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435 Sqn Hosts Family Day



Families prepare to board the Lockheed CC-130 Hercules, which went on a 50 minute circuit over Winnipeg for 435 Sqn Family Day on Saturday, October 5th. Inset: Families enjoy a bouncy structure in Hangar 10. For more, see page 8. Photos: Martin Zeilig

IN THIS ISSUE:

COMD 17 WING/AFTC SITS DOWN WITH THE VOXAIR

PAGE 2

COMD UNVEILS AIR EXPEDITIONARY WING PLANS

PAGE 3

435 SQN SAR TECHS RESCUE INJURED BOATER

PAGE 5

WING MEMBERS SHINE AT NATIONAL SLO-PITCH CHAMPIONSHIPS

PAGE 6

THEMED LUNCHES A DELICIOUS WAY TO HELP GCWCC

PAGE 9

WORLD WAR II AIRCRAFT TAKES FLIGHT

PAGE 11

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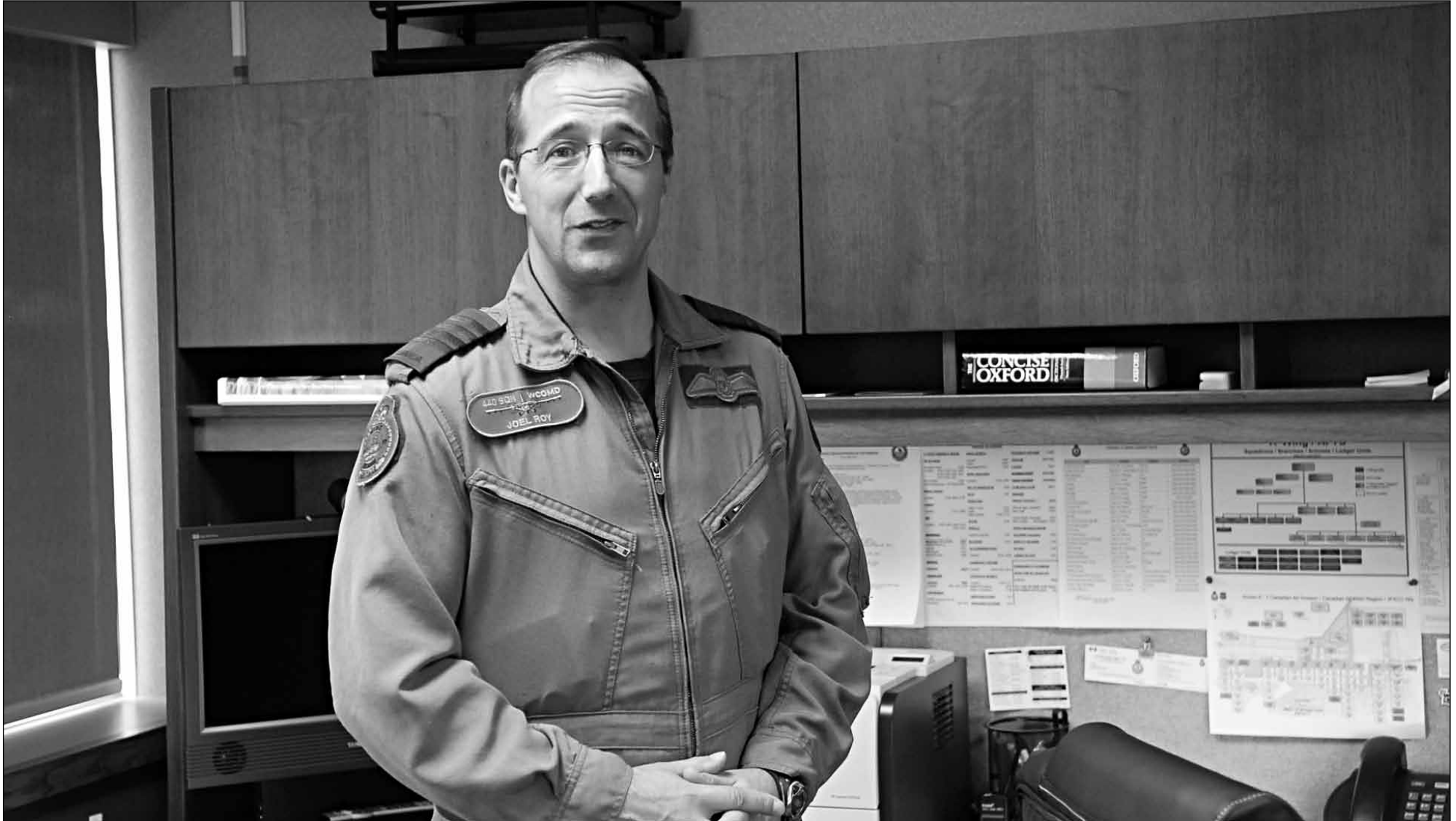
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17 Wing/AFTC Commander sits down with the Voxair



17 Wing's new WComd, Joel Roy took time out of his busy schedule to sit down with the Voxair. Photo: Martin Zeilig

By Martin Zeilig

To say that 17 Wing/Air Force Training Centre (AFTC) Commander Colonel Joel Roy is impressed with Winnipeg would be a bit of an understatement.

And, he wants the world, or at least the rest of Canada, to know about the place he and his wife, Ms Michèle Lemieux, will call home for the next two years at a minimum.

Col Roy, 47, who was born in Lévis, Québec, assumed Command here on August 15, 2013 during a spectacular Royal Canadian Air Force (RCAF) Parade.

"I'm here to let the secret out about Winnipeg," he said during an informal and good humoured mid afternoon conversation in his second floor office at 17 Wing Headquarters. "When you're posted here, you hear about the mosquitoes in summer and the long, cold winters. But, the place is beautiful."

Col Roy, who joined the Canadian Armed Forces (CAF) in December 1987 and received his pilot wings in April 1990, is eminently suited for his new position. With a background in both Fighters and Search and Rescue, he brings a wealth of experience to his new position-- and, as importantly, a positive attitude.

"The priorities for 17 Wing and AFTC are in line with the Canadian Armed Forces' priorities," said Col Roy. "Our aims are to maintain excellence in delivery of operations. We have some no fail missions, particularly Search and Rescue and NORAD support. That also includes the training of all the students we take care of. The RCAF relies on us to do that, and more."

He said that in a constrained environment, it can be a challenge, but also an opportunity. "We have people with lots of talent, great knowledge and ability," added Col Roy.

"And, they're the ones delivering the work. I see my main task as a leader resembling that of a gardener – you need to keep your people in the light so that all their talent can blossom. This will not only enhance our current success, but also our future. We're growing the leaders while at the same time maintaining our excellence.

"That's why it's such an honour to take this seat. It's not about a nice title or a parking spot, but about taking care of people and that includes the families. The families are the backbone we rely upon. I'm asking all the Commanding Officers to include the families in all we do."

Along with his wife, Col Roy has a 21 year old daughter, Mélanie – a university student. He is also an avid golfer and former ice hockey player.

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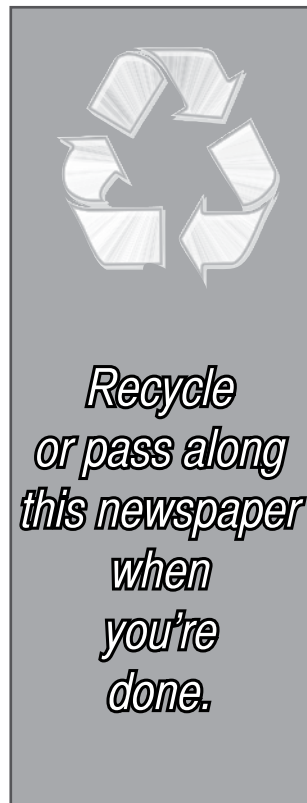
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17 Wing going expeditionary next summer

**By Col Joël Roy
17 Wing / AFTC Commander**

17 Wing Winnipeg, Manitoba - With the ever-changing global security environment, the Royal Canadian Air Force (RCAF) must be prepared to deploy anywhere in the world with the right mix of air power to meet our nation's urgent aerospace needs and as a partner in NORAD.

Entrusted as the first Wing to put together the new concept of an Air Expeditionary Wing (AEW), 17 Wing/Air Force Training Centre (AFTC) will be "on guard" from 1 July 2014 until 30 June 2015, ready to deploy if/when called upon by the Government of Canada.

What does this mean for all of us?

Starting immediately, the first step will be to identify all the components and personnel (approximately 150 in total) which will form this AEW, while mitigating the impact on the Wing and AFTC. 17 Wing/AFTC will be looked at to fill the majority of these AEW positions, with 8 Wing Trenton providing additional components and personnel as required.

The next step is getting everyone equipped and trained. This training initially focuses on individual readiness and basic skills, and evolves to unit level training, culminating with a major joint exercise at CFB Wainwright called Maple Resolve. In addition to providing cohesive training in a realistic scenario for all those involved, Maple Resolve also serves as a demonstration to the RCAF Commander that his AEW is ready for action if/when called upon.

We will work with partners across the RCAF, including the recently created Center of Excellence in Bagot-

ville, part of 2 Wing, to accomplish our training requirements.

What is an AEW?

When deployed, an AEW is part of what is called an Air Task Force (ATF), which can include various Air Detachments of CF-18 Hornets; CC-130 Hercules; CH-146 Griffons, etc.

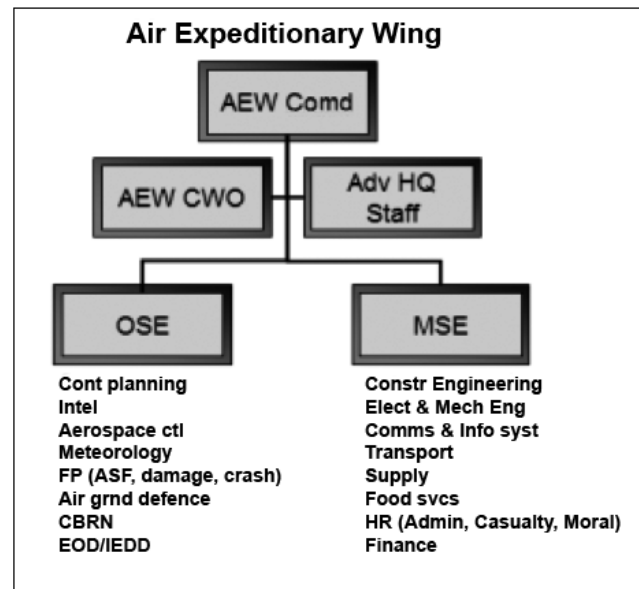
The AEW itself is akin to a standard Wing, but on a much smaller scale. With representation from virtually every trade in the RCAF, it is comprised of a Command Element; a Mission Support Element; and an Operational Support Element.

The AEW construct is meant to be scalable, so that it can adapt to the requirements of each mission. Of note, the AEW can be employed in Canada or around the world, in established or austere conditions.

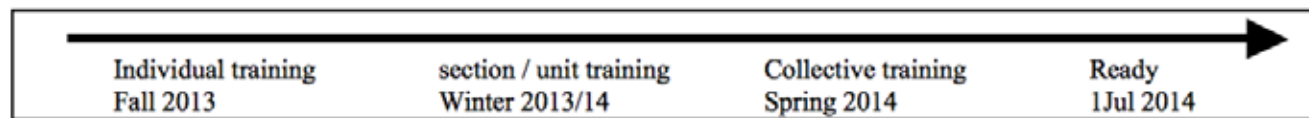
What is our Challenge?

Without a doubt, this will be a challenge for us all. 17 Wing/AFTC will still be maintaining our search and rescue, air to air refuelling, and northern sovereignty "no-fail" missions. We will also continue to train and educate personnel, in addition to supporting a myriad of other important initiatives.

Vital to the success of the AEW is the need to ensure personnel and families are well supported throughout this process. I am confident that 17 Wing/AFTC is well equipped for this.



Despite the challenges, this is quite an opportunity for many on the Wing. I look forward to developing this AEW with you. I know the men and women of 17 Wing/AFTC have grown accustomed to delivering excellence, and I have no doubt that your talent and commitment will continue to make all Canadians proud.



A tour of the 17 Wing Publishing Office

By Martin Zeilig

A project status board tacked up on a wall in the tight, but well organized, 17 Wing Publishing Office (WPO) gives an indication of just how much work the four person staff is doing-- everything from designing signs and invitations for various events to catalogues and flags, and much more.

This is a happening place.

"Our mission is to deliver professional publishing services, including project editing, design, procurement and administration to 17 Wing and other DND clients," said Captain Phil Dawes, the Wing Publishing Officer.

"Our top priority is always airworthiness documents, and then other doctrine for the RCAF. Any remaining capacity is then focused on producing the greatest bang for the taxpayers' buck, which is why we provide publishing support to CDA Press and other national level clients," he said.

Civilian employee Julianna Fillion, Administrative Assistant at the Wing General Safety Office, says that she has used the WPO's services numerous times over the years.

"They are very efficient and prompt," she said. "Phil has helped me many times with documents and other things that have to be designed and proof read."

Graphic designer Adrienne Popke, who's worked at the WPO for a decade now, says that working with the different clients is great, but sometimes not without its challenges.

"We can try to lead them in the right direction," said Popke, who studied graphic design at Red River College. She says she enjoys the challenges the job brings.

"Everyday there's something different to work on." She and her colleagues, fellow graphic designer/

layout artist Mike Bodnar, and bilingual editor Evelyn Nymoen, sit at semi-circular desks and perform their graphic art and editing wizardry on Apple computers.

"The four of us are like a second family," said Capt Dawes, while pointing to a magazine/book rack line with publications that have all been designed and produced by the WPO.

"We're constantly juggling to make sure we respect people's deadlines, and producing the products in a cost effective way."

He also noted that the entire cost of WPO is borne by 17 Wing/AFTC.

"Every product that goes out of here is serviceable. If you can't read it, then it's a failure. This is a fully integrated publishing support office. That's what is so unique about us."

"It's no surprise, then, that in their 10 years of existence the WPO has produced more than 900 projects for the CAF," said Capt Dawes.

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Missing boaters found safe after successful SAR mission

Air Force News

The Royal Canadian Air Force (RCAF) and the Canadian Coast Guard (CCG) found and rescued two boaters stranded on Tutqaviq Island, Nunavut, after their boat ran out of fuel in rough waters during a trip from Spence Bay, NU, to Gjoa Haven, NU, on 21 September.

The boaters departed Spence Bay on 20 September. When they did not arrive at Gjoa Haven as scheduled, the Government of Nunavut Emergency Measures Organization (EMO) advised the Joint Rescue Coordination Centre (JRCC) Trenton. In response, JRCC Trenton deployed a CC-130 Hercules aircraft from 435 Transport and Rescue Squadron out of 17 Wing Winnipeg and the Canadian Coast Guard Ship (CCGS), Sir Wilfrid Laurier, to the area.

Once on scene, the Hercules crew located the stranded boaters within an hour. A radio was dropped from the aircraft to the boaters to establish communications and determine if they required immediate medical attention.

"They said that they were doing alright and could stay overnight to await extraction the following day but they needed fuel for their portable stove and were out of food," said Master Corporal Eric Boivin, the Search and Rescue Technician (SAR Tech) who spoke with the stranded boaters over the radio. "We knew that they would have to cope with the elements until further rescue assets could arrive to extract them so we dropped survival equipment, including food and water, as well as fuel for their portable stove."

The crew advised the stranded boaters that the Canadian Coast Guard Ship (CCGS) Sir Wilfrid Laurier was en route and would arrive the following day to extract them. Once the crew was assured that the two stranded boaters were adequately prepared to stay overnight, JRCC Trenton directed them to return to Winnipeg.

The CCGS Sir Wilfrid Laurier arrived on the scene at approximately 4:00 p.m. CDT on 22 September. The ship deployed her on-board helicopter to pick up the two stranded boaters and flew them to Gjoa Haven, completing this successful SAR mission.

"In Canada, SAR is a coordinated response bringing all assets to bear to save the lives of people lost or injured, often in remote and dangerous locations," said Colonel Joël Roy, 17 Wing Commander. "Throughout this successful SAR mission, we were actively coordinating with the Nunavut EMO and the Canadian Coast Guard. CASARA (Civil Air Search and Rescue Association) volunteer spotters were also on board the Hercules as part of the SAR team."

Search and rescue is a 24 hour-a-day, seven day-a-week responsibility for 435 transport and Rescue Squadron. One aircraft is permanently assigned to SAR stand-by duty and is equipped to aid people, aircraft or vessels in distress.



A file photo of a CC-130 Herc preparing for takeoff.

Arctic Search and Rescue exercise a success

Air Force News

Search and Rescue (SAR) officials from the Canadian Armed Forces (CAF) have returned home after a week of pitting themselves against harsh Arctic conditions in response to a simulated international maritime disaster. Search and Rescue Exercise (SAREX) Greenland Sea 13, which ran from September 2 to 6, was hosted for a second consecutive year by Denmark near Ella Island off Greenland's east coast.

"Through this intensive exercise, the Canadian Armed Forces [and the Royal Canadian Air Force] have gained significant ground in addressing jurisdictional and logistical requirements in the event of a major Arctic incident," said Major-General Christopher Coates, deputy commander continental, Canadian Joint Operations Command, and senior CAF representative at the exercise. "Major international SAR operations require complex coordination, which is why opportunities like these are vital for strengthening our partnerships and enhancing our practices."

SAREX Greenland Sea 13 recreated a maritime disaster and response scenario that involved four of the eight Arctic Council member states: Canada, Denmark, Iceland and the United States. Canada's contribution to the SAREX included one SAR CC-130 Hercules aircraft and approximately 30 CAF personnel.

"Last year was our first chance to discover the challenges of working with multiple countries in such a remote maritime environment," said Master Warrant Officer Greg Smit, an exercise coordinator.

"This year we overcame those challenges and demonstrated the ability to successfully work with our Arctic neighbours in response to a major SAR incident. These kinds of exercises put us in a much better position to respond to incidents in the North."

SAR is a top priority for the CAF, which is capable of providing aeronautical and maritime SAR services in some of the most remote locations in the Arctic. The CAF are also committed to working with international partners to provide effective SAR responses in the most difficult of conditions and harshest of environments.

The Arctic Council is a high-level intergovernmental forum that addresses issues faced by the eight Arctic States (Canada, Denmark, Finland, Iceland, Norway, Russia, Sweden, and United States) and its indigenous peoples. The Department of Foreign Affairs, Trade and Development Canada leads the Canadian delegation to the Arctic Council.

The CAF supports the Government of Canada's interaction with the Arctic Council Nations through the Department of Foreign Affairs, Trade and Development Canada, and in accordance with Canada's Arctic Foreign Policy.



Together with Danish and Icelandic search and rescue personnel, RCAF MCpl Éric Beaudoin, 424 Transport and Rescue Squadron, 8 Wing Trenton, Ont., (left of stretcher) and MCpl Christian Morrisette, 442 Transport and Rescue Squadron, 19 Wing Comox, B.C., and Royal Danish Air Force Flight Medic F.T. Jørgensen (to MCpl Beaudoin's immediate left) transfer simulated mass-casualty victims to a field hospital during SAREX Greenland Sea 2013. Photo: Supplied

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SAR Techs rescue injured boater on Athabasca River

By Sgt Bill McLeod
17 Wing Photojournalist

In the early hours of September 29, under the flickering glow of flares dropped from their CC-130 Hercules, Search and Rescue Technicians (SAR Techs) from 17 Wing Winnipeg's 435 Transport and Rescue Squadron carried out a daring night time parachute jump onto a sandbar in the middle of Alberta's Athabasca River to provide an injured boater with vital medical aid following an accident that already had left one man dead.

"We were lucky," said Master Corporal (MCpl) Carl Portman who, along with his partner MCpl Danny Dicerni, had parachuted onto the sandbar. "The casualty still had power to his marine GPS and was 300 meters from a cell phone tower so we knew where we were going. We were dressed and ready to go as soon as we arrived on the scene."

As soon as the 435 Sqn Hercules arrived at the location, flares were dropped to illuminate the area for the SAR Techs.

"We decided to jump right onto the sandbar where the accident was," said MCpl Portman. "The sandbar was 10 meters from an island in the middle of the river but we didn't want to jump to the island because it was heavily forested."

"We made four aerial supply drops to the SAR Techs," said Captain Kristjan Rath, the navigator on board the Hercules, "We dropped medical gear and a toboggan loaded with survival gear."

On the ground the SAR Techs, aided by a paramedic who had been transported to the site by a Royal Canadian Mounted Police helicopter, used the gear to stabilize and warm their patient for transport to hospital. At about 7:30 a.m. local time a Griffon helicopter from 4 Wing Cold Lake's 417 Combat Support Squadron arrived to transport the injured man and the paramedic to Fort McMurray.

"I had just spent a week at SAREX 2013 (the national Search and Rescue Exercise) in Gimli, Manitoba, training the crew that came on the Griffon, so I

was really happy to see them," said MCpl Portman.

"It worked out well," said Capt Rath. "We were able to use military, RCMP, and civilian assets to assist citizens in need."

When the 417 Sqn Griffon returned to pick up the 435 Sqn SAR Techs, it was generously allowed to land at Suncor Firebag, a privately owned airport where the SAR Techs boarded their CC-130 for the flight home to Winnipeg.

The call out from the Joint Rescue Co-ordination Centre in Trenton came late in the duty day in Winnipeg so the crew of Capt Gary Hartzberg, Aircraft Commander, Capt Steve Ferris, Pilot, Capt Kristjan Rath, Navigator, Sergeant Kim

Blake, Flight Engineer, MCpl Paul Co-meau, Loadmaster, and SAR Techs Portman and Dicerni had a long day. For some of them it was 29 hours long.

In Canada, search and rescue (SAR) is an integrated service delivered by the Canadian Armed Forces (CAF), the Canadian Coast Guard (CCG), the RCMP and other federal, provincial, municipal and volunteer organizations. The CAF has the primary responsibility for delivery of aeronautical SAR service. Primary responsibility for maritime SAR is shared by the CAF and the CCG. The CAF maintains a high standard of service in SAR operations; crews are on standby 24 hours per day, seven days per week.

Det 1 Celebrates Anniversary

On Friday 20 Sep 2013, Detachment 1 of First Air Force celebrated its 10 year anniversary of operations in support of the




Brig Gen Charles K. Hyde, Deputy Combined/Joint Forces Air Component Commander and senior USAF member at 1 CAD/CANR cuts the celebratory cake with the Dets most junior member, SSgt Abraham T. Walker.


1 Canadian Air Division/Canadian NORAD Region (1 CAD/CANR) mission. Detachment 1 is located in Winnipeg, Manitoba Canada and was officially established on the 22nd of September 2003. Over the past decade Detachment 1 has provided vital support to the CANR Combined Air Operations Center as well as the Air Division. Integrated throughout the CAOC,

Det 1 personnel support multiple divisions with 24/7 operational expertise. The event was attended by Brig Gen Charles K. Hyde (USAF) Deputy Combined/Joint Forces Air Component Commander (D C/JFACC), Colonel Bradley S. Baker (Canadian) CAOC Director, Brian R. Servant (USAF) Detachment 1 Commander and several U.S. and Canadian personnel.

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Hubbell Awards celebrate outstanding cadets

By Martin Zeilig

Major-General (Ret'd) Dennis Tabbenor considers the six winners of the 2013 Hubbell Scholarship Awards to be "outstanding examples" of the type of people who represent the future of Canada.

The awards were handed out at the annual Hubbell Awards Dinner, which featured Patron General (Ret'd) Ray Henault from Ottawa, as well as 1 CAD Commander MGen Pierre St-Amand as special guests. Over 130 guests came to the ceremony, which was held on September 28 at the 17 Wing Officers' Mess. Entertainment was provided by a quintet from the RCAF Band.

"The scholarship is aimed at cadets who are finishing high school and pursuing post secondary education in university or college, or at a civilian technical institute," said Tabbenor, president of the board of directors of the Hubbell Awards, noting that each scholarship is worth \$1000.

This year, the six young recipients were Sea Cadets: PO1 Taylor McNulty and CPO1 Jeremie Desmarais; Army Cadet: CWO Sylvie Atkinson; and Air Cadets: Sgt Simon Park, WO2 Satkaran Dhillon, FSgt Anthony Ferens.

Cadets Canada is the largest federally funded youth program. It is open to youth from ages twelve to eighteen who are interested in participating in a variety of challenging activities while learning

about the Canadian Armed Forces. "Many former cadets have become leaders in Canadian society and attribute their desire to succeed to the time they spent in the program," said MGen Tabbenor.

The Hubbell Awards Inc are named after Major Ted Hubbell, a World War II veteran who devoted much of his life to encouraging the development of youth, said LCol (ret'd) Ivan Poitras, the founding president of the program.

"He was the President of the United Services Institute of Manitoba when he died in 1967," he said.

"His colleagues made the decision to honour the work he had been doing by presenting three \$100.00 scholarships annually in his memory. The value of the scholarships remained unchanged for more than thirty-five years until the Winnipeg Airports Authority agreed to support the program and donated an additional \$1,200.00, which allowed each of the three scholarships to be increased to \$500.00."

The support from the Winnipeg Airports Authority was wonderful and very much appreciated, but it seemed unreasonable to continue to look externally for funding, Poitras explained.

"The program needed to become self-sufficient," he said, noting that 2013 was the first year in which six scholarships were provided.

"When the Hubbell program was ini-



MGen Pierre St-Amand (left) and HCol Barry Rempel (right) presenting the 17 Wing Honorary Colonel Award to Cadet WO2 Satkaran Dhillon (center), who is attending the University of Winnipeg where he is studying Athletic Therapy. Photo: Ivan Poitras

tially incorporated as a charity in 2004, it presented three \$500.00 scholarships using the proceeds from the Awards Dinner. The following year the program entered into an Agreement with the Winnipeg Foundation."

All donations are placed in the Hubbell Awards Scholarships Trust Fund that is held by the Foundation.

"Only the interest earned in the Trust Fund is used to fund the program," emphasized Poitras.

"That ensures the program can continue indefinitely. As the Trust Fund grows in value, so will the value of the scholarships."

To the future benefit of some other outstanding young people.

Wing members become MVPs at Slo-Pitch Nationals

By Martin Zeilig

When it comes to personal honours and team championships, Corporal Keith Ivany and Corporal Jenna Gilby are on the same page.

17 Wing members played at the 2013 Canadian Forces National Men's and Women's Slo-Pitch Championships (respectively) at CFB Borden, September 14-18. After being picked up by the teams from 4 Wing Cold Lake after the CF Prairie Regional Championship at CFB Shilo, July 21-25.

Cpl Ivany, a native of Clarendville, NL, and Cpl Gilby, who was born and raised in Elmsdale, Nova Scotia, were also each named Tournament All Stars at the Nationals.

"It's an honour to have been named an All Star," said Cpl Ivany, as Cpl Gilby nodded her head in agreement.

"But, I would have preferred the national championship instead."

Spoken like a true team player.

"Both of these members are outstanding athletes at 17 Wing," commented Chris Merrithew Sports Coordinator Personal Support Programs 17 Wing. "We're very proud of the way they represented our Wing at the Prairie Regionals and at the Nationals."

Cpl Ivany, who plays left field, said that his team finished the round robin part of the competition in Borden with a three win-one loss record.

"Our only loss in the round robin was to the eventual champs from the Atlantic region," he said.

Cpl Ivany also led his team in home runs, seven in five games, in Borden.

Cpl Gilby, a third baseman, said that her squad placed second overall at the Nationals.

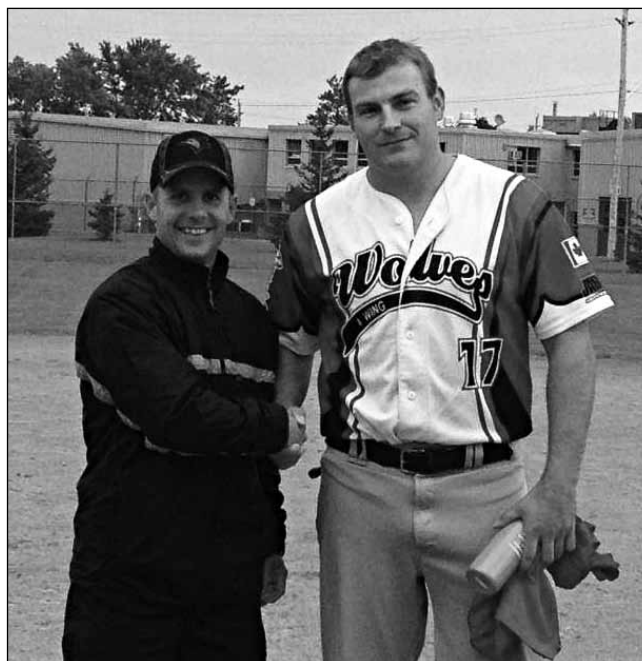
"Being a pickup player, it takes time to get used to the other players on the new team," she said.

"I wasn't really surprised when Cold Lake picked me up. They told me at the Regionals that I'd be coming with them to the Nationals upon approval by Chain of Command. But, I was very happy when formal approval came from PSP. It was an honour playing with them."

Cpl Gilby grew up playing fastball and ice hockey. "In 2005, I played fastball for Team Nova Scotia at the Canada Summer Games in Regina," she said.

After graduating from high school, she entered fire fighting college in PEI before joining the CF.

"Slo-Pitch is super fun, and can also be really competitive," said Cpl Gilby, adding that she also played rugby until this year, and still plays with a woman's



Cpl Keith Ivany (right) is named MVP for Game 1 at the 2013 Slo-Pitch Nationals. Photo: Supplied

hockey team on base.

"I can laugh and carry on with members of both teams while I'm on the field. It's a great social and competitive atmosphere."

Cpl Ivany said that he gave up playing baseball to focus on hockey at age 13.

"I never played baseball of any type again until I joined the military," he said, adding that he still plays recreational league hockey twice a week during the summer and even more often in the winter.

"The experience at the Nationals was great. There are guys in the CF with a lot of talent-- pitchers, good bats and good fielding. It's always a good time when you meet people from different bases



Cpl Jenna Gilby (right) represented 17 Wing at the 2013 Slo-Pitch Nationals & was named MVP. Photo: Supplied

that you wouldn't necessarily meet otherwise. It's a good way to unite everybody from the three branches."

Cpl Gilbey concurred and added: "The athleticism and competition throughout the CF in all sports is very impressive from my experience, and in the sports I've played."

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Wing member aces WComd Golf Tournament



MWO Sean Joudrey (left) receives a prize from Chris Merrithew (right) for getting a hole in one at the annual 17 WComd golf tournament. Photo: Pte Darryl Hepner

By Martin Zeilig

Master Warrant Officer Sean Joudrey might consider "Friday the 13th" as his lucky day from now on-- if he hasn't done so already. It would make sense.

After all, that's the date in September when he shot a hole in one at the 2013 17 Wing Wing Commander's Golf Tournament at the Carman Golf Club.

Actuaries have calculated the chance of an average golfer making a hole in one at approximately 12,500 to 1, according to information found online.

"This is an amazing accomplishment to achieve a

hole in one," said Chris Merrithew, 17 Wing Sports Coordinator, mentioning that there were 90 participants in the shotgun tournament--a format in which all groups of players tee off simultaneously from different holes.

"This is what all golfers dream of doing. But, very few of them ever accomplish that feat."

"We started on hole 17," said MWO Joudrey, noting that he got hooked on golfing over 20 years ago when his bosses at CFB Shilo, would drag him out to be a fourth for their team.

"I played the first hole real well. Then, for the second hole, I selected a driver and didn't think that I hit the ball that well. We didn't see it go into the hole."

In fact, as he and his two partners walked towards the green, they couldn't spot his ball.

"So, when we got to the green, I looked for my ball for about five minutes -- and there was nothing," said MWO Joudrey, noting that the hole was 278 yard par four with a slight dogleg.

"So, I was heading back to drive another ball. Then, just as I was leaving the green, I said 'I'd better check the hole.' I was kind of chuckling like it was a bit of a joke, thinking that 'No way that the ball would in the hole.'"

Good thing he checked.

"I looked down the hole and said to my partner 'Oh, my God, You guys aren't going to believe this,'" MWO Joudrey continued.

"I reached down and pulled out my ball. And, we started hooting and hollering and giving each other high fives."

Just to be certain, he added that he and his crew con-

firmed with the group immediately in front of them that they hadn't put the ball in the hole as a joke.

"They said that they didn't even see the ball," said MWO Joudrey, adding that his final score for the tournament was 82 for 18 holes.

"It was pretty exciting. It was a beautiful warm day on a wonderful course. It was a good day to be off work."

During the follow-up ceremony, the organizers let him pick his own prize -- a Nike golf shirt -- from a table set up in the clubhouse.

"I'll be happy if it's the last hole in one I get, especially since it was on a par 4," admitted MWO Joudrey, calling himself "an avid golfer," who doesn't get out on the links as much as he'd like to since he and his wife have had children.

Afterwards, he received an official certificate-- which he intends to have framed -- signed by officials at the golf course and by Golf Manitoba acknowledging his ace.

"I've got the ball tucked away in a drawer at home waiting to be mounted on a case," said MWO Joudrey, adding that he's not holding his breath that he'll experience such a thing ever again.

It will be a lasting reminder of a perfect shot on a late summer's day in Carman.

The prize winners at the tournament were: MWO Brian Rodgers won the award for closest to the hole (#8). Cpl Keith Ivany won the longest drive contest for Men, while Jeannette Fenton won the longest drive contest for Women on hole #11. Maj Cam Lowdon had the low gross (men) with a score of 74, and Adele Hefferan had the low gross (women) with a score of 100.

Padre Darryl Levy: a man with a mission



Lt(N) Darryl Levy, 17 Wing Chaplain, gives the invocation during the 17 Wing Operations Change of Appointment ceremony. Photo: Sgt Daren Kraus

By Martin Zeilig

When speaking with Lt(N) Padre Darryl Levy, the truth of the words written on the United Nations Peace-keeping flag tacked to the wall in his office at Hanger 16 become evident.

"Thanks for your wisdom and guidance. Good Health and prosperity to you and your family. Steve."

That was just one of several concise and heartfelt messages inscribed in by his fellow officers on the blue and white flag at the end of Padre Levy's tour of duty in August, 2005 to March, 2006 -- in the Golan Heights.

"What used to boggle my mind in the Golan was if the two sides (Israel and Syria) could get along, how much more could have been accomplished in that area, particularly agriculturally," said Padre Levy, 49, a married father with a 25 year old daughter and one grandchild, who grew up in a Baptist home in Mahone Bay, Nova Scotia.

He has been at 17 Wing since August 2012.

"I graduated with a B.A. in 1987 and then finished a Masters of Divinity at Acadia," said Padre Levy, adding that he was a member of a Gospel singing team, which he also helped found, at Acadia.

Padre Levy is currently working on a PhD program in Divinity.

"As a chaplain we're considered, a purple trade," he noted. "For the most part, you do the same job regardless of the base you're on, much like a medical doctor."

From April-December 2010, Padre Levy was posted at Kandahar, Afghanistan with the CF.

"Afghanistan was an experience which did change me," he admitted. "You become more sentimental for one, sometimes with an extreme sense of loss. You come face to face with the harsh realities of war. You also come

face to face with some of the great things that human-kind can accomplish."

As an example of the latter, he points to the medical personnel of different nationalities-- all of whom were working together at the Role 3 Hospital in Kandahar.

"They'd treat wounded troops, civilians and even the Taliban," said Padre Levy, mentioning that he was with the National Support Element spending time with people who felt they weren't make enough of a contribution because they weren't out in the action."

"At times, you'd see soldiers from different nationalities and contingents doing whatever they needed to do to help their comrades get through whatever it (physical or psychological) happened to be. The reality was that sometimes in war, you will sometimes form higher bonds with your comrades than may have existed with your own family."

He then added "but, I would not have been able to do what I have done, seen what I have seen, or be who I am today, without the total support of my wife and family. For that I will always be eternally grateful."

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435 Sqn Hosts Family Day

By Martin Zeilig

As the Lockheed CC-130 Hercules rumbled noisily down the runway at 17 Wing in preparation for takeoff, Amelia Lamarche and Nora Jordan made sure that their dolls, Maddie and Madeleine, were properly secured in their seats between them.

After all, everyone, humans and dolls, had to be safe during the flight. Those two girls were just following the regulations; smart kids.

The 50 minute circuit over Winnipeg was a special attraction at Family Day, sponsored by 435 Transport and Rescue Squadron on a cool, breezy Saturday, on October 5.

The event, which attracted over 130 people, was held at Hanger 10. Besides the three demonstration flights, there was also an inflatable structure, a rock climbing wall and an obstacle course, all for children, plus a demonstration of remote controlled robots from the Explosive and Disposal Flight unit of 435 Squadron.

A Hercules aircraft was also parked at the hanger entrance for a "static display" with an air crew available to show guests how the plane works.

"This is a first time activity for us (the current crew), and the first such Family Day of this scale in a few years," said event organizer Lieutenant Sabrina Skinner in an interview prior to the first flight of the afternoon.

"We have MFRC (Military Family Resource Centre) here to discuss different support programs for families. We're also promoting 435 Squadron Outreach programs, which are similar to MFRC in that we try and keep families connected when they're (spouses) deployed overseas. The family outreach program is new and we're still working on implementing it fully to build awareness and sign our families up."

During the actual flight, the Herc did a gradual loop over The Forks and Portage and Main and St. Vital at a height of some 2000 feet and a speed of about 150 knots.

Many of the passengers were wearing headsets or ear plugs to protect their hearing from the four powerful

loudly droning turboprop engines.

At one point, to the collective gasp of many people, one of the crew members lowered the rear cargo door so passengers could obtain a breathtaking and unobstructed view of the city below them. The only thing separating us from the great hereafter was a strong, tightly strung nylon mesh curtain, and the knowledge that the crew were thoroughly trained and experienced and that the aircraft was well maintained.

After the flight, Maddie and Madeleine's owners were all smiles.

"It was awesome," said Nora, age 10, a grade five student at Balmoral Hall School, as she held Maddie the doll in both hands close to her heart.

"I love airplanes. Maddie thought it was awesome too."

Nora's mom, Maria Jordan, whose husband is Major Art Jordan, a navigator with 435 Squadron, added: "I think it was a very nice day, and wonderful way to get to experience what our spouses do on a daily basis."



Amelia Lamarche and Nora Jordan make sure their dolls are properly secured during their flight on the CC-130 Hercules. Photo: Martin Zeilig



Capt Matthieu Adam with daughter Olivia on 435 Sqn Family Day. The family, including his wife Chelsie & other daughter Madelynn all went up for a flight on the CC-130 Hercules. Photo: Martin Zeilig



A Voxair reader submitted this photo of the sun rising over a CC177 sitting on the ramp in Winnipeg on the morning of September 10th at 7:40 am. Photo: Maj R. Merrick Redden

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The Forks as seen from a CC-130 Hercules. Photo: Martin Zeilig.

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Themed lunches at 17 Wing help GCWCC

By Martin Zeilig

When Captain Chantal Bellemare-Whiting, 17 Wing Food Service Officer, was looking for a way her unit could participate in the 2013 17 Wing Government of Canada Workplace Charitable Campaign (GCWCC), it didn't take her long to come up with a clever idea-- themed lunches.

Capt Bellemare-Whiting decided to do one lunch per month from September to December during the campaign-- which she also co-chairs. All meals, which are eight dollars each, are held in the basement of the Junior Ranks' Mess.

A Mexican Lunch (complete with tacos, of course), was held on September 24. Other lunches include a French Theme, with Poutine and Chicken fingers, on October 29, a Greek Theme on November 19 featuring Wings, fries and Greek salad, and on December 10 an Italian Theme with Wings Lasagna and Caesar salad and garlic toast.

"There's not really a difference when we're preparing food for these theme lunches or for regular lunches, because we always put 100 percent effort into everything we do," said Leading Seaman Georges Ghazal, the chef in charge of the theme lunches.

"But, with the theme lunches, we do improvise and add a little bit and be more creative. The meals are pretty much things we do on a weekly basis."

He added that having volunteers helping him and his crew during the theme lunches presents a "nice" challenge because of the concerns about food safety in general.

"We have to be spot on to make sure

they're doing things correctly," said LS Ghazal. "Perfection is the key for those theme lunches."

All the funds raised from the four lunches will go directly to GCWCC, emphasized Capt Bellemare-Whiting.

She noted too that the lunches are a chance for her to give the Food Services cooks professional development. So, while LS Ghazal is the person in charge of preparing the food, he and his team are being monitored by Kitchen Manager Sergeant LeBlanc and Warrant Officer Tochor, said Capt Bellemare-Whiting, adding that at the final theme lunch on December 10, CO's, OC's and other officers will be approached to serve the lunches so that they will have the opportunity to interact with CAF members "while dishing up a nutritious meal."

"It's one way for us to give them advice, training and experience, so that they understand the amount of food required, preparation time and the set-up-- what they need for equipment, as well as (the food) being visibly pleasing," she explained.

"We need to stimulate the interest in fund raising for GCWCC. And, with these theme lunches, Food Service is doing our part to fund raise for this campaign."

What a delicious way to contribute to a worthy cause.

Other GCWCC fund raising events:

Casual Fridays: Military personnel are allowed to wear civilian clothing for a donation of two dollars per week to GCWCC until December 13.

Wing Imaging will take your portrait for \$20.00. Contact Sgt Daren Kraus at



Volunteers Cpl Mariott, Lt Hodges, and Os Stevenson serve up some delicious Mexican food at one of the GCWCC themed lunches. Photo: Mike Sherby

ext. 5006.

October 1-November 1: 17 Wing "Beard Growing Contest" for men. Cost is \$20.00 to GCWCC. The judging, in various categories (scruffiest, best attempt, most colourful, fullest, greyest) will occur at 1100 hrs at Junior Ranks' Mess. Women CF members will have the opportunity to wear finger nail polish for \$20.00.

October 18: The Transportation, Electrical and Mechanical Engineering (TEME) breakfast from 630-1030 in Bldg. 129 in the Heavy Equipment Bay. A donation of five dollars is encouraged.

October 25: Ball Hockey Tournament.

Entry fee is \$25.00 per team. Deadline for registration is October 18. For more information, contact Ron Nicolas at ext. 2455; email: Ronald.Nicolas@forces.gc.ca

November 1: Jail & Bail 830-1500 hrs. Throw someone in jail for charity. You can pre-book an arrest. Contact: jonathan.nebel@forces.gc.ca or on the day of the event, call extension 4077. The jail will be at Bldg. 90

November 27: The Pampered Chef, Connie Manchulenko, will be setting up a display with various kitchen tools in the lobby of 1CAD. Twenty percent of the sales will go to GCWCC.

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RCAF Unveils New Badge

By Joanna Calder
RCAF

Following the national Battle of Britain ceremony, held in Ottawa on September 15, 2013, Lieutenant-General Yvan Blondin unveiled the Royal Canadian Air Force's new badge before a crowd of veterans, RCAF personnel and guests.

Two cadets from 742 "National Capital" Air Cadet Squadron, located in Ottawa – Flight Corporal William Lambert, 14, and Leading Air Cadet Anne-Florence Lambert, 12 – assisted him. The brother and sister knew they were participating in a significant and historic event.

It was "amazing", said FCpl Lambert. LAC Lambert agreed, saying, "I was very proud."

"While we are the youngest of the three services," said LGen Blondin in a message to RCAF personnel earlier this year, "we have a unique military history, proud traditions, powerful symbols and a strong sense of community.

"Now is the time for us to build upon our heritage, to strengthen the unique identity of the modern RCAF and to better understand our history."

The design of the new badge recalls

the pre-unification badge design and shows an eagle flying with its wings outstretched. It replaces the Air Command badge that came into being following the unification of the Canadian Forces in 1968 and that displayed an eagle rising from a Canadian astral crown.

"The new RCAF badge mixes pride in the past with contemporary spirit," continued LGen Blondin. "The eagle flying solo in all environments is a reflection of the confident, experienced, resilient, agile and integrated RCAF."

The Royal Canadian Air Force retains the Air Command motto, Sic Itur Ad Astra ("such is the pathway to the stars). This is, in fact, the Air Force's very first motto, adopted when the Canadian Air Force was formed in 1920. Sic Itur Ad Astra was replaced by Per Ardua Ad Astra ("through adversity to the stars"), the motto of the Royal Air Force, when the Royal Canadian Air Force came into being in 1924.

Since the ascension of Queen Elizabeth II in 1953, all Canadian Armed Forces badges have displayed the St. Edward's Crown (or Queen's Crown), rather than the Tudor Crown (or King's Crown)



Accompanied by the RCAF chief warrant officer, CWO Patrick Young (left), LGen Blondin unveiled the new RCAF badge with the assistance of LAC Anne-Florence Lambert (right) and FCpl William Lambert (second from left). The cadets, who are brother and sister, are from 742 Squadron in Ottawa. Photo: Supplied

that was used during the reigns of her father and grandfather.

Focus on the bird:

The bird depicted on the badge has been the subject of much debate over the years, with some insisting it is an albatross and others maintaining that the bird is an eagle. Though the origins

of this debate are murky, that has never stopped a heated argument! To set the record straight (again): it is an eagle.

Read more about the new badge's design and genesis in the fact sheet on the new Royal Canadian Air Force badge at www.rcf-arc.forces.gc.ca.

It's About Time: 17 Wing Fire Fighters Ready for Boot Drive

By MCpl Loboz, J.J.
17 Wing Fire Dept.

That's right folks. It's about time. This is not a spelling error. Well, I guess technically it is, but we can overlook it for now.

Fire Fighters have played an integral role in raising funds for Muscular Dystrophy Canada since 1954, when a group of parents with children affected by Duchenne Muscular Dystrophy, together with their friends, approached a Fire Department and requested assistance in raising funds. Since that time, Muscular Dystrophy Canada has become a National Organization, supported by a network of more than 600 Fire Departments across Canada. Fire Fighters are Muscular Dystrophy Canada's largest volunteer base, with over \$2,000,000 raised annually.

Each year, Career and Volunteer Fire Fighters give their time to organize Boot Drives, car washes, pancake breakfasts, community dances, magic shows, "Buck for Luck" Shamrock campaigns, pub crawls, dog sled races, ladder-a-thons, raffles, and sporting tournaments in support of an estimated 50,000 Canadians and their families living with neuromuscular disorders.

In addition to organizing fundraisers, Fire Fighters

hold key positions on the Muscular Dystrophy Canada Board of Directors (i.e. Fire Fighter Relations Committee, President, etc.) and have been the backbone of the organization since its inception. This accomplishment is extraordinary and Fire Fighters should be very proud of their contributions!

So, what we do here at 17 Wing is the "Boot Drive". If you are not familiar with a Boot Drive, no worries – your tasking is simple. On Thursday, October 17, as you are arriving at work here on base, you will see numerous firefighters welcoming you. These friendly and attractive firefighters will have in their hands one of their firefighting boots.....OK?.....so far, so good?. Here's your part.....Simply drop some change (paper money is very much appreciated as well....don't get too literal!) in the boot.. We want to try and raise funds to help fight, and eventually find a cure for Muscular Dystrophy. That is our goal.

We are hoping that this year will be better than ever, and I'm sure it will be with your support. Last year (2012), we raised just over \$3300 and would love to improve on that number. This is the one morning that you can skip out on the gourmet coffee, have the stuff in the

workplace, and leave the change with us. Once again, any amount is greatly accepted, and we thank you.

SEE YOU ON THURSDAY, OCTOBER 17



A firefighter collects donations at last year's Boot Drive. Photo: Alison Dickey

2013 Influenza immunization clinics / Cliniques d'immunisation contre la grippe

23^e Centre de services de santé des FC, Winnipeg
Cliniques de vaccination contre la grippe 2013

- Le vaccin contre la grippe est disponible et fortement recommandé pour tous les membres des FC.
- La meilleure méthode pour prévenir l'influenza (la grippe) est de se faire vacciner.
- Les personnes qui ne devraient pas recevoir le vaccin contre la grippe sont ceux qui souffrent d'allergies sévères aux ingrédients du vaccin par exemple le thimerosal (préservatif), le formaldéhyde.
- Se faire vacciner contre la grippe: Un bloc de temps a été consacré pour l'administration du vaccin contre la grippe en Octobre et Novembre 2013. Voir ci-dessous.

Cliniques «Sans Rendez-vous»
Les militaires* seront vaccinés en tant que «premier arrive-premier servi»

octobre	Endroits	Heures
mercredi 9 oct.	salle #214, Edifice # 62, 23e Centre de santé	13:15-15:30
mercredi 16 oct.	comme ci-dessus	13:15-15:30
vendredi 25 oct.	comme ci-dessus	13:15-15:30
jeudi 31 oct.	comme ci-dessus	13:15-15:30

novembre	Endroits	Heures
mardi 5 nov.	salle #214, Edifice # 62, 23e Centre de santé	09:00-11:45
jeudi 7 nov.	comme ci-dessus	09:00-11:45
mercredi 13 nov.	comme ci-dessus	13:15-15:30
jeudi 14 nov.	comme ci-dessus	13:15-15:30

Cliniques par rendez-vous seulement. Les militaires* sont à réserver un rendez-vous de 10 minutes en appelant le poste: 5595 ou 5777

octobre	Endroits	Heures
jeudi 3 oct.	salle #214, Edifice # 62, 23e Centre de santé	09:00-11:45
jeudi 10 oct.	comme ci-dessus	09:00-11:45
mardi 22 oct.	comme ci-dessus	09:00-11:45
mardi 29 oct.	comme ci-dessus	09:00-11:45

Cliniques d'immunisation prévues pour les militaires* dans le milieu de travail

octobre	Endroits	Heures
jeudi 3 oct.	1 ^e Division aériennes du Canada, Salle Mynarski	13:15-15:30
mardi 8 oct.	Hangar #16 (Escadrons 402 & 435)	10:00-11:45
mardi 15 oct.	Hangar #16 (Escadrons 402 & 435)	13:15-15:45
mercredi 16 oct.	Bldg #129 (Wing LE)	09:30-11:45
lundi 21 oct.	1 ^e Division aériennes du Canada, Salle Mynarski	13:15-15:30
mercredi 23 oct.	La Musique de L'Aviation Royale Canadienne	09:30-11:45
lundi 28 oct.	Edifice# 137 (38 ^e Brigade, Admin., quartier général)	13:15-15:30

*Militaires éligibles: membres des FC régulière et réserve (classes B et C ≥ 180 jours)

- Civils**
 - Les civils par. ex. les fonctionnaires, les parents ou les contacts familiaux (enfants inclus) des membres des FC et les réservistes (Classe A) sont encouragés à accéder au vaccin auprès de leurs fournisseurs de soins de santé habituels, par exemple médecin, bureau de santé publique.
 - Cliquez sur le lien suivant Santé Manitoba pour obtenir des renseignements sur les cliniques de vaccination antigrippale offertes par les autorités régionales de la santé (santé publique): http://www.gov.mb.ca/health/flu/wheres_fr.html ou appelez Health Links-Info Santé au 204-788-8200 ou au 1-888-315-9257.

Sept 16, 2013 |

23 CF Health Services
2013 Influenza (Flu Shot) Clinics

- Influenza vaccine is now available & is strongly recommended for all Military Members
- The best method to prevent influenza (the flu) is to be getting vaccinated.
- Persons who should not receive the influenza vaccine include those with severe allergies to any ingredients to the vaccine e.g. thimerosal (preservative), formaldehyde.
- Getting vaccinated against influenza: A block of time has been dedicated for the administration of the influenza vaccine in October and November 2013. See below.

Scheduled "Drop-ins" clinics for military members*
Immunization to occur on a "first come-first served" basis

October	Location	Time
Wednesday Oct. 9	Room #214 Bldg. 62, 23 H Svcs C	13:15-15:30
Wednesday Oct. 16	same as above	13:15-15:30
Friday Oct. 25	same as above	13:15-15:30
Thursday Oct. 31	same as above	13:15-15:30

November	Location	Time
Tuesday Nov. 5	Room #214 Bldg. 62, 23 H Svcs C	09:00-11:45
Thursday Nov. 7	same as above	09:00-11:45
Wednesday Nov. 13	same as above	13:15-15:30
Thursday Nov. 14	same as above	13:15-15:30

Clinics by appointment only. Military members* are to book a 10 min. appointment by calling local: 5595 or 5777

October	Location	Time
Thursday Oct. 3	Room #214 Bldg. 62, 23 H Svcs C	09:00-11:45
Thursday Oct. 10	same as above	09:00-11:45
Tuesday Oct. 22	same as above	09:00-11:45
Tuesday Oct. 29	same as above	09:00-11:45

Clinics planned for Military members* in their workplace

October	Location	Time
Thursday Oct. 3	# 1 Can. Air Division (Mynarski Hall)	13:15-15:30
Tuesday Oct. 8	402 & 435 Sqns (Hangar #16)	10:00-11:45
Tuesday Oct. 15	402 & 435 Sqns (Hangar #16)	13:15-15:45
Wednesday Oct. 16	Wing LE (Bldg #129)	09:30-11:45
Monday Oct. 21	# 1 Can. Air Division (Mynarski Hall)	13:15-15:30
Wednesday Oct. 23	RCAF Band	09:30-11:45
Monday Oct. 28	Bldg. 137 (38 Brigade, Wing Admin & Exec.)	13:15-15:30

* Military members: CF Regular & Reserve (Class C & B ≥ 180 days)

- Civilians**
 - Civilians i.e. public servants, relatives or household contacts (including children) of CF Members and Reservists (Class A) are to be encouraged to access vaccine from their usual health care provider e.g. physician, local public health department.
 - Click on the following Manitoba Health link to obtain information about influenza immunization clinics offered by regional health authorities (public health) this fall: <http://www.gov.mb.ca/health/flu/wheres.html> or call Health Links-Info Santé at 204-788-8200 or 1-888-315-9257

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World War II Aircraft Takes Last Flight

By: Captain Petra Smith
1 CAD PAO

A World War Two-vintage Auster Mark V took to the skies for one last flight, only this time as cargo. The Royal Canadian Air Force (RCAF) and The Royal Regiment of Canadian Artillery (RCA) joined forces to bring an important part of Canada's military history to Canadian soil, echoing a storied past.

"We really wanted to involve the RCAF because this is most certainly a shared heritage," said Marc George, Director of the National Artillery Museum. "The whole way it is being brought back is a perfect symbol of the way it operated during the Second World War."

En-route back from a mission in Italy, a CC-130J Hercules met the Auster Mark V at Royal Air Force Base Brize Norton where it was carefully loaded by RCAF traffic technicians for its final flight over the Atlantic Ocean to Canadian Forces Base Trenton on September 30.

To complete the journey, the Auster Mark V will be loaded in a Canadian Armed Forces transport truck for delivery to its final home at the National Artillery Museum at Canadian Forces Base Shilo, Manitoba.

"It is important to bring this artefact home where it belongs," said George. "It is satisfying to ensure that this aircraft is going to be preserved and will be publicly accessible for future generations of Canadians."

During the Second World War, this Auster Mark V aircraft was flown in action by Canadian Gunner Officers from 665 Air Observation Post Squadron (AOP) over Northwest Europe. The aircraft in AOP squadrons were maintained

by RCAF technicians. The Auster Mark V is a high-wing, single-engine, tail-dragger, fabric-covered monoplane, built during the Second World War.

Taking off from grass landing strips, the Auster Mark V flew from various locations behind the front. They flew over the front lines, found targets, conducted reconnaissance missions, provided VIP transport, assisted road moves with traffic control and route reconnaissance. Their principal duty was to observe targets that could not be seen from ground and to direct artillery fire onto those targets by radio.

While acquiring a L-19 observation and forward air control aircraft from Canadian Forces Base Petawawa, George was made aware of the Auster Mark V and its owner, Mr. Karl Edmondson, an aviation enthusiast and aviation archaeologist, who displayed the aircraft at air shows across England.

For the past eight years, Edmondson has been taking the Auster to 1940s shows across Northern England and Scotland. As part of the 1940s shows, the Auster was involved in re-enactments or living history, profiled with other artefacts, including radios, telephones, motor bikes, and forward observation posts.

From 1947 to the late 1960s, the Auster was used by Air Services Training in the South of England and in Perth, Scotland. In the late 1960s, it was rescued and restored by the Air Preservation Society of Scotland, who featured the aircraft at the East Fortune Airfield Museum of Flight.

When asked about the Auster's last flight to Canada, Edmondson states "It couldn't go to a better home."

The Auster Mark V will be on temporary display at The RCA Museum in Shilo in February and March 2014. With the recent acquisition of the Auster Mark V, The RCA Museum is planning to eventually install a permanent Flying Gunners' exhibit of 2,500 square feet to include artefacts dating from the Royal Flying Corps in World War One to the recent war in Afghanistan.

"The Museum is a key component of our public outreach and education efforts," said Lieutenant-Colonel Stephen Joudrey, Base Commander Shilo and Commander Home Station Royal Cana-

dian Artillery. "It attracts thousands of visitors each year who leave with a better understanding of Canadian Forces Base Shilo, the Canadian Forces, and this country's history."

"We are effectively bringing home a Canadian combat veteran," said George. "There isn't a more powerful way to connect with what our soldiers have done than to see the artefacts that they used; visitors will be able to get face to face with an aircraft flown in action by Canadians in World War 2."



The Auster Mark V is stored in Hangar 1 at 8 Wing Trenton 30 September 2013, following its last flight as cargo onboard a CC130 J Model Hercules. The aircraft will be ground transported to the National Royal Canadian Artillery Museum in Shilo, Manitoba. Photo by: Master Corporal Roy MacLellan, 8 Wing Imaging

CFMWS: New name, new look, same dedicated services

CFMWS

This spring, CF Morale and Welfare Services became the new name for CF Personnel and Family Support Services. We officially stood up as CF Morale and Welfare Services on 15 April, 2013, and began rolling out our new, modern look throughout the summer.

Though the name is new, our programs and services

remain the same. The five divisions of CF Morale and Welfare Services – CANEX, SISIP Financial Services, PSP, Military Family Services and Casualty Support Management – continue to deliver the responsive, effective services that military personnel, former personnel, and military families have come to know and trust. By renaming the organization to CF Morale and Welfare Services, we have simply strengthened our identity by getting to the heart of the services we deliver in CAF communities.

With the new CF Morale and Welfare Services logo

and design, we also aim to make it easier for CAF community members to identify our diverse catalogue of services and programs. CF Morale and Welfare Services include everything from fitness classes to life insurance, online shopping to deployment support for families. Since what we do is so broad, we recognize that in the past it's sometimes been difficult to recognize that all of these services are delivered by the same organization.

By more clearly identifying our programs and activities as CF Morale and Welfare Services, we aim to make it apparent that when CAF community members invest in our programs, services and products, those funds are re-invested into morale and welfare programs and activities that help CF community members from coast to coast.

We look forward to continuing to serve those who serve with our new name and new look.



General Tom Lawson, Chief of the Defence Staff, and Commodore Mark Watson, Director General Morale and Welfare Services, officially unveiled the new logo for Canadian Forces Morale and Welfare Services on 3 July 2013. Photo: Supplied

NEW ARRIVALS

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Health Contest promotes healthy living

Here are some examples of the healthy tips received during the Health Promotion Winnipeg Jets Ticket Contest:

- Eat more to lose weight! Eat small but healthy snacks throughout the day. It will give you more energy to get through the day and to exercise. It will also keep your belly full which will stop you from bingeing.
- Treat yourself, and others, with respect and equality.
- Will lead to spreading peace and joy!
- Before starting an exercise plan with a goal in mind, ask yourself why that goal is important to you. Answering that question can provide long-term motivation towards really succeeding in your goals.
- Try to cut down on the email and phone calls to people down the hall. Walk over and enter into a short conversation instead. It gets your eyeballs off the screen, stretches out your body and some human interaction is good for your mental health.
- Do physical activity with your kids! You will all benefit from improving your physical fitness; you gain a bond over doing activities together and at the same time instil the habit and importance of a physically active lifestyle that will stay with them for years to come.
- Get involved in a new sport or activity.
- Pause once per hour, take a couple of deep breaths and make sure that what you are doing or working on is in line with your goals. This slowing down helps to combat stress and knowing that you are getting the right things done, instead of spinning your wheels, further helps to combat stress.
- When shopping for healthy food try to stay to the outside of the grocery store. In doing this you will avoid processed foods.
- All you need is love. But a little chocolate now and then doesn't hurt.
- Walk past the elevator, use the stairs.

From Dawn Aisenstat the winner of the Jets Contest:

Here is a tip for cutting the use of fat in your baking. Example 1/2 cup oil = 1/2 cup applesauce. Replace the oil with equal parts of unsweetened apple sauce. This will also add moisture to your baking.



Dawn Aisenstat (center), the winner of the health promotion Healthy Tip Contest is presented with Jets tickets by Kathy Godfrey (right) and 23 Hlth Svcs Co Maj Villeneuve (left). Photo: Mike Sherby

Finding life-work harmony in a busy world

Did you know that October is Healthy Workplace month in Canada? This year's theme is Life Work Harmony – working towards a great life.

The workplace can have a significant impact on the health of its employees. When you think about it, most people spend over half of their waking hours on the job. So it isn't surprising that research shows that the work people do and their work environment has a direct impact on their health, both mental and physical.

Creating and maintaining a healthy workplace environment has many benefits. These include: increased productivity, increased employee morale, reduced absenteeism, reduced injuries and or illness, reduced employee turnover, improved job satisfaction and improved company image. In a time when we are all asked to do

more with less, having a healthy workplace just makes sense. The alternative is not something people would voluntarily choose. No one wants to work in a toxic environment. Unhealthy workplaces stifle creativity, destroy team cohesion and restrict initiative.

So how can you create a healthy workplace? Here are some things you can do to promote your physical and mental health.

1. Pay a Compliment to a Colleague – Co-workers feel great when they're recognized for a job well done. And you'll feel great about making them feel good.
2. Have a Proper Lunch Break – Even for a short while for a more energized afternoon
3. Have a Cell-Free Night – Turn off all your PDA's and cell phones from 6:00 pm to the next morning

4. Decorate Your Workstation Day – provide the material or decorations, or distribute a list that encourages people to reuse materials from home. Let the creativity flow.

5. 5 minute Clean Up – take 5 minutes to clear up the clutter around your workstation

6. Practise Stress Busters – Take a break, do some deep breathing exercises, practice meditation, laugh

7. Practise Workstation Stretching – practise good stretching technique everyday and you will have more energy at the end of the day

8. Take a Health Promotion Course – Health Promotion offers many courses to improve your health. Sign up for one of our courses today.

Looking for more information? The Healthy Workplace Month website, www.healthyworkplacemonth.ca, is full of ideas that can make your workplace a happier and healthier place to work.

For more information please contact Health Promotion at (204)833-2500 ext 4150.

Alcohol, Other Drugs and Gambling: Supervisor's Training

17 October (0800 - 1600 hrs) &
18 October (0800 -1200 hrs)

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

17 octobre (0800 h à 1600 h) &
18 octobre (0800 h à 1200 h)

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

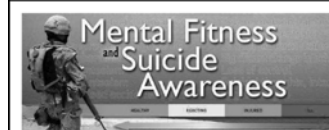
Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code. DAOD 5019-7



To register, contact Health Promotion at local 4150



Pour s'inscrire, composez Promotion de la santé le 4150



It's one thing to look after your body. Just don't forget about your mind.

Mental Fitness & Suicide Awareness: Supervisor Training

This course is course coded!
29 October 2013
0800 – 1600 hrs

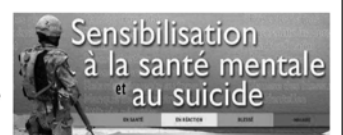
For more information or to register, contact Health Promotion at local 4150

Force Mentale et Sensibilisation au Suicide

– Formation du Superviseur
Il s'agit d'un cours auquel on a attribué un code!
29 octobre 2013

Pour s'inscrire, composez Promotion de la santé le 4150

C'est bien de prendre soin de votre corps, mais n'oubliez pas votre esprit.





Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

www.facebook.com/WinnipegMFRC www.facebook.com/WinnipegMFRCYouth

Did you know?

The Government of Canada Charitable Workplace Campaign (GCWCC) is a charitable giving option developed exclusively for federal public servants. The annual GCWCC takes place in federal government workplaces across the country during the Fall campaign

period (Sept. to Dec.)

At 17 Wing and through the GCWCC, military personnel and public employees can support their MFRC or any other registered Canadian charity of their choosing. You can donate directly to the Winnipeg MFRC by providing its Charity Reg-

istration Number on your donation form.

For more information contact your unit GCWCC representative.

MFRC Charity Registration Number: 133 105 536 RR 0001

Call For Submissions

The MFRC invites youth between the ages of 5 - 18 to submit an original piece of art to our 2014 Yellow Ribbon Gala Art Gallery. We are looking for representations of what being part of a military family means to you.

Art submissions are requested in a variety of mediums. Examples

include but are not limited to poetry, drawings, colouring, photos and paintings.

All submissions will be entered into a draw for the chance to win a \$100 gift card to a place of their choosing. We ask that submissions be brought to the MFRC no later than December 20, 2013.

Submissions will be displayed at the upcoming Yellow Ribbon Gala. The Yellow Ribbon Gala is the MFRC's largest annual fundraiser. It is being held on February 15, 2014 at the Delta Winnipeg. For ticket information please contact the MFRC at 204-833-2500 ext 4500.



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Support Our Fundraiser!

Yay! We are one step closer to eliminating our lost and found! The Winnipeg MFRC's Children's Program is fundraising with **Mabel's Labels**, the leading provider of cute, durable personalized labels that are as tough as they are cute.

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Personalize your labels with names, initials, phone numbers - whatever you choose. Cool icons help even little ones identify their own belongings. Dishwasher, microwave, laundry safe and kid tested!

Easy, online ordering gets your labels dispatched within one business day to your door. Visit www.mfrcwinnipeg.mabelslabels.com to place your order while helping us raise much-needed funds. This fundraiser will run until June 30, 2014.

Upcoming MFRC Programs and Events

SHOPPING SHOWCASE

Tuesday, November 5 from 7:00 to 9:00 p.m.

Building 33, Westwin Community Centre

Are you looking for unique gift ideas? Start your holiday shopping by browsing products from your favourite home based companies.

Admission is FREE!

If you are a home based business owner interested in showcasing your merchandise come into the MFRC to reserve your table by October 18. Space is limited to 20 tables.

Table Rental \$20

Table bookings are not confirmed until payment is received. For more information call

204-833-2500 ext 4509.

HALLOWEEN HOOT

Thursday, October 31 from 9:30 to 11:00 a.m.

Westwin Children's Centre

\$2.00 per family

Registration deadline: October 28

Parent participation required

Parents and preschoolers—join us for Halloween crafts, games, stories and snacks. Come in costume or try on a few of ours. Please call 204-833-2500 ext 2491 to register.

KIDS CARE

The MFRC offers child care on a casual basis for children 6 months - 5 years old. Hours: Tuesday & Thursday

9:00 a.m. to 12:00 p.m. ~ 9:00 a.m. to 4:00 p.m. ~ 1:00 to 4:00 p.m. ~ Hourly

Fees: Children under 2 years:

\$12/3hours; \$28/7 hours. Children 2-5

years: \$10/3 hours; \$24/7 hours. Hourly

fee \$5.00 per hour, per child. Ask about our new family rates. Register by calling 204-833-2500 ext 2491 a minimum of 24 hours in advance.

Location: 630 Wihuri Rd. Please provide peanut free snacks, lunches and diaper supplies (if required).

Drop In Child Care

The Winnipeg MFRC offers free drop-in child care at 102 Comet Street. Child care is offered on Tuesday, Wednesday and Thursday from 9:30 to 12:00 and 1:00 to 3:30 p.m.

Drop-in child care allows parents to volunteer, attend appointments with MFRC staff, or just come in for a coffee and chat.

In order to access the drop-in childcare, parents must remain in the MFRC (102 Comet St) for the duration of care. Parents are asked to please bring items their child may need, including snacks and diapering supplies. If you are attending an MFRC program please refer to the program description for availability of childcare.

THE BIG COOK

Saturday, October 19, 1:00 to 3:00 p.m. \$50.00 per person.

Registration deadline: October 11

Additional stress free child care funds are available to deployed families.

Join us for an afternoon of food and fun.

We'll be making five take home meals from 'The Big Cook' books. This is a great way to get out of the "dinner rut" and create some new meals for your family. Registration and prepayment are required. Please bring a large mixing bowl, mixing spoon, spatula, measuring spoons and cups. This month we'll be making Lazy Man's Lasagne, Honey Garlic Chicken, Pulled Beef Dip, Chicken and Broccoli and Hamburger Soup.

CRAFT TIME DROP IN

Thursday, October 24, 6:30 to 8:30 p.m. Additional Stress Free Child Care funds available to deployed families.

Are you a knitter, card maker, stamper, scrap booker or other crafty sort? We're offering you the space to come and craft without interruption. Enjoy the company and inspiration of others while you complete your masterpiece

UNTANGLE THE HOLIDAYS

Tuesday, October 22 from 7:00 to 8:30 p.m.

Registration deadline: October 21

Child care is available.

Would you like to gain some helpful insight and ideas on better preparing for holiday shopping and surviving unexpected guests during the stressful holiday season? Our guest speaker will help you fine tune a budget, plus give you some valuable information on how to achieve harmony during the holiday season.

LEGISLATURE, LUNCH & QUESTION PERIOD

Wednesday, October 23, 10:30 to 2:30 p.m.

Manitoba Legislature Building, 450 Broadway Ave

Participants to purchase their own lunch and parking. Approximately \$12.00 to \$15.00

Registration deadline: October 16

Embark on a day of exploration at the Manitoba Legislature. We will have a guided tour of the building, a quick lunch in the legislature dining room, then off to Question Period. We will watch proceedings from the visitor's gallery. We must all enter the visitor's gallery just before 1:00 p.m., but if you have to leave before the session is over, it is OK to do so.

DEPLOYMENT NIGHT OUT

Thursday, October 29, 7:00 to 8:30 p.m. Additional Stress Free Child Care funds available to deployed families.

Registration deadline: October 22

Join us for a relaxing evening in the company of other people who currently are or who have recently experienced a deployment. You can also take this opportunity to pack your next care package, pick up deployment resources and register for programs. This month we'll be having a dessert potluck. Please bring your favourite dessert to share.

COFFEE AND CONVERSATION

Tuesdays, October 1, 8, 15, 22, 29, 2:00 to 3:00 p.m.

The Coffee & Conversation drop in program is open to anyone interested in meeting MFRC Volunteers and Staff. It is an opportunity to learn more about and participate in planning some of the MFRC programs, especially those involving volunteers. The Coffee is always on, and the Conversation is always interesting!

GHOULISH PUMPKIN CARVING

Monday, October 28, 6:30 to 8:00 p.m.

\$5.00 per family

Registration deadline: October 22

Bring your little goblins and ghouls for a fun night of pumpkin carving. Each family will receive one large pumpkin and a carving kit.

CARD MAKING

Saturday, November 2, 1:00 to 4:00 p.m. \$20.00 for 12 cards

Registration deadline: October 18

Additional Stress Free Child Care funds available to deployed families.

It's that time of year to make holiday cards! We will be making 12 cards total, 4 different designs. Whether you are new to card making, or a veteran crafter, our new instructor will show you how to create wonderful cards.

FRENCH COFFEE

Every Wednesday morning, 10 to 11 a.m. Join us every Wednesday morning for a coffee and a chat with members of the francophone community. Free child care is provided for children ages 18 months to 5 years old.

FRENCH LADIES GROUP

Wednesday, October 23, 8:00 p.m.

\$12.00 (Tickets are limited)

Centre culturel franco-manitobain, 340 Provencher Blvd.

Presented in French

We will be attending the play «Le Père» presented by Le Cercle Molière. Join us for an evening of fun.

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This 1152 sq ft, smoke free and pet free home features, 3 bedrooms on the upper floor and 1 in the basement, 2 full baths with walk in shower and jacuzzi tub, master bedroom with 2 pc ensuite, finished basement with fireplace and workshop.

For more information or a showing call Christine at 204-803-9204. List price \$309,000.

House For Sale!

1680 sq ft 2 storey, 4 bedroom. Huge pie shaped lot in one of the best neighborhoods in Winnipeg, 10 minutes to 17 Wing, walking distance to all levels of school. Please call Chantalle at 1-204-720-4858 for a showing. See comfree ad 416927 for 302 Whitegates Cr.

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Taroscopes

BY
NANCY

Aries (March 21 – April 19):

Stay active to alleviate fears that time is running out. Things are changing, so review what you've accomplished and reconsider what you've not resolved. You're wiser and more able to discern how to proceed effectively. Putting the past to rest is very freeing; give yourself this gift.

Taurus (April 20 – May 20):

It is possible to have what you want. You seem lucky and blessed at this time. Still it's a good idea to create a plan. Write down your priorities and commitments as a way to stay focused. Discuss your ideas with someone whose opinion and insights you respect.

Gemini (May 21 – June 21):

Information surfaces alerting you to the fact that you have been kept in the dark about something important. Resolve to address the problem. Confrontations are likely but trust your ability to prevail. Though it may not be pleasant, it's better to "clear the air."

Cancer (June 22 – July 22):

Plan, measure, visualize and calculate what is required to complete something special. To avoid unwanted interference or opposition, keep things to yourself until you've worked out the essentials and taken the initial steps to get things going.

Leo (July 23 – August 22):

It's disconcerting to be in a situation where you're not in control. Ultimately it's who has the money that calls the shots. This may not sit well with you. Reality is: you may have to decide between sticking to your principles or being "in" with the power players.

Virgo (August 23 – September 22):

Be honest with yourself. Only some of your "great" ideas are realistic. Don't make assumptions about others – talk to them. Look past the obvious. Someone who seems sincere has a hidden agenda. Carefully consider partnerships and/or agreements.

Libra (September 23 – October 23):

With so many distractions it may be hard to stay focused. Be mindful of the fact that others are watching. Schedule leisure activities and flex time into your calendar to alleviate stress. You don't want to say or do something that damages your good reputation.

Scorpio (October 24 – November 21):

Deep inside you know what is best for you. A situation where you feel at peace and a little excited is ideal. Consider new options and trust you'll naturally be drawn to what's best for you. You can make sound decisions and commitments when you take your time.

Sagittarius (November 22 – December 21):

You now see what you must do to achieve the sense of fulfillment you crave. Things get easier when you no longer try and change what can't be changed. When you leave the past behind and accept others for who they are you'll be happier.

Capricorn (December 22 – January 19):

Luck is with you. Things you want seem to come to you effortlessly. Still don't get carried away with only doing what is easy and comfortable. Stretch yourself and be persistent in reaching long-term goals. Party time can only go on so long.

Aquarius (January 20 – February 18):

You're ready to take a leap of faith and proceed with a new venture. This can include expanding your education and/or breaking free of limiting roles and situations. Be open to new connections. Establish and maintain boundaries. Practice good time management.

Pisces (February 19 – March 20):

Try not to be impatient when progress isn't immediate. Strive for peace of mind and avoid unhealthy habits. Be patient with yourself. You have a lot going on. Make your physical health a priority. Take "down time" - you'll be more successful and productive in the end.

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MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

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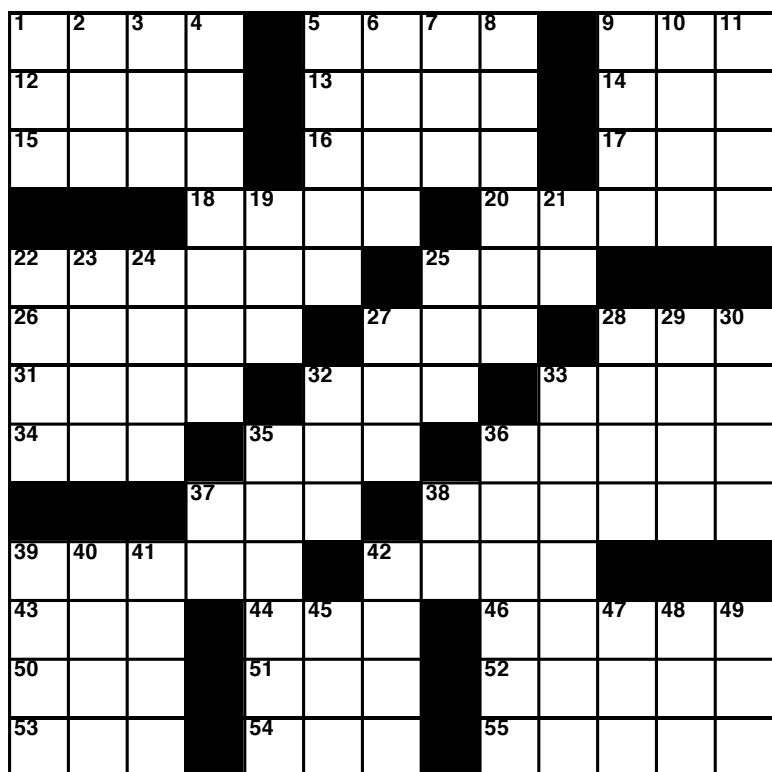
Canadiana Crossword

Epithets

By Bernice Rosella and James Kilner

ACROSS

- 1 Bad actors, perhaps
- 5 Moises or Filipe
- 9 ___necks (Albertans jokingly)
- 12 Newspaper item
- 13 Normandy battlefield
- 14 Edible sorrel
- 15 Mentor
- 16 Rocky rises
- 17 Ironic
- 18 Stadium sounds
- 20 Bear
- 22 Weather map feature
- 25 Road house
- 26 Canted
- 27 Fen
- 28 Wildebeest
- 31 Le Carre character
- 32 Offspring
- 33 Chez _____
- 34 Cornered (with at)
- 35 ___ town (Calgary jokingly)
- 36 Spud ___ (Prince Edward Islanders, jokingly)
- 37 Rug
- 38 Mug material
- 39 ___ landers (British Columbians jokingly)
- 42 Up chuck
- 43 Ms Lennon
- 44 Every
- 46 Duck
- 50 Scanning tech.
- 51 Heat meas.
- 52 Tantalize
- 53 Nazi leader
- 54 Summer cooler
- 55 Caucasus dweller



- 2 ___ Ghraib
- 3 Soviet satellite
- 4 ___ Jumpers (Saskatchewanians jokingly)
- 5 Donald Sutherland, for one
- 6 Southeast Asian land
- 7 Over, poetically
- 8 Not celebrated
- 9 Cornfield features
- 10 Light brown
- 11 Stockwell and others
- 19 A kind of kernel
- 21 Health pro
- 22 Metrical foot
- 23 Greek portico
- 24 Slippery
- 25 Charged particle
- 27 Calgary's river
- 28 The one to blame
- 29 Rodin subject
- 30 Euro has-been
- 32 Drunkard
- 33 Newfoundlanders, jokingly
- 35 Pale green melon
- 36 Attached
- 37 Twelfth Greek letter
- 38 Prince Albert, for short
- 39 Fool
- 40 Fairy tale starter
- 41 Pamplona performer
- 42 ___ nosers (Nova Scotians jokingly)
- 45 Co. trailer
- 47 ___ Boot
- 48 Compass pt.
- 49 Soak

DOWN

- 1 ___ Town (Toronto, jokingly)

Philatelist's Corner with Alf Brooks

A number of times each year countries combine to issue similar or identical stamps to mark events that relate to both countries. This year sees an issue of Australia and Israel

The Battle of Beersheba occurred in October, 1917, part of a British offensive during World War I. The final phase of this day-long battle was the famous mounted charge of the 4th Light Horse Brigade, widely considered to be the last great mounted charge in military history. Thirty-one Australian Light Horsemen were killed in the charge and 36 were wounded. The capture of Beersheba allowed British Empire forces to break the Ottoman line near Gaza and then advance into Palestine, a chain of events which eventually culminated in the establishment of the state of Israel in 1948.

The 60¢ Australian base-rate stamp features the statue of an Australian Light Horseman in the Park of the Australian Soldier at Beersheba (Be'er Sheva) in Israel. The \$2.60 stamp features contemporary images of Australian Light Horsemen. The one Israeli stamp uses the same image (The battle scene, once considered to be a photograph of the actual Battle of Beersheba, is now accepted to be a re-enactment made the following year.), and has a tab, a usual feature of Israeli stamps.



Together in Church

CATHOLIC

CHAPLAINS

Padre Ray Laudenorio
Roman Catholic Office 833-2500 ext. 5272/6914

Padre Frederic Lamarre
Roman Catholic Office 833-2500 ext. 5956

Masses (English only)

Tues, Weds, Thurs 1210 hrs
Sunday 1100 hrs

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

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

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

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

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

PROTESTANT

CHAPLAINS

Padre 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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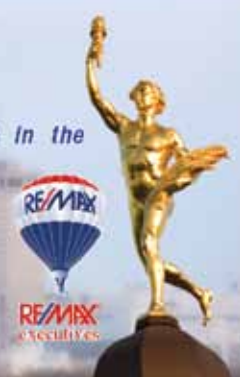
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