Forces Decoration Medal (CD). Photo credit: Cpl Piotr Figiel



Sgt Derek Fairbairn receiving the Canadian Forces Decoration Medal (CD). Photo credit: Cpl Piotr Figiel

# Wing Commander Honours and Awards continued...



Sgt Stephen Thompson receiving the Canadian Forces Decoration Medal (CD). Photo credit: Cpl Piotr Figiel



MCpl Eric Beaudoin receiving the Canadian Forces Decoration Medal (CD). Photo credit: Cpl Piotr Figiel



Cpl Ashley Barr receiving the Canadian Forces Decoration Medal (CD). Photo credit: Cpl Piotr Figiel



Cpl Gary Pearce receiving the Canadian Forces Decoration Medal (CD). Photo credit: Cpl Piotr Figiel



Cpl Eddy Penner receiving the Canadian Forces Decoration Medal (CD). Photo credit: Cpl Piotr Figiel



Cpl Fraser Cameron receiving the Canadian Forces Decoration Medal (CD). Photo credit: Cpl Piotr Figiel



Cpl Michael Lantazio receiving the Canadian Forces Decoration Medal (CD). Photo credit: Cpl Piotr Figiel



LCol David Reyenga receiving an Air Command Commendation. Photo credit: Cpl Piotr Figiel



Maj Kevin Rubner receiving an Air Command Commendation. Photo credit: Cpl Piotr Figiel



Cpl David Wieser receiving the Joint Task Force Afghanistan Commendation. Photo credit: Cpl Piotr Figiel



Sgt Jason Cuppage receiving the 1 Canadian Mechanized Brigade Group Commander's Commendation. Photo credit: Cpl Piotr Figiel



MCpl Kevin MacIntyre receiving the Wing Commander's Commendation. Photo credit: Cpl Piotr Figiel



Leah Bannister receiving the Wing Commander's Commendation. Photo credit: Cpl Piotr Figiel



Helena Zutter receiving the Wing Commander's Commendation. Photo credit: Cpl Piotr Figiel



Special Award to David Breen in recognition of his significant participation in producing the 2010 Air Force Run Commercial. Photo credit: Cpl Piotr Figiel



Capt Pierre Chainé receiving his Commissioning Scroll. Photo credit: Cpl Piotr Figiel



Capt Robert Granholm receiving his Commissioning Scroll. Photo credit: Cpl Piotr Figiel



Lt Donna Riguidel receiving her Commissioning Scroll. Photo credit: Cpl Piotr Figiel



MCpl Raymond Cameron receiving a Certificate of Achievement. Photo credit: Cpl Piotr Figiel



Gail Trépanier receiving a Certificate of Service in recognition of 35 years of service. Photo credit: Cpl Piotr Figiel



Loriann McNabb receiving a Certificate of Service in recognition of 25 years of service. Photo credit: Cpl Piotr Figiel



Deborah Labrie receiving a Certificate of Service in recognition of 25 years of service. Photo credit: Cpl Piotr Figiel



Sara Hamp receiving a Certificate of Service in recognition of 25 years of service. Photo credit: Cpl Piotr Figiel



Michael Bodnar receiving a Certificate of Service in recognition of 15 years of service. Photo credit: Cpl Piotr Figiel

# Fifty years fly by for Canadian Hercs

Meghan Lawson  
Air Force News

the frigid temperatures of the Canadian Arctic, the Hercules has truly been the workhouse of Canada's Air Force," Colonel Scott Howden told guests gathered at the Canadian Embassy in Washington, D.C.

On September 10, military personnel joined industry representatives and embassy staff to commemorate Canada's earliest Hercules aircraft, which first touched down at Canadian Forces Base Uplands in Ottawa 50 years ago this month.

"It is an honour and a privilege for me to be here to make this presentation on behalf of the Canadian Forces to recognize this very singular milestone in the life scale and inauguration into the industry of this aerial platform," said Rear-Admiral Richard Greenwood, commander of the Defence Liaison Staff in Washington.

Holding a black and white photograph in his hands, RAdm Greenwood recounted the exploits of Canada's first fleet of Hercules. The vintage photograph captured a CC-130B Hercules on the snowy Arctic tundra while completing a supply run nearly five decades ago.

"This picture is a terrific metaphor for both what this occasion represents and what it is metaphorically in terms of

"From the scorching deserts of Africa to

the relationship we have between our two services and our two countries," RAdm Greenwood continued. At the conclusion of his remarks, he presented the photograph to representatives from Lockheed Martin, whose predecessor, the Lockheed Corporation, pioneered the aircraft in the 1950s.

The photograph provides just one of countless examples of the essential role Hercs have played in Canadian operations for half a century – not only for military missions but also for humanitarian relief. This past January, Canadian Hercs mastered the rugged airstrip outside the Haitian town of Jacmel, and proved instrumental in delivering desperately needed relief supplies to victims of Haiti's earthquake.

"The Lockheed Martin CC-130 Hercules is arguably the most successful military transport aircraft program in the history of aviation," Col Howden said, emphasizing the diverse undertakings Hercules and its crews have accomplished since 1960.

With Canada accepting the first of 17 new CC-130J "Super" Hercs this past June, it is clear that the aircraft is just as significant as it was on Arctic supply runs 50 years ago. And, as if to prove this, the Super Herc made its first flight into Canadian Forces Alert, the most northerly permanently inhabited location in the world, just four days ago.

As Col Howden said, "the Herc promises to be with us for a long time still."



Hercules tail number 10304, one of Canada's very first B-model Hercules, unloads supplies in the Arctic in the early 1960s. Lockheed Martin was presented with a copy of this photo. Credit: submitted.

## Happy Thanksgiving From THE VOXAIR



### MILITARY PERSONNEL Volunteers Needed for Research Study



University of Manitoba research group in collaboration with the Veterans Affairs of Canada Operational Stress Injury Clinic in Winnipeg, MB is seeking volunteers to participate in a project aimed at improving our understanding of how traumatic experiences of military personnel influence emotional responding when viewing positive, negative and neutral images.

Your role: participate in an interview, complete questionnaires, and may or may not take part in a functional Magnetic Resonance Imaging (fMRI) picture viewing assessment.

Benefits: You will help us understand emotional processing in the brain as well as receive a research stipend and travel expenses for out-of-towners.

If interested please call the study coordinator at  
204-975-7728



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# Living the Fire Hall dream

**Kristy Rydz**  
Voxair Reporter

Last week, 15-year old Spencer Cook got to live out his dream of being a firefighter at 17 Wing's fire hall.

As part of the Peonon Point School Work Ed program, the grade 11 student, from Steep Rock, Manitoba, had the opportunity to come to Winnipeg for five days and shadow a job of his choice to gain a better idea of the day-to-day requirements of the position.

Cook's first choice was a firefighter as he wants to pur-

sue the profession after he graduates high school – specifically with the Canadian Forces.

"I'm pretty sure you get trained for more if you go through the military," he said.

During his hands-on training through out the week Cook was immersed in the firefighting experience by learning about everything from the fire trucks, to the required gear, to tagging along on inspections and search and rescue exercises, to learning about fire prevention.

"It's kind of fun to get a feel of what you want to do when you get older," Cook said of the experience.

For program OPI Master Corporal (MCpl) Chris Gervais, the opportunity to mentor an interested youth benefits him as much as it does Cook.

"It's not every day that you get a young boy or girl that aspires to be a firefighter," he said. "By teaching him, mentoring him, it keeps your skills up at the same time."

Cook is one of approximately 15 kids taking part in the program this year that places students at 17 Wing with the fire hall and Military Police as well as with various other employers around the city twice each school year.



Spencer Cook (center), poses with MCpl Chris Gervais (left) and Cpl Pat Rivard (right) in front of the 17 Wing fire truck. Photo Credit: Kristy Rydz

# Wing Commander's Golf Tournament



BGen Thuen prepares to tee off on the first hole at the WCOMD Golf tournament which took on Thu 16 Sep 10. Photo credit: Chris Merrithew

There were over 90 golfers that came out to enjoy this great day at the Carman Golf Course. MCpl Dave Tower and Sgt Sylvain LaForce tied for the low Men's score of the day shooting a 73 while Misty Burrows had the low Women's score shooting a 97. Maj Bob Barrett won the prize for the longest drive for the Men and Joanne Gautron won the prize for the longest drive for the Women. CWO Bernie Verreault won the "closest to the pin" competition on hole # 8. Thanks to everyone who came out and participated in the last WCOMD Golf tournament of the year.

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# 402 Squadron Hosts Family Day

Lt Glen McDonald  
402 Sqn Ops

This year's 402 Sqn Family Day was held on the 25th of September from 10:00 to 14:00 at Assiniboine Park by the west end picnic areas. The autumn afternoon weather was a perfect 18 degrees Celsius, which facilitated timely planning of all the day's events including sack races, lawn darts and the ever popular bouncy castle. Capt Morgan Jones mentioned "It was awesome and my kid's especially enjoyed the bouncy castle!" The 402 Sqn Pipe and Drum band was in attendance and gave an extraordinary performance to a captivated audience of approximately fifty people.

Cpl Cameron and MCpl Chris Hardy graciously handled the majority of the cooking for the event with plenty of hot dogs and burgers to go around for everyone. Sgt Brian Froese kept a vigilant eye on the bouncy castle while the kids formed a continuously moving line of activity through the structure. All the while Imagery Tech MCpl Colin Aitken captured memories of the event for the squadron. The informal atmosphere allowed everyone, including the 402 Sqn C.O. LCol Rittinger, a chance to walk around and mingle with colleagues; family and friends. All in all, the event resulted in a pleasant outing for everyone in attendance. Many thanks to everyone who helped organize the event and to those who took the time to make it happen!



Corey and Cameron serve up burgers and dogs. Photo credit: MCpl Colin Aitken



A group shot at the 402 Squadron's Family Fun Day. On Saturday 25 September, 2010, 402 City of Winnipeg Squadron held a Family Fun Day at Assiniboine Park. Members of the Squadron came out for a day full of activities, friends, and food served up on the custom made oversized BBQ. The 402 Squadron Pipes and Drums also performed for the Squadron, sounding off several tunes throughout the day. Photo Credit: MCpl Colin Aitken

# Plane Pull Raises Funds for United Way



MCpl Jason Nurse, the anchor for the 17 Wing Dream Team, helps pull a McDonnell Douglas DC-9 aircraft with the rest of the team: MWO Ronald Breton, MCpl Clifford Hartmier, Pte Derek Comeau, Lt Daniel Corkum, Pte Nicholas Miles, Capt Tyler Donald, Capt Stephen Vallis, CWO Mike Robertson, Capt Miguel Castillo, Capt Morgan Jones, Civ Dean Derkatch, Civ Ian Bradley, WO Frank Angelini, Sgt Kevin Dunbar, MCpl Christian Hardy, Civ Victor Lee, Pte Melanie Desmarais, MWO Joseph Janisse, and Cpl Matthew Plourde. Photo Credit: Cpl Archambault

On 17 Sept at Stevenson Campus, 2280 Saskatchewan Ave., United Way holds the 2010 Aircraft pull as the kick-off of their 2010 fund raising campaign. Their objective is to raise \$18,849,630 this year and they already have 38% of their objective. The 17 Wing dream team finished in second place with a pull of 9.32 seconds.



**Jim Rondeau**  
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## Transport Section Promotions

Conratulations to everyone who was recently promoted in the Transport Section. Thank you to MCpl Sylvain Leboeuf, 17 Wing Winnipeg MSE Safety, for sending us the photographs.



Cpl Arnold being promoted to MCpl. L to R: MWO Smith, Cpl Arnold, Maj Young.



Pte Gallant-Girard being promoted to 1st hook. L to R: Maj Young, Pte Gallant-Girard, MWO Smith



Pte Lamontagne being promoted to Cpl. L to R: Maj Young, Pte Lamontagne, MWO Smith



Sgt Robichaud being promoted to Warrant Officer. L to R: Maj Jose, Sgt Robichaud

## SAREX 2010 in the Great White North



Sgt Dan Verret (left) and MCpl Eric Beaudoin (right), from 435 (Transport and Recue) Squadron at 17 Wing Winnipeg, Man., treat a simulated casualty during a medical scenario during SAREX. Photo Credit: Cpl Darcy Lefebvre.

SAREX, the annual search and rescue exercise, was held for the first time ever in Whitehorse, Yukon. The exercise, organized by 19 Wing Comox, B.C., brought together Canadian Forces search and rescue aircraft and approximately 200 personnel from across the country for a week of training and competition.

SAREX 2010, ran from September 20 to 25, and included participation from SAR units from the United States Coast Guard and United States Air Force as well as a group of observers from Europe.

### Portable Fire Extinguisher Training (PFET)/ Formation sur les extincteurs d'incendie portatifs

All DND/CF employees must be given an initial indoctrination into the use and operation of all applicable emergency equipment upon entering the workforce, or a new place of employment, and refresher training thereafter on a four year cycle.

Employees must be given the opportunity to physically use portable fire extinguishers wherever and whenever possible, keeping in mind environmental concerns and conditions.

All units, subunits, and detachment commanders shall ensure that all personnel are familiar with the Fire Orders and capable of safely operating the fire fighting equipment.

PFET will run all year around with classes on Tuesdays and Thursdays starting at 0900 hrs. Classes will be held at the fire hall, building 88.

Contact the 17 Wing Winnipeg Fire Education Section via email (MCpl Paul Keeping, paul.keeping@forces.gc.ca) or directly at local 5501 to schedule an appointment as seating is limited to 20 pers per course.

For larger groups contact your local Unit Training Co-ordinator to schedule section based training.

\*\*\*\*\*

Formation sur la protection contre les incendies et l'équipement d'urgence

Tous les employés du MDN/FC doivent avoir reçu une initiation sur l'utilisation et le fonctionnement de tout l'équipement d'urgence applicable à leur entrée en fonction, ou à leur arrivée à un nouveau lieu de travail. De plus, ils doivent suivre des cours de recyclage aux quatre ans.

Tous les employés doivent avoir l'occasion d'utiliser un extincteur d'incendie portatif lorsque c'est possible, sans oublier de tenir compte des préoccupations et des conditions environnementales.

Tous les commandants d'unité, de sous-unité et de détachement doivent s'assurer que leur personnel est familier avec les consignes d'incendie et qu'il peut utiliser l'équipement de lutte contre les incendies en toute sécurité.

La formation sera offerte toute l'année et les cours auront lieu les mardis et jeudi dès 9 h, à la caserne de pompiers (bâtiment 88). Communiquer avec la section de l'éducation en matière d'incendie de la 17<sup>e</sup> Escadre Winnipeg par courriel (Cplc Paul Keeping, paul.keeping@forces.gc.ca) ou au poste 5501 réserver votre place (limite de 20 personnes par cours).

Pour les grands groupes, veuillez communiquer avec le coordonnateur de la formation de votre unité pour organiser une formation sur la base.



Image: Department of National Defence

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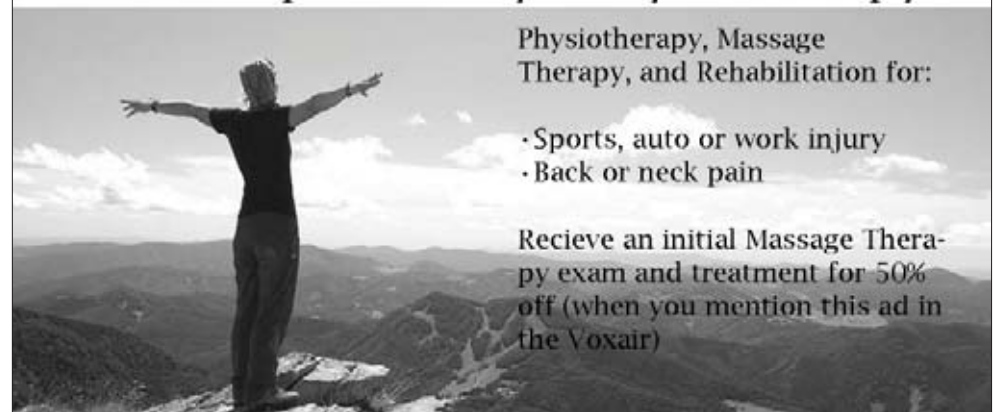


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# A Tale of Two Training Units

**Primrose Knazan**  
Learning Assistant

Located on the first floor of the Training and Education Centre in building 135, behind the glassed-in library are two units that provide training for 17 Wing: Wing Ground Training and the Learning and Career Centre.

And thus the mystery begins: Wing Ground Training and the Learning and Career Centre are two separate units? But how can that be? They share office space. They offer similar courses. They use the same classrooms. They even share a fax machine. Course registration procedures and HRMS entry are identical. Surely they are one and the same training unit!

Indeed Wing Ground Training and the Learning and Career Centre work side by side, offering free courses on a variety of subjects, but this is where the similarities end.

Wing Ground Training (WGT) is a military unit reporting through WAdmin. Their budget comes from the 17 Wing Civilian Training Fund. All WGT courses are contracted out with external instructors from the private sector. WGT courses are advertised mainly through the Training Coordi-

nators via e-mail and the Pop Up Message Board.

Due to funding restrictions, 50% of registrants for WGT courses must be civilians from 17 Wing Integral units. Only after this component is satisfied are other personnel (military, lodger units, etc.) loaded onto the courses. Unfortunately, computer courses are limited to 10 seats each session. WGT sometimes receives over 20 nominations from military personnel for any given computer course, but without the minimum number of civilian registrants, regardless of high demand, these courses are in danger of being cancelled.

The Learning and Career Centre (LCC) is a civilian unit reporting through Civilian Human Resources Service Centre. The LCC budget comes from ADM HR-Civ. Courses are mostly taught in-house by Learning Advisors or Human Resources Officers. Other than courses specific to civilians only (such as the Retirement Planning, Personal Learning Plans or Orientation), almost all LCC courses are open to both military and civilian personnel with no restrictions on numbers.

Both units offer courses on computer skills, communication, writing, and leadership; however specific course content dif-

fers between the two.

WGT is most known for their computer courses: Word, Excel, Access, PowerPoint and Front Page. Different levels are usually offered for Word, Excel, Access and PowerPoint. Only level 1 is offered for Front Page due to firewall restrictions. WGT is currently waiting for the contract to be finalized before offering writing, communication and leadership courses. Contact your training coordinator for upcoming dates.

The LCC offers a wide variety of courses in a wide range of subject matters. Mandatory courses include Managing Civilian Human Resources and Orientation for New Employees. Policy-based courses include Diversity and Employment Equity, Harassment Prevention and Resolution and Civilian Performance Planning and Review. Leadership courses include such as Building Excellence in Teams, Communication for Leadership and Understanding My Leadership Style. Well-being courses include Stress Management, Assertive Communication, Balancing Work and Personal Life, You and Change, among many others. Check the LCC website for a full-list at <http://hr.ottawa-hull.mil.ca/lcc-cac/>

Online courses are also available from the Defence Learning Network through the

LCC website such as Managing Military Personnel, Canadian Forces 101 or Introduction to Defence Ethics.

In addition to delivering courses, the LCC has Learning Advisors on staff to help employees with their personal and career development primarily through group sessions. Managers and supervisors may also consult learning advisors to help them identify learning solutions for their employees. Learning advisors are also available to provide Professional Development sessions to units and work teams on a number of topics, such as customer service, personal learning plans and MBTI. In fact, the LCC staff is currently reviewing material for a wider range of PD topics - stay tuned.

Registration procedures for LCC and WGT courses are essentially the same. Personnel must fill out a Training Request Form and submit the completed and signed form through their Training Coordinator. Because the LCC and WGT share office space, they use the same fax number - 2831.

For more information on WGT courses, contact your training coordinator for upcoming courses. For more information on LCC courses, contact [LCCshare@forces.gc.ca](mailto:LCCshare@forces.gc.ca)

## SCAN Seminar / Séminaire du SPSC

### SCAN Seminar

The Wing Personnel Selection Office will be hosting a Second Career Assistance Network (SCAN) seminar. The objective of this seminar is to provide both military personnel and their spouses with

up to date information pertaining to the benefits and services available to retiring members. Additionally, the seminar will address aspects of transition to a second career outside of the CF. Please note: SCAN presentations from 1300-1600 on 13 October

10 will focus on issues pertaining to medical release. Details of the seminar are as follows:

DATE: 12 - 13 October 10

TIME: 0800-1600

LOCATION: Wing Theatre (Bldg 90)

DRESS: Appropriate civilian attire

WHO: Military members and their spouses

Details for registration and the seminar agenda can be found on the WPSO website at: <http://17wing.winnipeg.mil.ca/WAdmin/PSO/scan.htm>

### Séminaire du SPSC

Le Bureau de sélection du personnel de l'Escadre (BSP Ere) tiendra un séminaire du Service de préparation à une seconde carrière (SPSC). Ce séminaire vise à informer les militaires et leurs conjoints

des avantages et des services offerts aux militaires qui prennent leur retraite des FC. On y abordera également les aspects liés à la transition vers une deuxième carrière à l'extérieur des FC. Noté : La présentation SPSC de 13h00 - 16h00 le 12 octobre, portera particulièrement sur les questions liées à la libération pour raisons médicales. Voici les renseignements pertinents :

DATE : les 12 et 13 octobre 2010


HEURE : de 8 h à 16 h

LIEU : Amphithéâtre de l'escadre (bâtiment 90)

TENUE : Tenue civile appropriée

PUBLIC CIBLE : Militaires et leurs conjoints

Pour en savoir davantage sur les inscriptions et le programme du séminaire, visiter le site Web du BSP Ere à <http://17wing.winnipeg.mil.ca/WAdmin/PSO/scan.htm>.



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#### Adult Fitness Classes

**Ultimate Cycling:** take an ultimate ride in this all out, anything goes cycling class. Speed zones, hills, intervals, drills and sprints will take your cycling to the next level.

Mondays: 1700-1800, Sept 13 - Dec 13. No classes Monday, October 11

**Aqua-Fit:** A low impact water work-out class for all ages.

Mondays: 1800-1900, Oct 4 - Dec 13, No classes Monday, October 11

**Yoga - Multi-Level (Traditional):** This class is open to all levels of yoga experience. There are many benefits to regularly practicing yoga: increasing your body awareness, developing strength, balance and flexibility, and learning to relax and de-energize.

Tuesdays: 1915-2015, Sept 14 - Dec 7

**Boot Camp (Circuit):** Intervals of weight resistance and cardiovascular exercises on the gym floor.

Wednesdays: 1800-1900, Sept 15 - Dec 8

**Zumba:** A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system.

Thursdays 1645-1745, Sept 16 - Dec 16

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

Thursdays: 1800-1900, Sept 16- Dec 16. No classes Thursday November 11.

**Muscle Boot Camp:** This is a fun and fast-paced full body workout using mats, dumbbells, BOSU, and other apparatus. The focus is on toning and strengthening abs, butts and thighs - and developing upper body strength and endurance. Suitable for all fitness levels.

Saturdays: 0930-1030, Sept 18 - Dec 18. No classes Saturday October 9.

#### Prices:

Program registration: \$55 per class (12 weeks)

\$45 for aquafit (10 weeks)

Drop-in pass: \$65 - 11 single class passes

Single Drop-in: \$7

**\*Non-Member surcharge of \$15 on all classes\***

#### Family and Children Programs

**Active Kids:** Let us take care of your kids while you work out! We will provide them with a chance to participate in fun games and activities. Children ages 5-12 welcome!

Mondays/Wednesdays: 1700-1900 (No program on Oct 11)

Saturdays: 0930-1130

Runs from Sept 13 to Dec 15

Free for Members

**Family Gym:** Join in an evening of fun, exercise and socializing with the whole family.

Tuesdays: 1800-1930

Thursdays: 1600-1800

Runs from Sept 14 - Dec 14

Free for Members

**"Passport Percussion":** Rhythmic passport to

countries like Brazil, Cuba, Africa, and Peru. Here is an opportunity for all ages and abilities to try their hands at percussion. All equipment will be provided as part of the class. This is a great way to wind down after a long day of work!

Tuesdays: 1645-1745

Fee: \$80 per participant

**Strength & Fitness - Parent & Teen:** Parents and youth can strengthen their bodies and their relationship with this training program. Participants will be educated on the difference between adult and youth weight training programs while both receive individual instruction. They will also be introduced to various machines and exercises in the weight/cardio room.

Fridays: 1800-1900, Sept 17 - Dec 10

Fee: \$55 (for parent & teen)

#### Adult Recreation Programs (18+) Free For Members

**Pick-Up Squash:** Learn to play, improve your skills or just come to socialize. This programs will be guided by a certified squash instructor and is a great opportunity to have fun and get some exercise.

Tuesdays: 1900-2100, Sept 14 - Dec 14

**Pick-Up Floor Hockey:** Floor hockey is an excellent work-out and a great opportunity to meet new friends. All players and skill levels are welcome. Teams will be chosen each week.

Tuesdays: 1930-2100, Sept 14 - Dec 14

**Drop-In Soccer:** Recreational soccer is a great way to get fit while having fun! Teams will be arranged each week. All skill levels welcome!

Thursdays 1800-1900, Sept 16 - Dec 16

**After Work Walking Program:** Join us for an hour walk after work. A great idea after a long day in the office to get out and get some exercise. We will meet in the lobby of bldg 90 at 1700 and will return at 1800.

Tuesdays & Thursdays 1700-1800, Sept 14 - Dec 14

**To register for any class, or for more information on our programs, please come into the Community Recreation Office, located in Bldg 90 Fitness and Recreation Centre. You can also call us at 833-2500 ext 5139.**

**Be sure to check out our website at [www.cfcommunitygateway.ca](http://www.cfcommunitygateway.ca)**

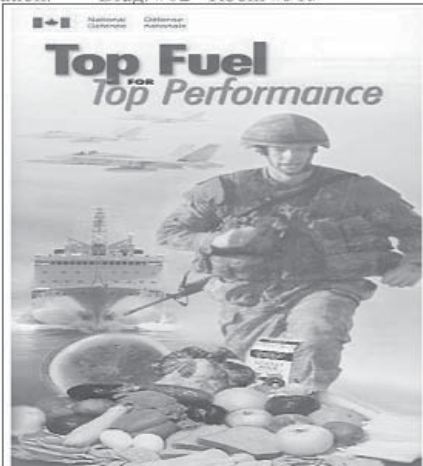
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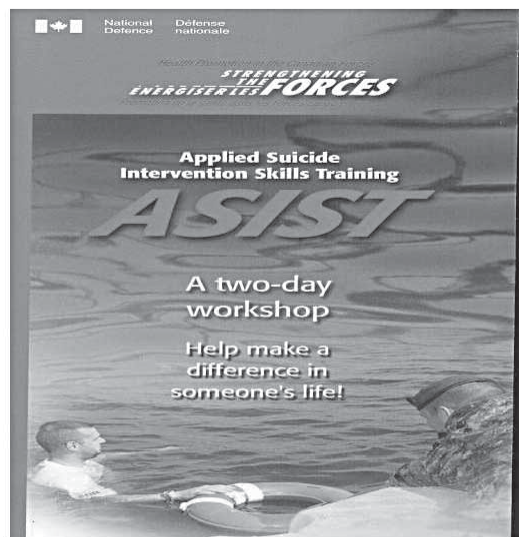
Date: 22 & 23 November 2010

Time: 0800 - 1600 hrs

Location: Bldg. #62- Room #315



**For additional information and to register contact:  
Health Promotion @ local 4150, 4995 or 4488**



DATE: 12 & 13 October 2010

TIME: 0800 - 1600 hrs.

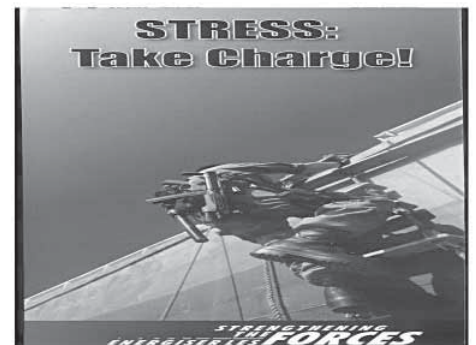
LOCATION: Bldg. #135, Room #132

REGISTRATION DEADLINE: 7 October 2010

For additional info and register contact

Health Promotion - local 4150/4995/4160

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DATE: 8 & 9 November 2010

TIME: 0800 hrs - 1600 hrs

LOCATION: Bldg. #62, Classroom #315

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HEALTH PROMOTION AT LOCAL 4150.

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www.mfrc.mb.ca

204.833.2500 ext. 4500



## Stress.....What it is and how to deal with it

Stress is the response of your body and mind to demands being placed on you. When you feel threatened, your brain releases chemicals called hormones that send alarm signals throughout your body. These hormones prepare your body to take action. The hormones make your skin sweat, your breathing quicken, your heart rate go up, your muscles tense, and your senses come alive. It's this "fight or flight" stress response that allowed our human ancestors to survive when face to face with a threat. Unfortunately, most of our modern "threats" like workloads or family conflict are not situations we can fight with our fists or run away from. When we don't have a healthy way to deal with stress, it can harm us more than help.

Some common sources of stress, known as stressors, include the following:

Physical environments around you can

raise your stress level. Traffic, noise, and uncomfortable or unsafe living conditions can also cause stress.

Family and relationships are common daily stressors. Marital disagreements, unhealthy relationships, rebellious teens, or caring for an ill family member or a child with special needs can all send stress levels skyrocketing.

Work can be an ever-present source of stress. Work stress is caused by things such as job dissatisfaction, an exhausting workload, insufficient pay, office politics, and conflicts with your boss or co-workers.

Life situations can cause stress. For example, poverty, financial pressures, discrimination or harassment, unemployment, isolation, and/or a lack of social support all take a toll on your daily quality of life.

Major life changes such as the birth of a baby, a divorce, a career change or move

can also place a lot of stress on you even if the event itself is positive.

"Because stress is individual, we each need our own way to cope.

### What can I do about it?

Because stress is so individual, we each need to find our own way to cope. There are some things that you can do to figure out how to best deal with your stress:

**Find out what stresses you the most:** If you need to, make a list of everything that's on your mind. You can't do anything to stop your stress until you know what causes it.

**Problem solve:** Deal with problems effectively. Life problems, like financial issues, family conflicts or problems at work can be a huge cause of stress. Learning to deal with problems properly can make a big difference. There are a number of steps to problem solving: Identify the problem, Set some goals, Make a list of possible solutions, Choose a solution from your list, Put your solution into action, Track your progress

**Don't procrastinate:** Don't put off the things you need to do. Keeping a daily planner can help keep you organized and on track. Focus on tasks as well as decisions. Putting off making decisions can cause unnecessary stress and worry.

**Talk about it:** Sometimes we just need

to vent. Talk to someone you can trust. If your school, workplace or faith community offers counselling, take advantage of it.

**Share your workload:** Delegate your responsibilities. This doesn't mean offload all your work onto those around you but only take on what you need to. This applies at home too: ask family and friends for help.

**Self-care:** Exercise, meditation or prayer, getting a good night's sleep, eating well, petting your dog or cat, going for a walk, laughing and stretching—all of these are great stress relievers. Unfortunately, they are also sometimes the first things we stop doing when we feel under pressure.

**Just say no:** You can't please everybody. If you feel like you can't take on a task, don't be afraid to say so. If you find it hard to say no, read books or attend classes on how to be more assertive. Being assertive will help you communicate your needs firmly but nicely.

**Resources that can help:**

Winnipeg MFRC Family Counselling Program: 833-2500 ext 4512

Klinik Crisis Line: 786-8686

Mobile Crisis Unit: 940-1781

Information in this article has been provided by BC Partners for Mental Health and Addictions Information.

## COMEDY NIGHT

## SOIRÉE DE COMÉDIE

In support of the Winnipeg MFRC  
au profit du CRFM de Winnipeg

**Sunday, October 17**

7 p.m.

17 Wing Theatre, Building 90 (Whytefold Road)

**Dimanche 17 octobre**

19 h

Théâtre de la 17e Escadre, édifice 90 (ch. Whytefold)



### MIKE MCDONALD

Comedian Mike MacDonald is considered one of the top funnymen in all of Canada. He is the son of a career Canadian Air Force officer. He spent his first fifteen years in France, West Germany and finally ended up in Canada when his father retired and the family settled in Ottawa. He has performed across Canada and the United States. He has appeared on TV shows including Late Night with David Letterman, Just for Laughs and An Evening at the Improv.

Mike MacDonald est considéré comme un des comédiens les plus comiques au Canada. Il est le garçon d'un officier de la Force aérienne et a vécu ses quinze premières années en France et en Allemagne de l'Ouest. Lorsque son père a pris sa retraite, la famille est revenue au Canada et s'est installée à Ottawa. Mike MacDonald s'est produit en spectacles partout au Canada et aux États-Unis et a passé à la télévision au « Late Night with David Letterman », « Just for Laughs » et « An Evening at the Improv ».

### BIG DADDY TAZZ

Tazz has been delighting crowds at fundraisers, corporate events, festivals and on television for more than a decade and a half. His one-man shows have drawn rave reviews and standing ovations from coast-to-coast. Tazz' explosive Gala performances at the Winnipeg Comedy Festival over the years can be seen frequently on CBC television and the Comedy Network.

Tazz amuse les foules, à des activités de financement, à des événements exclusifs d'entreprises, à des festivals et à la télévision, depuis plus de 10 ans. Son spectacle solo a reçu bon nombre de critiques élogieuses et d'ovation d'un océan à l'autre. Ses brillants spectacles de « Gala performances » au « Winnipeg Comedy Festival » sont souvent diffusés sur les ondes de CBC Television et de Comedy Network.



**Tickets \$20**

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### Upcoming MFRC events

#### • MAKE IT MONDAYS

Monday, October 18

1:30 to 3 p.m.

Cost \$5.

Register by October 12

This month, we'll be making Halloween decorations.

#### • MUNCH AROUND MANITOBA

Wednesday, October 27, 6 p.m.

Register by October 22

Come dine with us. We'll be heading to Gasthaus Gutenberger, 2583 Portage Avenue.

Come experience authentic German cuisine. Participants pay for their own meals.

#### • SUNSET GOOSE FLIGHT

Thursday, October 14

5 p.m.

Register by October 8

Join us on a trip to Fort Whyte Alive to watch the arrival of the geese. During fall migration, thousands of geese will be landing on the lakes. Bring your cameras and prepare to be amazed. Enjoy a BBQ and concessions available at Fort Whyte Alive.

#### • GEOCACHING

Friday, October 22

6 p.m.

Register by October 14

This month we are looking for caches in Assiniboine Park. Afterwards we will warm up at the Star Restaurant in the Assiniboine Park Conservatory. Participants pay for their own meals.

#### • EXPLORING BOOKS AND MOVIES

Tuesday, October 19

10 a.m. to 12 p.m.

Register by October 12

Our book and movie will be The Five People you Meet in Heaven.

MOM'S NIGHT OUT: FALL FAMILY FAVOURITE POTLUCK

Wednesday, October 20

6:30 to 9:30 p.m.

Register by October 15

Mom's night out is a chance to relax and have some conversation with other moms without your children!

Don't forget to sign up for the MFRC monthly newsletter to get the latest program information- email wpgmfrc@autobahn.mb.ca.

Fax: 204.489.8587 • Email: wpgmfrc@autobahn.mb.ca

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# Chaplain's Corner

## Continually Give

**“Continually give, continually gain.”**  
– Chinese Proverb

I have a friend (I will call her Sophie) who actually won \$1000 in the Tim Horton's "roll up the rim to win" campaign. I found out Sophie was a winner when I went to visit her in Toronto and she insisted on paying for the meal we shared together in a restaurant saying; "My winnings triple in that not only do I have the money but I also get to spend time with my friends and have the joy of buying them dinner." That is how she spent her \$1000, going out for dinner with friends and picking up the tab.

As you can well imagine, Sophie has a lot of friends with whom she not only invests monetary winnings but also her time, a listening ear and compassion. When she was posted to Halifax she was a part of the "Big Brother, Big Sister" program and spent evenings and weekends mentoring a young girl who needed that extra attention and support from a positive female role model. This relationship continued into her posting to Toronto when her "Little Sister", who was not so little anymore visited her and they enjoyed a weekend exploring the city together. And yes, Sophie's generosity extends into her being a big supporter of the GCWCC campaign.

Carol Pevelek wrote the following in an article titled, Why It's Better To Give Than To Receive; "Not surprisingly, the amount of satisfaction we gain in life is equal to the amount of our "selves" that we give away to others. Ultimately, we find that our time, talent and treasure are wasted when spent only on ourselves. When we realize that the world does not revolve around one person ("me"), we gain more, amazingly, than we could ever hope for on our own."

At the 2006 Leadership Breakfast for the GCWCC campaign kickoff a gentleman shared with those present about

the time his family set aside the clothing they were no longer wearing to give to charity. The clothes were packed in plastic bags and he dropped them into one of the many Salvation Army bins that are located throughout the city. By the time he had returned to his car at least 10 people; men, women and children had jumped into the bin, had ripped open the bags and were going through the clothes for items they could utilize for themselves and their families. He said; "That is the very first time I truly understood the scripture passage 'It is more blessed to give than to receive.'" (Acts 20:25) To be in a privileged position to share out of your abundance is something to be truly grateful and not to be taken for granted.

Next weekend we will celebrate Thanksgiving, a time honoured tradition for most Canadians in which families come together around a common table and celebrate the blessings of the harvest. We are really great at recognizing what we are thankful for but sometimes forget the giving aspect of this festival. Much of what we offer gratitude is self-centered; "I am grateful for my family, my health, my home when the winter winds beat at the front door..." The question I want you to ask yourself this weekend before you begin to carve up the turkey or the ham is this: how many people are giving thanks for you this day? Do you live your life giving people a reason to be grateful for your existence?

Although it was not intentional, that is what my friend Sophie was doing in her volunteering as a Big Sister, supporting the GCWCC and spending her Tim Horton's sweepstakes on being in the company of friends. I am confident there will be many people Thanksgiving Day offering appreciation for the generosity and friendship of Sophie - I know I will be.

- Padre Bonnie Mason

## In Memoriam

CWO (Retired) James Duncan Holland, MMM, CD2 It is with great sadness that our family announces the passing of our dear Husband, Father, and Grandfather, Jim on the 26<sup>th</sup> of September, 2010, a week before his 88<sup>th</sup> birthday.

CWO (Retired) Holland was born in Amherst, Nova Scotia. During the offset of the Second World War, then 17 years of age, CWO Holland, first enrolled as an Infantryman, however, after training and deployment to England, he was transferred to the Canadian Provost Corps as a Military Policeman.

Throughout the War he served with a variety of Provost Companies including the 6th, 7th, and 9th and 1 Field Detention Barracks. CWO Holland rose throughout the Ranks during his service in England until promoted to the rank of WO I and appointed the Regimental Sergeant Major of the 6 Provost Company at an exceptional young age of 24. In 1947, CWO Holland returned to Canada as a Staff Sergeant and was posted to various locations, which included Halifax, Moncton, Ottawa and Wainwright and successfully completed Criminal Investigations Training in Fort Gordon, U.S.A.

In 1952, he was again promoted to WO I and returned to a theatre of operations, this time Korea. From Korea he traveled the globe, which included Japan, and Hanover, Germany. It was in Hanover where he met his wife, Hannelore, and returned to Canada. He was posted to Borden, Churchill and finally Winnipeg after serving 26 years at the rank of CWO. In 1978, CWO Holland retired after a distinguished career of 38 years having what he truly considered the honor and privilege of serving his country in both War and Peace.

He was appointed as a Member of the Order of Military Merit and his appointments included four years as RSM of the C Pro C School, nine years as Base Borden CWO, Garrison Sergeant Major in Churchill, and as Training Com-

mand CWO in Winnipeg.

Upon retirement, CWO Holland remained an active gentleman. He was awarded the Meritorious Service Medal and did serve three terms as President of the St James Legion (No 4); was a lifetime member of the Masonic Lodge and did serve as worshipful Master of the St James Lodge #121 and was once appointed the District Grand Master First Masonic District. He is also a Lifetime Member of the 17 Wing Warrant Officers' and Sergeants' Mess and the Royal Canadian Legion. In 2007 the upper lounge of the 17 Wing Warrant Officers' and Sergeants' Mess was named the Jim Holland room in his honor. He was a Life member of the Khartum Temple Patrol, a member of the Korean Veterans Association # 17, a member of the ANAF #283, a member of the Scottish Rite # 32, a member of the CFB Winnipeg Golf Club, and a member of the Heathers Seniors Golf and Curling Club

CWO Holland was also an active member of the Actra Guild of Winnipeg and had parts in 14 movies, including Tracks of Glory and the Avro Arrow.

Left to cherish the memory of Jim are his Wife Hannelore, his Son Michael, his Daughter Christine, his Daughter in Law Helen, his grandchildren Samantha, Duncan and Sasha Merrell, his Brother Arthur of Amherst, N.S, and his Sister Helen Sears of Oakville, Ont. James was predeceased by his Brothers Aubrey and Stanley, and Sister Hazel Mackenzie.

Funeral Services for Jim will be held at the Westwood Community Church, 401 Westwood Drive on Friday the 8<sup>th</sup> of October, 2010 @ 11:00 am followed by a reception at the Royal Canadian Legion (Branch # 4) located at 1755 Portage Avenue.

In lieu of flowers a donation may be made to the Canadian Forces Military Police fund for Blind children in memory of Jim.

## Together in Church

### CATHOLIC

#### CHAPLAINS

**Padre Mark Mawson**

Roman Catholic Office 833-2500 ext 5956

#### Administrative Assistant

Carol Cochrane Office 833-2500 ext. 5087

#### Masses (English only)

Sunday 1100 hrs

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

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

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

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

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

### PROTESTANT

#### CHAPLAINS

**Padre Bonnie Mason**

(Presbyterian) Office 833-2500 ext 5417

**Padre Bob Granholm**

(Mennonite Brethren) Office 833-2500 ext 4277

**Padre Will Hubbard**

(Anglican) Office 833-2500 ext 5349

**Padre Gord Mintz**

(Anglican) Office 833-2500 ext 5785

**Padre Curtis Duclos** (Baptist)

Det Dundurn Office (306) 492-2135 ext 4299

#### Administrative Assistant

Carol Cochrane Office 833-2500 ext. 5087

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

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

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

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

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

#### FOOD BANK

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

#### EMERGENCY CHAPLAIN

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

#### OTHER PHONE NUMBERS:

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

#### INTERFAITH PRAYER ROOM

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



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# Taroscopes

BY NANCY

**Aries (March 21 - April 19):**

Honest discussions facilitate sound choices. Contemplate the long range implications of your decisions. How will they affect others? Don't just react and try to move on. Be aware of the domino effect today's actions can create. The legacy you leave, is in part, your principles.

**Taurus (April 20 - May 20):**

The choices you've made to date have brought you to where you are today. You might not like all that you see but at least you were able to decide for yourself. Embrace change instead of feeling frustrated. Without some challenges the good times would lose their value.

**Gemini (May 21 - June 21):**

You've made some good decisions and laid down a good foundation for the future. Now be patient. It may take some time before you see the results of your efforts. Though it seems slow going, it can still be interesting. Plan some fun and enjoy the scenery. Life is a journey.

**Cancer (June 22 - July 22):**

Spend more time doing what you love. The chores will always be there. And you will get the essentials done. But it's time to see what excites you? Who do you like to be with? What social activities do you find fun? Try something new, a recipe or restaurant. Travel to new places.

**Leo (July 23 - August 22):**

Take advantage of an opportunity to get some good advice. Map out a process to get you to a place that is a better fit for you. Start by determining what you stand for. What are your values? Doing something constructive fuels your sense of accomplishment but also nourishes your spirit.

**Virgo (August 23 - September 22):**

You are making positive, life-enriching decisions. Still setbacks can occur. Persevere. You'll be doubly proud of your willingness to stand in your own truth once you've addressed any self-doubts. Tap into your inner wisdom. Remain confident during tough times.

**Libra (September 23 - October 23):**

Settle down and complete essential tasks. This is a responsible approach to reaching a greater goal. Keep a journal of your small successes so you can see that you are making progress. Also, if you keep a record, you'll be able to duplicate the process in future.

**Scorpio (October 24 - November 21):**

Something is finished and it's not worth attempting to fix it. Accept this. Move on. New ventures or interests will be more likely to pan out if you've let go of what's been holding you back. Do things that allow you to express the many facets of your personality.

**Sagittarius (November 22 - December 21):**

Something is no longer possible and you'll have to reconcile that as you plan for the future. Loss of opportunities and relationships are a natural part of life. Stay active and productive until you can move past this period. The future is brighter than you realize.

**Capricorn (December 22 - January 19):**

Talk honestly with those you care about. A rift can be healed because you both want the same thing. The true definition of success for you now is maintaining a balance in your life. Relax when you have the chance and get to it when something needs to be done.

**Aquarius (January 20 - February 18):**

Congratulations. You've come a long way. But as good as this feels, it's time to step outside of your comfort zone again. If you don't you'll find some of the "same old- same old" has lost its appeal. Embrace a vibrant lifestyle to avoid stagnation. Dull won't do for you.

**Pisces (February 19 - March 20):**

Explore new ideas. Seek wise council or look deep inside yourself for what gives meaning to your life. It's easier to get going if you are excited about what you are doing. And an object in motion tends to stay in motion. Create beautiful things or provide a service that others enjoy.

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