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17 Wing Remembers



Chief Warrant Officer André Normandin (left), Commander Colonel Joel Roy and Honorary Colonel Ross Robinson lay a wreath on behalf of 17 Wing / AFTC at the Remembrance Day Services held at the Winnipeg Convention Centre. Photo: Cpl Jean Archambault. For more Remembrance Day photos see page 9.

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PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

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435 Sqn helps local school mark Remembrance Day

By Martin Zeilig
Voxair Photojournalist

Cries of excitement emanated from many of the 600 students gathered on the playing field of Van Wallegham School/ Ecole Van Wallegham as the powerful RCAF CC-130 Hercules from 17 Wing roared overhead at 2200 feet in the late cool, sunny morning of November 7.

Suddenly, two figures, SAR techs Warrant Officer Mike Hurtubise and Sergeant Joel Manaignre, could be seen floating downwards on orange coloured parachutes as the powerful plane gained altitude and eventually disappeared into the cloudless deep blue eastern sky.

435 Transport and Rescue Squadron were conducting a Search and Rescue Technician demonstration at the school as part of their Remembrance Day ceremony.

Moments before the jump, 17 Wing ground crew member Master Corporal Stephan Desrosiers, who acted as a parachute bagger afterwards, had released a canister of green smoke to give wind direction for Sgt Manaignre and WO Hurtubise.

"It was very touching and exhilarating to see this," said band teacher Jacques Normandeau.

He played the Last Post and The Rouse on his trumpet during a moment's silence on the field as two students were holding a school-made wreath studded with poppies onto which a SARTECH pinned another poppy.

While doing a quick field roll of his parachute, Sgt Manaignre reflected on the significance of the demonstration jump.

"This is a very big drop height wise," he said. "This is just a show, so we don't have our full equipment on. I think it's important that we show the kids the impor-

tance of Remembrance Day, and also what the current military is doing."

Meanwhile, the school's Principal, Brad Burns, talked about how thankful he was for 435 Squadron's presence at the ceremony, which was originally suggested by WO Hurtubise.

"We jumped at the chance, and thought it would be awesome for the children," said Burns. "Then, we had to plan how to make it meaningful for Remembrance Day. We came up with the idea that after they jumped from the plane, they'd put a poppy on the wreath. We were trying to make a connection with what traditionally happens at our Remembrance Day Ceremonies."

Later, in the school's gymnasium WO Hurtubise, whose three daughters attend the school, gave a talk about life as a SARTECH to a large group of attentive students from grades four to eight, before taking time to answer some questions from the students, including: "What inspired you to be a SARTECH?"

WO Hurtubise said that being physically active led him down this path.

"I used to pay to go mountain climbing, scuba diving (and other adventurous activities). Now, I get paid to do it and even occasionally rescue people."

Another child asked "What happens if your parachute doesn't open?"

"There are the same chances of that happening as winning the lottery," WO Hurtubise answered.

Afterwards, two grade six students, Shaylin Hurtubise, 12, and 11 year old Alex Kinner, whose father is 435 Squadron pilot Major Richard Kinner, expressed their views of the morning's events.



Sgt Joel Manaignre and WO Mike Hurtubise participate in the ceremony. Photo: Martin Zeilig

"I really like what my dad does," offered Hurtubise, revealing that she has always wanted to jump out of an airplane. "It's really cool, I'm proud of my dad."

She also mentioned that it's important to remember the war veterans who sacrificed their lives for our freedoms today.

Added young Kinner: "It was really cool to watch the Herc and the two SARTECHs jumping out of the plane. I also got to learn some new things from Mr. Hurtubise's talk-- that you have to do lots of training and the sky's the limit for jumping. When I'm older I'll either be a pilot or a SARTECH."

Breaking ground for new multi use facility at 17 Wing

DND News Release

James Bezan, Parliamentary Secretary to the Minister of National Defence and Member of Parliament for Selkirk-Interlake, and Colonel Joël Roy, 17 Wing Commander, broke ground on a multi-use facility today that will be the new home of several personnel support services for military members and families in Winnipeg.

"This investment in infrastructure contributes to the economic health of this region by creating employment opportunities throughout the duration of work," said Mr. Bezan. "Furthermore, when the CANEX retail store is ready for business it is expected to create eight to 10 jobs."

KDR Design Builders' (Commercial) tender was accepted to build the \$5.9M facility on October 15, 2013. The entire project will cost \$9.8M and should be completed early 2015.

The new facility will optimize the operations of several units whose services are essential to the morale and well being of military personnel and their families. Ser-

vices will include Winnipeg's Integrated Personnel Support Centre, Canadian Forces Morale and Welfare Services Offices, a Military Post Office, Health Promotion Office, SISIP Financial Services, the Voxair Newspaper Office and a CANEX retail outlet.

"It is a clear indication that the health and well-being of our military men and women remains a top priority for the Government of Canada, by providing essential health and well-being services to military families," said Mr. Bezan.

Integrated Personnel Support Centres provide one-stop access to services and benefits, simplifying the process for those seeking assistance. Since the Winnipeg IPSC was first stood up in 2009, the IPSC has been working out of three different locations both inside and outside the main gate, and this project will consolidate their services under one roof.

"The well-being of our members is one of my highest priorities, and 17 Wing is pleased to partner with Canadian Forces Morale and Welfare Services in building a modern facility that will improve the services offered to our personnel and their families," said 17 Wing Commander Colonel Joël Roy.

CANEX, the Canadian Armed Forces exchange system, a division of the Canadian Forces Morale and Welfare Services (CFMWS) is tasked with supporting the Canadian Armed Forces operational effectiveness, contributing to morale, esprit de corps and unit cohesion. CANEX operates retail outlets at CF Bases, Wings and Units throughout Canada. Aside from the sale of Support our Troops apparel, it is not accessible to the general public and is not in competition with local businesses.

"CANEX is very excited to again offer retail services at 17 Wing," said Mac Mc Millan, Vice-President of

CANEX. "This project began as new infrastructure to replace the CANEX retail and concession services and has evolved to a multi-purpose facility for many Canadian Forces Morale and Welfare Services programs and services. Over the past eight years, we have been extremely fortunate to receive the support of past and present Wing Commanders and engineering staff at 17 Wing while this project was being developed."

The new CANEX is expected to create eight to 10 new jobs and generate sales of \$1.1M annually.



From left to right: 17 Wing CWO André Normandin, 17 Wing Commander Col Joel Roy, Parliamentary Secretary to the Minister of National Defence James Bezan and 2 Canadian Air Division Commander BGen Bruce Ploughman Break Ground for the new multi use facility to be built at 17 Wing Winnipeg. Photo: Cpl Paul Shapka

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Our Apologies

The Voxair would like to extend an apology to CPO2 Mike Jarrett for accidentally getting his rank wrong in the Jail and Bail story in the previous issue of the paper. The Voxair strives to ensure accuracy in all of our stories, but unfortunately we missed this one. Our sincerest apologies to CPO2 Jarrett. - The Voxair

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WELCOME ALL MILITARY PERSONNEL

A word from your Wing Commander

By Col Joel Roy
17 Wing / AFTC Commander

To say that since the summer we have been busy would be an understatement. I cannot count the number of accolades I have received on your behalf over the last months, acknowledging the superb work done throughout our Area of Operations (AOR).

Time flies; just a few weeks ago it seems I was still in the Sinai. We are adjusting to Winnipeg. With a splendid autumn that increasingly appears behind us and winter already at our door, I am starting to believe we will not only need winter tires, but an extension cord for this one.

With Winnipeg's AOR being extremely large, the early mandate required extensive travels to meet personnel of 17 Wing and AFTC. So much to learn and to do! Thankfully, all



17 Wing/AFTC Commander
Col Joel Roy

units had prepared a "17 Wg/AFTC for dummies" package which greatly facilitated my transition here. Meetings in Ottawa, 1 CAD, 2 CAD, and Trenton, in addition to reviewing a graduation in Moose-Jaw, completed these initial months as Wing Commander.

This allowed the WCWO and I not only to get a first hand understanding of the pressures faced by units, personnel and families, but raise the concerns to the appropriate levels and ensure priorities remain aligned with those of our Higher Headquarters.

In the mean time you have all kept delivering excellence on our important missions. The development of the Air Expeditionary Wing (AEW) for next year also continues as other Wings are being tasked to assist us in filling some of the positions. This will remain a top priority here until the end of our mandate in summer 2015.

The GCWCC campaign is well on its way, thanks to several volunteers and all participants. Halloween already went by, with some memorable moments. The Remembrance Day ceremonies are already behind us, and the Christmas celebrations are approaching fast.

After years of patience and work by several people, the Wing is finally getting back its CANEX building, as construction started on 13 Nov, and should last about 16 months. It will house several services, which I hope

will enhance the support provided to personnel and their families, as well as those coming to Winnipeg for courses and meetings.

We are also working closely with the Canadian Forces Housing Agency (CFHA) to ensure that not only immediate concerns from our members living in Residential Housing Units (RHUs) are addressed, but a long term plan is in place to develop quality housing options. Your active participation in the short survey developed is essential to this project to ensure the Chain of Command is aware of requirements and works positively with CFHA on those.

Although I am already anxious to get back to the far ends of our AOR to meet again with the Wing and AFTC personnel, who offered us unparalleled hospitality on our visits (hint!) I look forward to a few more "travel free" weeks in the Winnipeg region. We will continue to strengthen our extremely important community links. This should also allow the WCWO and I to visit the units here in Winnipeg and perhaps I will even find time to empty the last few boxes from our move.

I think my wife had a message for me when I returned from all this early travel, as a small electrical wire and plug were extending from the front end of my car, hooked to a newly installed block heater...

CFSSAT Helps Aircrew Stay Alive

By Martin Zeilig
Voxair Photojournalist

At first glance, the blue Altitude Chamber, or Hypobaric Chamber, at the Canadian Forces School of Survival and Aeromedical Training might be mistaken for a bank vault if it weren't for the set of windows along the sides of this solid steel rectangular structure.

The Chamber holds two rows of individual seats (or stations), enough for 15 students and three observers. Each seat comes with an oxygen regulator and an outlet for an oxygen hose. The Chamber was built in 1954 and is located in a special room that also contains related aeromedical training equipment.

"Our mandate is to train all air crew on the physiological risks involved when they fly," Says Warrant Officer Don Dunphy, who is one of the Senior Aeromedical

Technicians at CFSSAT.

Maj Soulard, Commandant of CFSSAT, emphasized that CFSSAT is at the centre of expertise for Aeromedical Training (AMT) and Survival, Evasion, Resistance and Escape (SERE) Training.

He said that CFSSAT plays a vital function in force generation as initial courses in both AMT and SERE are provided to all CF crew.

"All NATO countries do their own program following NATO Standardization Agreement guidelines," Maj Soulard said. "We all follow the same procedures and train to the same level. We train about 250 students on the AMT side per year."

WO Dunphy stated that they use Positive Pressure Breathing Stations (PPBS) to simulate the effects aircrew would feel at higher altitudes in an emergency situation.

"If they're in an aircraft decompressing above 37,000 feet, their regulator delivers oxygen under positive pressure," he said. "We focus on the most prevalent and dangerous conditions that aircrew may be faced with. This allows the aircrew to be aware what can happen and know how to respond should it occur during flight."

In another room, a flight simulator is used

with a Reduced Oxygen Breathing Device (ROBD), allowing pilots of high performance jets to fly a normal mission flight profile while having CFSSAT instructors induce hypoxia.

"It's more realistic training for the experienced jet pilots on their recertification course than having them sit in the Chamber next door," WO Dunphy said.

"Here the pilot can fly and do a normal operational mission while still having to recognize symptoms of hypoxia. Some people don't recognize their symptoms, so we want to make them aware of it."

Meanwhile, the cramped cockpit of a Spatial Disorientation Trainer is used to demonstrate to pilots the common visual and vestibular illusions one can have while flying.

"It teaches pilots to trust their instruments when you're flying in clouds or at night," said WO Dunphy.

Another section of the CFSSAT building houses the Survival Instructors, who prepare aircrew to survive and assist in their own recovery in a variety of environmental conditions. SERE instructors

come from a number of occupations, including Search and Rescue Technicians, Infantry, Vehicle Technicians, Aerospace Control operators and Airborne Electronic Sensor Operators.

"We provide instruction on survival, evasion, resistance and escape procedures for all climatic and terrain condition through 3 different courses," commented Greg Anderson, a civilian SERE instructor, adding that courses run for five, eight or 10 days.

Back in his office, Maj Soulard stressed the importance of CFSSAT's mission.

"Working here is a once in a lifetime opportunity because I get to work in fields that aircrew aren't generally exposed to from the inside. All the training that we provide here is for aircrew," he said. "The sole reason this school exists is to provide a measure of safety to flight operations be it within the aircraft with air medical training, or after an incident has occurred requiring survival training. We're here for the aircrew in order to minimize unnecessary loss of aircraft or aircrew."



A group of RCAF aircrew trainees sit in the Altitude Chamber at the CFSSAT. Photo: Martin Zeilig

Dealing With Hypoxia In The CFSSAT Altitude Chamber

By Martin Zeilig

Minutes after filing out of the Altitude Chamber at the Canadian Forces School of Survival and Aeromedical Training, a group of RCAF aircrew trainees agreed to be interviewed by The Voxair.

The chamber's purpose is to expose aircrew to their physiological effects of hypoxia (oxygen deprivation) and permit the demonstration of certain life support procedures, explained Warrant Officer Don Dunphy, one of the Senior Aeromedical Technicians at CFSSAT.

"We were simulating conditions up to 25,000 feet and experiencing the effects of hypoxia in there for 25 minutes," said Officer Cadet Steven Trainor, one of the trainees.

"For us, this is the initial training and learning to deal with hypoxia and pressurization change and how to clear our sinuses and ears."

He mentioned that his symptoms included feeling very warm and experiencing a shortness of breath, while some of his fellow trainees began trembling at the lack of oxygen, and didn't even know it until afterwards.

Second Lieutenant Marie-Claude Labbé, originally from New Brunswick, said that she felt light headed and had blurred vision while in the Chamber.

"Everyone becomes hypoxic in there," observed OCdt Tainor, a native of Toronto.

"The whole point of this training is to feel the effects and to recognize them in yourself and in others, and to deal with them effectively. Now, I know that if I'm feeling happy or euphoric in the air to turn on the oxygen, or least check to see if there's a leak in my oxygen apparatus."

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Wing Commander's Honours and Awards



Commander 17 Wing / AFTC Colonel Joel Roy and 17 Wing Chief Warrant Officer André Normandin hosted the 17 Wing Honours and Awards Ceremony at the Officers Mess on November 14, 2013. All photos by: Cpl Paul Shapka



WO Dwight Anderson receives the first Bar to the General Campaign Star from Col Roy (left), 17 Wing AFTC Commander, and CWO Normandin (right).



Sgt Wayne Adamczyk receives the first Bar to the General Campaign Star.



Sgt Ian Macdonald receives the first Bar to the General Campaign Star.



Sgt Judith Willan receives the first Bar to the General Campaign Star.



MCpl Nathan Kachur receives the first Bar to the General Campaign Star.



MCpl David Keirstad receives the first Bar to the General Campaign Star.



Cpl Jonathan Nebel receives the first Bar to the General Campaign Star.



Cpl Daniel Vandale receives the first Bar to the General Campaign Star.



MCpl Anson Martin receives the Operational Service Medal - HUMANITUS.



MCpl Pierrette Hall receives the Operational Service Medal - EXPEDITION.



Cpl Troy Ferguson receives the NATO - Operation Unified Protector Medal - LIBYA.



MCpl Jason Loboz receives the Queen Elizabeth II's Diamond Jubilee Medal.



Maj Glenn Northrup receives the Second Clasp to The Canadian Forces Decoration.



Maj Marsh Pettitt receives the Second Clasp to The Canadian Forces Decoration.



CWO Sylvain Bernard receives the Second Clasp to The Canadian Forces Decoration.



MWO Randall Morningstar receives the Second Clasp to The Canadian Forces Decoration.



Sgt Terrance Arsenaux receives the Second Clasp to The Canadian Forces Decoration.



MCpl Brian Cotterill receives the Second Clasp to The Canadian Forces Decoration.



MCpl Terry Putz receives the Second Clasp to The Canadian Forces Decoration.



Maj Douglas Blakely receives the First Clasp to The Canadian Forces Decoration.



LCdr James Cantafio receives the First Clasp to The Canadian Forces Decoration.



Capt Patrick Hitchcock receives the First Clasp to The Canadian Forces Decoration.



Capt Gaetan Fiola receives the First Clasp to The Canadian Forces Decoration.



MWO Heidi Twellmann receives the First Clasp to The Canadian Forces Decoration.



Sgt Vicky Puttick receives the First Clasp to The Canadian Forces Decoration.



Cpl Jim Maher receives the First Clasp to The Canadian Forces Decoration.



Maj Laura Gagne receives The Canadian Forces Decoration Medal.



Maj Dominic Paquette receives The Canadian Forces Decoration Medal.



Capt Kevin Diduck receives The Canadian Forces Decoration Medal.

Wing Commander's Honours and Awards

Continued...



Capt Darius Mirza receives The Canadian Forces Decoration Medal.



Capt Anders Muckosky receives The Canadian Forces Decoration Medal.



Capt Jordan Woodman receives The Canadian Forces Decoration Medal from Col Roy (left), and CWO Normandin (right). With him is his wife, Melissa and son, Jasper.



MCpl Fernando Bianco receives The Canadian Forces Decoration Medal.



MCpl Teague Bruneau receives The Canadian Forces Decoration Medal.



MCpl Robert Clark receives The Canadian Forces Decoration Medal.



MCpl Sean Donovan receives The Canadian Forces Decoration Medal.



MCpl Sylvie Lelievre receives The Canadian Forces Decoration Medal.



MCpl Brent Macinnis receives The Canadian Forces Decoration Medal.



MCpl Christopher Wilson receives The Canadian Forces Decoration Medal.



Cpl Scott Cole receives The Canadian Forces Decoration Medal.



Cpl Kevin Green receives The Canadian Forces Decoration Medal.



Cpl Brenda Gullen receives The Canadian Forces Decoration Medal.



Cpl Joseph Lavallee receives The Canadian Forces Decoration Medal.



Cpl Colin Legaarden receives The Canadian Forces Decoration Medal.



Cpl Ian Malcolm receives The Canadian Forces Decoration Medal with his daughters.



Cpl Corie Syganiec receives The Canadian Forces Decoration Medal.



Mr. Tom Doucette receives Certificate of Service for 35 Years of service to the government of Canada.



Mr. Edwin Wesley receives Certificate of Service for 35 Years of service to the government of Canada.



Ms. Nadia Alix receives Certificate of Service for 25 Years of service to the government of Canada.



Mr. Peter Vail receives Certificate of Service for 25 Years of service to the government of Canada.



The 17 Wing Publishing Team (l to r) Capt Philip Dawes, Adrienne Popke, Evelyn Nymoen and Mike Bodnar receive Canadian Defence Academy Commander's Commendation from Col Roy (far left), and CWO Normandin (far right).



Mr. Darcy Wallin receives Certificate of Service for 25 Years of service to the government of Canada.



MWO Sean Joudrey receives 1 Canadian Air Division Commander's Commendation.



Capt Curt Smolinski receives 2 Canadian Air Division Commander's Commendation.



WO Leigh Joiner receives 17 Wing Commander's Commendation.



Sgt David Ouewendyk receives 17 Wing Commander's Commendation.



MCpl Jason Rowles receives 17 Wing Commander's Commendation.

Wing Commander's Honours and Awards Continued...



17 Wing Tasking Cell Sgt Wesley Bonkowski, MCpl Anderson and MCpl Laura Plourde receive 17 Wing Commander's Commendation from Col Roy (l) and CWO Normandin (r).



Maj Laura Gagne, MCpl Troy Noseworthy, Cpl Nicole Duench, Cpl Robert Essiambre and Cpl Aaron Feere receive 17 Wing Commander's Commendation from Col Roy (left), and CWO Normandin (right).



Mrs. Patricia Naugler, Officer's Mess, receives 17 Wing Commander's Commendation.



Outgoing 17 Wing Commander LCol Matt Halpin receives a photograph of the fly past taken during the 2013 17 Wing Change of Command parade from Col Roy (left), and CWO Normandin (right).



17 Wing Commander Col Joel Roy (left) receives a photograph of the fly past taken during the 2013 17 Wing Change of Command parade from 17 Wing Chief André Normandin (right).



CWO Sylvain Bernard receives Chief Warrant Officer Scroll.



CWO Sandra Spragg receives Chief Warrant Officer Scroll.

Wing Chaplain awarded CDS

By Martin Zeilig
Voxair Photojournalist

LCdr Jack Barrett has received a lot of honours over his career, but his recent awarding of a Chief of Defence Staff Commendation is sure to hold a place close to his heart.

At a 17 Wing Wing Commander's Honours and Awards Ceremony on November 4, LCdr Barrett, 17 Wing Chaplain, was recognized for his "extensive work (from 2008-2013) as the CFS St. John's Newfoundland and Labrador Chaplain who represented the Royal Canadian Navy locally, nationally and internationally in a highly positive manner to an exemplary level."

"Among other things, I responded to the crash of Cougar Air Flight 491," LCdr Padre Barrett said during an interview in his office.

Cougar Helicopters Flight 91 (also known as 491) was a scheduled flight of a Cougar Sikorsky S-92A which ditched 55 kilometres east-southeast of St. John's on March 12, 2009 while enroute to the off-shore oil fields on the Grand Banks of NL.

There were 17 fatalities and only one survivor among the 16 passengers and two crew members. The flight was under the command of Matthew Davis, with Tim

Lanouette as first officer.

"My purpose was to provide pastoral support to the personnel of the Hibernia Platform where I also did a memorial service from the platform which was broadcast across the oilfield," said LCdr Padre Barrett.

LCdr Barrett also participated in the 70th anniversary of the signing of the Atlantic Charter, an early statement that defined the Allied goals for a post-WWII world.

"This was requested through EZRA Ministries. I also participated annually in the memorial service for the crash victims in St. John's," he said.

In Feb 2012, Padre Barrett became the CF liaison for Dr. Lanier Philips, a retired USN Sonar Technician and Civil Rights leader, who attended several events in NL commemorating the sinking of the USS TRUXTUN. Dr. Philips was a survivor of the TRUXTUN disaster in 1942.

LCdr Barrett said that Dr. Philips holds a position in Newfoundland and Labrador's folklore of near mythical dimension. And that as such, his story is taught in Newfoundland history classes. He says that when the opportunity came to be Dr. Philip's escort for the 70th Anniversary events in St. Lawrence, NL., he jumped at the chance.

"Lanier, as he wished to be called, was a humble man with a heart of compassion and an incredibly sharp mind who enthusiastically championed two specific issues. One was anything related to civil rights, and the second was the kindness, compassion and generosity he experienced in NL when he was shipwrecked."

Padre Barrett recalls a comment from the US Naval Attache who attended several events with Lanier. The Attache remarked one day, "He is a rock star and he doesn't know it."

Shortly after his visit in Feb 2012, Dr. Philips passed away and Padre Barrett was invited to participate in the funeral and officially represented the RCN at the ceremony in Lithonia, Georgia.

"Escorting Lanier for 10 days and then being invited to participate in his funeral a few weeks later, stands out as one of the high points in my time as a Chaplain and as a Newfoundlander," Padre Barrett said.

LCdr Barrett will have a formal presentation of his CDS Commendation scroll at a later date.



LCdr John Barrett, surrounded by family members, receives Chief of Defence Staff Commendation in recognition of his extensive work as the CFS St. John's Newfoundland and Labrador Chaplain. Photo: Cpl Paul Shapka

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435 Sqn members receive commendation for bravery & quick thinking

By Martin Zeilig
Voxair Photojournalist

Some quick thinking by two crew members onboard a CC-130 Hercules on a training mission in Florida last year has resulted in their being rewarded with a Chief of Defence Staff Commendation for their heroic, life saving actions.

Capt Thom Doelman, pilot at 435 squadron, and Master Warrant Officer George Lake received their CDS Commendations for the same event: In recognition of their actions on 21 February 2012 during EXERCISE COUGAR SOUTH at Naval Air Station Key West, Florida.

MWO Lake was working as the Loadmaster on a 435 Squadron Air -To-Air Refuelling CC-130 Hercules during the exercise in Florida, while Capt Doelman was the pilot that day.

"We were doing air-to-air refuelling with the Cana-



Capt Thomas Doelman receives Chief of Defence Staff Commendation.



MWO George Lake receives Chief of Defence Staff Commendation.

dian CF-18 Fighters based at NAS Key West," MWO Lake said.

"We were based in Miami, Florida. Our tanker track was over the Gulf of Mexico, and we would meet and give them fuel. We would then recover in Key West to fuel up for our afternoon mission."

Things were going smoothly until the fateful morning of February 21.

"We had completed our refuelling of the F-18s," said MWO Lake. "We then proceeded to Key West airfield to do pilot training. We were doing a touch and go in Key West. The aircraft touched down, the pilot said 'Continue.' The throttles were applied and the aircraft continued down the runway."

Then, he heard an audible electrical arching sound over the noise of the engines and through his headset.

"Shortly thereafter, a flame shot from the left to the right side of the fuselage ramp area," continued MWO Lake.

"And, then a fireball exploded forward from the ramp area over my head to the fuselage tank and into the wheel-well, whereupon I yelled into my mic, 'Abort. Abort. Fire. Fire. Fire.'"

"As I released my seat belt and ran forward to escape fire to the crew door area, I believed we were already airborne. The pilot saw there was enough runway left to land the aircraft and come to a stop and do an emergency ground evacuation."

It was ascertained from the time the "Abort" and "Fire" calls were made that the crew was evacuating the plane approximately 10 seconds later, he observed.

"As we all fled from the aircraft down the runway

to a safe area, we turned around to look and the flames were already coming through the tail of the fuselage," said MWO Lake, adding that the fire was caused by an electrical short in the high voltage electrical line used for the auxiliary hydraulic pump.

But, most importantly, the crew was safe.

"The fire trucks put the fire out before it exploded," said MWO Lake.

"The quick call gave us time to escape. I credit this to many years of training and experience on emergency procedures. I was scared. But, we were all very fortunate that the timing of the event was such that we could escape with our lives."

"The professionalism of the entire crew, and the fact that the incident happened at the time it did during the procedure allows us to live and tell our story. As a crew, we all hope this will not happen to others in the future," MWO Lake said.

Capt Doelmann remarked that after MWO Lake first noticed the fire, he elected to land the aircraft immediately.

"The entire crew worked flawlessly together," he emphasized.

"Within minutes we were a safe distance from the aircraft. It's an honour to receive the award. I'd like to recognize the entire crew that day because everyone got out of the aircraft quickly and safely. It's something I'll think about for the rest of my life. It's something you don't forget."

MWO Lake and Capt Doelmann will have a formal presentation of their CDS Commendation scrolls at a later date.

Adopt a Veteran This Christmas

By Sgt Bill McLeod
17 Wing Photojournalist

For 16 years, the veterans at Deer Lodge Centre in Winnipeg have had George Stetina as their own Secret Santa.

When George, the Administrative Assistant for 402 City of Winnipeg Squadron's Commanding Officer, learned that some veterans in Deer Lodge didn't have any family he stepped up to buy the 4 or 5 veterans gifts and went with his family and friends to drop them off.

He soon discovered that even veterans with family were sometimes not getting anything for Christmas and it was upsetting to him that he might be giving a gift to one veteran while a veteran in the next bed was getting nothing. It was at that point he decided to make sure every veteran got something.

This year, he is expecting the Adopt a Veteran pro-

gram to deliver gifts for 168 veterans.

"I didn't realize how many there were," George says.

So, with the 402 Squadron Chief Warrant Officer's advice, the program changed from George donating gifts and running silent auctions to raise money, to a program where 17 Wing members could adopt a veteran to provide a gift for.

There will still be a fundraising raffle on the day of the Wing Sticky Floor party with money raised used to purchase gifts for the Veterans. Any remaining money will be donated to the 17 Wing Care and Share Program and Deer Lodge Care Home.

George says some people express surprise at the type of gifts requested, like shaving cream and personal hygiene products.

"They don't have the resources to buy the stuff they need," George says. "Just paying for their care and medi-

cations eats up the little money they have. To me it's about quality of life."

Other people are concerned about whether they have to purchase everything a veteran has put on the list.

"It's just a wish list," he says. "The nursing staff just tries to figure out what the veterans need or like in September and create the list."

Another frequently asked question is about wrapping the gifts. George asks for the gifts to be in a gift bag and tagged with the veteran's room number and delivered to him no later than December 16.

To date, about 50% of the veterans have been adopted by 17 Wing members. Sometimes military members want to meet the veterans they have adopted, or invite them to dinner, but George says anything like that would have to be arranged through Deer Lodge. As a medical facility and a veteran's hospital since 1916, Deer Lodge has strict privacy requirements.

If you want to Adopt a Veteran, please contact George Stetina at local 6732 or at Stetina.GW@forces.gc.ca

"Gifts are one thing but we are trying to make people aware there are vets in need," says George. "In a few years it could be some of us in those rooms."

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George Stetina, pictured in front of the Deer Lodge Centre runs the Adopt a Veteran Program. Photo: Supplied

Royal Canadian Navy's Prairie Sailors Remember Canadian War Dead

By Lt(N) Simone Smith
HMCS CHIPPAWA
Public Affairs Officer

Over 650 guests and friends of the Royal Canadian Navy (RCN), Canadian Army, Royal Canadian Air Force (RCAF), and Merchant Navy veterans and members of Manitoba's Sea Cadet Corps, braved a blistering cold morning wind to gather for a memorial service on Monday, November 11th in Her Majesty's Canadian Ship Chippawa at 1 Navy Way, Winnipeg.

As they took time to remember those who served in the RCN, Canadian Army, RCAF and Merchant Navy and those who made the ultimate sacrifice for Canada from 1914 – 2013, they were joined by Ms Shahina Khan, Veterans Affairs Canada, The Honourable Flor Marcelino, Manitoba Minister of Multiculturalism and Literacy, Mr. Andrew Paterson, Paterson GlobalFoods, Mr. Robert Watkins, RCN Second World War veteran, Commodore David Craig, Commander Naval Reserve, and Colonels JP Levasseur and Alex Day of 1 and 2 Canadian Air Divisions. These guests were accompanied by their host LCDr Paul Stiff, Chippawa CO.

Mr. Robert Watkins delivered this year's Naval Remembrance. Mr. Watkins is a Second World War RCN veteran who continues to serve the Manitoba community in many ways including when he

preserves naval history through the Naval Museum of Manitoba. Mr. Watkins' personal recollection reminded those assembled, "That Remembrance Day is 'Remembrance Day' and not a holiday as some would like to think. It is a day of Remembrance and should always be thought of as such."

In HMCS Chippawa on November 11th, Mr. Watkins' hope was carried out. As [Lieutenant (Navy) Christopher Donnelly, 17 Wing Chaplain looked out over the more than 650] people gathered for the service he, "noticed the families with young children, the youth represented in the Sea Cadets, the active serving members from the CAF and the veterans - all side by side." Chaplain Donnelly reminded those gathered,

That [this] is what a Remembrance Day Service should always be like. Passing on the stories and responsibility of telling that story from one generation to the next. There will always be conflicts in the world. People will always be called upon to fight for peace and freedom and when that happens some will pay the ultimate price. We gather to remember all those who have gone before and those who currently serve. It is right that we as individuals, as families, as communities, as a Nation - Remember. That message can not be lost - We Will Remember Them.



Her Majesty's Canadian Ship Chippawa Commanding Officer Lieutenant Commander Paul Stiff stands at attention during the HMCS Chippawa Remembrance Day Ceremony. Photo: Cpl Paul Shapka

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17 Wing Observes Remembrance Day



BGen Gord Reid, DComd Sp/DG Air Res (left) and 1 CAD HCol Barry Rempel salute after laying a wreath at the Convention Center. Photo: Cpl Jean Archambault



Sgt Abbie Keagan, WO Leigh Joiner, PO2 Jose Lugo Cuentas and Pte Maxime Roy practice before the ceremony at the Winnipeg Convention Center. Photo: Cpl Jean Archambault



The Remembrance Day Ceremony at McGregor Armoury. Photos: Martin Zeilig




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17 Wing Hosts Western Medical Technician Workshop

By 2Lt Kyle Roman

During the second week of November, 2013, 23 Health Services had the honor of hosting one of the two Semi Annual Western Area Medical Technician Workshops, where Medical Technicians from Western Canada came together to share ideas, experiences and participate in practical training.

23 Health Services assigned Corporals Todd Cooney and Noemie Lavigne to organize the workshop. Together they came up with the idea of doing the workshop on wilderness medicine, with a focus on extreme cold weather operations.

"With cold weather starting to move in and with the wealth of knowledge that the Winnipeg community has to offer, it was an easy choice," said Cpl Lavigne.

"We have units like the Canadian Forces School of Survival and Aeromedical Training, that teach aircrew how survive in extreme weather conditions," said Cpl Cooney. "Search and Rescue Technicians from 435 Squadron also routinely treat patients in remote parts

of Canada under diverse conditions."

Based on these factors, it was clear that 17 Wing was the ideal location for this type of workshop. "We wanted to showcase what 17 Wing and Winnipeg had to offer," said Cpl Cooney.

Neil MacDonald, a former Canadian Armed Forces Medical Technician who currently works as a paramedic for the city of Winnipeg and as an instructor for Wilderness Medical Associates International, was a guest speaker at the workshop.

Mr. MacDonald specializes in training people on how to treat patients in cold weather climates with limited resources. He provided many first hand experiences which highlighted the importance of managing heat loss in extreme cold weather conditions.

In all, the workshop was a success. Both the participants and the guest speakers were able to share their knowledge with an audience that will likely be required to put it to use, in the future.



Medical Technicians practice moving the injured and preparing Immobilizing Technics during Wilderness Training at 17 Wing on November 6th.

435 Sqn Welcomes Trevor Kennerd As New HCol

By Martin Zeilig

Voxair Photojournalist

Internationally acclaimed Celtic music composer and singer Loreena McKennitt may never have parachuted from the back of a CC-130 Hercules, but she said her six year tenure-- 2006-2013-- as the Honourary Colonel 435 Transport and Rescue Squadron had all the qualities of a long parachute jump.

On Friday, November 15, she officially passed the her appointment to Trevor Kennerd, a former Winnipeg Blue Bombers kicker and three-time Canadian Football League All-Star. The ceremony took place before a packed house in the 17 Wing Officer's Mess.

"It is with great honour and respect that I stand before you this morning...a constellation of extraordinary human beings, who have come from all parts of this country-- all kinds of family backgrounds, and many of whom have now come and gone during my term, and many of whom I would have wished to know better," said

McKennitt during the ceremony.

"As citizens, we owe them all our duty of care. To those here in 435 Squadron and the broader Canadian Forces community, who have served and are serving still, I thank you. To all your families and loved ones-- we thank you. And finally, thank you for the privilege of serving you."

Incoming HCol Kennerd said that he was humbled by the chance to be able to work with 435 Sqn.

"I'd like to thank Honourary Colonel McKennitt," said Hon Col Kennerd, who noted that his father, James S. Kennerd, served in the CAF during WWII and was a member of the Calgary Highlanders Regiment.

Kennerd also said that he had a cousin who died during a Search and Rescue Mission several years ago.

"It's for these great Canadians that I dedicate my service," said HCol Kennerd, a volunteer with numerous organizations in Winnipeg, including the United Way and the board of the Lieutenant Governor's Youth Experience Program.

"I just want to provide humble service to 435 Squad-

ron wherever and whenever possible. It's a learning experience for me, and I'm looking forward to the challenge," said HCol Kennerd.



Honourary Colonels are integral members of the Air Force family. They are usually either former Air Force officers or distinguished Canadian citizens, and hail from a diverse range of backgrounds, including many well-known public and community figures

An Honourary Colonel's position is both honorary and advisory, and functions to help foster esprit de corps within the CAF. They may mentor the commanding officer and members of the unit, help build relationships with other units through the Honourary Colonel network, and aid in ensuring the maintenance of customs and traditions.

Their presence and name recognition helps to build and develop community support for their units. They serve, in many ways, as a public face for the unit.

Following the Change of Appointment ceremony a luncheon was held to honour outgoing HCol McKennitt.

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On November 15th in the Officers Mess at 17 Wing, outgoing Honourary Colonel Loreena McKennitt (right), Commanding Officer Lieutenant Colonel Steve Lamarche of 435 Sqn (center), and newly appointed HCol Trevor Kennerd (left) sign the certificates signifying the official change of appointment.

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17 Wing Embraces Sports Day in Canada

By Mike Sherby

17 Wing members are really warming up to participate in the 4th annual Sports Day in Canada. The event was created to celebrate the power of sport in all its form, and to encourage healthy living.

This year's Sports Day in Canada takes place on November 30th, and 17 Wing will be celebrating it with all day sporting events on both November 29th and the 30th. Events on the 29th will be centered around the military community, and includes the final day of competition in the always popular Wing Commander's Hockey Tournament.

You can also register to take a spin on the stationary bikes in Building 90 as part of the 6th annual spinathon, where teams compete against each other in a fun and friendly competition. You can also register for a 4 on 4 soccer tournament in Building 21, or head to the squash courts and participate in the squash competition designed for novice participants.

Over lunch hour you can head to the building 21 Gym to take in a Zumba class from 1100-1200hrs or else try Power Yoga from 1200-1300hrs.

While you're out make sure to visit the Health Promotion Team at the Building 90 Gymnasium to take part in the 30 Minute Challenge, which encourage people to get a half hour of exercise to maintain physical fitness.

Health Promotion Director Kathy Godfrey says they have fun activities planned for both the Friday and Saturday.

"The tagline for this event is Every Minute Counts," she said. "We're aiming to get a combined total of 100,000 minutes out of the two days."

The coordinator for Friday's sports day, Christopher Merrithew, says these events are in keeping with the CAF's long standing history of involvement and excellence in sports and physical fitness.

"It's our focus on military sports and contributing to Canadian forces operation readiness. It's going to assist in strengthening the existing culture of sports and fitness at 17 Wing and we encourage maximum participation from everyone at 17 Wing."

He also said that everyone who comes in on Friday and registers for sports day will be entered to win some fantastic door prizes.

Saturday's events are aimed for the whole family, and kicks off at 0900 hrs in the Building 90 lobby with a free pancake breakfast. Following this, families and individuals can take part in a variety of activities running all day long, like karate, and badminton. Families can also leave their kids with the 17 Wing Community Recreation staff for the Active Kids Program while they participate in another activity.

"I'm excited to see many families of all ages participate in the activities and try something new," says Tina Bailey, Community Recreation Director.

Of particular interest to many will be the free pancake breakfast, which will allow people to get the nutrients they need for a day of sports, and maybe a chance to meet a new team mate or two.

"This is an opportunity to come and drop by and find out what's going on during the day," says Bailey. "The Wing Commander or Wing Commander's rep will be there, and we're hoping a rep from Sports Manitoba to attend them morning, so people can network, find out what's going on, and enjoy some food."

Saturday's event will also see Community Recreation partner with several sports associations from Manitoba to bring new activities to members. These activities include fencing, tennis, synchronized swimming, and a cricket demonstration by Bailey herself.

They have also put together a 17 Wing Athlete display as part of the festivities. The wall display will honour athletes of all different skill levels while representing 17 Wing.

"We'll have everything from young kids who represent the base locally, to a woman who is on the Canadian Women's Team for Fencing," Bailey said.

For more information please contact about Sports Day in Canada at 17 Wing, please contact:

Chris Merrithew, Military Sports Day (29 Nov 13) OPI, local 5511.

Tina Bailey, Comm Rec Sports Day (30 Nov 13) OPI local 5139/2059

MILITARY SPORTS DAY

| Fri 29 Nov 13 | |
|--------------------|-------------------------------|
| Bldg 90 F&S Centre | |
| 0745hrs | All members arrive @ Bldg 90 |
| 0800hrs | Opening Ceremonies |
| 0830hrs | Spinathon |
| 0900hrs | Squash Tournament |
| 1000hrs | Try-A-Tri |
| 0600-1500hrs | All Day Individual Activities |

| Bldg 21 Gymnasium | |
|-------------------|------------------|
| 0830-1045hrs | Soccer Challenge |
| 1100-1200hrs | Zumba |
| 1200-1300hrs | Power Yoga |

| MTS Iceplex | |
|--------------|-------------------------|
| 0800-1600hrs | WCOMD Hockey Tournament |

Sports Day in Canada is a celebration of sport at all levels. The CAF has a longstanding and rich sports history where sports are considered an integral part of the continuing training and development of its members (leadership, esprits de corps). A well balanced program helps to improve physical and mental health, promote community integration and build family relationships. Sports Day in Canada at 17 Wing Winnipeg is a great opportunity for individuals to come out and get active by participating in a fun activity of their choice.

Come out and see our 17 Wing Winnipeg Athlete Celebration Wall honouring many of the best athletes at 17 Wing Winnipeg and the Canadian Forces.

Wear your favorite jersey.

For more information contact Chris Merrithew at local 5511.

COMMUNITY RECREATION SPORTS DAY

| Sat 30 Nov 13 | |
|--------------------|--|
| Bldg 90 F&S Centre | |
| 0900-1000 | Community Pancake Breakfast |
| 0915-1130 | Active Kids |
| 0930-1030 | Boot Camp |
| 1000-1100 | Try Karate |
| 1045-1140 | Family Zumba |
| 1100-1400 | Family Squash |
| 1100-1300 | Fun family Triathlon |
| 1300-1500 | Try Fencing |
| 1300-1500 | Family Badminton |
| 1300-1500 | Community Bike Maintenance |
| 1400-1500 | Try Synchronized Swimming * |
| 1500-1600 | Fun Family Competitive Swimming |
| 1500-1800 | Try Kwik Cricket and a range of track and field activities |
| 0930-1500 | Help us make a "Good Luck 17 Wing Athletes" Banner |

* You may need to book ahead.

* All activities may be subject to change, please call to confirm times and ensure activities are taking place.

Who can attend?

Military, DND Employees, members and their families as well as Rec Assoc members. All are welcome!

Every minute counts! As a community let's see how many minutes of activity we can accumulate; we're trying to reach a goal of 100,000 minutes combined between 29-30 November during Sports Day in Canada. Activities can include sports, walking, swimming, cycling, gym workouts and so much more. All you need to do is move! Participants who log at least 30 minutes of activity will be entered for draw prizes.

For more information contact Tina Bailey at local 5139/2059.



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Three Financial Tips for Young CAF Members

By Pierre Goulet, CFP, FMA, FCSI

Practice Manager - Financial Planning and Insurance Services, SISIP FS

Ahead of Financial Literacy Month, much is being done in order to expand financial knowledge overall. Unfortunately, Personal Finance is not a required subject in high school or college, so you might be slightly in the dark when it comes to managing your money upon stepping out into the real world for the first time.

Therefore, in order to help you get started, we will take a look at three essential truths about money if you want to live comfortably and enjoy a prosperous future:

1-Learn Self Control

The sooner you learn the fine art of delaying gratification, the easier it will be for you to keep your finances in order. While it is simple to purchase an item on credit the minute you want it, it may be smarter to wait until you have actually saved up the money.

2-Take Control of Your Own Financial Future

Learning how to manage your own money now, will prevent other people from finding ways to mismanage it for you down the road. Some of these people may be well-meaning, but not know what they are doing.

3-Start an Emergency Fund

One of personal finance's oft-repeated mantras is "pay yourself first". No matter what your personal situation is today, it's wise to find some amount every month – no matter how small – in your budget to put away in an emergency fund. When you get into the habit of saving money and treating it as a non-negotiable monthly "expense", pretty soon you will have more than just emergency money saved up: you may accumulate enough cash for unexpected expenses, a vacation or even money toward the down payment for a home.

Remember, by using these three simple tips, you will be one step closer to achieving your financial goals. You can also seek the advice of a financial advisor (CFP, PFP, etc.); they will analyze each situation individually and provide personalized advice and recommendations, tailored to the specific needs of each client taking into account your particular situation and the realities of military life.

Putting Your Money to Work

By Tricia French, Financial Counsellor
SISIP Financial Services

There are two financial ground rules: spend less than you earn and put the rest to work. These rules are simple, but not always easy to do. Most of your time and energy goes into your job, but you also need to keep some in reserve for your family, friends, hobbies, and responsibilities. Think of your money the same way. You spend most of your money on your lifestyle, but you also need to keep some in reserve for emergencies, upcoming expenses and long-term needs, (children's education, retirement, etc). Do this by paying yourself first.

The Pay Yourself First system has been around forever because it works! Make you and your future top priority and set aside a portion of your income for savings before you do anything else. Canada Revenue Agency (CRA) has this down to a science. CRA requires employers to collect and remit our income taxes to get its money before we get our hands on it. You can do the same thing. The trick is to choose a percentage of your income and have it disappear every payday into savings – automatically when possible. Start even with a small amount, like 2%, and increase it gradually over time. In time, you won't even miss it. Life often gets in the way, so if you wait to save until the end of the month, there may be nothing left. Save first and the work is done. You can spend the rest on your lifestyle without guilt or worry.

Next, put your savings to work to make money for you. All "savings" require three things: a job, a workplace, and a deadline.

- First, the money you save has to have a job. The job is the reason you want to put away money. It could be for emergencies, a family vacation, a new baby, or even retirement. The more important the job is to you, the easier it is to stay motivated to save.

- The job of your savings also helps determine the best workplace for your savings, which is called an investment vehicle. It could be a Registered Retirement Savings Plan (RRSP), a Tax-Free Savings Account (TFSA) or even a Registered Education Savings Plan (RESP). Investment vehicles are not investments themselves, but the place where your money works.

- Finally, the job needs a deadline. It's the time limit for when you will need the money. If the job is to build a nest egg to add to your pension in retirement, you may not need to use the money for 20 or 30 years, or even longer. On the other hand, you might be saving for a trip home in just two years.

Ready to get started? You don't need to do it alone. A financial advisor can help you identify the job, the right workplace (investment vehicle), a good mix of investments and a deadline for your savings. The best time to start saving is now. Get your money working at least as hard as you do!

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Someone is watching you

Each of us plays a variety of roles in our lives: a parent, caregiver or guardian; an employee, co-worker and/or supervisor; a friend or family member. These roles occur simultaneously and we are never sure who is watching us and when. Our behaviour towards alcohol can be an influencing factor in how likely an individual is to drink alcohol and how often.

As role models, we must be aware of our behaviours; are we modelling consistent and responsible behaviour? Are we avoiding contradictions or are we saying one thing and doing another? Have we considered the consequences of our own alcohol use?

Our children, peers, friends, colleagues will all look to us for information and feedback on how we behave, make difficult decisions or resolve problems when it comes to alcohol use. How aware are you of your behaviours when using alcohol?

It's never too late for a role model tune-up:

- Stick to the Low Risk Drinking Guidelines
 - o 0-2 standard drinks per day for women to a maximum of 10 in a week
 - o 0-3 standard drinks per day for men to a maximum of 15 in a week
 - o Plan for days of non-drinking to avoid dependency
- Use drinking occasions to educate:
 - o Ensure food is available when alcohol is being served
 - o Emphasize that low or non-alcoholic options are just as enjoyable as full strength options
 - o Be familiar with, and use, standard drink sizes
- Demonstrate that it is acceptable to enjoy occasions without alcohol, show that abstinence is a valid option when socializing
- Walk the walk! Never drink and drive, speak up for individuals who choose

not to drink at events, offer to be the designated driver, plan events that do not revolve around alcohol.

What kind of impact do you want to have on those who look up to you?

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Recognize and respond to early warning signs and develop effective interview skills.

This training is course coded and is required for all military in a supervisory role. DAOD 5019-7

Sensibilisation aux problèmes liés à l'alcool, aux autres drogues et au jeu excessif : formation des superviseurs

21 novembre (8 h à 16 h) et 22 novembre (8 h à 12 h)

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

Ces compétences seront bientôt obligatoires pour tous les militaires qui ont des fonctions de supervision. Ce cours aura un code. DOAD 5019-7

For More information or to register, contact Health Promotion at local 4150

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Commander Combined Joint Task Force Unified Protector
NATO Mission to Libya

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NANCY

Aries (March 21 – April 19):

Systematically deal with any issues that crop up relating to an investment. Don't procrastinate just because there isn't an immediate return for your efforts. Things pan out in time. Watch for history repeating itself in your personal life: the good, the bad, and the boring.

Taurus (April 20 – May 20):

You learn something about yourself that signals the need for change. And now is the time to do something about it. You're more aware of how quickly time passes. Moments of joy give life meaning. Celebrate small achievements and milestones as they occur.

Gemini (May 21 – June 21):

Your energy soars as you tackle an important issue. Trust in your ability to stay the course because you will hold to your principles no matter what else happens. You have the courage to do what is necessary to climb out of whatever rut you're in. The time is now. You can do it.

Cancer (June 22 – July 22):

Find out the facts and face them. Acting or reacting without knowing the full story isn't constructive or logical. Fully read and consider documents and agreements before signing them. It would be easier if everyone was "nice" but look past the facade to what is beneath the surface.

Leo (July 23 – August 22):

Learn from your mistakes. Take the high road. Caring about what's best for you is important but in matters of the heart also be mindful of the other person. Relationships built on a foundation of honesty and trust will stand the tests that come with time. Aim for equality.

Virgo (August 23 – September 22):

If you are overdoing it, trying to fix everything all by yourself, you may be getting very frustrated. It's easy now to lose your patience with yourself and others. Step back and see this as a natural reaction then let go of the need to orchestrate events to match your concept of reality.

Libra (September 23 – October 23):

Physically and financially things are looking better. Share with others any insights or resources you can. They will then support you if you hit a rough patch down the road. Community and family connections count especially during times of "Feast or Famine" living.

Scorpio (October 24 – November 21):

When you're out and about watch what is going on. Keep your finger on the pulse of the place you live in. Notice trends. Stick to your resolve but be flexible too so you can respond to the unexpected. Be prepared as a gate-crasher may try and upstage you to run your show.

Sagittarius (November 22 – December 21):

You've learned to go with the flow thanks to a series of failures and successes. If this new-found resiliency to life is challenged by an inner conflict it is probably due to a past incident that wasn't fair to you or another. Address the issue and you'll gain peace of mind.

Capricorn (December 22 – January 19):

Being responsible doesn't mean you have to forfeit fun. You might have believed this in the past, but it's not true. Make plans to enjoy leisure time. Make new friends and/or reconnect with those you've lost touch with. Your happiness and confidence attracts others.

Aquarius (January 20 – February 18):

What goes around comes around. This certainty shores up your convictions when you feel like an outsider. To introduce others to a broader view of reality you might consider working for an organization that helps with preserving the environment or nature's creatures.

Pisces (February 19 – March 20):

Things are falling into place. Stick to your "todo" list. To maximize your energy add taking care of yourself to the list. If something can't be changed, let it go. Instead work at what you can do, aiming for stability and then prosperity. You can be a realist and a dreamer too.

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Major Air Disaster: 435 Trains at MAJAID Alaska

By Major Dennis Scharf, 435 Squadron

Exercise, exercise, exercise! We have reports of a Mayday call from a 737 departing out of a mountainous Alaskan airport that has experienced an engine failure in severe icing and cannot hold altitude. This is not a message anyone wants to receive, but is a real life possibility faced by the Search and Rescue Organizations, further complicated by isolated regions north of the 60th parallel. 435 Squadron (Sqn) was recently involved in a Major Air Disaster (MAJAID) Search and Rescue (SAR) exercise based out of Anchorage Alaska, hosted by Joint Task Force Alaska. The Sqn flew daily training missions in concert with the 176th Wing, Alaska Air National Guard (ANG) providing Canadian SAR expertise in a difficult rescue situation.

Over a three day period, hindered by terrain and poor weather, the Rescue Coordination Centers in Elmendorf AFB and Victoria worked hand in hand in a combined large scale rescue exercise in a remote central Alaskan/Yukon location. The exercise commenced with a first response ANG HC-130 and HH-60 Pave Hawk helicopter out of Elmendorf, a 442 Squadron CH-149 Cormorant launched out of Comox BC, and a 435 Squadron CC-130H out of Winnipeg. Follow up support was provided by a CC-130J out of 436 Squadron Trenton with the first of four MAJAID loads heading for the last known position of the distress aircraft. On arrival, the weather denied immediate parachute or equipment drops to the area. As the clouds parted, 435 Squadron was able to dispatch 11 SAR Techs via parachute to help the 30

casualties on the ground. This was quickly followed by a C-17 drop dispatching 5 American Para-Jumpers to assist in the triage as a first priority.

In the MAJAID situation, the harsh arctic weather conditions can change very quickly and with the absence of natural shelter, the lives of the casualties and rescuers is a very real risk, even in a training environment. To ensure their survival during this critical phase of the rescue, the ANG provided an air droppable Arctic Survival Package followed by a Canadian MAJAID load. The 8 tons of equipment was then followed by 9 Canadian and US Army personnel to assemble the heated tents, distribute stretchers and move equipment around the site with ARGO all terrain vehicles. The entire first night is consumed with the stabilization of survivors, setup of shelter, and evacuation preparation while the helicopters make their way through the snow showers and mountain valleys.

The CH-149 Cormorant and HH-60 Pave Hawk helicopters arrive the following morning and immediately begin evacuating the survivors to a nearby US Army

Airfield where the patients are transferred to an awaiting ANG HC-130 Hercules for the final evacuation to the Fairbanks hospital. In this particular exercise the survivors were in the hands of the medical staff within 48 hours of the incident due to the exceptional capabilities of all personnel involved, despite the geographical and weather challenges.

The Alaskan Major Air Disaster exercise proved to be a resounding success punctuating the interoperability of the Canadian and American SAR organizations and the ability to jointly coordinate response and recovery operations. The U.S. and Canada have had a long history of assisting each other in SAR or humanitarian operations. This exercise was a superb example of the teamwork required and the ability to deliver personnel and equipment during an austere Arctic SAR mission.



A Hercules plane sits on the tarmac, ready to go. Photo: Supplied

Ask the **MP**

As part of our Community Relations initiatives, 23 MP Flt is commencing with a Q&A column entitled "Ask The MP". The goal of the column is to create a forum whereby members of the 17 Wing Community (military and civilian) can seek and receive answers to questions they may want to pose in relation to legal matters and MP function. All questions submitted will be answered, however, OPSEC must be adhered to and only one question will be selected per month for publication. Should you wish to submit a question please send it to MCpl Tanner Kavanaugh who can be reached at tanner.kavanaugh@forces.gc.ca

An example of a question/answer would be:

Question:

Does a person have to submit to a search of their vehicle when entering or exiting the base? If so, why and what happens if upon refusal?

Answer:

The short answer is **yes**, Defence Controlled Access Area Regulations (DCAARs) authorizes search of civilians and Inspection and Search Defence Regulations (ISDRs) authorizes search of military personnel. In the references below the term "personal property" includes any type of baggage as well as vehicles and refusal will result in denial of access for those attempting to enter.

For persons not subject to the Code of Service Discipline, according to the Defence Controlled Access Area Regulations Part II Search Sec. 11 states:

"As a condition of being given access to any de-

fence establishment, work for defence or materiel, every person shall, on the demand of a security guard, submit to a search of his person or personal property while entering or exiting any such place or materiel or any restricted area within such place or materiel."

In addition, Defence Controlled Access Area Regulations Part II Search Sec12 states:

"Where a person refuses to submit to a search of his person or personal property when required to do so pursuant to section 11, the person may

(a) if the person is seeking entry, be denied access;

or
(b) if the person is exiting, have his person and his personal property searched by a security guard who shall use only such force as is necessary for that purpose."

For persons subject to the Code of Service Discipline, according to the Inspection and Search Defence Regulations Part II Search Sec. 5 & 6 states:

"As a condition of being given access to a controlled area, a person shall, on demand of a designated authority, submit to a search without warrant of his person or personal property while entering or exiting the controlled area or any restricted area within the controlled area. A person exiting as described in section 5 who refuses to submit to a search of his person or personal property when required to do so pursuant to that section may have his person or personal property searched by a designated authority."

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Padre Ray Laudensorio

Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre

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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 Jack Barrett (Wing Chaplain)

(Anglican) 833-2500 ext 5417

Padre Christopher Donnelly

(United Church) Office 833-2500 ext 5349

Padre Darryl Levy

(Baptist) Office 833-2500 ext 5785

Padre Charles Baxter

(Ukrainian Orthodox) Det. Dundurn. Office 306-492-2153 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. Baptism Preparation is a requirement. Please contact the Chaplain before setting the date for the baptism or arranging family travel.

Protestant Chapel Guild meets the first Sunday of the month at 1900 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'.

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