



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

October 20, 2010

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FREE

Wing members help fill the boot



Sparky, 17 Wing Fire Department mascot, collects money for the annual Fire Department Boot Drive. Photo credit: Cpl Jean Archambault

On 7 Oct 2010 the 17 Wing Fire Department held its 2010 Boot Drive. CF Members gave approximately \$2000 to volunteers located at the base's two gates. The Boot Drive is an annual event to raise money and awareness for Muscular Dystrophy.

GCWCC Fundraising Update



As of 30 Sept 2010, the GCWCC's 2010 campaign has raised \$23,081 for charity and has canvassed 39% of the Wing.

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Supporting our community

An update of the 2010 GCWCC campaign

Capt Jeff Noel
Wing Public Affairs Officer

Military and civilian members of Team Winnipeg are once again supporting our community by making tax-deductible donations to literally hundreds of eligible non-profit organizations during the Government of Canada's Workplace Charitable Campaign (GCWCC) now underway here.

"The GCWCC is one of the easiest ways you can make a positive difference in people's lives," says LoriAnn McNabb, 17 Wing Business Manager and a canvasser for the campaign. "It's one of the largest contributing campaigns and raises money to help create opportunities for a wide range of local organizations and groups that support the community in a variety of ways."

Through Team Winnipeg, canvassers are providing information about the campaign to everyone within their Units.

"As canvassers, our goal is to talk to everyone in our section about the campaign, the different ways of donating, and how their support would benefit others but donating is strictly voluntary," Mrs McNabb said. "We also let our sections know about

all the events that are going on throughout the Wing in support of the campaign."

The Government of Canada, in conjunction with the United Way and Health Partners, have established the GCWCC as a way of coordinating all locally represented Federal Departments in their fund-raising initiatives. The GCWCC is the largest annual community-wide fundraising effort in support of community solutions in the city and is the only external charitable campaign authorized by DND/CF at 17 Wing.

"This year's campaign has set a goal of collecting \$125,000 at the Wing and based on our past performance we have no doubts we'll make it," says Captain Justine Boileau, an instructor at the Canadian Forces School of Aerospace Studies (CFSAS) and 2010 GCWCC Co-Chair.

As of 30 September GCWCC Volunteers have raised over \$23,000 towards this year's campaign goal.

For more information about the Government of Canada Workplace Charitable Campaign (GCWCC), please visit <http://www.gcwcc-ccmtgc.org/en/index.php> or talk to your Units canvasser.

Readiness training



Participants practice their first aid and emergency response skills as part of a pre-deployment course on base ran by the Wing Readiness Training Flight (WRTF). WRTF provides military readiness through refresher and required higher readiness courses for military personnel set for deployment domestically or internationally.

-Story and photo: Kristy Rydz

Winnipeg Symphony Orchestra presents 'SIMPLY SINATRA'

Community Recreation are pleased to announce that we have obtained tickets to the "Simply Sinatra" evenings taking place on the 5th, 6th and 7th of November at the Centennial Concert Hall.

The tickets are available to the Winnipeg and Southport Military Community, including family members, civilian employees, Cadets and Community Recreation members.

The tickets are \$22.00 each (Usually retail at \$76.00). You can purchase your tickets at building 90 (Monitor desk).

If you have any further questions please contact Tina Bailey on local 2059 or check the Winnipeg Symphony Orchestra website.



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Canada's Air Force joins disaster response exercise in Chile

Air Force News

Twenty members of Canada's Air Force and a CC-130 Hercules aircraft from 435 Transport and Rescue Squadron in Winnipeg are participating in the first multi-national disaster response exercise organized by the Sistema de Cooperación entre las Fuerzas Aéreas Americanas (System of Cooperation among the Air Forces of the Americas – SICOFAA). The two-week exercise, which began October 4 and is hosted by the Republic of Chile, aims at improving the interoperability of SICOFAA members during a disaster response operation.

"Canada's participation in Exercise COOPERATION 1 demonstrates our active engagement in the Americas," said the Honourable Peter MacKay, Minister of National Defence. "Participating in military exercises such as this one strengthens our ties of friendship and cooperation with our 17 SICOFAA partners."

The Canadian military contingent participating in the exercise consists of search and rescue technicians and Hercules air and ground crews from 435 Squadron. Operating

in the Santiago and Puerto Montt areas of Chile, they are working with their partners to exercise humanitarian assistance, search and rescue, evacuation, and transport support services following a simulated earthquake in the region.

"Canada's Air Force is committed to working with our partners in the Americas in order to improve our interoperability and our ability to effectively respond to natural disasters, such as earthquakes, if requested to do so," said Major-General Yvan Blondin, Commander of 1 Canadian Air Division and the senior Canadian military observer of the exercise.

Canada has been a member of SICOFAA since 1992. SICOFAA consists of five committees whose areas of research and development include personnel, information, operations, logistics, and science and technology. These committees meet individually throughout the year to discuss common issues and concerns, and then report their findings to a yearly pre-planning committee. This committee reviews all the reports and decides what topics will be brought forward for implementation at the annual Conference of Air Chiefs of the Americas.



A Herc, similar to the ones that were sent to Chile, is shown taking off. Photo credit: MCpl Colin Aitken

Medals of Bravery for Winnipeg military members

Sgt Bill McLeod

Wing Public Affairs Photojournalist

"I saw a wave of fire shoot between Joe's (Sergeant Joe Penman) legs. I don't even think he was aware of it. Everything was happening so fast," said Warrant Officer (WO) Shaun Spence of the horrible accident that he, Master Warrant Officer (MWO) Jim Seggie and Sergeant (Sgt) Joe Penman responded to on 12 October 2007.

The members, who were following a convoy of vehicles enroute to CFB Shilo for a military exercise, were just leaving the City of Winnipeg when they encountered a three vehicle collision.

"I heard a couple of pop pops and I turned to Joe and

asked if he heard it and then we saw the smoke and flames ahead," said MWO Seggie. WO Spence and Sgt Penman both said that they thought there were lights ahead until they realized it was fire.

When they arrived at the accident scene, Sgt Penman and WO Spence attempted to remove a person from one burning vehicle while MWO Seggie went to a different vehicle.

"I saw an RCMP Constable running to a car screaming that there were people inside," said Sgt Penman. They also noticed Major William Green, another military member who was driving from Saskatchewan to Winnipeg, leading a child away from a vehicle.

Despite their best efforts at getting the driver from the burning vehicle they were working at, WO Spence and Sgt

Penman were eventually driven back by the extreme heat. MWO Seggie and two civilians were able to remove another man from the burning vehicle that they were working on by tearing out parts of the dash. Unfortunately only one person, the child that Major Green rescued, survived the accident.

In recognition of their heroic and selfless actions that day, the Governor-General has announced that all of the military, civilian and RCMP members who responded to the accident will receive the Medal of Bravery. As well, the three Team Winnipeg members have just been informed that they will also receive the RCMP Commissioner's Commendation at a ceremony to be held in Winnipeg on 9 December 2010.



Sgt Jim Penman will be awarded the Medal of Bravery and the RCMP Commissioner's Commendation.



MWO Jim Seggie will be awarded the Medal of Bravery and the RCMP Commissioner's Commendation.



WO Shaun Spence will be awarded the Medal of Bravery and the RCMP Commissioner's Commendation.

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Heating plant full of hot air again

Sgt Bill McLeod

Wing Public Affairs Photojournalist

It's not quite "Full Steam Ahead" just yet for the 17 Wing Central Heating Plant after a large valve on a main steam line was damaged 18 August but normal operations are gradually resuming.

"This is the first major failure of a DND Central Heating Plant in known history. Many plants have had minor problems from time to time but this is the first time that a full plant has been shut down unintentionally for a significant period of time," said Major Steve Cumpsty, Wing Construction Engineering Officer. He added, "The steam lines have not been cold since their installation over 20 years ago. There was a lot of concern that the start up would have to

be very slow and deliberate to accommodate the expansion of the steam lines."

Boilers 1 and 2 are now fully operational at the plant. As a result, heat and hot water have returned to most areas of the Wing with the exception of Buildings 84 and 129 (Building 129 was offline prior to the August incident for an unrelated problem). The remaining three boilers at the plant remain offline pending the delivery of parts. Once those parts arrive, are installed, and certification completed, these boilers will become operational as well.

Although some asbestos insulation was dislodged as a result of the valve failure which required asbestos abatement by a contractor specializing in the procedure, and certification by an environmental consultant, risks to staff are considered low due to the air tests that were carried out.

Some inconvenience occurred on the Wing due to heating plant shutdown, but it was kept to a minimum due to the summer timing of the incident and the quick work of Wing Construction Engineers (WCE). WCE installed a temporary boiler at the Building 61 Combined Mess and installed new hot water tanks in the accommodations blocks and 23 Health Services. In total, WCE installed new hot water tanks in 6 buildings on the Wing.

"This has been a full CE effort to bring the plant back on line. Electrical, Plumbing, CHP Shift Engineers, Steamfitters, Rovers, engineering, contracting, Defence Construction Canada, environmental/hazmat, and Unit General Safety have all been involved in the effort. I'm very proud of everyone involved in the work," said Major Cumpsty. Operation of the plant is certified by the Manitoba Department of Labour and Immigration as the pressure licensing agency.

Newer buildings on the Wing have their own hot water tanks and maintained limited hot water but older buildings that rely on hot water, in particular the Building 90 Gym, had no shower facilities or heat for the pool. The gym required an additional week after hot water was restored to bring the pool up to the proper temperature and to rebalance the chemical and pH levels.

Row housing residents continued to have hot water but did not have heat until the 17th of September. The normal heating season in Winnipeg usually starts at the beginning of October, so this year the heat was actually turned on a little early.



The 17 Wing Winnipeg Central Heating Plant. Photo credit: Sgt Bill McLeod



A significant failure on a main steam line resulted in the loss of heat and hot water production to 17 Wing. Photo credit: Submitted.

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Family Violence Prevention Week Information

Family Violence Prevention Week is 17-23 October 2010

Every October, Canadian Forces (CF) communities across the country Take a Stand Against Family Violence. Coinciding with the YWCA's Week Without Violence, this CF-wide campaign reaches out to military families, personnel and service providers to raise awareness about family violence prevention.

Now in its fourth year, the Take a Stand campaign continues to spread the message that family violence prevention is the responsibility of the entire CF community. The Take a Stand campaign addresses family violence with tailored education and prevention strategies, and stresses the importance of responding to incidents of violence appropriately, responsibly and respectfully.

"Family violence is a very complex issue with multiple,

and sometimes endless, consequences," says Lieutenant Colonel Suzie Rodrigue, National Practice Leader for Social Work at Director Mental Health Services. "As leaders, supervisors and individuals, we all share the responsibility to stand up for those affected by family violence. Why? Because living in fear is no way to live your life."

The Take a Stand campaign is administered at each CF location across Canada by Family Crisis Teams. Each team includes medical personnel such as social workers and health promotion staff, chaplains, military police, Military Family Resource Centre Prevention, Support and Intervention Coordinators and, as appropriate, professional health and social service workers from the civilian community.

"Family violence prevention and awareness is key to building strong, healthy CF communities," says Celine Thompson, Director Military Family Services. "Military

Family Resource Centre staff, along with other helping professionals, play a key role in this shared responsibility and are encouraged to be actively involved in the Take a Stand campaign in their communities."

Throughout Family Violence Prevention Week, Family Crisis Teams organize briefings to promote family violence prevention, distribute posters, pamphlets and other informative material around CF communities, and ensure that all community members know how to address incidents of family violence. These helping professionals are at the heart of the campaign, as they ensure that their community actively and effectively addresses this important issue.

Visit www.cfpsa.com/dmfs 17-23 October to learn more about what local CF communities are doing to Take a Stand Against Family Violence.

Why the workplace?

Today, more people are aware of domestic violence, and that women are especially vulnerable. But is violence against women a workplace issue? Many employers and trade unions believe it is.

While domestic violence can spill into the workplace in the form of harassing phone calls from partners, the consequences of violence are sometimes less obvious. They include absenteeism, loss of concentration, fatigue, emotional instability, and reliance on medications or alcohol – all contributing to reduced performance. Co-workers may feel the strain, too.

In addition to the considerable human costs of domestic violence, society too pays a price through its impact on our economy. In fact, the total measurable costs related to health and well-being alone is estimated to be over a billion dollars a year. Add the costs of accompanying factors like hospital admissions and physicians' services, and the costs of the policing, legal and judicial systems, and the total becomes many times greater than this.

On average, approximately 74 women are killed each year by their husbands and common-law partners. In 1999, about 220,000 Canadian women were threatened, slapped, kicked, punched, choked, beaten or sexually assaulted.

Remember this.....

- Nothing "justifies" abusive behaviour.
- Abuse occurs in all income and education levels, religious, racial and cultural groups, and genders.
- Alcohol and drugs contribute to abuse but they are not the cause of it.
- Once a pattern of abuse has been established it is very difficult to stop without outside help.
- Abuse has a devastating domino effect. Children who experience or witness abuse often perpetuate the behaviour in future relationships.

How can I know if one of my employees or colleagues is affected by abuse?

You can't, unless they tell you. However, the behaviours listed below may be signs that abuse is happening in their lives.

- frequent injuries explained with "I'm clumsy" or "I'm accident prone"
- upsetting personal phone calls/contacts
- working after hours (to delay going home)
- frequent absenteeism (to recover from abuse)
- unusually quiet, nervous or jumpy behaviour
- noticeable change in work habits

How can I help?

- Show concern – for example: "Something seems to be going on with you. Can I help?"
- Believe what they say.
- Listen carefully, without being judgemental.
- Respect their privacy. Ask if they are safe.
- Encourage them to seek help and protect themselves and others affected by the abuse.
- Let them know that no one deserves such treatment and they are not responsible for an abuser's behaviour.
- Never tell them to try harder. Don't minimize the danger.

Approximately 1 in 5 Manitoba adults report they personally know someone who has been victimized by domestic violence during the past year. In fact, many of these respondents claim to know more than one such victim.

(Probe Research Public Opinion Poll on Domestic Violence Issues April, 2001, p. 12)

To find out how your workplace can become involved in this domestic violence prevention initiative, please call the Manitoba Women's Directorate at 1-800-263-0234.

Manitoba Crisis/Information Line

1-877-977-0007

In Winnipeg call

942-3052

THERE'S HELP AVAILABLE

The Manitoba government is committed to increasing awareness of domestic violence. The province supports shelters and services for women and children around Manitoba. There's a list of them on the back of this brochure.

Help for Men

If you're a man who is in crisis or you know a man who needs help, please call today.

Toll Free in Manitoba	1-877-977-0007
Evolve Program (Klinic Inc.)	784-4208
Drop in Counselling	784-4067
24 Hour Crisis Line	786-8686
Ma Mawi Wi Chi Itata Centre, Inc.	925-0349
Men's Resource Centre	956-6560 (office)
	956-9528 (intake)
Toll Free	1-866-672-3422

Call Today

If you are in crisis or you know someone who may be, don't delay. Call the nearest shelter or call toll free in Manitoba

1-877-977-0007

for free, confidential information about shelters and support services available in your community.

Take a Stand!



Family Violence Prevention

General Awareness



Canada

What is Family Violence?

Family violence means an abuse of power within a relationship of family, trust or dependency, and includes many forms of abusive behavior. Examples include emotional abuse, psychological abuse, criminal harassment, neglect, financial exploitation, destruction of property, injury to pets, physical assault, sexual assault and homicide.

Abusive behavior often results in the person feeling afraid and controlled.



Who is Affected by Family Violence?

Family violence happens in all cultural, racial, and religious groups and at all income and rank levels.

If you are experiencing or witnessing family violence... seek help!

Why Is the DND/CF Concerned with the Issue of Family Violence?

Family violence in any form is a priority issue that is being addressed within the Canadian Forces.

Family violence is a very private, and emotionally charged issue. It is a difficult topic to talk about.

Individuals may still be too fearful to come forward and seek assistance for issues related to violence and/or abuse.

The unfortunate part of this scenario is that a problem left unaddressed, can escalate.

The Canadian Forces is committed to raising awareness and strengthening its response to family violence through accessible resources, prevention and support services.

Not Sure If You Need Help?

Your relationship is abusive if either partner:

- Dominates or controls the other
- Keeps the other isolated
- Uses insults or put-downs
- Damages the other's property
- Shows extreme jealousy or possessiveness
- Pushes, hits, throws things, chokes or physically restrains
- Forces sex
- Limits access to money

Where To Go For Support in the CF:

- Base/Wing Family Crisis Team
- Military Police
- Chaplains
- Social Work Officers
- Medical Officers
- CFMAP: 1-800-268-7708

Where To Go For Support outside the CF:

- Military Family Resource Centre
- Emergency Services
- Shelters
- Victims Services
- Rape Crisis or Sexual Assault Support Centers
- Social or Family Service Agency
- Children's Aid Society
- Hospitals

Need Help or More Information?

Family violence is a very private, and emotionally charged issue. It is a difficult topic to talk about. **Take a Stand. Make the call.**

[All inquiries will be kept in strictest confidence]

Local Contact Information



CF Nurse has once in a lifetime experience aboard USNS MERCY

Lt Marjorie Hallé

Primary Care Nurse, 23 CF Health Services Centre

What do military members from Canada, United States, France, Japan, United Kingdom, Australia and Singapore do when they travel together on a floating hospital in the South Pacific? They provide humanitarian civic assistance to people in underserved areas. This is what I had the honour of doing being part of Exercise Pacific Partner 2010 as a Nursing Officer.

I left Canada in early May to embark on the USNS MERCY, an enormous former oil tanker converted into a hospital ship in the 80's. The ship, originally from San Diego and owned by the United States Navy, stopped in Hawaii and then Guam to embark people. With about 1000 military and civilian personnel on board, we sailed to Vietnam and Cambodia to provide the population with free medical care and engineering projects. While some medical technicians, nurses and physicians were screening people at several different locations throughout the country in order to provide medical consultations, engineers were building water wells or painting schools. While some dental technicians, dentists, optometrists and pharmacists were handing out medication and glasses, surgeries, hearing evaluations and physiotherapy treatments were being performed onboard the ship by the medical crew composed of military members and civilian volunteers from many different non governmental organizations.

The USNS MERCY is a hospital with full capabilities. Operating rooms, laboratories, radiology, intensive care units and surgical wards for adult patients as well as paediatric



CF Nursing Officers Capt Doucet, Lt(N) Morimoto and Lt Halle

patients make it a totally equipped medical facility. My role as a Nursing Officer was to work on the Adult Med-Surg ward. I had to take care of Vietnamese and Cambodian patients after their surgeries. All this, with the precious help

of translators, of course! I was one of 15 CF members to go on that mission. 7 Medical Technicians, 3 Nursing Officers, 2 Medical Officers, 1 Dental Technician, 1 Dental Officer and 1 Physiotherapist Officer were part of this long trip. We all got onboard in Hawaii and sailed to Guam, Vietnam, Cambodia and then Singapore where we had to say goodbye to our new friends. The ship subsequently got a new team of CF members to carry on with the mission, visiting the host nations of Indonesia and Timor Leste.

During the two months I have been onboard the USNS MERCY, "Prepare in calm to respond in crisis" was our motto. The relationships we developed with the different nations hosting us and our new shipmates from all over the world were essential in case MERCY and her crew has to respond quickly and efficiently should a natural world disaster happen. UNSN MERCY deployed with very short notice in 2005 in the tsunami-devastated area of Indonesia.

To finish, in order to give you an idea of the extent of the mission, the whole crew performed 879 surgeries while in Vietnam and Cambodia, assessed 48,311 patients, filled out 69,000 prescriptions and handed out more than 12,400 pairs of glasses!

What an amazing experience I had the chance to be part of! I learned Canadians, with other partner nations, can make a difference in the world by helping those less fortunate. I am proud of being a member of the Canadian Forces!

Improving communication between RHU residents and the CFHA

The CF Ombudsman visit last year identified a need to improve communications between Residential Housing Units (RHU) residents, Canadian Forces Housing Association (CFHA) and the Wing. On 27 Jan 10, Col Boilard, 17 Wing Commander, sought comments from 17 Wing residents on RHU conditions and policies as an initial step to improve quality of life on the Wing. He got an earful of comments at this first RHU Town Hall.

With a clear mandate to improve living conditions for our RHU residents, 17 Wing staff, in coordination with Maj Collins, head of the RHU Community Council, explored numerous means to rectify specific problem areas while at the same time starting work on the numerous good ideas expressed by our residents.

On 13 Sept 10, in his opening address to the community at the second Town Hall on the subject, Col Boilard was upbeat:

"Ladies and gentlemen, it be-

came clear to me last year that we needed to provide you with additional means to answer RHU concerns. At the conclusion of this Town Hall, I think you will find that we are listening".

This second Town Hall provided information on the newly formed 17 Wing Community Council (17WCC). Headed by Maj Jose, the 17 WCC has canvassed our residents on the best means to increase their voice on all facets of RHU living. The Town Hall presentations increased awareness on Military Police coverage of RHU areas, outlined steps the Wing is taking to improve security of its citizens and the safety of its playgrounds, increase CFHA capital investment in Winnipeg, and create better and more diversified recreational areas for the youth of 17 Wing. Col Boilard was quick to thank those who volunteered to work with the Wing on these projects and noted that most initiatives came as a result of the great ideas brought forward by the RHU residents.

The discussion revealed that C F H A

will be funding 16 RHUs for modernization (8 North and 8 South Site), the first of a series of investment to come in succeeding years. The Wing and CFHA will be proceeding with the first phase installation of motion sensitive RHU outdoor lighting, improved sidewalk surfaces, playgrounds and South Site garage siding. The Wing will proceed with the installation of an outdoor skating surface on South Site and better access to community gardens. Other discussion items, which will impact all members of 17 Wing, included the Kapyong Barracks court case and its influence on the development of renewed RHU infrastructure. An update on the CANEX building and expanded child care facility was also provided.

Pride in our neighbourhoods is key to better RHU living, and in order to generate interest in personal involvement in our community there will be two RHU beautification contests: A Winter Holiday Season decoration and a best RHU landscaping contests (just before next

year's APS) to be judged by the 17 Wing Command Team.

Through the winter months, the Command team will be updating you on the particulars of this beehive of activity. In the meantime, our Community Council will be active in your area to ensure that you have a chance to speak up on issues that concern you.

-Wing Public Affairs



17 WING COMMUNITY COUNCIL –
CONSEIL COMMUNAUTAIRE
17^e ESCADRE

Important Phone Numbers and Information

OTHER SERVICES	
CF Members Assistance Program (24 hrs, free and confidential counselling service)	1-800-268-7708
Veterans Affairs Canada	1-866-522-2122
Child & Family Services	944-4200
Social Services/Income Security	948-4000
SISIP Financial Counsellor	984-3222
Men's Resource Centre	956-9528
The Centre, Casualty Support Services	1-800-883-6094 or ext. 4806
Operational Stress Injury Social Support	1-800-883-6094
Directorate of Casualty Support Detachment	ext. 4806
Winnipeg Region Dispute Resolution Centre	ext. 4372
City Police (non-emergency)	986-6222

HELPING PROFESSIONALS TEAM
KEY CONTACT INFORMATION
www.17wing.winnipeg.mil.ca



EMERGENCY 911	
Military Police, Fire, and Ambulance	911
Wing Operator	833-2500

EMERGENCY NUMBERS	
Duty Chaplain (after 1600 hrs.)	833-2700
MFRC Emergency Childcare Services (24hrs)	949-5090
24Hr Crisis Line	786-8686
Suicide Line	1-877-435-7170
Mobile Crisis Unit	940-1781
Crisis Line and Shelter for Abused Women	942-3052
Child & Family Services (after hours)	944-4050
Poison Helpline	787-2591
23 CF HEALTH SERVICES CENTRE	
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Mental Health Dept	ext. 5086
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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.

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If interested please call the study coordinator at
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Lieutenant-Colonel Michel Tremblay departs with dignity

Lt Jordan Woodman
1 Cad Air Div

Lieutenant-Colonel Michel Tremblay, known better to all of us as Spike, officially retired his military uniform during a Depart with Dignity ceremony at 1 Canadian Air Division/Canadian NORAD Region (1 Cdn Air Div/CANR) Headquarters on September 10, 2010.

Headquarters personnel gathered in the Atrium to recognize and celebrate LCol Tremblay's 28 years of service to the Canadian Forces (CF). During the ceremony, LCol Tremblay received a number of honours, awards, and well-wishes.

LCol Tremblay was awarded the Chief of the Air Staff (CAS) Commendation for his significant accomplishments as an active serving CF officer, and driving force behind our Air Force and Combined Air Operations Center (CAOC) Operations.

The CAS Commendation Certificate reads:

Sharing Director duties to sustain 24/7 operations in the Combined Air Operations Centre, LCol Tremblay was instrumental in the Air Force Providing Haitian Humanitarian relief within 72 hours of the devastating earthquake. This successful air mobility mission was accomplished while supporting Operation Podium and Athena as well as daily operations. Challenged by ever-changing requirements and priorities, his adaptability ensured properly sequenced events and tasking of Wing resources resulting in a coordinated effort between Canadian Expeditionary Force Command and the Air Force. His professionalism, leadership, and dedication directly resulted

in the Air Force's success. LCol Tremblay has personified the core values of the Air Force: Professionalism, Excellence and Teamwork.

Signed, J.P.A. Deschamps, Lieutenant-General, Commander of Air Command.

An excerpt from one of a great many wishes and anecdotes received from the Air Force Community to commemorate LCol Tremblay's retirement was also read aloud during the ceremony.

"Your 'lead me, follow me, or get out of my way' approach was an inspiration to many... You were always there for the people you were given responsibility for and failure in any endeavour was not in your vocabulary. People will remember you for that, and there is not much more one can ask for in a military career. 'Spike - ya did good,'" wrote Major General (Retired) Paul Hussey.

On hand to present the awards and commendations was MGen Yvan Blondin, Commander 1 Cdn Air Div/CANR, who also had a few things to say about LCol Tremblay.

"There's always one person that just takes charge and makes it work, that's the Canadian way, and from a command perspective, that's what we want," said MGen Blondin.

"We need people that when faced with a wall, are going to go through that wall, and Spike is probably the best in the HQ at this. He's got the passion, he's got the stubbornness, and he wants to get things done. This is what I really appreciated about Spike," said MGen Blondin.

For the final award of the ceremony, LCol Tremblay was presented with a hand carved soapstone Polar Bear, by Inuk artist,



(r-l) Major General Yvan Blondin, Commander 1 Canadian Air Division congratulates and presents Lieutenant Colonel Michel Tremblay with a coin. Photo credit: Cpl Piotr Figiel

Jimmy Petooloosie of Cape Dorset, Nunavut, from the members of the CAOC.

The significance of the gift was explained by LCol Peter Dozois, "Nanook, the ice bear, is symbolic of LCol Tremblay's lifetime contribution as a fearless defender of the North. We offer it to him and his family with the deepest appreciation for his leadership and service, and for his profound contribution to our team of northern warriors."

Fortunately, LCol Tremblay is not say-

ing good-bye to the Air Force entirely, as he will continue to serve as the civilian CAOC Chief of Staff. So even though he has officially hung up the uniform that he has proudly worn for the last 28 years, LCol Tremblay will continue to play a vital role in the CAOC. However, the Air Force uniform will clearly be missed by LCol Tremblay who stated jokingly, "I now need to start thinking about what I will wear to work each day."

Départ dans la dignité du Lieutenant-colonel Michel Tremblay

Lt Jordan Woodman
1 Cad Air Div

Le 10 septembre 2010, le Lieutenant-colonel Michel Tremblay, que nous connaissons tous mieux sous le surnom Spike, a officiellement pris sa retraite des Forces canadiennes (FC) à l'occasion d'une cérémonie de Départ dans la dignité qui s'est déroulée au quartier général de la 1^{re} Division aérienne du Canada/Région canadienne du NORAD (1 DAC/RC NORAD).

Le personnel du quartier général s'est réuni dans l'atrium à l'occasion d'une petite réception visant à célébrer ses 28 années de service dans les Forces canadiennes. Au cours de cette cérémonie organisée en son honneur, le Lcol Tremblay a reçu plusieurs distinctions et de nombreux témoignages d'amitiés.

Le Lcol Tremblay a reçu la Mention élogieuse du Chef d'état-major de la Force aérienne (CEMFA) pour ses réalisations déterminantes en tant qu'officier en service actif des FC et pour l'élan qu'il a su insuffler à notre Force aérienne et au Centre multinational des opérations aérospatiales (CMOA).

Texte de la Mention élogieuse du CEMFA:

En assurant la codirection du Centre multinational des opérations aérospatiales pour garantir un maintien en puissance efficace 24 heures sur 24, 7 jours sur 7, le Lcol Tremblay a joué un rôle déterminant dans les opérations de soutien humanitaire que la Force aérienne a lancées en Haïti dans les 72 heures suivant le terrible séisme qui l'a touché. Il a mené cette mission de mobilité aérienne avec succès tout en apportant un appui efficace aux opérations Podium et Athena et en assurant le déroulement normal des opérations quotidiennes. Face à la vitesse d'évolution des besoins et des priorités, ses qualités d'adaptation ont permis d'organiser efficacement les interventions et la répartition des tâches des ressources des escadres, assurant une bonne coordination entre le Commandement de la Force expéditionnaire du Canada et la Force aérienne. Son professionnalisme, son sens du leadership et son dévouement ont directement contribué à la réussite des opérations de la

Force aérienne. Le Lcol Tremblay a sans conteste incarné les valeurs fondamentales de la Force aérienne : professionnalisme, excellence et travail d'équipe.

Lieutenant-général J.P.A. Deschamps, commandant du Commandement aérien

Un extrait de l'un des nombreux témoignages et récits d'anecdotes reçus de membres de la Force aérienne pour le départ en retraite du Lcol Tremblay a été lu au cours de la cérémonie.

« Vos méthodes bien tranchées du type "Passez devant ou restez derrière, mais ne restez pas dans mes pattes" en a inspiré plus d'un... Vous avez toujours su être présent auprès des personnes dont vous aviez la responsabilité, et la notion d'échec ne faisait pas partie de votre vocabulaire. On se souviendra de vous pour ces qualités. Qu'attendre de plus d'une carrière militaire? Spike, bravo pour tout ce que vous avez fait. » Hommage du Major général (à la retraite) Paul Hussey.

Le Mgen Yvan Blondin, commandant de la 1 DAC/RC NORAD, faisait partie des personnes chargées de remettre les prix et mentions au Lcol Tremblay. Il lui a aussi dédié quelques mots :

« Il y a toujours quelqu'un pour prendre les choses en main et faire en sorte que ça marche; c'est un trait de caractère typiquement canadien; et lorsqu'il s'agit du commandement, c'est exactement ce qu'on attend, a déclaré le Mgen Blondin.

Nous avons besoin de personnes qui, au pied du mur, ne vont pas hésiter à le traverser. Spike est probablement le plus talentueux du QG pour agir ainsi. » Il est passionné, obstiné et il veut que les tâches soient accomplies. Pour ma part, ce sont des qualités que j'ai vraiment appréciées chez lui » a conclu le Mgen Blondin.

Le dernier prix qui a été remis au Lcol Tremblay était un ours polaire sculpté à la main dans la saponite par l'artiste inuit Jimmy Petooloosie de Cape Dorset, au Nunavut; ce prix lui a été offert par les membres du CMOA.

La signification de ce cadeau a été expliquée par le Lcol Peter Dozois : « Nanook, l'ours blanc, symbolise le sens de l'engagement inépuisable dont le Lcol Tremblay

a toujours fait preuve pour la défense du Nord. Nous lui remettons cette sculpture, à lui et à sa famille, en témoignage de notre profonde admiration pour son sens du leadership et du service, et pour sa contribution fondamentale à l'édification de notre équipe de guerriers du Nord. »

Heureusement, le Lcol Tremblay ne quitte pas complètement la Force aérienne. Il continuera de servir le pays en tant que chef d'état-major civil du CMOA. Même s'il raccroche officiellement l'uniforme qu'il portait fièrement depuis 28 ans, le Lcol Tremblay va continuer d'occuper un rôle vital au CMOA. Certes, l'uniforme de la Force aérienne lui manquera; il n'a d'ailleurs pas manqué de déclarer sur le ton de la plaisanterie : « Il va falloir que je réfléchisse à ce que je vais mettre tous les matins pour aller travailler! »

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Yellow Ribbon Trail update



Construction is humming along on the Yellow Ribbon Trail. Photo credit: Kristy Rydz

Construction is rolling forward on the City of Winnipeg's Yellow Ribbon Greenway Trail, running adjacent to the south perimeter of 17 Wing.

The new green space is a tribute from the city to not only CFB Winnipeg but to the men and women of the Canadian Forces for their consistent commitment to community projects and development.

The 7 km route will run from Sturgeon Creek to Polo Park and is set to be 3.5 meters wide to accommodate both active cyclists and pedestrians.



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Camerons lead the Selkirk Settlers Parade

Cpl Bill Gomm
38 CBG Photojournalist

"I'm a direct descendent of Donald Livingston who was one of the original settlers in Saskatchewan and Manitoba who arrived around 1856," said Dr. Gordon Mills.

On September 11, 2010, the fifth annual Combined Scottish Community Parade was held in Winnipeg. The parade is in commemoration of the 1812 arrival of the Red River Selkirk Settlers.

This is the first year that Dr. Mills is taking part in the parade. As a member of the Winnipeg Robert Burns Club, he was chosen to carry one of the Burns' flags.

"Donald Livingston's daughter married my grandfather who was Thomas Mills, who at that time was with the North West Mounted Police" said Dr. Mills. "They generated four children, one of whom was my father who was Albert Livingston Mills. He generated two sons of which I am one."

In honour of The Queen's Own Cameron Highlanders of Canada 100th anniversary (QOCH of C). The QOCH of C Regimental Pipe Band led the parade along with a 25-man guard commanded by Lieutenant-Colonel Brett Takeuchi, Commanding Officer of the Winnipeg Infantry Tactical Group, which includes the QOCH of C. Other pipe bands such as the St. Andrews Society Pipes and Drums and the Lord Selkirk Boys Pipe band also took part in the parade.

"We have been involved the past three years," said LCol Takeuchi. "But in a much smaller context."

"The St. Andrew's Society is one of the organizations that have been heavily involved in organizing this," said LCol Takeuchi. "They were also the society that prompted the Canadian Government to raise the Regiment in 1910. So, there has been a permanent connection between the St. Andrew's Society and the Cameron's

since the Regiment was raised."

John Perrin the Communications Chair for the St Andrews Society of Winnipeg helped organize the parade, which started on Assiniboine Avenue, crossed Portage Avenue, traveled down Fort Gibraltar Road, through the Forks then down Waterfront Drive to the Scots Thistle Monument.

"We thought the parade was terrific," said Mr Perrin. "We had a great turnout, we had an

audience, and we had people sitting along Waterfront Drive as we came north towards the monument. So we were quite delighted."

"Were trying to turn this into an annual event so all Winnipeggers can share in really what is a celebration of one of the founding acts of the City of Winnipeg."



The Queen's Own Cameron Highlanders of Canada march down Assiniboine Avenue towards the Forks. Photo credit: Cpl Bill Gomm



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Celebrate safely: Halloween safety tips for parents

Halloween is a time of great excitement for children. However, it is important to keep in mind all aspects of your child's safety when planning costumes, decorations, treats and activities on the special night itself. With some simple precautions, you can ensure that Halloween remains a safe and happy experience for the whole family.

Costumes

Choose costumes that are loose enough to be worn over warm clothing, but not baggy enough that children trip over them.

Pick brightly coloured costumes that can be clearly seen by motorists. Add reflective tape to the costume to increase visibility.

Use make-up or face paint rather than masks. If you do choose a mask, make sure it allows your child to see and breathe properly.

Look for costumes, beards and wigs that are labelled "Flame-Resistant." Nylon or heavy-weight polyester costumes are best. Even so, "Flame-Resistant" does not mean fire-proof. Avoid costumes with baggy sleeves or flowing skirts that could catch fire from flames and candles.

Avoid contact lenses that change the colour of the eyes. They should only be used under the supervision of an eye-care professional.

Decorating

Only adults should carve pumpkins. Let children draw a face on the pumpkin, which you can carve.

Keep candles, jack-o-lanterns, matches and lighters in a place that children cannot reach.

Instead of candles, consider using a small flashlight to light the jack-o-lantern.

Make your home safe for ghouls and goblins by removing objects around the outside of your house that could cause children to trip or fall. Turn on your outside lights so that children know they can visit your place.

If you are using indoor or outdoor decorative lights, make sure they are certified by a recognized organization such as the Canadian Standards Association or the Underwriters' Laboratory of Canada. Check lights for broken or cracked sockets, frayed or bare wires or loose connections. Do not overload extension cords.

Keep pets inside and away from trick or treaters and lit candles, especially if they are easily frightened or over-excitable.

Trick or Treating

Go trick or treating with your children each year until they are old enough to go by themselves. When they are old enough, make sure they go with a buddy or in a group, or follow along at a distance to keep an eye on them.

Tell your children to walk, not run from house to house and to stay on the sidewalk or at the side of the road facing traffic. They should only cross the road at the corner and look both ways before crossing.

Tell your children to stay in well-lit areas and only visit homes that have their outside lights turned on. Make sure they know never to go inside homes or cars.

Give each child a flashlight to carry, to make them more visible.

Tell your children not to eat any goodies until you have looked them over. Serve dinner before the children go out, so that they will be less tempted to eat goodies along the way.

It is a good idea for you or your child to take a backpack along, to empty goodies into if the loot bag becomes too heavy.

Examine the treats your children bring home before they start eating them. Throw out any treats that are not wrapped, have loose or torn wrappers or have holes in the wrappers.

Check toys or novelty items for small parts and do not let children under three years of age play with them.

You might want to consider an alternative to sugar-based treats, such as sugarless gum. Stickers, multi-coloured pencils or beads can be a nice replacement for, or an addition to, traditional treats. Ask your children for suggestions.

For diabetic children, let them eat the potato chips, peanuts and sugar-free gum from the loot bags. They can also keep some of the other treats, such as chocolate and candy, which can fit into their meal plan in the following days or weeks. Leftover treats can be traded with other children or given to less fortunate kids.

For more tips visit www.safecanada.ca/link_e.asp?category=21&topic=133.

Don't Forget!

If you are driving on Halloween, be aware of children. Slow down and enter and exit driveways and alleyways cautiously.

-Health Canada and the Public Health Agency of Canada



Conseils aux parents pour célébrer l'Halloween en toute sécurité

L'Halloween est une journée de réjouissance pour les enfants. Cependant, leur sécurité doit toujours être la priorité lorsque l'on planifie les costumes, les décorations, les surprises et les activités de cette soirée spéciale. Grâce à de simples précautions, vous pouvez faire en sorte que l'Halloween soit une expérience agréable et sécuritaire pour toute la famille.

Les costumes

Choisissez des costumes suffisamment amples pour être portés par-dessus des vêtements chauds, mais pas trop bouffants afin d'éviter que l'enfant ne trébuche.

Choisissez des costumes aux couleurs vives de sorte qu'ils soient bien visibles pour les automobilistes. Ajoutez-y des bandes réfléchissantes pour les rendre encore plus visibles.

Préférez le maquillage et la peinture faciale aux masques. Toutefois, si vous y allez avec un masque, assurez-vous qu'il ne gêne ni la vision ni la respiration de l'enfant.

Recherchez les costumes, les fausses barbes et les perruques ininflammables. Le nylon et le polyester épais constituent les meilleurs choix. Veuillez toutefois noter que la mention « ininflammable » ne garantit pas que l'article est complètement à l'épreuve du feu. Ainsi, évitez les costumes aux manches larges ou les jupes amples susceptibles d'entrer en contact avec des chandelles ou autres sources de chaleur.

Évitez les verres de contact qui changent la couleur des yeux. Ceux-ci ne devraient être utilisés que sur les conseils d'un spécialiste en soins oculaires.

Les décorations

Le taillage des citrouilles devrait uniquement être fait par des adultes. Laissez plutôt votre enfant dessiner les traits à partir desquels vous taillerez.

Tenez les chandelles, les citrouilles-lanternes, les allumettes et les briquets hors de la portée des enfants.

Pour illuminer la citrouille-lanterne de façon plus sécuritaire, utilisez une lampe de poche au lieu d'une chandelle.

Faites de votre terrain un endroit sécuritaire pour les petits monstres en enlevant tous les objets sur lesquels ils risquent de trébucher. Allumez vos lumières extérieures pour indiquer aux enfants qu'ils peuvent venir frapper à votre porte.

Si vous installez des lumières décoratives d'intérieur ou d'extérieur, assurez-vous qu'elles sont certifiées par une organisation reconnue comme l'Association canadienne de normalisation ou les Laboratoires des assureurs du Canada. Assurez-vous que les supports ne sont pas brisés ou fissurés, qu'il n'y a pas de fils effilochés ou dénudés ou encore de connexions desserrées. Ne surchargez pas les rallonges électriques.

Gardez vos animaux de compagnie à l'intérieur, loin des enfants et des bougies allumées, surtout s'ils sont facilement effrayés ou surexcités.

La collecte de friandises

Accompagnez vos enfants jusqu'à ce qu'ils soient en âge de se promener seuls. Assurez-vous alors qu'ils sont avec un ami ou en groupe ou suivez-les à distance pour garder un oeil sur eux.

Dites à vos enfants de ne pas courir d'une maison à l'autre; dites-leur de marcher sur le trottoir ou sur le côté de la rue qui fait face à la circulation. Ils doivent seulement traverser aux coins des rues en prenant le temps de bien regarder des deux côtés.

Demandez à vos enfants de rester dans les endroits bien éclairés et de visiter uniquement les maisons dont les lumières extérieures sont allumées. Assurez-vous qu'ils sachent qu'ils ne doivent jamais pénétrer à l'intérieur d'une maison ou d'une voiture.

Donnez une lampe de poche à chacun de vos enfants pour qu'ils soient visibles le plus possible.

Dites à vos enfants de ne pas manger leurs friandises avant que vous ne les ayez examinées. Servez-leur un repas avant de sortir pour qu'ils soient moins tentés de manger leurs bonbons en cours de route.

Un sac à dos pourrait être utile au cas où le sac de friandises deviendrait trop lourd.

Examinez les friandises que vos enfants rapportent à la maison avant qu'ils les mangent. Jetez celles qui ne sont pas emballées ou dont l'emballage est desserré, déchiré ou perforé.

Vérifiez les jouets et les articles inconnus pour vous assurer qu'ils ne comportent pas de petites pièces. Ne laissez pas les enfants de moins de trois ans jouer avec ces jouets.

Pensez à offrir autre chose que des sucreries, comme de la gomme sans sucre. Aussi, les autocollants, les crayons multicolores et les colliers font d'excellents remplacements ou compléments aux friandises. Demandez à vos enfants de vous faire des suggestions.

Permettez aux enfants diabétiques de manger des croustilles, des arachides et de la gomme sans sucre. Ils peuvent également garder une partie des friandises, comme le chocolat et les bonbons, que vous pourrez intégrer à leur alimentation au cours des prochains jours ou des prochaines semaines. Le reste peut être échangé avec d'autres enfants ou donné à des enfants défavorisés.

-Un message de Santé Canada et de l'Agence de la santé publique du Canada

Fort Garry Horse sponsors University of Manitoba Engineering Orientation

Cpl Bill Gomm
435 CBG Photojournalist

On September 7 and 8, 2010, The Fort Garry Horse (FGH) sponsored the University of Manitoba Engineering Society's orientation, which took place at the University of Manitoba, in Winnipeg.

"The Fort Garry Horse provided us with a meal as well as the supplies for the competition," said Dave Barchyn, a fifth year engineering student at the University of Manitoba. "In exchange we let them speak to our students about the career opportunities in the military for engineers."

"The purpose of this event is to integrate the frosh into what university life is going to be like at the University of Manitoba and the Faculty of Engineering," Barchyn said. "And, maybe have a little fun at the same time."

At the back of the classroom, soldiers from the FGH Engineers set up a small display that showcased the job of an army engineer. Soldiers also mingled with the students and answered questions.

"What we're doing here as The Fort Garry Horse is showing them what the Army Reserve has to offer engineering students

in university," said Captain Kevin Houlgate, Adjutant for the FGH.

"If we can get even one or two students from the University of Manitoba interested in joining the Army Reserve then our mission is successful," said Capt Houlgate.

Capt Houlgate had a chance to address the students about the benefits that the Reserve Force provides, such as the education reimbursement and the possibility of a good summer job that pays well.

The highlight of the event was the design project where the students designed and built a boat that was required to carry a weighted load from one end of the engineer test pool to the other.

All supplies for the competition came with a price tag. Although money was not required to purchase the items, the total cost for the boat was factored into the judging score.

A fan at one end of the test pool provided the only means of propulsion for the boats, which ranged from traditional boats made from styrofoam to others made of plastic cup or balloons.

With a score of 72.38 out of 100, team Mu won the competition.



Engineering students test their boat design in the test pool. The boat has to transport a load from one end of the engineer test pool to the other end. Photo credit: Cpl Bill Gomm

Bicycle valets touch down

Kristy Rydz
Voxair Photojournalist

Corporal David Wieser is leading Winnipeg into a new era of active transportation safety and ease with his brainchild, Bicycle Valet Winnipeg.

The ED Tech with 17 Wing's Construction Engineering unit has created a unique, monitored parking service for anyone using active transportation - including bikes, jogging strollers, roller blades and even pogo sticks - around the city at specific events. Cpl Wieser and his volunteer crew of around 20 individuals offer a free, safe place to store your mode of transportation, helmet, bag and anything else you'd like to leave during various Winnipeg sporting and social events including Winnipeg Blue Bomber games.

With around 50 to 70 bikes being stored at each Bomber game, Cpl Wieser has seen positive reactions to the service. "We have lots of repeat customers," he said. "They know to expect that we'll be there and that they won't have to worry about their bike."

Cpl Wieser and his pedal-powered



Cpl Wieser, the creator of Winnipeg's Bicycle Valet program. Photo credit: Kristy Rydz

pals will be near the Gate 6 entrance to Canad Inns Stadium for the Bomber game on 23 Oct.

For more information on the project, check out **www.bicyclevaletwinnipeg.ca



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www.corydonphysiotherapy.com

3354 Roblin Blvd. at Elmhurst Rd. 1 min. east of the Moray Bridge

Veteran's Week Speakers Wanted

We are compiling a list of interested speakers for the upcoming Veteran's Week (28 Oct - 10 Nov). If you are interested, please respond to +17 Wing Public Affairs@WHQ@Winnipeg with the following information:

- 1) Name
- 2) Language profile
- 3) Deployments, if any
- 4) Preferred age group
- 5) Availability (daytime only, evening only, anytime)

We also need to know if you have been asked by any schools/groups to speak for Veteran's Week. We need to know so we can properly track the presentations and do not double book. If you have any questions, please call Lt Donna Riguidel at 4529

Conférenciers de la Semaine des anciens combattants

Nous préparons actuellement une liste de conférenciers dans le cadre de la Semaine des anciens combattants (28 octobre au 10 novembre) Si vous vous intéressez à prononcer une conférence, veuillez nous écrire l'adresse courriel +17 Wing Public Affairs@WHQ@Winnipeg et nous fournir les renseignements suivants:

- 1) Nom
- 2) Profil linguistique
- 3) Déploiements (le cas échéant)
- 4) Groupe d'âge préféré
- 5) Disponibilité (uniquement pendant la journée, le soir seulement, n'importe quand)

Par ailleurs, veuillez indiquer si vous avez été invité à présenter une conférence devant des élèves ou des groupes pendant la Semaine des anciens combattants, pour que nous puissions assurer le suivi des présentations de façon efficace et éviter de fixer des dates de présentation en double. N'hésitez pas à appeler le lieutenant Donna Riguidel au poste 4529 si vous avez des questions.

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

Meet the heart specialists on your vitamin shelf

(NC)—Did you know that your heart beats about 100,000 times a day, pumping blood and oxygen to every cell in the body? The heart needs a constant supply of blood, with oxygen and nutrients, which it gets from the coronary arteries. If these arteries become damaged or blocked, and the heart doesn't receive enough oxygen, heart muscle can be damaged or killed. And that can kill you. Improving circulation, strengthening your heart and supporting cellular health are all important for a long life and a strong heart.

The nutritional supplements most often recommended for heart health by naturopathic physicians include:

Coenzyme Q10 - also called ubiquinone, from ubiquitous, which means 'everywhere at once'. Required by every cell in the body, CoQ10 helps "spark" the chemical reactions that produce cellular energy. Free-radical fighting antioxidants, including CoQ10, help prevent cardiovascular disease and other degenerative diseases and slow cellular aging. Like vitamin E, CoQ10 prevents oxidation of LDL cholesterol, reducing plaque build-up in arteries.

Omega-3 Essential Fatty Acids (EFAs) - EFAs are natu-

ral health-supporting oily food compounds that need to be consumed through diet as the body cannot manufacture them. They include DHA (docosahexaenoic acid) used in the membranes of the brain, eyes and glands, and EPA (eicosapentaenoic acid) which decreases inflammation, blood pressure and water retention. Quality fish oil supplements like Webber Naturals omega-3 super concentrate are standardized to provide 400 mg of EPA and 200 mg of DHA per capsule, more than double what some fish oil supplements provide. Omega-3s improve circulation and have an anti-inflammatory effect on the lining of coronary arteries. Some formulas combine CoQ10 and Omega-3s for additional heart support.

Antioxidants - These include a wide range of supplements — from berry concentrates, to Vitamins C and E, to beta carotene and green tea extracts, and resveratrol (from red grapes) — but what they have in common is the ability to neutralize free radicals to prevent cellular damage. Free radicals are unstable molecules that rob oxygen from other molecules. This is a process, called oxidation, that weakens

cells, compromises immunity and speeds age-related decline. Antioxidants provide overall health support and are especially important for the heart and brain.

B Vitamins - Research shows that a combination of B vitamins (B12, B6 and folate) can reduce homocysteine levels. High homocysteine levels are an indicator of higher than average heart attack risk. Niacin is another important B vitamin that can safely improve cholesterol levels and circulation.

Garlic - Long known to improve circulation, research shows that garlic can improve blood pressure and cholesterol levels. Its capacity to support cardiovascular health may result from its ability to improve the elasticity of blood vessels.

Whatever supplements you choose for your heart's health, the two most important ways to support that pump haven't changed — eating a balanced diet and getting plenty of exercise. Your heart will thank you.

www.newscanada.com

LEARN MORE ABOUT ALCOHOL, OTHER DRUGS AND GAMBLING
— TWELVE MODULES AVAILABLE

APPRENEZ - EN PLUS SUR L'ALCOOL, LES AUTRES DROGUES ET LE JEU EXCESSIF
— DOUZE MODULES DISPONIBLES

For more information, contact your local **Strengthening the Forces** Health Promotion Office or visit our website at www.forces.gc.ca/health-services/engraph/health_promotion/home.asp

Pour plus d'information, communiquez avec votre bureau local de promotion de la santé **Énergiser les Forces** ou visitez notre site internet www.forces.gc.ca/health-services/engraph/health_promotion/home.asp

ATTENTION: KNOWLEDGE CAN BE BENEFICIAL TO YOUR HEALTH
ATTENTION: LA CONNAISSANCE PEUT ÊTRE BÉNÉFIQUE À VOTRE SANTÉ

FORMATION DES SUPERVISEURS 1RE ET 2E PARTIE

1. Reconnaître les premiers symptômes et savoir y réagir.
2. Apprendre à faire des entrevues efficaces

(Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code)

Le 18 novembre 2010 de 8 à 16 heures
bâtiment 135, salle 132

Inscriptions et renseignements: Promotion de la santé. Poste 4150/ 4160/4995
Inscrivez-vous vite car le nombre de places est limité!

Bouffe-santé
POUR UN rendement assuré

Un programme des Forces canadiennes

STRENGTHENING THE FORCES
ÉNERGISER LES FORCES

Canada

début: 22 et 23 novembre 10
heure: 8 h à 16 h
endroit: édifice #62, chambre #315
S'inscrire avant le 17 novembre 10

Pour obtenir de plus amples renseignements et pour s'inscrire, communiquer avec l'équipe de promotion de la santé, poste 4150, 4160 ou 4995.

Le stress : Ça se combat!

Un programme des Forces canadiennes

STRENGTHENING THE FORCES
ÉNERGISER LES FORCES

LE STRESS : ÇA SE COMBAT!

Début : 8 & 9 novembre, 2010

Heure : de 8 h à 16 h

Endroit : bâtiment #62

Pour obtenir de plus amples renseignements et pour s'inscrire, communiquer avec l'équipe de promotion de la santé, poste 4150

Date limite d'inscription : 4 novembre, 2010

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For more information, contact your local **Strengthening the Forces** Health Promotion Office or visit our website at www.forces.gc.ca/health-services/engraph/health_promotion/home.asp

Pour plus d'information, communiquez avec votre bureau local de promotion de la santé **Énergiser les Forces** ou visitez notre site internet www.forces.gc.ca/health-services/engraph/health_promotion/home.asp

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Inscrivez-vous vite car le nombre de places est limité!

Top Fuel for Top Performance
2-Day Workshop

Date: 22 & 23 November 2010
Time: 0800 – 1600 hrs
Location: Bldg. #62– Room #315

STRENGTHENING THE FORCES
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Canada

For additional information and to register contact:
Health Promotion @ local 4150, 4995 or 4160

STRESS: Take Charge!

STRENGTHENING THE FORCES
ÉNERGISER LES FORCES

17 WING WINNIPEG HEALTH PROMOTION is proud to present:

STRESS: TAKE CHARGE!

DATE: 8 & 9 November 2010
TIME: 0800 hrs – 1600 hrs
LOCATION: Bldg. #62, Classroom #315

FOR MORE INFO OR TO REGISTER CONTACT HEALTH PROMOTION AT LOCAL 4150.
Registration deadline: 4 November 2010



www.mfrc.mb.ca
204.833.2500 ext. 4500



Teen Chat Decoder: Internet Safety Tips

By Online Safety Tips on 21/09/10 at 5:04 pm

Children are naturally curious. That curiosity can lead them to wonderful discoveries and occasionally, unanticipated pitfalls, particularly when it comes to the Internet.

For example, did you know that more than two-thirds of children on the Internet have received email or other messages from someone that they did not know?

A third of those responded to these messages from complete strangers. Obviously it is impossible to control the messages that your child receives, but you can control how your child responds.

Helping your child understand the importance of Internet safety is not unlike keeping him or her safe from drugs you must have the conversation early and often.

Here are a few suggestions:

- Explain your expectations about Internet use and safety (it is not enough to say "don't give your address to strangers." Instead, add an age appropriate explanation for this Internet safety rule)
- Encourage your child to check in with you often about Internet experiences (take time to visit your child's myspace.com or facebook.com page; ask them about what you find there in a way that invites dialogue)
- Keep a list of child friendly search engines to help your child avoid landing on inappropriate sites.
- Consider parental control products.
- Send your child anonymous messages that they can practice ignoring and alerting you about.
- Spend time with your child. A good relationship is the key to healthy communication and can help make your child less vulnerable to Internet predators.

Storybook Adventures

Children: (3 years by Dec31) Come join Alex for music, art, science and movement adventures based on favourite stories!

Parents can come join Jen for coffee conversation and create a book bag!

Date: Tuesdays Nov 2- Dec 7

Time: 1:30 to 3:00pm

Place: Westwin Children's Centre (parents at 102 Comet St)

Cost: \$15/family

Please register by Oct 27 (833-2500 -2491)



Padre X

Celebrate Remembrance Week!



Padre X is the amazing true story of WWII chaplain John Weir Foote, the only Canadian chaplain to win the Victoria Cross.

After displaying tremendous heroism on the fire-soaked beaches of Dieppe, Foote stayed behind and spent three years as a POW so he could continue to minister to the men in his care.

Tuesday, November 9, 2010

7:00 pm

Building 90, Base Theatre

Tickets available at the MFRC or at the door.

Tickets \$12.00

Padre X

Célébrez la semaine du Souvenir!



Padre X est l'incroyable et vraie histoire de l'aumônier John Weir Foote qui a eu lieu pendant la Seconde Guerre mondiale. Ce dernier fut le premier aumônier canadien à recevoir la Croix de Victoria

Après avoir agité comme un héros sur les plages de Dieppe, Foote est demeuré prisonnier de guerre pendant 3 ans et a veillé aux besoins spirituels de ses compagnons prisonniers.

Présentée en anglais

Mardi, le 9 novembre, 2010

19h00

Théâtre de la Escadre, Édifice 90

Billets disponibles au CRFM de Winnipeg ou à la porte.

Billets 12.00\$

Parents, Do U Know What Ur Kids are Saying?

Below are some samples of typical teen chat terms used in chat rooms that parents might want to know when doing any sort of parental monitoring.

AAMOF = As a matter of fact

ABFL = A big fat lady

TSW = Teachers are watching

WYRN = What is your real name

TDTM = Talk dirty to me

AND or ADN = Any day now

CD9 = Code 9 or parents are around

X or E = Ecstasy

NIFOC = Naked in front of camera

HSWM = Have sex with me

55 = Coast is clear

AITR = Adult in the room

AFK = Away from the keyboard

P911 = Parental emergency

AML = All my love

B4N = Bye for now

ASL = Age, Sex, Location

ASLP = Age, Sex, Location, Picture

AYOR = At your own risk

420 = Marijuana

53X = Sex

GNOC = Get naked on camera

IMB = I'm buck naked

KPC = Keeping parents clueless

PAW = Parents are watching

STFU = Shut the Fu*k up

S/U = Shut Up

For more information or to submit your own terms go to www.teenchatdecoder.com

MFRC upcoming events

MUNCH AROUND MANITOBA

Wednesday, October 27, 6 p.m.

Register by October 22

- Come dine with us. We'll be heading to Gasthaus Gutenberg, 2583 Portage Avenue. Come experience authentic German cuisine. Participants pay for their own meals.

GET OUT OF BARRACKS (GOOB)

Tuesday & Thursday 6 to 9 p.m.

- Do you need a place to relax after class? Are you single, living in barracks and looking for someplace to go? The Northside Youth Centre will be open in the evenings just for you. We have foosball, video games, computers with internet & printer, and board games. Stop by and check us out. The coffee will be on and a canteen is available!

FRANCOPHONE LADIES' GROUP

Friday, October 29, 6 p.m.

- Join us for a Halloween party and potluck. For more information, email melanie.lyrette@forces.gc.ca

OP SUGAR RUSH

NORTH & SOUTH SIDE YOUTH CENTRE

Sunday, October 31

5 to 9 p.m.

- In partnership with the 17 Wing Military Police, we will be opening the Youth Centres on Halloween. Stop in, grab a treat and say hello. Have a hot chocolate and warm up before you head out again.

Chaplain's Corner

Making a Difference



My grandmother used to remind me that “the world should be a better place because you are in it.” We should all make a difference in life. The fact is we do. We all have an impact on our world. We determine if our effect, or contribution, will be negative or positive. This is true of almost every area of our life whether it is our impact on the environment or our effect on the relationships we have with others at work and home that make up our life.

We as a military make a difference in our world as we represent the interests of Canada and humanitarian causes world-wide. We can all be proud of that. It is one of the big reasons that I personally left parish ministry and civilian life to join the CF. It was one of the best decisions I have made and I am proud to serve among you.

The Chapel communities of 17 Wing want to make a difference in your life as well. In addition to our weekly worship services that we offer, there are other programmes that we hope have a positive impact on the 17 Wing/1 Canadian Air Division communities. We had a very successful summer Vacation Bible School spearheaded by Padre Will Hubbard this year. The week-long day camp had the theme of a High Seas Adventure and the participants had a great time.

We would like to make you aware of some other initiatives that you will hear more about in the coming weeks.

On Saturday 27 November, we will be hosting an “Old-Fashioned Country Christmas Party and Pot-Luck”. This will be a great afternoon consisting of an outing to Windrift Christmas Tree Farm with transportation provided where you can cut your own tree and bring it back with you, or come along just for the sleigh rides, Christmas village, hot chocolate and bonfire. It promises to be a great family event. Those who came last year really enjoyed it. Some chose to stay and decorate the church rather than come to the tree farm which will be an option this year as well. All are invited to stay for a potluck dinner at the church hall afterwards. It is a great way to start the holiday season with family and friends. More details will be coming from Padre Granholm in regard to this event.

Of course, the chapel communities will be supporting the Christmas Hamper program in conjunction with the MFRC again this year. Having delivered some hampers to some needy families with my three sons last year, I know first-hand the value of this program and how much it is appreciated. The Care and Share Christmas concert is helpful in providing funds for this and other support services that we offer as padres.

As well, we would like to let you know of a marriage enrichment program that we will be offering in this winter after Christmas. The overview of this opportunity is that it consists of a “date night” of a nice dinner for two provided by the chapel communities followed by a short video presentation and desert and discussion with your spouse. I have run this course in parish settings twice and couples have all found it to be very fun and rewarding. While it is named “The Marriage Course”, and presented from a Christian perspective, all couples, married or common-law who are interested in growing together are warmly invited to attend. We are excited to be able to offer this to the 17 Wing/1 Canadian Air Division communities. I will be providing more details as we firm up the plans for this way in which we as the chapel communities are seeking to make a difference for you.

We all know that the health of our significant relationships directly affects our ability to make a contribution and a difference in our professional and personal responsibilities. Therefore, it has been focus of the 17 Wing Chapel communities to contribute positively to this aspect of our life together. This is not to simply fulfill our mission and vision as a chapel community, but rather, to truly make a difference in your life. We hope you can join us for some of these events and pray that you will be blessed.

-Padre Gordon Mintz



Together in Church

CATHOLIC

CHAPLAINS
Padre R. Laudenorio
Roman Catholic Office 833-2500 ext. 5272
Padre Mark Mawson
Roman Catholic Office 833-2500 ext 5956

Masses (English only)
Sunday 1100 hrs

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

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

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

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

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

PROTESTANT

CHAPLAINS
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

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.



CLASSIFIEDS

Help Wanted:

The VOXAIR is looking for a commissioned sales person!

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- Write your own paycheck.

For further information call 833•2500 ext 4120

For sale: 2009, Yamaha 450 Kodiak, ATV. Black (original owner). Brand new, driven less than 40 hours, includes accessories, cover, cargo seat, windshield, and foot pegs. Paid over \$9,000, asking \$7,500 O.B.O.

For sale: 1995, 18 Ft. four winns boat with binnie top, 115 HP Johnson motor and trailer (second owner). Includes: life jackets, fish finder, cover and tube with tow rope. Winter stored and maintained regularly. Excellent condition, asking \$9,500. O.B.O.

Call Monique local 5789 or after 5:00 p.m. (204)785-8174. Pictures available.

Looking for a babysitter for two sets of twins that are ages 10 and 11 for 10 hours a week, Saturday evenings, and some Friday evenings. May also consist of one night during the week. Please contact Lorelee Finnie @ canorask@hotmail.com or call me at 416-5449

Men's Ring for sale: Band style with design. Asking \$100.00 OBO. Please call or e-mail Lorelee Finnie at canorask@hotmail.com or call 416-5339

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Taroscopes

BY
NANCY

Aries (March 21 - April 19):

Good news is coming. You're feeling blessed, happy, stronger and healthier. The reason you feel so fortunate is that your optimistic nature wouldn't have it any other way. Enjoy the fun filled days ahead. Get involved in things that showcase your own talents.

Taurus (April 20 - May 20):

A power struggle shows you that those in positions of authority have a greater impact on your life than you realized. A conflict that was brewing comes to a head. Even when the dust settles it won't be immediately obvious what the fallout will be. Tread carefully.

Gemini (May 21 - June 21):

It is possible to incorporate both the practical and fun even if they don't seem easy to merge. See it as a challenge you're eager to meet. Attitude makes a difference. If you believe it is possible it's easier to see how to make it so.

Cancer (June 22 - July 22):

You're usually so inclined to smooth things over that it may take you by surprise when you suddenly feel the need to take action or speak up in a way that could result in a confrontation. You've learned the hard way that appeasing others isn't always best in the long run.

Leo (July 23 - August 22):

If soul searching and introspection only lead to fits of frustration about the past you've missed the point of the exercise. Use the information revealed about yourself to determine how to get your feet planted more firmly on stable emotional ground. Things get easier after that.

Virgo (August 23 - September 22):

Take a break from pushing yourself. Enjoy what you've done so far. This is a short reprieve. Fresh challenges and exciting days are ahead. Review your accomplishments, share the wisdom you've gained during this growth process with those who wish to follow your example.

Libra (September 23 - October 23):

The creative process requires introspection and consideration, however the next step is to do the work required to reach your audience or goal. Even though you'd like to just relax and contemplate further, this isn't the time. Roll up your sleeves and get to it.

Scorpio (October 24 - November 21):

At this time it will be much easier to connect with loved ones and to get into new relationships. Your time of waiting is almost at an end so don't give up just before you see the results of your efforts or investments. Be open, honest and decisive when dealing with others.

Sagittarius (November 22 - December 21):

You've realized why life doesn't seem perfect and decide to seek what is missing. Don't assume there are limitations before you meet them. Redefine your lifestyle so it suits you better. You'll find your niche after a period of feeling out of step with the rest of the world.

Capricorn (December 22 - January 19):

You may be surprised to find out that someone you thought was on your side has been trying to undermine your efforts. You'll bounce back with the help of supporters. Enable others to help themselves by refraining from taking on the bulk of the tasks and responsibilities.

Aquarius (January 20 - February 18):

Even though you've been fair when dealing with others, not everyone works like this. Expect the unexpected. A major upheaval is coming. Try not to get stressed by these radical shifts. Go with the flow and you'll find in the end everything is a better fit for you anyway.

Pisces (February 19 - March 20):

Make adjustments to your lifestyle to accommodate new revelations about yourself. Stay true to your nature and you will flourish. You will find where and with whom you fit in. The easiest way to know you're there is when you feel free from the fear of judgement.

NEW ARRIVALS

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BINGO: Monday, Wednesday & Friday at 7:30 pm
Early Bird starts at 7:00 pm
SENIOR'S BINGO: Thursdays at 1:30 pm
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

PROUD OF OUR PAST



PROTECTING OUR FUTURE

Welcome...

ST. JAMES LEGION

Branch No. 4
Royal Canadian Legion
1755 Portage Avenue
Winnipeg, Manitoba

Texas Hold'em

Tues 7 p.m.

Line Dancing

Every Tues & Wed
8 to 10 p.m.

Dancing To Live Bands

Fri & Sat
9 p.m. - 1 a.m.

Meat Draws

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