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Battle of Britain Commemorated at 17 Wing



Retired Flying Officer Ralph Wild, survivor of the Battle of Britain and Flight Sergeant (FSgt) Brazer, a Cadet from 573 Andrew Mynarski V.C. Squadron lay a wreath at the foot of the monument. The 72nd Anniversary of the Battle of Britain Parade in Winnipeg took place at 10 a.m. on 16 September 2012 at the Garden of Memories located just outside the gate at 1 Canadian Air Division(HQ). The Garden of Memories commemorates the participation of Manitoba in the British Commonwealth Air Training Plan and is granite cut in the shape of the province with engravings noting the location of each training base. The Battle of Britain is commemorated every year on the third Sunday in September and is considered the most honoured day in the Royal Canadian Air Force (RCAF) calendar. For more coverage see Page 8. Photo: Cpl Jean Archambault

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17 Wing Team Goes on to Win City Wide Plane Pull



Team members from the 1CFFTS team, The Muppets, pulled the C-130 Hercules in 15.63 seconds. Photo: Alison Dickey

By: Alison Dickey
Voxair Photojournalist

The GCWCC campaign for 2012 officially kicked off on Friday September 14th with the Annual Herc Pull. Originally it was thought the goal for this year's campaign would be \$135,000 but after review, 17 Wing/AFTC Commander Col Blaise Frawley has such faith in the giving spirit of the members of 17 Wing that it has been raised to \$150,000. Last year's campaign raised \$149,000.

The sun was shining and it was a great day for teams of 25 from different squadrons to take a turn at pulling the CC-130 Hercules airplane from 435 Squadron.

"The event was a huge success, it was one of the best turnouts I have seen in my nine years on the Wing," said GCWCC Civilian Co-Chair Evelyn Nymoen. "However, the credit should really go to WO Ballam (435 Sqn), Cpl Rowles (WFOods) and their respective teams," Nymoen added.

Nymoen went on to explain that the event is not actually a fund raiser. The objective is to get people excited about the campaign and to promote "team spirit", as it is one of those rare occasions when personnel from all units, both lodger and integral, come together. "I think that the inter-unit camaraderie is evidenced by combined Herc Pull teams such as 1 Cdn Air Div A8/CFSAS," she said.

The top team at this year's event was the 435 Maintenance team and they went on to represent 17 Wing at the United Way City Wide Plane Pull on Friday September 21st. As many of you will recall, the weather was quite unpleasant that day with the city seeing rain and even hail in some parts. Originally, the top five teams from the preliminary round were supposed to pull a second time before a winner was declared, however after the turn in the weather, the competition was forced to close with only two of the five teams able to complete their second pull. With the three teams who missed their chance at pulling for the second time protesting, the second round results were thrown out and as the 17 Wing team was the leader at the end of round one, they were declared the overall winner! Their winning time was 7.75 seconds and they won a five course dinner for 20 people at Mona Lisa's Ristorante, "Which I hear they are planning to donate to the GCWCC Campaign as a raffle item," added Nymoen.

17 Wing Winnipeg has

Herc Pull 2012 Team Rankings

TEAM	TIMES
1. 435 Sqn - Maint	13.75
2. 435 Sqn - Air Ops	14.12
3. WLE - WTISS	14.28
4. WLE - EME	14.50
5. WLE - Transport	15.00
6. 1 Cdn Air Div A6	15.28
7. 402 Sqn	15.53
8. 2 Cdn Air Div	15.53
9. 1CFFTS (Muppets)	15.63
10. 1 Cdn Air Div A8 / CFSAS	16.00
11. WLE - CE	16.47
12. 1 Cdn Air Div / Admin HQ	16.53
13. WLE - Replenish HQ	16.53
14. W Admin Branch	17.28

proven over and over again that it has a big heart, "so, I am very optimistic about achieving our goal," said Nymoen. "We have many events to come including STAR Book Fairs, the WCWO's Beard Growing Contest, the TEME Breakfast, the PSP Ball Hockey Tournament and the Spaghetti Lunch," said Nymoen. Also, don't forget that there are ongoing efforts around the base like the TEME Car Wash, Casual Fridays and the Wing Imaging Portrait event.

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Typhoon Pilots Visit 17 Wing Winnipeg



Former Typhoon pilots and Second World War veterans Ken (Chad) Hanna DFC, Wally Ward, Harry Hardy DFC, CD, Ted Smith, and Angus (The Beast) Scott pose for a photograph behind a CC-130 Hercules at 435 Transport and Rescue Squadron. Photo: Sgt Bill McLeod



Former Typhoon pilots and Second World War veterans Wally Ward and Angus Scott try out the controls of the CC-130 Hercules. Photo: Sgt Bill McLeod

By: Sgt Bill McLeod
17 Wing Photojournalist

It was supposed to be a tour of the Wing put on for the benefit of five Second World War pilots and their families but it turned out to be as much a learning experience for the military members giving the tour as the veterans.

Harry Hardy, a recipient of both the Distinguished Flying Cross (DFC) and the Canadian Forces' Decoration (CD), Ted Smith, Wally Ward, Ken Hanna DFC, and Angus (The Beast) Scott toured 435 Transport and Rescue Squadron, the 17 Wing Museum, 1 Canadian Air Division and the Garden of Memories on September 8, 2012. Four of the five flew Hawker Typhoons, a single-seat fighter bomber known affectionately as the 'Tiffy', with 440 Squadron but Ken Hanna flew a rocket armed Typhoon with the Royal Air Force's 181 Squadron.

440 Squadron is now part of 17 Wing and flies the Twin Otter out of Yellowknife, NT. Although the squadron has been equipped with everything over the years from biplanes to jet interceptors and has been stood up and disbanded a number of times, it presently acts as a transport squadron with a secondary role in Search and Rescue in the North.

The Hawker Typhoon was a single-seat fighter bomber originally designed to be a replacement for the Hawker Hurricane which came into it's own as a ground attack aircraft. It was also the only aircraft capable of catching the German FW 190 at low altitudes.

The tour began at 435 Squadron in the morning on Saturday and moved on to the 17 Wing Museum, 1 Canadian Air Division, the Air Park, and the Garden of Memories after lunch. The veteran pilots were very interested in 435 Squadron's CC-130 Hercules, especially the cockpit and asked questions about the capabilities like take off and landing distances.

Ted Smith paid a special compliment to the ground crew. "Those guys used to be out there all night long

making sure our planes were ready," he said. "My heart went out to them." 435 Squadron technicians assured him that they still work long hours to keep the CC-130 flying.

The former "Tiffy" pilots then toured the Search and Rescue section and shared a few stories of their service during war time while there.

"The army used to have a saying," said Ken Hanna. "Just whistle for a 'Tiffy'." Hanna recalled an attack he participated in on an airfield where the German army had dug their tanks in at turret depth inside three hangars. From that position they were able to cover the entire open airfield and block the Canadian Army unit tasked with capturing it.

"I read the book Juno Beach and I still couldn't figure out what unit I was supporting until I went to the Fort Garry Horse museum yesterday and found out it was them," said Mr. Hanna.

Harry Hardy described how while training in Spitfires over England, his opponent ran right into his tail. "The next thing I knew I was sitting there strapped into my seat but my airplane had blown up around me," he said. Hardy's first Typhoon was named 'Pulverizer', whether by its first pilot or the ground crew, he was never quite sure, but after that he named his subsequent Typhoons Pulverizer as well. The last one he flew was Pulverizer IV.

Wally Ward described how as a member of one of the two Royal Canadian Air Force Squadrons put under American command to help defend Alaska he flew the Kittyhawk aircraft in the Aleutian Islands in a war that went for the most part unreported. "They didn't want people to know that the Japanese had invaded part of the United States," he said. "It would have been bad for morale at home."

Captain Gregory Mendes of 435 Squadron thanked the veterans for their service and said it was hard to comprehend what they had done and gone through as

young men before the tour broke for lunch and then moved on to 17 Wing Museum, 1 Canadian Air Division, the Air Park, and the Garden of Memories.

The veterans found the 17 Wing Museum interesting but lacking in Typhoon memorabilia which they plan to address. Harry Hardy pointed out that a small scale model of a Typhoon with the 'Pulverizer IV' markings should be displayed the other way around because they only put nose art on the right side of the aircraft.

"You mount the Typhoon on the right, the opposite of a horse, so as a pilot you never noticed the left side," he said.

Ted Smith was particularly interested in the 20 mm cannon display. "I only ever saw the front two feet," he said.

Master Corporal Mark Ejdrygiewicz, who was giving the tour, asked each man what it was like to fly the Typhoon and each man had a different story about the aircraft.

Despite the high spirits and the continual ribbing of each other, Ken Hanna pointed out a sobering fact. Because the Typhoon was a ground attack fighter, 665 pilots and 23 ground crew were killed in action during the war.

For more information about 440 Squadron please visit:

<http://www.rcaf-arc.forces.gc.ca/17w-17e/sqns-escs/page-eng.asp?id=413>

For more information about the Typhoon please visit:
<http://www.rcaf-arc.forces.gc.ca/v2/equip/hst/typhoon-eng.asp>

For more information about the Distinguished Flying Crosses awarded to Ken Hanna and Harry Hardy please visit:

<http://airforce.ca/uploads/airforce/2009/07/ALPHA-HA.01.html>

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Air Force Run Receives New Storage Unit



Kenaston Self Storage delivered a PUPS storage container to the parking lot of Building 90 in order to safely store the RCAF Run supplies on September 18th, 2012. Photo: Mike Sherby

By: Michael Sherby
Voxair Manager

The RCAF Run and local business Kenaston Self Storage have come together to solve what was becoming a growing problem for the event: space, or more specifically a lack of space.

After three increasingly successful years of hosting the RCAF Run, Major Heather Collins says that keeping track of all of the run's equipment was becoming difficult.

"It was a nightmare," she said. "I'd go to people 'where is this or that', and they'd say 'Oh, I think I saw it in my office.'"

With parts of equipment for the race scattered around Building 90, Building 63, and all over the base, Maj Collins decided to see if she could find a sponsor to help with the storage problem.

After contacting Kenaston Self Storage, they

agreed to supply the large storage container, located on a gravel pad in the building 90 parking lot, free of charge. In return, the company will get advertising space on the RCAF Run website and on other various spots.

Maj Collins says that it didn't take much convincing to get them on board.

"I explained what the run does in supporting our two charities: The Soldier On Program and the Military Families Fund, and they were so willing to supply this."

The container will be used to store equipment that the race uses. Everything from large 7 foot tall signs, to the RCAF Run T-Shirts that they sell year round at the building 90 Gym.

Maj Collins says that the storage container will help keep costs down for the run.

"These are all investments in the race, and

we don't be replacing things needlessly, we want as much money as possible to go to our charities. So we wanted to make sure we provided these items with the proper security."

PSP will be in charge of managing the holding and inventory of all equipment in the unit. The equipment in the unit will also be available for use for other events, like the yearly Wing Commander's Challenge.

The agreement with Kenaston Self-Storage is on a yearly process, but Maj Collins says that they've indicated they're interested in ongoing support for the event.

"It's a great relationship," says Maj Collins, "because military families are always looking for extra storage, it's a convenient local company, and I think it's a great reciprocal relationship for us to be in."

402 Squadron Promotion



Pte Satish Ramuhol was promoted to Cpl during the Op Nanook exercise in Inuvik. It was presented by Maj Marco Michaud (L), CO of Joint Task Force Support Component (JT-FSC) and MWO J. Blain, Camp Sergeant Major JTFSC. Photo Submitted by: WO Barry Wright.

Manitoba Observes Reserve Forces Day



Members of the Canadian Forces were joined by representatives of veterans associations at the Manitoba Legislature grounds on September 15th for a Flag-Raising ceremony to mark it as Reserve Forces Day in the province. The Manitoba Legislature by Resolution has designated the third Saturday in September each year as Reserve Forces Day to pay tribute to the service and sacrifices of the Canadian Forces Reserve units in Manitoba.

Shown preparing to raise the flag to signal the observance of Reserve Forces Day in Manitoba are, from left to right: OS Jhaggi Bhupinder (Royal Canadian Naval Reserve), Sgt Colleen Payton (Royal Canadian Air Force Reserve); and LtCol Ken Sabatier (Canadian Army Reserve).



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435 Squadron Locates Stranded Boaters in Hudson Bay



An aerial view of the boaters taken from an Environment Canada/Transport Canada National Aerial Surveillance Program aircraft. Photo credit: EC/TC NASP

**Carol Lauderville
Fisheries and Oceans Canada**

The Canadian Coast Guard and Canadian Forces came to the aid of nine stranded boaters in northern Hudson Bay.

The incident began Saturday September 8 when two 24 foot vessels became lodged in heavy ice on northern Hudson Bay, between Coats Island and Coral Harbour (Salliq) on Southampton Island. The boaters were about 52 kilometres from Coral Harbour when they became stuck in the ice.

The boaters, from Cape Dorset (Kinngait) Baffin Island, had a satellite phone, a CB radio and a SPOT beacon as their means of communication.

The Joint Rescue Coordination Centre in Trenton, which is staffed by Canadian Coast Guard and Canadian Forces search and rescue professionals, coordinated the rescue effort.

On Saturday night a Canadian Forces 435 Squadron CC-130 Hercules aircraft located the boaters and dropped food and a radio before landing at Rankin Inlet. The CC-130 Hercules returned on September 9th to provide top cover before being retasked to investigate a suspected SOS in the vicinity of Norway House, Man.

The Canadian Coast Guard Ship Pierre Radisson arrived on scene early Monday September 10th and transferred adequate fuel and supplies to the group. The boaters chose to remain on Coats Island until weather improved before attempting to transit to Coral Harbour. They received ice routing information from Environment Canada and the Canadian Coast Guard and the Canadian Coast Guard Ship was released from the scene.

The boaters didn't stay long on Coats Island. They made it back to Coral Harbour Monday September 10th at 10 pm local.

This has been a busy summer for maritime search and rescue in the Arctic. Last week the Canadian Coast Guard Ship Terry Fox came to the aid of five hunters stranded at Arctic Bay and last month in the western Arctic, the Canadian Coast Guard Ship Eckaloo picked up a family of four hunters who had been adrift in a small boat on the Arctic Ocean for four days. That boat was also located by a 435 Squadron CC-130 and during the rescue a Twin Otter from 440 Squadron provided top cover for the Canadian Coast Guard Ship.



For more information about 435 Squadron please visit:

<http://www.rcf-arc.forces.gc.ca/17w-17e/sqns-escs/page-eng.asp?id=412>

For more information about Search and Rescue in Canada please visit:

http://www.nss.gc.ca/site/index_e.asp

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NORAD Welcomes New Deputy Commander

DNews

Canada's Lieutenant-General Alain Parent became the new deputy commander of NORAD during a change of office ceremony September 4 at Peterson Air Force Base in Colorado Springs, Colorado.



General Charles H. Jacoby, Jr., commander of the North American Aerospace Defense Command (NORAD) and United States Northern Command (NORTHCOM), presided over the ceremony.

"You are the right leader at the right time for this critical job for both our countries to sustain and advance the relevance and strength of NORAD," Gen Jacoby told LGen Parent during his address.

"I will enjoy working closely with you in leading NORAD and coordinating NORAD's work with NORTHCOM and the new Canadian Joint Operations Command."

Several senior Canadian officials from National Defence attended the change of office ceremony, including Deputy Minister Robert Fonberg, General

Walt Natynczyk, Chief of the Defence Staff, and LGen André Deschamps, commander of the Royal Canadian Air Force.

LGen Parent possesses significant NORAD experience. Since July 2011, he has commanded the Canadian NORAD Region (CANR) as well as 1 Canadian Air Division, which provides RCAF air power to Canadian Forces operational commands. CANR and the Division are co-located in Winnipeg, Man.

Previously, he worked at NORAD headquarters in Colorado as the missile warning crew commander and as the international military-political affairs officer. Upon returning to Canada, he worked at CANR, where he was the air operation commander during 9/11.

"I am honoured and humbled to become the deputy commander of NORAD and continue the outstanding work that LGen Lawson [who has been appointed as the next Chief of the Defence Staff] and his team have accomplished," said LGen Parent. "NORAD is an extremely strategic and important bi-national agreement for Canada and plays an integral part in the security of our nation."

NORAD is the bi-national Canadian and American command responsible for North America's air defence and maritime warning. The command has three subordinate regional headquarters: the Alaskan NORAD Region at Elmendorf Air Force Base, Alaska; the Canadian NORAD Region at Winnipeg, Man.; and the Continental NORAD Region at Tyndall Air Force Base, Florida.

The command provides a multilayered defence to detect, deter and prevent potential threats flying over the airspace of the United States and Canada.

HMCS Winnipeg Crew Members Lend a Hand in the City



HMCS Winnipeg Cox'n CPO1 Janet Graham-Smith helps build the framing for one of the Habitat for Humanity homes under construction in Winnipeg. Photo: Gloria Kelly, NDPAO

By Gloria Kelly
NDPAO Prairies & North

For five days in mid-September 10 crew members from HMCS Winnipeg worked diligently to make a difference for a variety of community agencies and organizations during the ship's annual namesake visit.

"It's important to keep a strong connection between the city and the ship, even if she is based on Esquimalt," said Executive Officer Chris Sherban during a visit to City Hall. Each year members of the crew visit and seek to lend a hand and make a difference to community based agencies.

They did that and more during a visit to Westgrove School where the crew members served breakfast to students as part of the Breakfast for Learning program and stayed to talk to the students about the ship and their own work.

"The kids were so interested and they had great questions," said Petty Officer Second Class Alana Powers. "It was really wonderful to be able to help support

a really important community based program and at the same time spend time with the students and their teachers."

During the visit the crew spent a morning helping out at Winnipeg Harvest, an afternoon visiting veterans at Deer Lodge Centre, visited the burn unit at Health Science Center where a donation was presented to the Firefighters Burn Fund, the ship's main charity, they spent a day building with Habitat for Humanity and capped off the visit by providing a flag party for the singing of O Canada at the Blue Bombers home game.

"While we are in the city we try to do things that make a difference," said Commander Geoff Everts, the ship's commanding officer.

"The contribution this crew made to Winnipeg in five short days is amazing," said Bonnie Korzeniowski, Manitoba's Envoy for Military Affairs to the premier. "This annual visit creates a solid connection between the crew, the ship and the citizens of the city whose name she bears."

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2 Canadian Air Division Honours and Awards



On 10 July 2012 in 2 Canadian Air Division HQ at 17 Wing Winnipeg, Manitoba, Brigadier General Martin Galvin, 2 Canadian Air Division Commander (L) presents a Canadian Forces Decoration First Clasp (CD1) to Master Warrant Officer George Snider. Also present is Chief Warrant Officer Bill Dalke, 2 Canadian Air Division CWO. Photo: Cpl Jean Archambault



On 10 July 2012 in 2 Canadian Air Division HQ at 17 Wing Winnipeg, Manitoba, Brigadier General Martin Galvin, 2 Canadian Air Division Commander (L) presents a Chief of Defense Staff (CDS) Commendation pin to Master Warrant Officer Didier Pignatel. Also present is Chief Warrant Officer Bill Dalke, 2 Canadian Air Division CWO. Photo: Cpl Jean Archambault

Op Nanook Goes West



The crew of a CC-138 Twin Otter practise landing on the Dempster Highway under the watchful eye of a CH-146 Griffon tactical helicopter. Photo: Sgt Frank Hudec.

Captain Sandra Lévesque
Operation NANOOK / Joint Task Force North

For the first time, troops deployed on Operation NANOOK got to see some trees.

Normally conducted on the tundra of the High Arctic, Canada's annual northern sovereignty operation has ventured below the tree line for the first time, with scenarios in the Western Arctic. For the entire month of August, the communities of Inuvik and Tsiigehtchic in Northwest Territories welcomed close to 600 Canadian Forces members and whole-of-government participants.

"Despite the change of location, the challenges stayed the same: the remoteness of the locations, the unpredictable weather and the distance, which highlighted again the importance for the Canadian Forces to adopt an expeditionary approach," said Brigadier-General Guy Hamel, commander of Joint Task Force North.

As in all the previous annual editions of Operation NANOOK, the whole-of-government scenario is a crucial piece. This year, a barge "collided" with the ferry MV Louis Cardinal, which links the community of Tsi-

igehtchic — located at the confluence of the Mackenzie River and the Arctic Red River — to the Dempster Highway. In the scenario, concerns over hazardous material on the ferry required Tsiigehtchic to be evacuated, a task carried out by the Royal Canadian Mounted Police with support from other NANOOK participants, including the Canadian Forces.

"By working together to solve the safety scenario held in the Tsiigehtchic area, we strengthened the links with our whole-of-government partners, which enhances cooperation and facilitates Canadian Forces support in response to future security and safety crises or problems in the North," said BGen Hamel. "The scenario also allowed each level of government to confirm their procedures and learn from their experience."

The Louis Cardinal ferry scenario was an interesting challenge to participating Canadian Forces units, including the 1 CMGB Immediate Reaction Unit (provided by 3 PPCLI from Edmonton, Alta.), the 37 CBG Arctic Response Company Group from Fredericton, N.B., and 1 Canadian Ranger Patrol Group from Yellowknife, N.W.T. All delivered great support to the RCMP.

To add to the challenge, and exercise the full spectrum of the response, crews from 440 "Vampire" Transport Squadron landed their Yellowknife-based CC 138 Twin Otter aircraft on the Dempster Highway, about 8 km from Tsiigehtchic, every morning for four days.

"These landings require intense coordination with different agencies and organizations including the Royal Canadian Mounted Police and the Government of Northwest Territories, but it was essential to test that capability — there's no airport in Tsiigehtchic," said Lieutenant-Colonel Desmond Brophy, commanding officer of 440 Squadron. "The success of the landing shows the ability to set up an "air bridge" in the event supplies or personnel, for example, have to be sent into a disaster area."

Joint Task Force North, the command and control headquarters for the western portion of Operation NANOOK, also had oversight responsibilities for the eastern scenario based at Churchill, Man., and conducted in Hudson Strait and Hudson Bay. In total, Operation NANOOK 2012 involved more than 1,250 military, police and civilian participants.



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72nd Anniversary of the Battle of Britain Observed



Col Blaise Frawley, 17 Wing/AFTC Commander, Flight Sergeant Mabon, a Cadet from 199 St-Vital Squadron and CWO Michael Scarcella, the 17 Wing CWO lay a wreath at the foot of the monument. Photo: Cpl Jean Archambault



Frank Rowan (L) and retired Flying Officer Ralph Wild, a survivor of the Battle of Britain find their seats on the seating plan. Photo: Cpl Jean Archambault

Sgt Bill McLeod 17 Wing Photojournalist

Seventy-two years ago this month the skies over southern England were full of Luftwaffe and Allied aircraft, pitting the skills of pilot against pilot in the first ever major battle fought entirely in the air.

On September 16, 2012, 17 Wing commemorated the Battle of Britain with a parade fittingly held at the Garden of Memories, a memorial dedicated to the airmen who trained to fly during Second World War in Manitoba.

"August and September were the worst," said Flying Officer (Ret.) Ralph Wild. "We were really working around the clock."

FO Wild laid the wreath on behalf of the Battle of Britain survivors. During the battle he flew with No. 249 Hurricane Fighter Squadron at North Weald in Essex, England.

The Battle of Britain Parade at 17 Wing consisted of flights made up of an Old Guard, the Present Guard, and a Future Guard. Colonel Blaise Frawley, 17 Wing/Air Force Training Centre Commander did a reading from the Book of Isaiah, Sergeant Grenon of the Royal Canadian Air Force Band sang the hymn 'The Airman's Prayer', and Squadron Leader Foster of the Royal Air Force read the Roll of Honour.

A number of wreaths were laid by the various levels of Government and representatives of all of the allied air forces. Brigadier General Jack Briggs II,

United States Air Force and Deputy Commander Canadian NORAD Region, laid a wreath on behalf of U.S. Eagle Squadrons which started forming during the Battle of Britain and were composed of American volunteers. These squadrons, except for No. 133 Squadron, were also based at North Weald where FO (Ret.) Ralph Wild was based.

The Battle of Britain is honoured in Canada on the third Sunday in September every year and is considered the most honoured day in the RCAF calendar. As well as being the first major battle fought entirely by air power it is also considered one of the turning points of the war. The German Army was preparing for a land invasion during the battle but planners knew they required sea and air superiority to be successful.

Historians believe the Battle of Britain was won due to two major miscalculations by the Germans. Although they were aware of the 'Chain Home' radar stations they didn't concentrate their attacks on them which allowed the Hurricanes and Spitfires to be vectored to the incoming Luftwaffe bombers and fighters. The other miscalculation was to stop attacking the RAF airfields to concentrate on London.

"We never ran out of aircraft," said FO (Ret.) Ralph Wild of his experience during the Battle. "No matter how many were lost, they kept sending us new ones."

For more information on the Battle of Britain please visit:

<http://www.rcmf-arc.forces.gc.ca/v2/hst/page-eng.asp?id=524>

For more information on 17 Wing Winnipeg please visit:

<http://www.rcmf-arc.forces.gc.ca/17w-17e/index-eng.asp>

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17 Wing Takes Silver in the CF National Men's Slo-Pitch Championships



The 17 Wing Men's Slo-Pitch team celebrate after winning a game at this year's Prairie Region Championships at 17 Wing Winnipeg. Photo: Piotr Figiel.

By: Alison Dickey
Voxair Photojournalist

CFB Borden hosted the National Men's Slo-Pitch Championships from September 9 – 11, 2012. The Prairie region team made it all the way to the final game and proudly came home with a silver medal.

In the semi-finals, the Atlantic team beat out Quebec with a score of 18-14 and the Prairie region team defeated Ontario 13-11 thanks in big part to 17 Wing's own Capt. Chad Chipchase who hit the game winning home run.

Chipchase was named the MVP of that game and said it felt quite nice to be recognized, "I was struggling at the beginning of the tournament but with the help of my great teammates, I was able to improve in that game." Chipchase has played baseball his whole life and slo-pitch for the past 10 years on and off.

Other key players on the Prairie region team were Sgt Wes Baxter, Cpl Scott Hefferan and Cpl Keith Ivany.

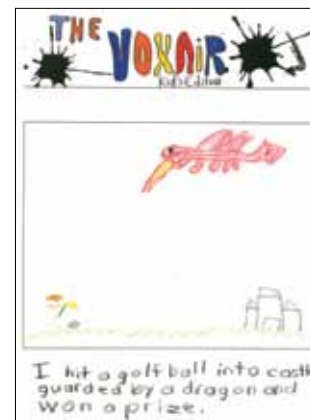
For anyone unfamiliar with the game of Slo-Pitch, Chipchase describes it as being similar to traditional baseball except it tends to

have a slower pace and is more of an offensive game rather than defensive, "The games are high scoring, usually in the double digits and you will rarely see strike outs at the plate."

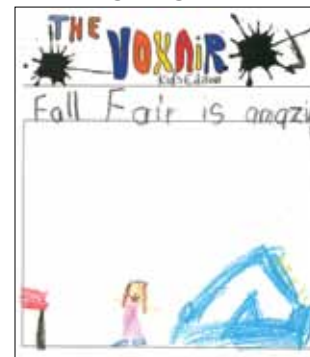
In the final game, it was the Prairie Region against the Atlantic Region team and Chipchase says although they would've preferred to win, making it to the finals at all was a huge success for them. The final game was an excellent example of the high scoring games in Slo-Pitch, as the Atlantic team won 29-15 over the Prairie region.

Fall Fair Kids Drawings

At this year's Fall Fair at the Voxair Booth, we asked kids to draw us a picture of some of the fun they experienced at the Fair and here they are! We sure had some talented artists stop by!



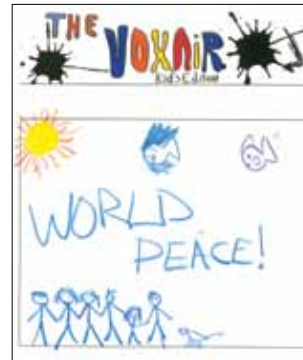
Joshua Mosher enjoyed the mini-golfing.



Kori Spott had an amazing time at the Fall Fair!



Logan Giroux had a chance to ride a horse for the first time!



This one was nameless but we thought it was worth printing!

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* Aucun achat nécessaire. Le concours débute à 00 h 00:00 HAE le 1^{er} mai 2012 et prendra fin à 23 h 59:59 HNE le 31 janvier 2013. Le concours est offert aux résidents du Canada ayant atteint l'âge de majorité établi dans leur province ou territoire de résidence, qui sont des utilisateurs actifs du service postel et qui ont inscrit au moins deux factures à postel au cours des 60 jours précédents. Au total, il y aura 9 prix à gagner d'une valeur de 1 000 \$ CA chacun. Il y aura un tirage par mois durant la période du concours. Les chances de gagner dépendront du nombre de participations reçues. Chaque participant sélectionné devra répondre correctement à une question réglementaire d'arithmétique et signer une déclaration de renonciation. Les règlements complets du concours sont disponibles à postel.ca/concours. ^{MC} Marque de commerce de la Société canadienne des postes. Toutes les autres marques de commerce appartiennent à leurs propriétaires respectifs.

SISIP Financial Extends Optional Term Life Insurance Plans

By: Joyce Sharp
Communications and
Marketing Manager

SISIP Financial Services (SISIP FS) has increased the optional term life insurance maximum benefit from \$400,000 to \$600,000 for each of their plans. This may have you thinking that you need to increase your life insurance to the maximum, because you are of the view that you can afford to purchase additional coverage, or are facing the added risk associated with being deployed.

"No one wants to leave their loved ones unprepared for the future," says André Bouchard, President SISIP FS, "and when you purchase life insurance, it allows them to continue fulfilling their financial goals and obligations, guaranteeing them adequate financial protection should you die."

SISIP FS offers three types of optional term life insurance plans, which have been specifically tailored to the unique needs of the Canadian Forces members and their families:

Optional Group
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Insurance Plan (serving
members - Reserve force)

Insurance for Re-
leased Members (released
members)

Just how much protection does your family need? This can be determined by meeting with a SISIP FS licensed insurance representative, who will provide sound advice on the amount of financial protection required by conducting an in-depth Insurance Needs Analysis (INA). Specifically designed for SISIP FS, the INA tool considers factors such as whether you are single, married or common-law, with or without financial dependents and/or financial obligations, such as childcare, mortgage, educational needs, personal debt or special medical needs. It also takes into account other financial benefits your survivors would receive, including those paid under the Canadian Forces Superannuation Act, Supplementary Death Benefits, and any lump sum payments as well as other sources of income.

Why should you consider the purchase of SISIP FS optional term life insurance? The key features of these optional term life insurance plans are:

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Triathlon Club Awards

By: Michael Sherby
Voxair Manager

Members of the 17 Wing Triathlon Club may have a little extra spring in their step after winning several awards at the 2012 Triathlon Manitoba awards banquet.

Club president and ground coach Cpl Ryan Cameron ran away with the Coach of the Year award along with the Gord's Duathlon Award (run-bike-run instead of swim-bike-run), and the Sprint Triathlon Series Award for his age group. Cpl Cameron says he was very pleased with his wins.

"It felt great, it was quite an accomplishment. I went from one year just working on getting my personal best and trying to get though, then I had a good off-season in 2012, to a very successful season this year."

Although he was always fairly physically active, Cpl Cameron says he didn't really start to get into doing triathlons until three years ago when he saw an ad on the pop-up that said someone was starting a triathlon club at 17 Wing.

"I hadn't done cardio since I was in high school, but I was staying in relatively good shape strength wise," he says. "So I went to the [17 Wing Triathlon Club] meeting, and it sounded interesting because I was looking for a new challenge, and it just went from there."



Members of the T3 Triathlon Club. Photo: Submitted.

The club, which currently has a dozen members, gets together about five times a week, splitting between swimming and running/biking sessions. Each session lasts at least an hour, so on average the team practices together for ten hours a week.

As the coach, it's Cpl Cameron's job to keep everyone on the team motivated, as well as to plan out the specific exercises that they'll be doing at practice.

"We do specific running drills, and we go for group runs, and we some spin classes with the club, and go for group rides, and we do some other aerobic activities such as circuit training and some yoga classes."

This may seem like a lot, but triathlons take an enormous amount of training and energy to complete. Triathlons vary in length, and range anywhere from a 750m swim, 20 km bike ride, and a 5 km run for what is known as a Sprint Triathlon, to an insane 3.8 km swim, 180 km bike ride, and 42.2 km run in what is known as an Iron Man Competi-

tion.

Several other Triathlon Club members also won awards or achievements this year. Capt Stephen Gaunt, who was having his first year back doing triathlons since the mid-90s, pulled off a personal best in every sprint race he did. As well RCMP member and club Vice President Tara Gill, and Cpl Dwayne Olson finished third in their respective age groups, and Capt Joshua Van Tine completed a gruelling ½ Iron Man competition.

Cpl Cameron says that he's extremely happy with the performance of everyone in the Triathlon Club, noting that all members achieved a personal best this year. As for himself, Cpl Cameron, who ran about a dozen duathlon and triathlons this year, isn't happy to sit on his laurels after his award winning year.

"My goal for this upcoming year is to go into Olympic distance triathlons (1.5 km swim, 40 km bike ride, and 10 km run) and be competitive in that, and try to get top placement in my age category."



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

WELCOME ALL MILITARY PERSONNEL

Crossword & Sudoku

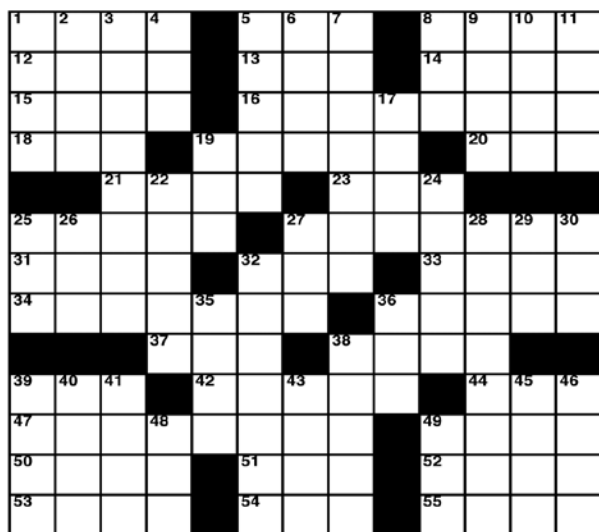
Canadiana Crossword

Great Skates

By Bernice Rosella and James Kilner

ACROSS

- 1 Expectation
- 5 Obstruction
- 8 Unsettle
- 12 Norse god
- 13 _____ Wan Kenobi
- 14 Harvest
- 15 Custom
- 16 Fire up, in a way
- 18 Geological period
- 19 Lave
- 20 Chemical ending
- 21 _____ pas
- 23 Bird genus
- 25 Ottawa's greatest skater
- 27 Brantford's greatest skater
- 31 Nobleman
- 32 Irate
- 33 Grow weary
- 34 Exonerated
- 36 Fetes
- 37 Distress sig.
- 38 Knitter's stitch
- 39 Spring mo.
- 42 Chinese or malayan
- 44 Rascal
- 47 Caroline's greatest skater
- 49 Defile
- 50 Fibber
- 51 Summer, to Stephanie
- 52 Fairy tale opener
- 53 Music award
- 54 Linear measure
- 55 Employed



- 6 Assist a crook
- 7 Montreal's greatest skater
- 8 Brother
- 9 About flying
- 10 Zigs' mate
- 11 Fencer's concern
- 17 Present
- 19 However
- 22 Book of maps
- 24 Essential oil
- 25 Dry, to Dauphine
- 26 Coach Murphy, for one
- 27 Spur
- 28 A lot of loot
- 29 Malaysian isthmus
- 30 Affirmative
- 32 Edmonton's greatest skater
- 35 Grizzled
- 36 Accelerate, slangily
- 38 Summoned
- 39 Competent
- 40 Prissy
- 41 Wander
- 43 Enthused
- 45 Rodents
- 46 Declared
- 48 Dry
- 49 Calais coin

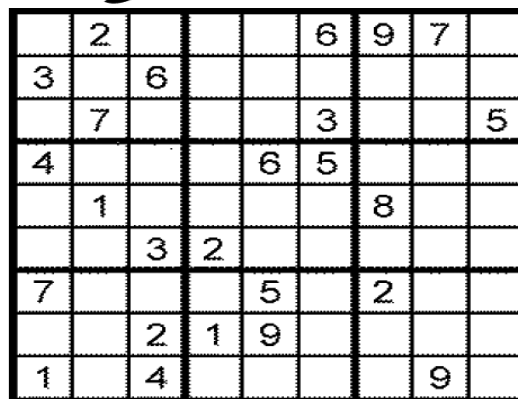
DOWN

- 1 Floral's greatest skater
- 2 Smell (var)
- 3 Frock
- 4 Tolkien creature
- 5 Cleanser

My Sudoku

Rated: Beginner

Using the numbers from 1 to 9 please fill in the blank cells. Each number can be used only once in each row, column, and 3 X 3 block. Each puzzle is rated for degree of difficulty as : Beginner * Advanced * Master



©My Sudoku #10 vol 1

Philatelist's Corner with Alf Brooks



The Selkirk Settlement

In May Canada Post issued a stamp with a Winnipeg connection.

In 1812 the first Selkirk Settlers arrived and established the Red River Colony. They were Scottish crofters who had been dispossessed of their land and were sponsored by Lord Selkirk. The stamp pictures Lord Selkirk with settlers in the background.

A number of commemorations to the settlers can be found in present-day Winnipeg. Cross the Kildonan Settlers bridge and see the plaques that bear the family names of many of these pioneers.

Keep Warm and Save Energy this Winter

Submitted by: 17 Wing Sustainability Office

As the temperature begins to drop this season, we typically rush to turn up the thermostat or plug in our portable electric heaters, but did you know that there are plenty of ways to make your home and workplace feel warmer this winter without turning up the heat? In this week's edition, the 17 Wing Sustainability Office is offering winterization tips for your home. Come back next week as we will provide tips for staying warm in the work place.

By following these tips, you can make your space more comfortable while saving energy and money. In addition, by conserving energy, you will also reduce the amount of green house gas emissions emitted into the atmosphere (which are contributed to climate change).

1. Stop the Drafts

Did you know that according to the U.S. Department of Energy, drafts can waste 5% to 30% of your overall energy use? To determine if there are any drafts in your home, take an incense candle or large match stick and hold it up around your door frames, windows, electrical outlets etc. (careful not to burn the drapes)! If the smoke wavers, you may have drafts. Use caulking, weather stripping or insulation to properly seal these spots. Manitoba Hydro has some excellent info guides and videos on how to remedy these issues yourself at http://www.hydro.mb.ca/your_home/resources/

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2. Insulate Windows

Window insulation kits have come a long way over the years and if installed correctly, the insulating material will essentially be invisible. If you are still unsure about the look of them around your house, at least consider installing the transparent plastic on your basement or other less visible windows. These low cost kits can be purchased at any hardware store.

3. Let the Sun Shine In

It's always sunny in Manitoba! During the day, open the drapes and let the warm sun shine in through your windows. At night, close the drapes to keep the warm air from escaping out. This especially works well when you have heavy or insulated drapes/blinds.

4. Furnace Upkeep

During the heating season, furnace filters should be replaced or cleaned every 1-3 months. Remember this by putting a monthly reminder on your calendar to check your furnace filter. By keeping the furnace filter clean, you will ensure the airflow is not restricted and therefore reduce the energy demand on your furnace. Also, have your furnace inspected by an expert regularly. Just like a car tune-up, your furnace requires regular maintenance in order to work at its highest efficiency. Or, if your furnace is more than 10 years old, consider purchasing a new, high efficiency furnace. While there is a high initial cost, you can potentially reduce your energy consumption by 50%.

5. Turn Down the Water Heater

Does your water need to be as hot as it currently is? Often, hot water tanks are initially set to 140°F, however, most households do just fine when it is set at 120°F. Keeping the temperature at 120°F or lower can result in a 6%-10% savings and you won't even notice the difference. Additionally, if you're planning on purchasing a new hot water tank, think about opting for an on demand water heater. While these units have had issues in the past, the new generation of these non tank systems are effective and proving to show a substantial reduction in energy use as well as your energy bill. Don't just look at the water heater either, for more energy savings, remember to insulate your pipes too! You can purchase

wrap-around insulation or pre-cut foam from any hardware store and fasten with duct tape. The higher the R Value, the better.

6. Don't Forget the Thermostat

Our Office is constantly asked if during heating season, does it actually save to setback your thermostat at night or periods when no one is home, or does this actually cost you more as it consumes more power to get the temperature back to your desired setting? The answer to this depends on your temperature settings/preferences as well as your furnace and the building you are heating. According to Manitoba Hydro, by reducing your home temperature by 3°C for at least eight hours a day, your heating cost can be reduced by 3-4%. Therefore, while the benefits may vary, there is certainly an opportunity for savings! In addition to monitoring your thermostat, you may want to consider its location in your home. Is it close to an exterior door or the basement stairs? Often a draft from a cold basement or the opening of an exterior door may trigger the thermostat even though the rest of the house may not need the additional heat. In this case, think about having your thermostat moved to another area of your home to provide a true representation of the temperature and heat your home more effectively.

7. Put on a Sweater!

As for the simplest method of controlling the temperature around you, just dress for it! Put on a sweater and some socks when you're in your home. Watching a movie? Why not get comfy with a blanket? A light long sleeved sweater can add approximately 2°C in added warmth. Now remember, setting your thermostat back 3°C can reduce your heating cost by 3-4%. So put on some clothes before adjusting the thermostat.

Good luck with staying warm this winter! Remember, in the next Voxair issue, the Wing Sustainability Office will be providing tips on how to stay warm in the workplace.

For any questions or comments, please contact the 17 Wing Sustainability Office.





www.pspwinnipeg.ca



Community Recreation Pool Schedule

FALL - POOL SCHEDULE

Effective Sept 4th - Dec 23rd 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Casual Swim: Kiddie Pool Only	1630-1800	1900-2000	1630-1800	1900-2000	1630-1800	1500-1600	1030-1200 1500-1600
Casual Swim: Both Pools	1800-2000		1800-2000	2000-2130	1800-2100	1300-1500	1300-1500
Lap Swim	0630-0730 1100-1300	0630-0730 1100-1300 1500-1600 1900-2000	0630-0730 1130-1300	0630-0730 1100-1300 1500-1600 1900-2000	0630-0730 1100-1300 2100-2145	1500-1600	1030-1200 1500-1600
Lessons		1630-1900		1630-1900		0900-1200	

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Get a Grip on Winter Tires

News Canada

Winter weather and challenging driving conditions are just around the corner, making it essential for drivers to prepare their vehicles for the roads ahead. In a single winter, Canadians can face everything from snowy roads to icy highways, and conditions vary from coast to coast.

The first recommendation is switching over to winter tires, but with today's options, the choices can seem overwhelming. Keep this helpful information at hand this season to make an informed decision:

The Right Mix – The most important component of a winter tire is its specialized rubber compound. Quality tires are designed to remain flexible at low temperatures, allowing them to stick to the road and provide improved traction.

"A winter tire is the opposite of a hockey puck," explains Bill Hume, vice president of Hankook Tire Canada. "Pucks are frozen so the rubber stays hard, allowing them to slide easily. A warm puck would be too flexible and stick to the ice. The rubber in winter tires acts similarly to a warm puck, remaining malleable and giving your vehicle more control."

Keep in mind that rubber compounds differ between brands. Hume says that Hankook blends traditional tire materials with special additives, such as silica, to allow their products to "stick" better on ice.

Know Your Tread – The tread design on a snow tire is different from that of an ice tire, with dramatically different functions. Snow tires have deep, large grooves throughout the tread that move snow to the outside of the tire, and a small number of sipes (tiny cuts in the rubber) which grip ice encountered while driving. Tires made for ice driving have fewer grooves and additional sipes. Understanding the purpose that different tread designs serve is important in selecting the tire suited to your needs.

The All-Weather Alternative – Recent technological innovations have led to the development of a new variety of tire, ideal for those living in urban areas or more temperate Canadian winter climates. Hume points out that all-weather tires, such as the Hankook Optimo 4S, are designed with a hybrid rubber compound and unique tread design to provide drivers with year-round high-performance and the added safety of winter weather traction.

More information is available online at www.hankooktire.ca

Registrations for the Fall SCAN Seminar are now being accepted

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. Details of the seminar are as follows:

DATES: 16-18 October 2012

TIME: 0800 - 1600

LOCATION: Netherlands Theatre (Bldg 135)

DRESS: Appropriate civilian attire

WHO: Military members and their spouses

Topics including Release Procedures, Pay and Pensions, and Wills and Estates will be covered. The third day will focus on topics related to medical release but all personnel are encouraged to attend.

Members who wish to attend are required to complete the registration form and forward it to the WPSO Office.

*****ALL REGISTERED PERSONNEL ARE AUTOMATICALLY CONFIRMED TO ATTEND. NOTICE OF CONFIRMATION WILL NOT BE SENT*****

Registration details are available on the WPSO web site:

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

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RSVP BY 19 OCT 2012: CATHY McCULLOUGH
CATHYMCC@MYMTS.NET
PHONE 204-837-3653

MFRC's Annual Newcomer Event

17 WING MILITARY FAMILIES ATTENDED THE MFRC'S ANNUAL NEWCOMER EVENT ON SATURDAY, SEPTEMBER 15, 2012 AT A MAZE IN CORN. THE WEATHER WAS FANTASTIC AND FAMILIES ENJOYED A BBQ LUNCH, 'GETTING LOST' IN THE CORN MAZE, THE PETTING ZOO AND HAY RIDES. THANK YOU TO SISIP WHO PROVIDED FUNDING TO ASSIST IN COVERING THE COST OF THIS SPECIAL EVENT.

Children's Counselling Program at the MFRC

The Winnipeg Military Family Resource Centre offers a number of programs designed to address the unique needs of military children.

Is your child struggling with:

- Behavioral problems
- Long Period of Sadness
- Withdrawn Behavior
- Separation Anxiety
- Regression in Behavior
- Temper tantrums
- Feeling Worried or Anxious

Many children will exhibit some of the list above. However it is when the behaviors and emotions occur and are long lasting or occur suddenly after a divorce, separation, or stressful event that the child may need additional assistance. The MFRC Children's counseling program can help.

One of the main services we offer is therapeutic play. Through therapeutic play children are provided the opportu-

nity to express themselves through talk, play, art, and music. When a caring adult

gives their undivided attention to the child and assist them to express themselves, children develop confidence in their own ability to make good meaningful choices for themselves. With the assistance of the therapist parents will also be guided

and assisted in learning the techniques utilized with their child so that they can continue with the intervention at home. Together as a team we can help your child feel secure and happy.



UPCOMING MFRC PROGRAMS

USED BOOK EXCHANGE

ARE YOU A BOOKWORM? DO YOU LOVE TO READ? ARE YOU RUNNING OUT OF GOOD BOOKS IN YOUR OWN LIBRARY? THE MFRC HAS SET UP A USED BOOK EXCHANGE LIBRARY FOR PEOPLE JUST LIKE YOU! BRING IN YOUR GENTLY READ BOOKS, AND EXCHANGE THEM FOR A COUPLE OF "NEW TO YOU" BOOKS. COME AND CHECK OUT THE TWO BOOK-SHELVES OF USED BOOKS ANY DAY THAT THE MFRC IS OPEN. HAPPY READING!

ONLINE LANGUAGE TRAINING

ARE YOU INTERESTED IN LEARNING OR WOULD YOU LIKE TO IMPROVE YOUR KNOWLEDGE OF ANOTHER LANGUAGE? IF SO, TELL ME MORE IS THE PROGRAM FOR YOU! WITH OVER 5 MILLION USERS WORLDWIDE, TELL ME MORE IS A COMPLETE AND INTERACTIVE PROGRAM THAT FOCUSES ON THE USERS NEEDS. THIS ONLINE COURSE GIVES YOU ACCESS TO A MULTITUDE OF POSSIBILITIES. YOU CAN SIMPLY LOGIN FROM YOUR OWN COMPUTER AND CAN USE THE PROGRAM AS MUCH AS YOU NEED OR WANT. FOR EACH LANGUAGE, YOU ARE ABLE TO PRACTICE YOUR LISTENING, READING AND WRITING SKILLS.

THE PROGRAM OFFERS YOU ACCESS TO OVER 1000 HOURS OF TRAINING WHICH RANGES FROM A BEGINNER TO EXPERT LEVEL. SIMPLY TAKE THE PLACEMENT TEST WHEN YOU LOGIN TO ASSESS YOUR KNOWLEDGE AND THE PROGRAM WILL PLACE YOU IN THE APPROPRIATE LEVEL. \$20 PER LICENSE. TO REGISTER OR FOR MORE INFORMATION, DIAL EXT. 4515.

FRENCH LADIES GROUP

OPEN TO ALL WOMEN WHO SPEAK AND UNDERSTAND FRENCH, THE FRENCH LADIES GROUP IS A DYNAMIC GROUP OF WOMEN WHO MEET ONCE OR TWICE A MONTH TO HAVE FUN IN A FRENCH SPEAKING ENVIRONMENT. THE PROPOSED ACTIVITIES ARE DIVERSE AND TRY TO CATER TO EVERYONE'S INTERESTS. WOMEN FROM ALL BACKGROUNDS, MILITARY AND

CIVILIAN, ARE WELCOME TO JOIN THE GROUP. THE FRENCH LADIES' GROUP HELPS THE NEWCOMERS WHO SPEAK FRENCH CREATE LINKS WITHIN THE COMMUNITY AND MEET OTHERS WHO HAVE

LIVED OR ARE LIVING SIMILAR EXPERIENCES. IT IS ALSO A GREAT OPPORTUNITY FOR THE REGULARS TO MEET AND SPEND TIME IN VERY GOOD COMPANY. FOR INFORMATION, CALL MELANIE AT EXT. 4515.

DRIVE TO 5!

HELP THE WINNIPEG MFRC WITH OUR DRIVE TO 5! WE ARE HOPING TO GET 500 FACEBOOK LIKES BY OCTOBER 4! WANT TO HELP OTHER MILITARY FAMILIES AND INCREASE AWARENESS WHILE BRINGING ATTENTION TO OUR PROGRAMS AND SERVICES? INVITE YOUR FRIENDS TO LIKE US AND SHARE OUR PAGE! IF WE REACH 500 LIKES ON OR BEFORE OCTOBER 4 ALL PEOPLE WHO ARE A FAN OF OUR PAGE WILL BE ENTERED TO WIN A \$100 GIFT CARD OF THEIR CHOOSING! THE DRAW WILL BE HELD AT OUR COMMUNITY COFFEE BREAK ON OCTOBER 4.

SHERLOCK'S MAPS OF WINNIPEG

CONTAINS FULL COLOUR STREET MAPS, PUBLIC SERVICES, SPORTS FACILITIES, CHURCHES, ENTERTAINMENT FACILITIES, U OF M AND CITY CENTRE MAPS AND MUCH MORE.

\$ 14 (TAX INCLUDED) - SPECIAL PRICE FOR MILITARY FAMILIES, ALSO AVAILABLE IN A SMALLER FORMAT FOR \$5.

AVAILABLE AT THE MFRC.

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OPEN MONDAY - FRIDAY

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\$20 / YEAR

FOR MORE INFORMATION CALL EXT. 4500

THE BIG COOK

THURSDAY, OCTOBER 4 7 TO 8:30 P.M.

\$30 PER PERSON, PREREGISTRATION REQUIRED

REGISTRATION/PAYMENT DEADLINE: Oc-

TOBER 1

JOIN US FOR AN EVENING OF FOOD AND FUN. WE'LL HELP YOU PREPARE 3 TAKE HOME MEALS FROM THE BOOK "THE BIG COOK". AFTER YOU'RE DONE, YOU CAN KICK BACK, RELAX AND ENJOY SOME COFFEE AND DAINTIES. THIS IS A GREAT WAY TO GET OUT OF THE "DINNER RUT" AND CREATE SOME NEW MEALS FOR YOUR FAMILY.

DEPLOYMENT SUPPORT NETWORK

THURSDAY, OCTOBER 11 7 TO 8:30 P.M.

\$5 PER PERSON, PRE-REGISTRATION REQUIRED

REGISTRATION DEADLINE: OCTOBER 5

JOIN OTHER MEMBERS OF DEPLOYED FAMILIES AS WE MAKE HALLOWEEN THEMED WREATHS. THIS IS A GREAT OPPORTUNITY TO MEET OTHER FAMILIES WHO ARE SHARING SIMILAR EXPERIENCES. FOR THOSE WHO ARE NOT INTERESTED IN CRAFTING, THIS SESSION IS FREE. COFFEE AND DAINTIES WILL BE SERVED.

MILITARY 101

MONDAY, OCTOBER 12 AT 7 P.M.

REGISTRATION IS REQUIRED

REGISTRATION DEADLINE: OCTOBER 9

THIS BRIEFING IS AN INTRODUCTION TO THE CANADIAN FORCES FOR FAMILY MEMBERS WHO MAY BE NEW TO THE CF OR WHO MIGHT LIKE TO HAVE SOME MORE INFORMATION ABOUT THE CF. IT WILL PROVIDE INFORMATION ON TOPICS SUCH AS: MILITARY ACRONYMS AND WHAT THEY STAND FOR, WHERE CANADIAN BASES ARE LOCATED, MILITARY RANKS, AND WHAT THEY LOOK LIKE, WHAT SERVICES MFRCs PROVIDE TO FAMILIES AND ANSWER ANY ANSWERS ANY QUESTIONS YOU MAY HAVE.

BABYSITTER'S SKILLS COURSE

SATURDAY, NOVEMBER 24TH

10 A.M. TO 4 P.M.

MFRC 102 COMET ST

COST: \$20 (INCLUDES MANUAL AND PIZZA LUNCH)

THE CANADIAN SAFETY COUNCIL'S BABYSITTING COURSE WILL BE OFFERED. IT

PROVIDES NEW BABYSITTERS WITH THE SKILLS AND TOOLS TO START WORKING AS BABYSITTERS. ON COMPLETION OF THE COURSE, PARTICIPANTS MAY OPT TO BE INCLUDED IN THE MFRC BABYSITTERS LIST. CHILDREN MUST BE IN GRADE SIX OR BE A MINIMUM OF 12 YEARS OLD TO PARTICIPATE.

REGISTER AND PAY BY NOVEMBER 15

CREATIVITY CAFÉ

TUESDAY, OCTOBER 30, 10 TO 11:30 A.M.

\$5 PER PERSON, PRE-REGISTRATION REQUIRED

REGISTRATION/PAYMENT DEADLINE: OCTOBER 25

THIS MONTH WE WILL BE RE-USING OLD PICTURE FRAMES TO MAKE AN EASY BULLETIN BOARD FOR YOUR KITCHEN, KIDS ROOM OR YOUR OFFICE. YOU WILL BE USING PAINTS, PAPER AND FABRIC TO CREATE YOUR OWN ONE OF A KIND BULLETIN BOARD. CHILD CARE IS AVAILABLE.

LADIES NIGHT OUT

WEDNESDAY, OCTOBER 24 6:30 TO 9:30 P.M.

REGISTRATION REQUIRED

REGISTRATION DEADLINE: OCTOBER 19

COME OUT AND ENJOY A NIGHT JUST FOR THE LADIES. THIS MONTH'S THEME IS "GAMES, GIGGLES AND GOODIES". BRING IN YOUR FAVOURITE APPETIZER TO SHARE WITH OTHERS. WE WILL PLAY SOME FUN GAMES, LAUGH A LOT AND HAVE SOME GREAT MUNCHIES.

HALLOWEEN HOOT

WESTWIN CHILDREN'S CENTRE

THURSDAY, OCTOBER 25 9:30 TO 11 A.M.

\$1 PER FAMILY

PARENT PARTICIPATION IS REQUIRED

REGISTRATION DEADLINE: OCTOBER 22

HAVE A "HOOT" AS WE DO SOME HALLOWEEN GAMES, CRAFTS AND STORIES. WEAR A COSTUME IF YOU LIKE OR DRESS UP/MAKE UP WITH SOME OF OUR SUPPLIES. CALL 204-833-2500 EXT 2491 TO REGISTER.

Fax: 204.489.8587 • Email: winnipegmfrf@familyforce.ca

102 Comet Street PO Box 17000 Stn Forces, Winnipeg, MB R3J 3Y5

Chaplain's Corner

Take Time to Enjoy the Moment

Yesterday, my wife and I took a stroll through the English Gardens in Assiniboine Park. One thing that caught our attention was the brightness of the colours. They were vibrant and amazing. What made this so unexpected was the blandness of the other places we were visiting earlier that day.

As we left our PMQ, we saw how many lawn ornaments and decorations have been removed. The neighbourhood was not as colourful as it was a short week or two ago. We then headed to our vegetable garden to pick up a few things for dinner. We (and most of the other gardeners) were busy pulling out the plants that were finished their harvest. Corn stalk by corn stalk and squash plant by squash plant, our garden was gradually changing from full and green to empty and brown. As we drove to Assiniboine Park, we noticed how the colours in the trees were not as intense as they were last year. Experts are saying that our dry summer is the main reason why the fall colours are not as bright as they usually are.

So when we arrived at the English Gardens, we were expecting more of the same ... duller and blander. Were we ever surprised.

Important Information from the Community Health Nurse at 17 Wing Winnipeg

1. Whooping Cough: Cases of whooping cough (pertussis) are on the rise in Manitoba and elsewhere in Canada & USA. Manitoba public health officials are recommending that adults in regular contact with children be vaccinated to prevent whooping cough infection. This is especially important for caregivers of infants less than two months of age i.e. parents, grand-parents, as those infants are not yet eligible to be fully vaccinated for whooping cough.

Whooping cough is a highly contagious bacterial infection that spreads through coughs and sneezes or by sharing food and drink. Symptoms initially resemble a mild cold, progressing to severe bouts of coughing that can last for weeks. Whooping cough most commonly affects infants and young children and can be fatal, especially in children less than one year of age. To hear what whooping cough sounds like in an adult or a child, click on the following link: <http://www.cdc.gov/pertussis/about/signs-symptoms.html#hear>

2. West Nile Virus (WNV): The virus is transmitted to humans primarily by the Culex tarsalis mosquito, usually during late June, July, August and early September in Manitoba. WNV can cause severe illness (West Nile virus neurological syndrome) including inflammation of the brain. The severe illness can be life-threatening and may result in long-term disability.

Anyone in Southern Manitoba

Before you think this is a long winded and misplaced blog, I actually have a point in all of this, and it even has something to do with spiritual health. Summer will have officially passed a short while ago, but for many people, the long warm days of summer feel like a century ago. The kids are back in school. Parks, campgrounds, and swimming pools are empty. The parents are back to work. The daily routines are back to their hectic selves. (If only the Jets were back to work). For those of you who recently arrived here, much of the hard work of settling in has taken place. You are now slowly being assimilated into Winnipeg life. Resistance is futile (sorry ... I could not resist that).

It is almost as if summer never happened. It is all too easy to find ourselves falling into the ruts and mindless routines we were so happy to escape back in late June. We are entering the time of year that is well known for being in ruts or feeling dull and bland. So it can be in our spiritual lives. The darker days and colder temperatures can be reflected in our spiritual well-being.

Yet do not let the routines in your lives rob you of those pockets of vibrant colours that are around you.

Everyone will come across these wonderful pockets of colour sooner or later. The first challenge will be to recognize them. It would have been too easy for us to ignore going to the English Gardens. We could have assumed they would be as bland as the trees, the vegetable garden, and the neighbourhood lawns. Yet we took the time to go, and were pleasantly rewarded. In our spiritual lives, it may take a bit of effort to follow a promising lead. This lead may be an event, a person, or a long-lost activity that you once enjoyed. Put in the effort to follow that lead. It will be worth it.

The other challenge will be to enjoy these pockets of spiritual colour when you find them. We could have allowed our previous bland experiences to blind us to the colours we were really seeing. In our spiritual lives, we can easily pre-judge what (or who) we encounter, and blind us to the richness of that person or experience. When you come across these colourful moments, stop and take time to enjoy the moment. Let that moment massage your soul and spiritually reenergize you.

Take care & God bless.
Padre Mark

can be exposed to an infected mosquito during the summer months. Severe illness has occurred in all age groups. Severe illness has occurred more often among older adults or people with chronic health conditions or weakened immune systems. More people develop a milder illness (West Nile virus Non-neurological Syndrome) with symptoms such as fever, headache, fatigue, body aches and rash. Most people infected with WNV have no symptoms and do not become ill.

There is no vaccine or specific treatment for WNV. Milder symptoms of WNV Non-neurological Syndrome usually resolve without medical care. Anyone experiencing severe symptoms (ex: persistent high fever, muscle weakness, headache) should seek medical attention promptly.

How to protect yourself and reduce mosquito habitat:

- Reduce the time you spend outside between dusk and dawn.
- Apply an appropriate mosquito repellent.
- Wear light-coloured, loose-fitting clothing with long sleeves & pant legs.
- Make sure your door and window screens fit tightly and are free of holes.
- Regularly clean/empty eaves troughs, pool covers and other items that might collect water.
- Clean/empty bird baths weekly
- Make sure openings in rain

barrels are covered with mosquito screening or tightly sealed around the downspout.

- Clear your yard of old tires or other debris where water collects.
- Cut the grass around your home; trim hedges/trees around doorways and seating areas.

3. Lyme disease: Lyme disease is an illness caused by the bacterium, *Borrelia burgdorferi*, which can be spread through the bite of certain types of ticks. Lyme disease in humans can have serious symptoms but can be effectively treated. Ticks live in and around wooded areas and they get infected when they feed on mice, squirrels, birds and other small animals that can carry the bacterium. Ticks then spread the bacterium to humans. Tick bites are usually painless and most people do not know that they have been bitten. Two types of ticks are responsible: the western blacklegged tick in British Columbia and the blacklegged tick in other parts of Canada, including Manitoba. People can't spread Lyme disease to each other. There is currently no Lyme disease vaccine for humans available in Canada.

To find out what a tick looks like and how to remove a tick, read the "Fight the bite" brochure prepared by the Canadian Forces Health Services Group.

Note: The above information has been taken directly from the Manitoba Health and the Public Health Agency or Canada websites.

Together in Church

CATHOLIC

CHAPLAINS

Padre Mark Mawson (Wing Chaplain)

Roman Catholic Office 833-2500 ext 5417

Padre Ray Laudenerio

Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre

Roman Catholic Office 833-2500 ext. 5956

Ms Catherine Landry

W Chap Admin Assistant

Office: 833-2500 ext 5087

Masses (English only)

Tues, Weds, Thurs 1210 hrs

Sunday 1100 hrs

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

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

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

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

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

PROTESTANT

CHAPLAINS

Padre Will Hubbard

(Anglican) Office 833-2500 ext 5349

Padre Gord Mintz

(Anglican) Office 833-2500 ext 5785

Padre Frank Staples (UCC)

Det. Dundurn. Office 833-2500 ext. 4299

Sunday Services (English Only) 0900 hrs

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

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

Baptisms The Sacrament of Holy Baptism is available by contacting a chaplain. 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'.



PERSONAL CLASSIFIEDS

Taroscopes

BY NANCY

VOLUNTEERS URGENTLY NEEDED

The Manitoba Soccer Association is pleased to announce the 2012 Senior Men's and Women's Soccer National Club Championships being played in Winnipeg on the dates of October 3-8, 2012.

Volunteers of ages 14 and up are required for shifts of two or more hours, no previous experience is required. Knowledge of the soccer game is not necessary. If you can help in any way, we can use your talent.

Games to be played at: Waverley Soccer Complex, Norm Konowalchuk Fields (Red River Community College), Grant Park, and University of Manitoba soccer complex.

CONTACT via email: 2012volunteers@manitobasoccer.ca or leave a message at: 204-619-6303.

Roommate Wanted

700 sq ft of private space, private bathroom, kitchen is shared, 5 minutes from 17 Wing. All utilities & laundry included. Price is \$600/month

Please call 204-771-3182 for more info.

Wanted: Volunteers!

1 Canadian Air Division is looking for volunteers to work in the kitshop.

Flexible hours. 1 day a week between 10:00 hrs and 14:00 hrs

Please contact PO2 Jennifer Ross at 833-2500 ext 6512

Volunteers Wanted!

The Western Canada Aviation Museum is looking for volunteers in the artifacts, library and restoration departments. Applicants must be able to use a computer for data inputting and indexing. Let us know what your skills are but if you're willing to learn new things, we can teach you! We are always looking for help in other departments as well.

Please contact the museum reception desk at: 204-786-5503 to volunteer.

For Sale:

Mens Air Force Mess kit size 46. \$200 firm. Please call 204-221-0225.

St. Charles Parish Harvest Supper

30 September
4:30 PM - 7:00 PM

For tickets and information call St. Charles Parish office @ 204-889-3248.

Send us an e-mail today to place your FREE Classified ad at Voxair@mts.net

Aries (March 21 - April 19): When you get physically active the changes you desire happen sooner. The emotional response you have to people who care only about the look of things may surprise you. Still you can fake it if you have to when you want to impress. Taking care of yourself is worth the investment.

Taurus (April 20 - May 20): A change of heart leaves you confused and uncertain. A shift in attitude about material possessions takes you by surprise. As your workload increases you feel bogged down by responsibilities and issues. Delegate duties. Line up substitutes so that you can take some "down time."

Gemini (May 21 - June 21): Prepare for a major expense and you won't have to dip into your savings. You are resourceful and will manage though you may hit a few roadblocks and you'll have to deal with stubborn people. Taking a course you'll discover hidden talents and natural abilities. Enjoy.

Cancer (June 22 - July 22): Life is beautiful no matter what your circumstances are like. Share your feelings openly with those closest to you. Be welcoming and giving but also be honest with yourself about others. Not everyone is kind-hearted. Act accordingly and speak cautiously with "posers."

Leo (July 23 - August 22): You're very focused on ensuring you maintain your image. If only the best will do, work hard to get it. Having money provides a sense of stability, but you also have to part with it sometimes so you can invest in the future. Having fun is important but don't let it take you off course.

Virgo (August 23 - September 22): Life can be confusing and you may be disillusioned. Listen to your hunches and to those around you who can give you some wise advice. Even those who may not seem "in the know," can provide insights. Something you hear at an event triggers an important realization.

Libra (September 23 - October 23): You're at a crossroad. If you are entertaining thoughts of starting your own business or changing careers, make sure you are well prepared in advance. Impulsive action isn't encouraged at this time. Take care of the details and plan for all eventualities ahead of time.

Scorpio (October 24 - November 21): Work hard but take breaks too; it's about balance. You yearn for something more but it's hard to determine what that is if you're not relaxed enough to calmly see it. Find joy in simple pleasures and you'll never feel disappointed or at a loss. Appreciate what you have.

Sagittarius (November 22 - December 21): You're putting on the finishing touches to a plan you developed years ago. But what seemed satisfying before may not seem so now. The more you think about it the more confused you get. You need to feel good on the inside as well as look good on the outside.

Capricorn (December 22 - January 19): You're learning important lessons about what matters most to you. Teaching others you learn even more. Though you may think life is hard work, opportunities arrive in the most surprising ways. If the road has been bumpy your luck will change. Miracles happen.

Aquarius (January 20 - February 18): Be honest with yourself. Ask the hard questions. What is it that would really make you happy? Something you'd hoped would happen is no longer possible but there are good things ahead. Risk going where you haven't gone. Explore a different place or try something new.


Pisces (February 19 - March 20): You've worked hard for what you have, so enjoy it. Sometimes it's the little things that mean the most. Make your heart and soul's desires a priority. It's time to make a decision about something you've wanted. Either find a way to get it or accept that you must let it go and move on.

FOR APPOINTMENTS CALL 775-8368


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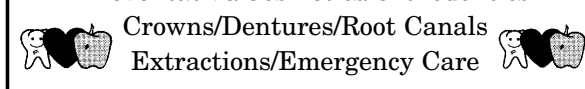
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