



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

June 17, 2015

VOLUME 64, ISSUE 12

FREE

Visit us online at: www.thevoxair.ca or Like Us On facebook

CFB Winnipeg Answers the Wing Commander's Challenge



Cyclists gear up at the starting line for the 8th Annual Wing Commander's Challenge. This year's challenge drew close to 1,000 participants to the fun event that promotes physical fitness. For more, see page 2. Photo: Martin Zeilig

IN THIS ISSUE:

17 WING COMMAND TEAM PULLS SHIFT AT TIM HORTONS

PAGE 2

A WORD FROM THE WING COMMANDER

PAGE 3

COMMUNITY CHOIR ACHIEVES HARMONY AT FIRST CONCERT

PAGE 5

PROVINCE UNVEILS NEW 'SUPPORT OUR TROOPS' LICENCE PLATES

PAGE 9

DUNDURN SHOWS SPIRIT AT SATELLITE RCAF RUN

PAGE 13

17 WING HOLDS HONOURS & AWARDS CEREMONY

PAGE 14-15

Millennium
Auto Service Ltd.



- Complete Auto Service
- Computer Diagnostics
- Government Inspections
- Evening Hours

3797 Portage Avenue (Portage at St. Charles St.) Phone: 885-2690 or 632-8909 Fax: 885-2705



Sharon Blady
MLA for Kirkfield Park



Jim Rondeau
MLA for Assiniboia



Deanne Crothers
MLA for St. James

204-832-2318 | SharonBlady.ca

204-888-7722 | JimRondeau.ca

204-415-0883 | DeanneCrothers.ca

Warm, Sunny Weather Draws Huge Crowd to the Wing Commander's Challenge

By Martin Zeilig
Voxair Photojournalist

A beautiful early morning greeted Wilson the dog and his owner, Corporal Brian Ross, along with about 1,000 other military and civilian personnel (and one or two other canines), at the 8th annual Wing Commander's Challenge on June 10.

Cpl Ross and Wilson, a lively and friendly two-year-old Pointer, were participating in the 5 kilometre walk. Attendees could also take part in a five kilometre run or rollerblade, or a 10 km bike/rollerblade on a separate course.



Participants enjoy healthy refreshments after completing the Wing Commander's Challenge. Photo: Martin Zeilig

The intent of the Challenge is to promote a culture of health and physical fitness within the military community, including our civilian employees and family members, said Dawn Redahl, PSP Fitness Leader and the OPI for the Challenge.

"This is a fabulous way to start the day," said Wing Chief Warrant Officer Mike Robertson afterwards.

He was wandering amongst the various display tables set up inside of building 21 belonging to Community Recreation, The Voxair, SISIP, PSP Fitness Sports and Recreation, the MFRC, PSP Health Promotion, the 17 Wing Golf Club and Manitoba Public Insurance (who had brought along a computerized simulator to illustrate the dangers of texting while driving).

"It's great to have everybody out to start their day properly with sunshine and exercise," said WCWO Robertson, who, along with 17 Wing Commander Colonel Joel Roy and NDP MLA Deanne Crothers, the Provincial Government's Special Envoy for Military Affairs, had just completed the five km walk around the base.

"Events like this help to create the team spirit for people," Redahl said. "It's not about work, but having a relaxing, stress free environment to create that family unity, and to be ready to have a good day because they started off with exercise which is beneficial."

She also extended kudos to 23 CF Health Services, the Military Police and Wing Ops for their support in helping to make the morning run so smoothly.

"Even doing the promotions takes a lot of people to spread the work around," added Redahl, who stressed how supportive the Running Room, a local business, was in providing information on running programs to interested people prior to and after the Challenge.



Participants get their stretch on before starting to run, bike, walk, or rollerblade at the Wing Commander's Challenge. Photo: Martin Zeilig

"That only happens when everybody is on the same wave length when participating in fun events is a priority because days are pretty stressful for people. It's important to relax and laugh and enjoy life. We have amazing people on the base. I love this atmosphere. It's like a family."

Wilson would agree.

"He had plenty of energy afterwards," said Cpl Ross later. "He looks forward to his walks."

17 Wing Serves Up Double Doubles for Charity

Several members of 17 Wing Winnipeg got to see what life was like on the other side of the counter as Wednesday, June the 3rd was Camp Day at Tim Hortons all across the country, with Tims donating 100% of their coffee sales going towards helping send deserving kids to camp. The event raised \$12.4 million nationwide, which will be used the help send children from low-income families to summer camp.

This year personnel from across 17 Wing did their part by volunteering an hour of their time behind the counter at the Tim Hortons on Ness. The Voxair caught the Wing Commander and Wing Chief, and 402 Sqn CO and Chief during their shifts for a few photos.

After his shift was over, 17 Wing Commander Col Joel Roy said that it was a lot harder work than he thought it was going to be, and that he had a new appreciation for the work the staff do.

From left to right: 402 Sqn CO LCol Trevor Campbell, 402 Sqn CWO Daniel McLeod, WCWO CWO Robertson, Hannah (below), Diane, and 17 Wing Commander Col Joel Roy.

Photo: Mike Sherby



VOXAIR

OFFICE HOURS

Monday to Friday
0830 - 1500 hrs

CONTACT

Ad Sales/Main Office
(204) 833-2500 ext 4120

Accounting
(204) 833-2500 ext 4121

Submissions/Reporter
(204) 833-2500 ext 6976

voxair@mymts.net
+VOXAIR@PersSvc@Winnipeg

VOXAIR STAFF

LCol Danielle Clouter
Wing Admin O
(204) 833-2500 ext 5281

Rick Harris
Managing Editor
(204) 833-2500 ext 4299

Michael Sherby
Voxair Manager
(204) 833-2500 ext 4120

Brittany Nordman
Layout Designer

Martin Zeilig
Photojournalist
(204) 833-2500 ext 6976

Maureen Walls
Sales Coordinator
(204) 895-8191

Misra Yakut
Accounting

Traci Wright
Proofreading

Capt McCulloch-Drake
Wing Public
Affairs Officer

Sgt Bill McLeod
Wing Public Affairs
Photojournalist

Printed By
Derksen Printers
204-326-3421

Visit Us Online: www.thevoxair.ca

VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col Roy. Opinions and views expressed do not necessarily reflect those of the Editor, the Wing Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. We will not be responsible for any loss or damage to any advertiser or third party resulting from the failure of an advertisement to appear in any of our editions or from any error or omission in any advertisement which is published.

Correspondence should be addressed to:

The Voxair
17 Wing Winnipeg,
PO Box 17000 Stn forces
Winnipeg, MB R3J 3Y5

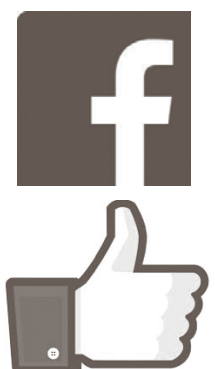
This newspaper is printed using
environmentally safe inks.

Publications Mail Agreement No. 1482823

Promotion of Private Businesses in articles submitted for publication is not permitted except in cases of appreciation for donations where only the company name is included. (Companies or individuals that are currently in arrears shall not be published.) Individuals or groups shall not make any offer of promotion in The Voxair Newspaper of products and/or services for exchange in donations.

Advertise With Us!
And reach the 17 Wing Community

Contact (204) 833-2500 ext 4120
thevoxair.ca



www.facebook.com/thevoxair

A Word from the Wing Commander



**By Col Joel Roy
17 Wing Commander**

I am thrilled to see the work of so many of you coming to fruition lately and positively impact the community. Some of those projects have been in the plans for months with others have been in motion for well over a year. None of these projects would have been possible without great collaborators.

One such project is the new "Support you Troops" license plate. Already a success, over 400 sold on the first day. Minister Deanne Crothers, as Special Military Envoy, led this initiative for Manitoba's government. While the idea originated from 38CBG, 17 Wing played a leadership role in the development of selection criteria for the scholarships that will come from the sale of those car plates. The scholarships selection itself will be handled by Canadian Forces Morale and Welfare Services in Ottawa. Overall, this project was able to succeed due to the collaboration of many partners since June 2014, within the government of Manitoba as well as within DND.

Another giant community success was the RCAF Run. Led by LCol Joe Harding for a second year, the 2015 RCAF Run beat last year's record for attendance and was, judging from all accolades we received, the best one yet, and not just because of the perfect weather this year. A tremendous effort was made to apply all previous lessons truly learned to this year's Run. Since last August the team has pushed to develop the RCAF Run under the model of an Air Task Force (ATF). Sponsors have responded very positively to this approach. Their generous contributions, combined to those of the participants, will ensure that a generous donation will be made to Soldier On and the Military Families funds later this year, and secure the start of the 2016 event. Overall, this community outreach initiative continues to grow in popularity, particularly among the families, and the credit goes to the professionalism of the RCAF Run team, and all those who contributed. Planning for next year's Run is already in the works, with several community partners already committed to support.

The Wing Chief and I were delighted to receive, on behalf of the Wing, two special honours. Charleswood's Legion presented the Wing with a friendship award (see page 15 for photo). This is only the second given since the Legion opened, and it underlines their appreciation for personnel involvement with the Legion. The Portuguese Veterans Association presented me with the medallion of the Liga Dos Combatentes. Delivered by MGen (ret'd) Dennis Tabbernor (Honorary Commandant) and my

friend Peter Carreia on the occasion of a special evening, this award highlights the Wing's dedication and friendship to the Association.

Finally, this edition of the Voxair is accompanied by an information piece on the housing and community development plan that will impact 17 Wing today and for the next decade. In the works since I took command of 17 Wing, and led by Maj Dawes, this initiative has the support of the City of Winnipeg as well as CFHA and ADM (IE) in Ottawa. I invite you to read this insert to see the breadth of projects coming here. Dividends have already started to pay off, with money allocated to re-capitalize houses, while we also introduced of a myriad of community projects such as an ice rink, and community gardens in the South RHUs. We are also moving into the implementation phase of a new Youth Centre, a trial to improve the row houses in the North is ongoing, and so much more. With the assistance of Vic Lee from DCC, and the collaboration of WCE, this will greatly improve the quality of life for military families and cater to future needs.

While this is ongoing, personnel of the Wing are coming back from Op IMPACT, and taking some well-deserved time off with their families. I hope everyone can do the same and take advantage of the great season we are having so far. I also hope to have the pleasure of meeting you at the various community activities coming up!

Un mot du commandant

**Par Col Joel Roy
Commandant**

Je suis ravi de voir que le travail de tant d'entre vous porte fruits dernièrement. Certains projets sont en développement depuis des mois, d'autres depuis plus d'un an, et ont un impact positif sur la communauté. Aucun d'eux ne seraient possible sans l'apport de plusieurs collaborateurs.

La nouvelle plaque d'immatriculation "Supportez vos Troupes" est déjà un succès, avec plus de 400 vendues la première journée. La ministre Deanne Crothers, en tant que "envoyée spéciale pour les militaires" a mené cette initiative pour le gouvernement du Manitoba. Cette idée a germé de la 38e Brigade, et la 17e Escadre a pris charge de développer les critères de sélection pour les bourses scolaires qui seront associées à la vente des plaques. La sélection pour les bourses sera gérée par les Services de bien-être et moral des Forces Canadiennes, à Ottawa. En tout, ce projet a été rendu possible grâce à la collaboration de plusieurs partenaires depuis juin 2014, tant au sein du gouvernement du Manitoba que DND.

Un autre grand succès a été la dernière édition de la Course de l'ARC. Menée par Lcol Joe Harding, l'édition 2015 a battu le record de participation de l'an dernier, et à en juger par toutes les accolades reçues, fût le meilleur à date... et pas seulement pour la météo parfaite cette année. Un effort gigantesque a été fait afin que les leçons des dernières années soient vraiment prises en compte. Depuis août dernier, l'équipe a poussé pour développer cet événement sous le modèle de force opérationnelle aérienne. Les commanditaires ont très bien répondu à notre approche. Leurs généreuses contributions, combinées à celle des participants, assurent qu'une généreuse donation sera faite plus tard cette année aux fonds de Soldier On et Familles des militaires, et assurent même le départ de la planification de la Course de l'ARC 2016. En somme, cet événement continu de grandir en popularité, surtout auprès des familles, et tout le crédit en revient au professionnalisme de l'équipe, et à ceux qui ont contribué. L'édition 2016 est déjà en préparation, avec plusieurs partenaires déjà commis à supporter l'événement.

L'Adjudant-chef de l'Escadre et moi étions enchanté de recevoir, en votre nom, deux honneurs spéciaux. La Légion de Charleswood a présenté à l'Escadre un prix d'amitié, le second seulement depuis son ouverture, afin de souligner son appréciation pour l'implication du

personnel de l'Escadre. De son côté, l'Association Portugaise des Vétérans m'a décerné le médaillon de la Liga Dos Combatentes. Délivrée par Mgen (ret) Dennis Tabbernor (Commandant Honoraire) et mon ami Peter Carreia lors d'une soirée spéciale, ce prix souligne le dévouement et l'amitié de l'Escadre pour l'Association.

Finalement, cette édition du Voxair est accompagnée d'un pamphlet dévoilant le plan de développement de notre communauté, plan qui est déjà en exécution et aura un impact sur l'Escadre pour la prochaine décennie. En développement depuis que j'ai pris le commandement de la 17e Escadre, et mené par Maj Dawes, cette initiative a le support de la ville de Winnipeg, de même que l'ALFC et SMA (IE) à Ottawa. Je vous invite à lire ce pamphlet afin de constater l'étendue des projets qui toucheront Winnipeg. Les dividendes se font déjà sentir, avec de nouveaux font pour la recapitalisation de maisons, mais aussi l'introduction d'une myriade de projets pour la communauté tels une patinoire, et un jardin communautaire. Nous avançons aussi dans la phase d'implémentation d'un nouveau centre jeunesse, un essai est en cours pour l'amélioration des maisons en rangées au nord, et bien plus en cours. Avec l'assistance de Vick Lee de CDC, et la collaboration du génie construction de l'Escadre, ces projets vont grandement améliorer la qualité de vie des familles et répondre aux besoins futurs.

Alors que tout cela se poursuit, le personnel de l'Escadre revient de Op IMPACT, et devrait prendre du congé bien mérité avec leurs familles dans les prochains jours. J'espère que tous pourront faire de même et profiter de la belle saison que nous avons jusqu'à maintenant. Au plaisir de vous voir aux diverses activités qui s'en viennent.

Correction

In our June 3rd story about the Flight Surgeon Conference, we incorrectly stated in the headline that 23 CF Hlth Svcs C hosted the conference. It was in fact hosted by the 1 Canadian Air Division. We apologize for our error in this matter.

NEW ARRIVALS

Puzzled about Manitoba Driver Licences and Plates?



Obtain them at your
Base Insurance Office
in the Main Rec Centre

autopac
A Manitoba Public Insurance product

- Fire insurance? • Contents?
- Driver Licences? • Auto Insurance?

Call us or drop in to:

BALDWINSON INSURANCE

BLDG 90 (REC CENTRE) • WHYTEWOLD RD

MONDAY TO FRIDAY: 8:30 AM TO 5:00 PM

Phone: 889-2204

Fax: 885-1964

THE VOXAIR



204-833-2500 ext. 4120

Find out the benefits
of advertising with us



CANADIAN MILITARY MORTGAGE.COM

Mynarski Statue Unveiled at the Vimy Ridge Memorial Park

By Martin Zeilig
Voxair Photojournalist

A CT-155 Hawk roared low over the heads of some 200 people at the same moment that the Andrew Mynarski VC Memorial Statue was unveiled at its dedication ceremony in Vimy Ridge Memorial Park on June 12.

The timing and effect were perfect.

The impressive flyby was particularly appropriate because the jet trainer hailed from 419 Squadron at CFB Cold Lake. "That was the same squadron Andrew Mynarski was part of in England during the Second World War", said Bill Zuk, Chairperson of the Mynarski Statue Project, who chaired the ceremony at Vimy Ridge Park.

The bronze statue, which was sculpted by local artist Charlie Johnston, was covered by a large burgundy shroud before the unveiling. The statue shows a uniformed Mynarski in a kneeling position with one hand extended offering assistance to his trapped squadron mate, while he holds an emergency ax in the other hand. The entire statue sits on a base carved out of Manitoba granite.

VIP guests included the Honourable Greg Sellinger, Premier, Province of Manitoba, Major General David Wheeler, Commander 1 Canadian Air Division, Joy Smith, MP for Kildonan-St. Paul, Cindy Gilroy, City of Winnipeg Councillor for Daniel McIntyre Ward, among others.

Music was supplied by the RCAF Band four piece

Pipes and Drums, while O Canada was performed by the Andrew Mynarski VC School band.

Personal reminiscences were made by Jeff Vigars and Bill Friday, whose fathers were in the Mynarski crew during the war, Leonard "Kroppy" Kropioski, a childhood friend of Andrew Mynarski, and Mynarski family members, Jocelyn Holowaty and Andrew Holowaty (who is named after his great uncle).

On 12 June 1944, Avro Lancaster bomber "VR-A" took off from RAF Middleton St. George, setting off on its 13th operational sortie.

On board was Winnipegger Pilot Officer Andrew Charles Mynarski. Over enemy occupied France his Lancaster bomber was attacked and set on fire, resulting in the crew being ordered to parachute to safety. Realizing a crew member, Flying Officer Pat Brophy, was trapped in a jammed tail turret, Mynarski stayed behind to try and save him, a selfless act in which resulted in his death.

For this act, Mynarski was posthumously awarded the Victoria Cross in 1946. He was the last RCAF VC Recipient of the Second World War.

In January 2006, Winnipeggers from business, government, heritage, military, and community organizations formed the Mynarski Statue Project to erect a local statue of Mynarski in a campaign that became known as "Bringing Andrew Home".

"It's been a 10 year project," emphasized Zuk.

"We wanted to replicate what they did in England

(with their statue to Mynarski), which was to honour the men and women of Bomber Command, who served in Great Britain. Our statue is Andrew Mynarski."

MGen Wheeler said that Andrew Mynarski's actions showed Pat Brophy how much he mattered as a friend and as a human being.

"And that fearless gesture in the face of danger is the stuff of legend," he said.



The statue of Andrew Mynarski is unveiled in Vimy Ridge Park. The statue commemorates Mynarski's brave act in trying to save Flying Officer Pat Brophy when their plane went down over occupied France. Photo: Martin Zeilig

Party at Fort Gibraltar Held for 17 Wing's Tireless Volunteers

By Martin Zeilig
Voxair Photojournalist

When it comes to volunteer work, Lisa Fischer is just following a family tradition.

Fischer has been volunteering for the past three years at the 17 Wing Chapel after Sunday services and at the Bible Camp.

She was one of about 75 people in attendance in the Great Hall at Fort Gibraltar on Sunday, June 7th for the annual 17 Wing Winnipeg Volunteer Appreciation event, sponsored by CANEX.

Barbara Thuen, one of the event's organizers, says that it was great to see so many come out to the Fort.

"This is an event to recognize and celebrate all of the Volunteers from 17 Wing Winnipeg," said Barbara Thuen, Coordinator of Volunteers for the Winnipeg MFRC, who planned the event along with Community Recreation Coordinator Deanne Bennett.

"Each volunteer present today represents the volunteer spirit that is alive and at work at 17 Wing," said Thuen.

"Our volunteers are active all over the Wing, and beyond its boundaries. We have volunteers from the chapels, from PSP programs at the gym and the recreation clubs, from the MRFC, from the headquarters and the squadrons, and from the greater community at large in the City of Winnipeg."

A catered buffet lunch consisting of poutine and a make-your-own sandwich station was served, and some unexpected entertainment was provided by two costumed actors, who played a pair of bickering early North West Company fur traders.

Thuen stressed that volunteers are all making a dif-



Volunteers enjoy the show and refreshments at Fort Gibraltar. Photo: Martin Zeilig

ference in our communities, and that the appreciation day was just one small way of saying thank you.

"Whether they are involved in the Chapels, the MFRC, PSP, Scouts and Guides, unit celebrations, or refurbishing our display airplanes, their actions have a ripple effect in our community, allowing military members and their families to call Winnipeg home," she said.

Lisa Fischer was accompanied by her children, Charisma, Sunora, and Rohan, who have picked up the volunteering bug from their mother.

"Charisma will help me clear up after church, and Rohan helped me in the crafts room," she said. "You start off the kids with small things that they can do. They always want to help, and if you start them off young, then it's just normal, at least in my family, for them to volunteer. My mum always said, 'If you volunteer, then it's a quick way of getting to know people.' It makes it seem more like home."

Thuen said that volunteer families are essential to making sure that events, with the Fall Fair being just one example, take place every year.

"We would also like to say a big thank you to the families of volunteers," Thuen said to the crowd. "Without your support, they would not be able to do all the good volunteer work that so many have come to depend on. The nature of volunteers is that they don't expect recognition or thanks, but it is important that we let them know how valued they are."

BUTLER'S COMPOUND

Your Storage is our Business!

- Rv's, Trailers, Boats, Trucks, Cars and Much More
- 20' & 40' Storage Lockers Our Place or Yours
- Commercial Yard Space

SECURITY GATE ENTRY

2850 Saskatchewan Ave. Winnipeg, MB R3J 3Z2
nbstor@gmail.com 204-832-2941

BALDWINSON INSURANCE

Rec Centre (Whytefold Rd.)

Drivers Licences & **autopac**
A Manitoba Public Insurance product

204-889-2204

HOOK & SMITH 201-3111 Portage Ave., Winnipeg, Manitoba R3K 0W4

Barristers, Solicitors & Notaries Public

Dennis A. Smith, Winston F. Smith, Q.C., Grant W. Davis and Bernard Toews

Telephone - (204) 885-4520 Fax - (204) 837-9846
Email: general@hookandsmith.com

Providing legal services to the community since 1984 in the areas of corporate and commercial law, real estate (residential and commercial), civil litigation, wills and estates, family law and transportation law.

STEVEN FLETCHER

MP for Charleswood -- St. James -- Assiniboia -- Headingley

stevenfletcher.ca -- 204.984.6432
3111A Portage Avenue

Wing Member Takes Bronze in National Karate Competition

By Martin Zeilig
Voxair Photojournalist

After being stunned by a blow to the face from his opponent, Lieutenant Sebastien Massicotte knew he had to end the fight right away.

And in the end, his resolute attitude led to a victory over his opponent.

Lt Massicotte, who works at Wing Transportation Electrical and Mechanical Engineering Squadron, won a bronze medal in the brown belt sparring category at the International Shotokan Karate Federation 2015 Canadian Nationals, held in Quebec City from May 15-17.

He was one of four members from the 17 Wing Shotokan Karate Club to be part of Team Manitoba at the competition, said Major Dave Treanor, Club President.

The other 17 Wing club members at the tournament were Sensei Jacqueline Ingrassi, who judged several of the contests, black belt Matthew Noel, and black belt Elodie Bourreau, who is married to Lt Massicotte.

"All competitors partook in Kumite, free-style sparring, and Kata, scripted moves in which you are judged for your ability to perform a specific sequence of moves, techniques, and spirit," Maj Treanor said.

"Overall, the 17 Wing Shotokan Club members gained a lot of experience at the National Level and enjoyed the event."

He called Lt Massicotte's performance the highlight of the tournament for both Team Manitoba and the 17 Wing Shotokan Club.

"What is really impressive about his medal win is the fact that Lt Massicotte only attained his Brown Belt in April this year, and he was up against some seasoned competitors," he said.

"While he entered the national competition simply hoping to gain experience for the future, I think he re-

ally underestimated how well he could do. His dedication to training, energy and enthusiasm for the art really makes him a force to be recognized."

This was Lt Massicotte's first ever ISKF competition. He says that he didn't know what to expect from his opponent in the bronze medal match.

"He was faster than me," said Lt Massicotte, a third Kyu (level) brown belt, who only started studying karate in November 2013 after being posted to 17 Wing.

"Fights last two minutes and within that time limit the combatants have to score two half points each", he said.

There are judges at each corner of the ring and a centre judge, and all participants are required to use mouth guards and wear protective karate gloves, even though punches are supposed to stop just short of your opponent's body.

"It was a tight fight. We each scored once."

He says that the unintentional hit to the mouth happened because he was moving forward when his opponent threw the punch.

"Each time we score the judge stops the fight. Then we return to our starting positions, and then we start again. That's when I said to myself, 'I've got to end the fight right away.'"

Lt Massicotte went on to lose his first fight to the eventual gold medal winner in the Brown belt category. He said that he's looking forward to becoming a black belt sometime in the foreseeable future.

"There is no rush in obtaining a black belt," he says of his future in Karate.

"You have to deserve it, and show that you possess that level of understanding in Shotokan Karate", Lt Massicotte said.

"I'm a person that likes to have order in life, and

karate provides you with that discipline. It's also a good stress relief exercise. Shotokan karate is all about control. The goal is not to go through the opponent in competition or sparring. You stop just before you hit him to show how you're in control of your own body."

The 17 Wing Shotokan Karate Club practises Monday and Wednesday evenings and Saturday mornings in the gym at Building 90, and the club is already looking forward to next year when the National ISKF competition will take place in B.C.



Lt Massicotte (right) with his wife (left) and Sensei (center), after receiving his bronze medal. Photo: Submitted

Community Choir Makes Sweet Music at their First Concert



Sgt David Grenon addresses the audience with the choir behind him before the start of the Community Choir's first concert. Photo: Martin Zeilig

By Martin Zeilig
Voxair Photojournalist

A surprise guest soloist, 17 Wing Commander Colonel Joel Roy, made his debut at the Inaugural Concert of the Winnipeg MFRC Community Choir on June 8 at the 17 Wing Chapel.

This was done much to the amazed delight of the over 100 audience members.

After being handed the mic by Choir Director Sergeant David Grenon, a member of the RCAF Band, Col Roy did a spot-on imitation of Louis Armstrong for the choir's final number, 'What a Wonderful World'

The 24 member choir, comprised of both military personnel and civilians, sang a total of 11 songs in both official languages during the concert, including a stirring rendition of 'O Canada' to start off the evening. Other songs on the playlist were 'Stand By Me', 'Build Me Up, Buttercup', 'Drive My Car', and selections from the movie Frozen, among others.

Solo performances were given by Ashley Sharpe and Corporal Richard Monzon, a member of the RCAF Band, in 'Some Nights', and Captain Audrey Jordan acted as Olaf the Snowman from Frozen.

Warrant Officer Mike Manny was the concert pianist for certain numbers, and The RCAF Band's four person ensemble also performed three songs.

Choir member and president Lydia Tremblay said choir members were grateful for the confidence Sgt Grenon had in them.

"Without the initiative of David, we wouldn't have anything," she maintained. "He was very generous with his time and efforts towards the choir, bringing a great contribution to the choir for the choir members, their families and the military community."

In his brief opening remarks, Sgt Grenon explained that the choir came about through an epiphany of sorts.

"I woke up one day with this funny idea," he said. "Let's create something that will reach and unite our military and civilian community, our families, friends

and supporters of the work we can do here and abroad. And, let's do something that can unite our military and civilian community, our families and friends and supporters of the work we do here and abroad. Let's do something that can unite all of these people through the best universal language: Music."

Sgt Grenon, who was the first full time Regular Force vocalist ever hired by the

CAF, says that registration for the choir opened last December with more than 40 people signing up.

Then, the rehearsals started.

"I'm not the most patient conductor, and I like to push singers to their limits," Sgt Grenon said.

"Although our primary focus was to build a sense of community within military and civilian members, and have a great Monday night activity, I'm still very demanding when it comes to the musical product. That being said, I'm proud to be presenting the cream of the crop! These are the tough 25 remainders who worked so hard in the last four months to present this concert for you today."

Sgt Grenon says that the choir's next performance will probably be at the Christmas Concert in December.

Your career. Your future.

Do you have what it takes to be an entrepreneur?
Does growing your own business and being in control of your success appeal to you?

There's a high demand for financial products that meet a multitude of unique needs and an even higher demand for advice and guidance from knowledgeable, professional and trusted financial security advisors.

Whether you're just starting out, or you already have a practice, we provide access to the support you need to build a business that reaches your goals.

Discover the many benefits and resources Freedom 55 Financial has to offer. For more information, call today and take control of your future.

Craig Thompson, CLU, EPC
Director, Business Development
ext. 315
craig.thompson@f55f.com

Lance Gussie
Director, Business Development
ext. 371
lance.gussie@f55f.com
lancegussie.com

124 Nature Park Way,
Winnipeg, MB R3P 0X7
204-489-1012

Fax: 204-489-1035
www.freedom55financial.com

Freedom 55
Financial
A division of London Life Insurance Company

Freedom 55 Financial and design are trademarks of London Life Insurance Company.

Recruit-4-9/14

HOUSEWATCH

Don't leave your house to chance—
Leave it to us.

Did you know that your homeowner's insurance policy may require that your home be checked regularly, as often as everyday when you're away?

Commissionaires' team of bonded security professionals will perform routine internal and external inspections of your property. Our new WiredTime technology places barcodes strategically throughout your home and property, allowing you to keep track of us while we keep track of your home security, giving you complete peace of mind.

CF Members Get A 10% Discount

CAA Manitoba members now **SAVE 10%** on Commissionaires' Mobile Services

COMMISSIONAIRES
TRUSTED · EVERYDAY · EVERYWHERE
www.commissionaires.mb.ca
942-9553

IPSC Services Manager Looks Back on His 45 Year Career



Frank Emond talks to the Voxair about his time with the CAF. Photo: Martin Zeilig

By Martin Zeilig
Voxair Photojournalist

Though his office is plastered with Montreal Canadiens memorabilia, including autographed photos of players past and present, and several Habs' jerseys, there is one item that Chief Warrant Officer (Ret) Frank Emond values about all others.

It is a palm sized rock studded with pointed purple crystals that features two tiny metal figures. One is digging with a shovel while his partner stands nearby with a wheelbarrow filled with minerals.

"The first case I ever dealt with gave it to me in 1996,"

said Emond, Services Manager for Integrated Personnel Support Centre (IPSC) Winnipeg, a unit of the Joint Personnel Support Unit (JPSU), Prairie Region Headquarters.

"I'm the one with a wheelbarrow taking their (servicemen and servicewomen) problems away and dumping it somewhere else," he says.

On April 14, 2015, Wing Commander Colonel Joel Roy presented Emond with a certificate of service for his combined Military and Civilian Work over the past 45 years. That's quite a record of service for this native of the Thurso region of Quebec, who joined the CAF on January 9, 1969.

"I feel like I am still 47 years old," he says. "You're only as old as you feel you are. That's my motto."

That may be true, but Emond, who will celebrate his 65th birthday later this year, has had a lifetime full of experiences in the CAF.

During his time at Veterans Affairs Canada, Emond became infamous for going well beyond his job description to also help service members in their transition to civilian life.

He says that his greatest enjoyment was his role in advocating for members suffering Operational Stress Injuries (OSI). And it is, in part, due to his drive and passion that an occupational stress injury clinic was opened at the Deer Lodge Centre serving members, veterans, RCMP and families.

After retiring from the Regular Forces on July 2,

2004, Emond transferred to 17 Winnipeg Field Ambulance where he served as Regular Support Staff Officer until 2005 and then as RSM 16 Field Ambulance until 2007. He left the Reserves in 2007 and became the Assistant Regional Manager for the Director of Casualty Support Management Regional Office in Winnipeg.

For close to two years, he provided support to the injured, their families, and veterans. The effort that he and his colleagues across the country put into the care of servicemen, service women, and veterans formed the basis of what is now called the National Joint Personnel Support Unit.

Emond calls working with the ill and injured a beneficial experience.

"You feel like you're accomplishing something for the families as well as the veterans," He said.

His current position keeps him busy, as he works closely with the Military Family Resource Centre, Veterans Affairs Canada, the staff at the 23 Health Services Clinic 17 Wing, the Manitoba Regional Health Authority, the Deer Lodge Operational Stress Injuries Clinic, and several other organizations.

"You need to have the support of all organizations within and outside of the military to be effective because people who are injured maybe transitioned from the military. And we need to put them on the right road to a successful transition."

Members of 1 Det Embrace Working in the Great White North

By Martin Zeilig
Voxair Photojournalist

During her 18 years in the United States Air Force, Lieutenant Colonel Kathleen Quarnaccio, Commander of Detachment 1, First AF CAOC Chief Standards and Evaluation, 1 Canadian Air Division, has had the opportunity to see the world.

Then, she got posted to Winnipeg a year ago.

And, while it may not have the same cachet as her previous postings in South Korea, the island of Okinawa, Japan, Brussels, Belgium, and Monterey, California, Lt Col Quarnaccio says that she's enjoying her time here.

Det 1 Technical Sergeant Benjamin Sambolanay, and his wife, Pebbles Sambolanay, feel the same way.

Det 1, 1 AF is an Air Combat Command geographically separated unit comprised of 14 active-duty USAF personnel (8 officers, 6 enlisted) assigned to the 1 CAD in support of the bi-lateral NORAD Agreement between the governments of Canada and the United States.

"The mission of the Canadian NORAD Region is

to provide aerospace surveillance, identification, control and warning for the defence of Canada and North America," says Lt Col Quarnaccio, 41, a native of Cocoa Beach, Florida.

Det 1, 1 AF personnel provide three mission areas in support of the CANR mission: Provide administrative support to the D C/JFACC; Provide functional support to the Combined Air Operations Center (CAOC); and to provide communications support to D C/JFACC and CAOC.

They also find time to have fun.

For example the U.S. Consulate here will be hosting its annual July 4 barbecue for the 14 members of Det 1 and their families at the Shaw Park Baseball Stadium.

"We also try to get involved in other activities, such as playing hockey, the RCAF Run, flag bearers at Winnipeg Goldeyes games, volunteering at Cancer Care Manitoba and the local hospitals," Lt Quarnaccio said.

In fact, during this year's RCAF Run, Lt Col Quarnaccio, Sgt Sambolanay, Pebbles, and other members of Det 1 were in charge of the Youth Challenge on the exercise hill behind Building 90 along with some of their RCAF colleagues.

"When I found out what my next assignment was, I had no idea where Winnipeg was located," says Sgt Sambolanay, who has been here since August 2012.

"So, I called my mom and told her I'm going to Winnipeg. She said, 'I know where that is' because of the Philippine TV channel. She had seen features about Winnipeg. I had no idea what the weather was like. I knew about the snow, but not the cold."

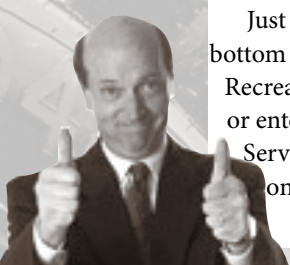
Lt Col Quarnaccio agrees that Winnipeg's winter weather leaves much to be desired, but aside from that she has come to love the city.

"The people are very nice, and I have the best neighbours I've ever had. There's a lot to do in the city, like going to baseball, football, and hockey games," said Lt Col Quarnaccio. "And I enjoy working with my Canadian colleagues. They're very professional and serious about the mission. They're very good."

She says that her view of Canada has changed since being posted here.

"In the U.S. when you see a map of North America, the central focus is the U.S.A., but coming here, you really see the vastness of Canada. In the US, we've got a Canadian 'buffer' to the threats to North America. Here, you realize those threats are close and of great concern. That was a perspective shift for me. And I'll take that with me when I return home."

**Win a New Set of
Goodyear Tires
Courtesy Fountain Tire
3020 Portage Avenue
Up to a \$1000 value!**



Just clip out the entry form at the bottom and drop it off at the Fitness and Recreation Centre, The Voxair Office, or enter to win at the WCWO/Public Service Week Slo Pitch Tournament on June 19th. Draw will be held on the afternoon of June 19th.

Fountain Tire 3020 Portage Ave
T: 204-888-0808
www.FountainTire.com

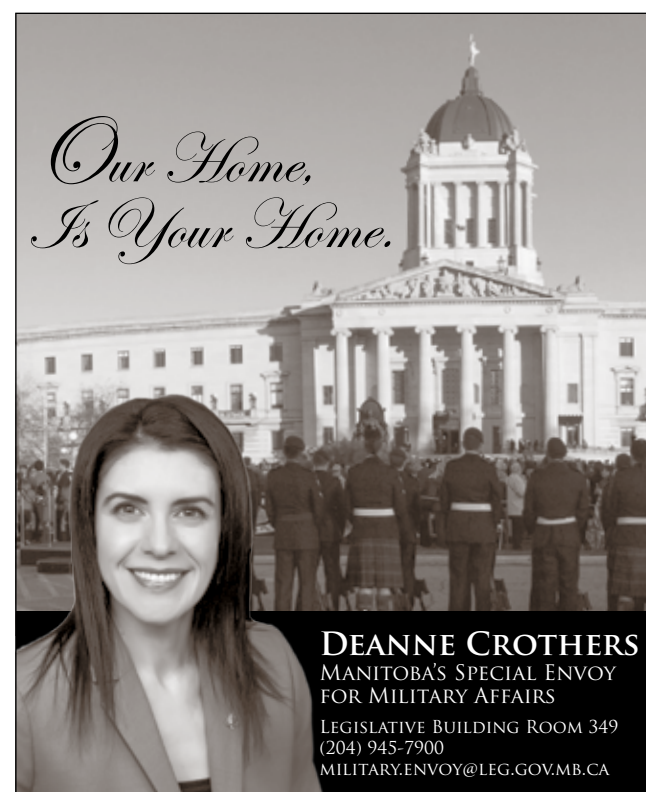
17 Wing Fountain Tire Draw

Name: _____

Phone Number: _____

Email: _____

Winners will be notified after the 19th of June 2015. One entry per person please.



*Our Home,
Is Your Home.*

DEANNE CROTHERS
MANITOBA'S SPECIAL ENVOY
FOR MILITARY AFFAIRS
LEGISLATIVE BUILDING ROOM 349
(204) 945-7900
MILITARY.ENVOY@LEG.GOV.MB.CA



Pebbles Sambolanay, a civilian, and Lieutenant Colonel Kathleen Quarnaccio, Commander Detachment 1 First AF (USAF), are all smiles at the Youth Challenge registration table (behind the hill at Building 90) during the RCAF RUN. Photo: Martin Zeilig

435 Sqn Locates Missing Float Plane

By Sgt Bill McLeod
17 Wing Photojournalist

A 435 Transport and Rescue Squadron crew flying a CC-130 Hercules located a float plane at Bushey Lake, Manitoba, on Sunday, 24 May. The float plane was reported as overdue the day before to the Royal Canadian Mounted Police (RCMP).

The float plane with 3 males aboard had departed Lac du Bonnet at 8 a.m. on the morning of 23 May and was flying to lakes northeast of Bissett. It was expected back by 6 p.m. that evening. When the RCMP were notified at 9:27 p.m. that the aircraft was overdue they contacted the Joint Rescue Co-ordination Centre (JRCC), located at 8 Wing Trenton.

435 Squadron was tasked at 2:16 a.m. by JRCC Trenton and despite having no emergency locator transmitter to hone in on, the aircraft was located by the crew of the Hercules around sunrise. The float plane was upside down in the water and three people were seen on the shore warming themselves around a campfire.

"It was clear VFR (visual flight rules) and they were at the departure location of Bushey Lake," said Captain (Capt) Kevin Coulombe, the Aircraft Commander for the Search and Rescue CC-130 Hercules. "In my

mind that was the most likely place to start looking for them."

"The floats were seen by the right side spotter," Capt Coulombe added. "As soon as I started the right turn we saw the men by the campfire on the shore."

The Hercules dropped a radio to the men and communications were established. The Hercules crew confirmed that they were the men they were looking for and although they had gotten wet they didn't require medical attention. After contacting JRCC Trenton to get an aircraft to pick the men up, the Hercules dropped a food and water kit to the men and stayed overhead until a Bluewater Aviation float plane from Bissett picked them up.

Search and rescue at 435 Transport and Rescue Squadron, located at 17 Wing Winnipeg, is a 24 hour-a-day, seven day-a-week responsibility. One CC-130 Hercules aircraft is permanently equipped and dedicated for search and rescue missions. Along with 424 Transport and Rescue Squadron at 8 Wing Trenton, Ontario, they provide primary search and rescue response for the Trenton Search and Rescue Region, the largest in Canada, which extends from Quebec City to the British Columbia/Alberta border, and from the Canada/United States border to the North Pole.



Bushey Lake, Manitoba. 24 May 2015 – A CC-130 Hercules from 435 Transport and Rescue Squadron flies over Bushey Lake looking for a missing float plane. Photo: Submitted

Players Cup to Hold Manitoba Military Appreciation Day on July 11



THE
PLAYERS
CUP



This is to inform you of an amazing event coming on 9-12 Jul 15. The PGA TOUR Canada has partnered with Canadian Forces Morale and Welfare Services (CFMWS) to provide free access to all upcoming PGA TOUR events across Canada. This offer is extended to all currently serving members (Reg and Res), all Veterans and the families of current and former CAF members.

Important information:

1. The PLAYERS CUP will be held at the PINE RIDGE GOLF COURSE, Winnipeg from 9-12 Jul 15 with FREE ADMISSION from Thursday through Sunday for serving members (Reg and Res), Veterans and the families of current and former CAF members provided they have an NDI 10 or NDI20 or CFOne card.

2. The FREE one-hour golf clinic by PGA TOUR

CANADA players for currently serving members (Reg and Res) only has been moved from 8 Jul 15 to Saturday, 11 Jul 15 at 1300 hrs as part of Manitoba Military Appreciation Day at the Player's Cup. The clinic will start with a PGA TOUR CANADA players' shot display at 1300 hrs at the Pine Ridge Practice Range followed by one hour instruction with a PGA TOUR Canada player. In order to secure your spot in the golf clinic, please forward your name and contact info to Chris Merrithew, Wing Sports Coord, local 5511 by 30 June. If you would like to enjoy the golf clinic with your colleagues, please forward all the names ASAP as these clinics will fill up quickly as this is first-come, first serve.

3. The Manitoba Military Appreciation Day is being held on Saturday, 11 Jul 15 as part of the Player's Cup and will include a military display, an exciting day of activities and top-notch golf. Timings are as follows:

0700 hrs – Gates open (FREE ADMISSION for serving members (Reg and Res), Veterans and the families of current and former CAF members provided they have an NDI 10 or NDI20 or CFOne card;

1400 – 1430 hrs: PGA Tour Canada Players shot display;

1430 – 1530 hrs: Clinic/Range Time – with PGA Tour Canada Pros to look at your golf swing. (currently serving members (Reg and Res) only);

1400 – 1730 hrs (approx): spectating Player's Cup Golf (on the course);

1730 hrs and onward: Beer Gardens;

1800 hrs (approx.): Player's Cup donation to the Soldier On program; and

1830 hrs (approx.): live band (Band TBD) – playing for the CAF members and families)

4. The Manitoba Military Appreciation Day promises to be an enjoyable and exciting day for you and your family with an opportunity to see some outstanding golf and also to be recognized for your service as a member of the CAF. All CAF members (both current and former) and their families are encouraged to attend the Appreciation Day as well as take in the other days of the Player's Cup.

Questions regarding the clinic may be directed to Chris Merrithew at local 5511. Questions regarding the Military Appreciation Day can be directed to Maj Major Mike Lagace, PAO 38CBG at local 6543.

Le journée de reconnaissance militaire du Manitoba est le 11 Juillet

La présente a pour but de vous informer d'un magnifique événement qui aura lieu du 9-12 juillet 2015. La PGA TOUR Canada, qui a noué un partenariat avec les Services de bien-être et moral des Forces canadiennes, offrira gratuitement l'accès à tous ses événements qui auront lieu prochainement à l'échelle du Canada. Cette offre s'applique à tous les membres actifs et libérés des Forces armées canadiennes (Force régulière et Force de réserve), aux anciens combattants ainsi qu'aux membres de leur famille. Vous trouverez de plus amples renseignements à ce sujet dans les documents ci-joints.

Voici des renseignements importants à retenir :

1. PLAYERS CUP aura lieu au PINE RIDGE GOLF COURSE, Winnipeg du 9-12 juillet 2015. Les membres actifs et libérés des Forces armées canadiennes (Force régulière et Force de réserve), aux anciens combattants ainsi qu'aux membres de leur famille pourront ENTRER GRATUITEMENT à l'événement du jeudi au dimanche, à condition de présenter une carte d'identité NDI ou leur carte UneFC.

2. La clinique de golf gratuite d'une heure par les professionnels de la PGA TOUR DU Canada, pour les membres qui servent actuellement (Reg et Res) seulement, a être replanifier de 8 juillet 15 au samedi 11 juillet 15 à

13h00 comme partie de de la Journée de reconnaissance militaire du Manitoba à la Player's Cup. La clinique va commencer avec une démonstration de coup de golf par les joueurs PGA TOUR Canada à 1300 heures à la terrasse de pratique du Pine Ridge suivis par une instruction d'une heure avec un professionnel de la PGA TOUR du Canada. Veuillez envoyer votre nom et vos coordonnées à Chris Merrithew, Wing Sports Coord, au poste 5511 avant la date limite de 30 juin. Si vous aimeriez participer à la clinique avec vos collègues, veuillez nous envoyer leurs noms dans les plus brefs délais, car les places sont limitées et seront attribuées aux premiers arrivés.

3. La Journée de reconnaissance militaire du Manitoba se tiendra le samedi 11 juillet 15 durant la Player's Cup et comprendra un exposition militaire, une journée d'activités, et de golf. Ordre du jour sont les suivantes:

07 h 00 - Portes ouvertes (entrée libre pour les membres actifs (Reg et Res), les anciens combattants et les familles des membres de les FAC, actuels et anciens à condition qu'ils aient un NDI10, NDI20, ou carte de CFOne);

De 14 h 00 à 15 h 30 - Clinique / temps de jeu- avec PGA Tour Canada Pros pour regarder votre coup de golf. (pour lesquels qui sont présentement membres (Reg et

Res) uniquement);

De 14 h 30 à environ 17 h 30 – observer le golf du Player's Cup (sur le parcours);

17 h 30 – plus tard: jardin de bière;

18 h 00 (environs): Le don de la Players Cup à Sans Limites ;

18 h 30 (environs) : Groupe de scène (groupe être déterminé) jouer pour les membres de la FAC et leurs familles.

4. La journée de reconnaissance militaire du Manitoba promet d'être une journée agréable et excitant pour vous et votre famille, avec la possibilité de voir une partie de golf exceptionnel et aussi d'être reconnu pour votre service en tant que membre de la FAC. Tous les membres de la CAF (actuels et anciens) et leurs familles sont invités à assister à la Journée de reconnaissance ainsi que d'être présent sur les autres jours de la Coupe du joueur.

Questions au sujet de la clinique de golf peuvent être adressées au Chris Merrithew au local 5511. Questions au sujet de la journée de reconnaissance militaire du Manitoba peuvent être adressées à Maj Major Mike Lagace, PAO 38CBG au local 6543.



www.pspwinnipeg.ca



JUNE IS RECREATION MONTH PSP Community Recreation Has Something for Everyone!

How you use your leisure time matters! Join us in celebrating "RECREATION matters" during the June is Recreation Month (JRM) campaign. Carry on with the momentum you've built during May's Health and Wellness Challenge and enjoy a variety of activities during your leisure time.

PSP Community Recreation has partnered with Canadian Tire Corporation to support the military family's access to recreation and reduce barriers to participation. Canadian Tire has provided three canoes and three kayaks that will be available to be signed out for free at 17 Wing Winnipeg. The Canadian Tire Jumpstart program is a resource to acquire financial aid for military families to access recreation programs, services and equipment.

<http://jumpstart.canadiantire.ca/en/what-we-do/want-to-apply>

Canadian Tire have also donated two \$50 gift certificates which will be given out as prizes during local JRM activities. We also have a large supply of bathing suits to giveaway!

There are five different activities at 17 Wing where you can join us in celebrating JRM.

- Canoeing/kayaking on Monday, June 8th at 1830 hrs in Bldg 33 presented by Wilderness Supply
- Gardening in a Box seminar on Wednesday, June 10th at 1830 hrs in Bldg 33,
- Barbeque for all ages at Bldg 90 on Thursday, June 11th from 1700-1930 hrs,
- Scared to Laugh workshop about pelvic floor training and conditioning presented by Donna Sarna Physiotherapy on Monday, June 15th at 1830 hrs in Bldg 33

- Pickle Ball clinic on Tuesday, June 23rd at 1830 hrs in Bldg 90.

Please contact Deanne.Bennett@forces.gc.ca or call local -7013 to register for any of these events. No registration is required for the barbeque.

For the Canadian Armed Forces, recreation is a key enabler for promoting physical, mental and community well-being. Think about what recreation means to you and whether you join our events or get out there on your own enjoy your recreation activities! For more information and contests please visit cfmws.com/JRM.

Don't forget our regular programs which run throughout the year for you and your family, these include the following:

- Aquatic Programs
- Casual Swim / Lap Swim
- A range of Fitness classes
- Drop in Sports programs
- ACTIVE KIDz 3 x per week
- Sports Camps, March Break and School In-Service Days.
- Spring and Summer lunch time Walking Group
- Movie nights each month during the Winter
- Events such as Winter Festival, Fall Fair, Volunteer Appreciation, Family activity days,
- Clubs which include:

Flying Tigers Swim Team, Triathlon, Gun Club, Wood Hobby, Ceramics, Biking Group, Badminton, Toastmasters, Archery, Strategy Gaming, Strength Club, Scuba and Shotokan Karate.

Please contact Community Recreation for further information. 204 833 2500 x 5139/ 7013 / 5976 / 2057



GET OUT & BE ACTIVE • SORTEZ ET SOYEZ ACTIFS

JUNE is RECREATION Month
JUIN le mois des LOISIRS

ALL SESSIONS ARE FREE!
TOUTES LES SÉANCES SONT OFFERTES GRATUITEMENT!

GARDENING IN A BOX
Monday, June 1st • 1830 hrs • Bldg 33 Activity Room
Manitoba Eco Network will be sharing tips on how to grow a garden in a box. This presentation will cover everything from tips on constructing your box to how to grow your garden.

WILDERNESS SUPPLY
Monday, June 8th • 1830 hrs • Bldg 33 Activity Room
Hear tips on safety and learn great locations to hike and canoe/kayak locally from central Canada's canoe and kayak experts. Gear and rentals will be discussed as well.

FREE FAMILY BBQ!
Thursday, June 11th • 1700 - 1930 hrs • In front of Bldg 90
Come out for a hotdog and fun and games. All ages. No need to register, just drop by!

SCARED TO LAUGH WORKSHOP
Monday, June 15th • 1830 hrs • Bldg 33 Activity Room
Do you have to cross your legs when you cough or sneeze? Do you feel pelvic pain or pressure? We can help! Donna Sarna Physiotherapy specializes in women's health issues. The session will provide some exercises and techniques to alleviate and/or improve hip and lower back pain, pelvic pain or urinary incontinence.

PICKLE BALL CLINIC
Tuesday, June 23rd • 1830 hrs • Bldg 90 Gym
Steve Meszans and his crew will be out to teach the exciting up and coming sport of Pickle Ball. This is a fun game with a huge social component. Come out and learn how to play or pick up tips on how to improve your game.

JARDINS EN BOÎTE
Le lundi 1^{er} juin • à 18 h 30 • Bât. 33 (salle d'activités)
Le Réseau écologique du Manitoba offre des conseils sur comment cultiver son jardin en boîte. Cet atelier parle sur toute une gamme de sujets, notamment des conseils utiles sur la construction de la boîte et la façon de cultiver votre potager.

WILDERNESS SUPPLY
Le lundi 8 juin • à 18 h 30 • Bât. 33 (salle d'activités)
Venez écouter les conseils des spécialistes en canoe et en kayak. Ils discuteront de la sécurité et présenteront d'excellents endroits où faire de la randonnée et des excursions en canoe/kayak. L'atelier parlera également sur l'équipement et la location du matériel.

GRATUITI BARBECUE FAMILIAL
Le jeudi 11 juin • de 17 h à 19 h 30 • Devant le bât. 90
Venez manger un hot dog ; jouer et jeux vous attendent! Tout âge. Il n'est pas nécessaire de réserver, il suffit de se présenter!

ATELIER - RIRE SANS PEINE
Le lundi 15 juin • à 18 h 30 • Bât. 33 (salle d'activités)
Avez-vous besoin de créer les jolies paroles vous trouvez ou étirez-vous? Rejoignez-vous de la chaleur de la pression au niveau du bassin? Nous pouvons vous aider! Donna Sarna Physiotherapy assure des services spécialisés en problèmes de santé chez les femmes. Cet atelier vous propose quelques exercices et techniques pour atténuer ou améliorer des douleurs dans la hanche ou le bas du dos, des douleurs pelviennes ou l'incontinence urinaire.

ATELIER SUR LE PICKLEBALL
Le mardi 23 juin • à 18 h 30 • Bât. 90 (gymnase)
Steve Meszans et son équipe vous enseigneront le sport passionnant qui ne tarde pas à se faire connaître : le pickleball. C'est un jeu amusant ayant une importante composante sociale. Venez apprendre à jouer ou apprendre quelques conseils pour améliorer votre jeu.

ALL CONCEPTS/PRESENTATIONS ARE FOR AGES 14+
TOUTES LES ATÉLIERES ET LES PRÉSENTATIONS SONT DESTINÉES AUX PERSONNES DE 14 ANS ET PLUS.

REGISTER ONLINE AT / VEUILLEZ VOUS INSCRIRE EN LIGNE, À WWW.PSPWINNIPEG.CA
OR BY CONTACTING / OU EN COMMUNIQUANT AVEC DEANNE.BENNETT@FORCES.GC.CA • EXT / POSTE 7013

Children of Military Families to Attend Subsidized Summer Camp

By Rachel Lallouz

This summer, the Support Our Troops Summer Camp Program is looking to send children of military families to a camp in their region for one week by subsidizing and defraying camp costs.

With no cap to the number of children admitted, military families that qualify are encouraged to apply.

Families whose children qualify for the experience include:

- those with a fallen CAF parent/guardian;
- those who have an ill or injured CAF parent/guardian posted to the Joint Personnel Support Unit or the



Registration for Summer Swimming Lessons '15
Begins Monday June 8th. for Memberships
Begins Monday June 15th. for Non-memberships
Classes begin the week of Monday July 6th. 2015

Cours de Natation Session d'été '15
L'inscription commence lundi le 8 juin pour les adhérents
L'inscription commence lundi le 15 juin pour les non-adhérents
Les classes débutent la lundi le 6 juillet 2015

www.pspwinnipeg.ca
204-833-2500 poste 5139

Integrated Personal Support Centre;

-families of currently deployed members or on a prolonged course/training program, or scheduled for deployment, or serving away from their families;

-and any CAF families of special needs children.

Families with more than one child need not worry, as any number of children from an eligible family will be permitted to take advantage of the program.

If eligible, a child's family will receive a maximum grant of \$600 to attend overnight camp for one week. Camps must be nationally accredited to ensure the safety and suitability for children from the military community.

Prospective families with a CFOne Card are invited to consult the CF Appreciation Program website to view a list of camps that have already agreed to offer a discount, as well as other camps.

Campers must attend camp during the 2015 summer, any time from June until the end of August. For families with younger children, day camp is also an option, with a maximum \$400 bursary available.

A \$1,000 grant is available to cover camp expenses for children with special needs, including payment of any caseworkers needed during that week.

The program was originally available to Ontario families, by sending eligible children to Camp Maple Leaf, an organization with a long history of providing support to veterans and their families.

Muskoka Woods, another Ontario based camp, also dedicated a number of its spots to the children of military families, and still holds 65 spots each summer for military children.

Starting last year, the grants were made available to military families nation-wide through funding from the Support Our Troops Program. Now the program is rolling into its second year assisting children of military families from all provinces.

With Camp Maple Leaf making the difficult decision to keep its doors closed this year as it undergoes reno-

novations, further financial resources have opened up to extend to other provinces.

Jo-Anne MacDonald, Director of Strategic Outreach and Initiatives for Morale and Welfare Services, holds the role of connecting families to the camp grants, and the value of this program to the military community is not lost on her.

"It's important because it offers children of these families some respite, and an opportunity to potentially connect with others that may be experiencing similar situations based on their military family life," she says. "It's our job to be that gateway for families to receive funding support so children can enjoy this valuable and memorable experience."

Campers are expected to have the full summer camp experience during their stay, and in the past have participated in classic camp activities such as hiking, swimming, outdoor survival education, zip lining, kayaking, and canoeing.

The Camps Program began in 2008, with an initial 10 spots available for campers. From there, the number grew, with 80 children being sent to camp in the following year. From 2011 to 2013, a staggering 300 children attended a subsidized camp. Last year's grant opening to other provinces resulted in 600 campers afforded the opportunity, and this year shows no sign of slowing down, as the list of grant recipients grows longer every day.

"It's extremely rewarding to see this," says MacDonald. "Just to know that these children are being supported, and given the ability to get away and have that camp experience that they may not have otherwise had the chance to partake in."

Interested families should visit www.supportourtroops.ca, follow the "Camps" link, and review the National Camp Guide to assess their eligibility. The deadline for application is the closing of the 2015 camp season, though families should consider applying as early as possible to guarantee a spot at a registered camp.

Province of Manitoba Introduces “Support Our Troops” Speciality Licence Plates

By Gloria Kelly

Manitobans now have a tangible way to show their support for members of the Canadian Armed Forces and the work they do at home and abroad in service to Canadians. The province unveiled a new “Support Our Troops” specialty licence plate on Canadian Armed Forces Day, 7 June 2015.

The plates are now available to all vehicle owners in Manitoba through Manitoba Public Insurance Autopac dealers.

The eye-catching plates display the yellow “Support Our Troops” ribbon on a unique camouflage background. The plates will cost \$70 of which \$30 from each sale will be used to fund scholarships to deserving primary reserve members or members of families of serving Canadian Armed Forces members posted to Manitoba enrolled in a post-secondary institution within the province.

The new plates were unveiled by Attorney General Gord Mackintosh, minister responsible for Manitoba Public Insurance. The “Support Our Troops” speciality plate project was initiated by the office of the Special Envoy for Military Affairs Deanne Crothers following a resolution passed in the legislature. The project was supported by all three military branches located in Manitoba.

“We introduced a special plate to honor veterans and it is fitting that we offer a plate to honor serving members of the army, navy and air force,” said Minister Mackintosh. “We know that Manitobans are proud of the dedication and sacrifices made by members of the military and we expect this new speciality plate will be well received.

Colonel Ross Ermel, Commander of 38 Canadian Brigade Group said “It wasn’t that long ago where our soldiers walked about and weren’t given much notice, as people were not too familiar with our mission. Now, every day strangers come up to our men and thank them for their service to Manitoba and Canada. It’s a simple gesture that means so much in such a great way.”

“With the new plates and the Manitoba Military Scholarship the province has found a tangible way to thank our members and their families as they seek professional development through post-secondary education,” said Colonel Ermel. “Manitoba is now only the second province in Canada to establish a scholarship specifically designed to help support our men and women and their families. As military leaders we recognize the true value of this scholarship: it will help in retaining and building strong families and quality professionals in the province. This is more than a gesture: it’s a commitment that reminds and thanks us formally on how much we have been appreciated during these times of need, both at home and abroad.”

“The Canadian Armed Forces, in particular the military members of Manitoba, are grateful to the Province and all Manitobans for their generosity. We are proud to be serving you,” said Colonel Joël Roy, Commander of 17 Wing Winnipeg. “Once again, Manitobans demonstrate they live by their motto, Friendly Manitoba. It’s quite heartwarming, actually, to see the support of the population and to see the support of the government for the armed forces.

The Canadian Forces Morale and Welfare Service (CFMWS) will accept



Unveiling the new “Support Our Troops” licence plate at the Manitoba Legislature are Attorney General Gord Mackintosh and Special Envoy for military affairs Deanne Crothers with support from Colonel Joël Roy, Commander of 17 Wing Winnipeg; Lieutenant Commander (ret) Paul Stiff and Colonel Ross Ermel, Commander 38 Canadian Brigade Group. Photo: Corporal Darryl Hepner

applications for the scholarships and administer the program on behalf of the Government of Manitoba. The numbers of scholarships in any given year will be dependent on funds available through sale of the speciality plates.

The objectives of the initiative were two fold on the part of the military community: encourage retention through education support and to act as a recruitment tool to attract citizens to careers in the Reserve or Regular Force.

NPF Accounting Manager Retires After 41 Years of Service



NPF Accounts Manager Gina Neufeld has decided to retire after 41 years of service in the RCAF. She started her career in the 1970s as a clerk, and during her years of service had the opportunity to spend time on deployed ops in Kandahar in the nineties. Gina’s hard work and her sense of humour will be missed by all those who worked with her over the years. Gina received her Certificate of Service at a ceremony to honour her retirement after 41 years of service. Pictured are: Alain Doucet (CFMWS HQ), Michele Tremblay (CFMWS HQ), Gina Neufeld (17 Wing NPF Accounting Manager), and Linda Roorda. Photo: Mike Sherby

Red River Ex Contest Winners



We had a lot of entries in our Red River Ex draw last issue, and the winners were David Meister from 2 CAD, Sgt John Bowden from 1CFFTS, and Cpl Chris Smith from WTISS. The Red River Ex runs from June 15 to the 21st at the Red River Exhibition park. From left to right: Mike Sherby, manager of the Voxair, presents Sgt Bowden with his tickets to the Red River Ex.

The Strength of Teamwork . . . The Reputation of Results

Dan Vermette

Service en Français

THE DAN VERMETTE TEAM

255-4204

danvermette.com

ST. JAMES TAP & TABLE

HAPPY HOUR

ALL DAY, EVERY DAY

\$3 rail shots

\$4 wine

\$3.50 domestic beers

½ Price wings

15% OFF FOR MILITARY MEMBERS**

*Happy hour daily until 6:00pm
**15% off regular priced items

www.tapandtable.com • 2609 Portage Ave. Winnipeg, MB • 204-691-8270

Command Teams Lead the Way at RUCTOP 2015

By LCdr James Cantafio
Training Development Officer,
CFSAS

The Canadian Forces School of Aerospace Studies (CFSAS) recently hosted the second annual Royal Canadian Air Force Unit Command Team Orientation Programme (RUCTOP) at 17 Wing, Winnipeg.

In all, 76 newly appointed Commanding Officers (COs) and Senior

Non-Commissioned Member (NCM) acting as their respective Unit Warrant Officers (from Sergeant to Chief Warrant Officer) attended this intense three-day course, from June 2nd to the 4th. Command Teams were presented with a myriad of topics, by experts from higher headquarters, aimed at preparing them for the difficult and demanding roles of leading personnel, managing resources and force generation that lie ahead. They also had the opportunity to meet with senior leadership to discuss and share lessons learned, while developing the professional relationships needed for a strong command team at the unit level. Successful completion of the RUCTOP is a prerequisite for employment to function as a Command Team.

Instructional staff and invited experts

took advantage of the newly installed audiovisual equipment within the CFSAS theatre. Adopting a seminar approach, guided panel discussions offered the opportunity to share practical scenarios and experiences. Leadership, resource management, and training from a Command Team perspective were discussed at length. Through this interaction, current and past command teams and subject matter experts discussed current issues of importance, best practices, and lessons learned, vital towards making informed and timely decisions for the RCAF.

"It was great to see the interaction that was happening between COs and their unit Warrant Officers", said Major Stephane Morency, the RUCTOP course coordinator. For many Command Teams, this was their first experience working together. Approximately half of the Command Teams of the RCAF attended this serial. "With the lessons we've learned from this year's RUCTOP, I anticipate that next year's serial will be even better", said Major Michelle Dagenais, who also assisted with running the course. "It is clear that we can learn from each other, if we take the time to listen and share our experiences", she added.



Group photo of Ructop taken at the Stevenson parade square, 17 Wing Winnipeg, June 4, 2015. Photo: Cpl Paul Shapka.




Steven Verry

Manager, Mobile Mortgage Specialists

T: (204) 297-6200
F: (844) 229-4560
steven.very@td.com

- Whether you are purchasing a home, looking to transfer a mortgage or refinancing an existing mortgage to consolidate debt, I can help you find the best mortgage solution.
- With over 15 years of service in the financial industry, I look forward to providing you with professional financial advice and exceptional customer service.
- Available outside of normal business hours, including evenings and weekends.



Recycle or pass along this newspaper when you're done.



Moving to Halifax?



Email: heatherjamieson@exitmetro.ca

Heather Jamieson

REALTOR®

Cell: 902-488-6918
Fax: 902-442-1834
Office: 902-444-3948

"Now Serving You"
www.HeathersHomesinHRM.ca



JUNE IS RECREATION MONTH

#RECREATIONmatters

NOW ONLINE!



MAINTENANT EN LIGNE!

JUIN, LE MOIS DES LOISIRS

#LesLOISIRSjytiens


CFMWS.COM/JRM
SBMFC.COM/JML

École francophone

Maternelle à 8^e année

École la plus près de la 17^e Escadre

Transport scolaire

Garderie francophone

Centre de la petite enfance et de la famille




DIVISION SCOLAIRE FRANCO-MANITOBAINE

81, chemin Quail Ridge, Winnipeg (Manitoba) R2Y2A9 (204) 885-8000

<http://rdallaire.dsfm.mb.ca> • romeo.dallaire@atrium.ca



Posted to the NCR and need housing? Look no further

Self Help Housing has **3-bedroom units** available.

SHHO provides clean, renovated housing at great rates for junior-ranked military personnel.

Live in a military community, close to amenities.

For more information visit www.pspottawa.ca/shho or call 613-521-2696




Disponible : le Service autonome de logement (SAL) offre des logements de trois chambres.

Militaires subalternes mutés dans la RCN, informez-vous!

Le SAL offre des logements fraîchement rénovés et abordables dans une communauté militaire à proximité des commodités.

www.pspottawa.ca/shho ou 613-521-2696

RCAF Band Rocks the Arctic Club at CFS Alert

**By Sgt Joel Green
Trombonist / Production, RCAF Band**

Early in the morning on May 3th, the Royal Canadian Air Force (RCAF) Rock Band 'Spitfire Kings' arrived at 17 Wing Winnipeg's flight line to load on a CC-130 Hercules bound for Trenton, Ontario. Although a common round trip for air crews, Trenton was just a quick stopover for the Spitfire Kings. Hours later the 6-piece group was again airborne destined for Thule Air Base, Greenland for an overnight stay. Arrival at Canadian Forces Station (CFS) Alert, Nunavut on May 6th was the true beginning of a project several months in the making.

'The Arctic Club' - the suitably named mess of CFS Alert - was buzzing on Friday May 8th when the Spitfire Kings hit the stage following TGIF. Almost every person on station was in attendance while the band showcased a "perfectly designed Classic Rock show" said Sergeant Mike Hall, leader of the Spitfire Kings. Immersed with instantly recognizable tunes by Deep Purple, Ozzy Osbourne, The Guess Who and Rush, the audience was obviously enjoying themselves; the dance floor was packed by a cheering crowd through the end of the night.

Saturday night's performance took a different form. Anxious to engage the audience more personally, the band had made note of requests during the previous night's show. After a daytime rehearsal to solidify the impromptu set list, they returned to the Arctic Club armed with a dozen of CFS Alert's favorite songs.

Their final show was set to be an exciting climax to the weekend. The Spitfire Kings planned Sunday as a

jam night; a chance for the true music lovers of CFS Alert to sit in with the band and show their stripes. Fifteen brave souls took to the stage including CFS Alert Senior Warrant Officer, MWO Didier Pignatel. As military members and civilians rotated through the band on vocals, guitar and drums, it was clear that audience members were excited to see their peers on stage. Warrant Officer Jeff Cooper, sax player for the Spitfire Kings, pointed to a personal highlight when a young civilian drummer wanted to play: "This jam was his first time playing with a band. Sergeant Jim Johnston (drummer for the Spitfire Kings) had coached him for a few hours earlier that day, and when his time came to play you could see he was quite nervous. Sergeant Hall coaxed him through a few tunes and he actually did really well." The jam session was a hit; with enthusiastic participation from audience members, it was an appropriate end to the weekend's events.

Looking back on their ten day journey to Ellesmere Island, members of the Spitfire Kings feel privileged to have made a contribution. Given the RCAF Band's mandate, reaching such a remote posting is an opportunity not to be missed. "The RCAF band is a mission enabler," says 17 Wing Commander Colonel Joel Roy. "Quality of life on deployment is very important to energize personnel for the mission; the RCAF Band is a resource that can contribute to that in a meaningful way." Indeed, if the experience at CFS Alert is any indication, the Spitfire Kings are poised to do enough good to easily offset the hardship of sore feet from a few nights of dancing!



Sgt Mike Hall rocks out with the RCAF Band at the Arctic Club. Photo: Cpl Ray Haack

17 Wing at the Red River Ex



Celebrate our community at the Red River Exhibition from Friday, June 12 to Sunday, June 21.

Kick off the Ex with a tour through the joint military-cadet displays at the exhibition grounds before taking in all of the other attractions and rides. For a complete listing of attractions, music and special days visit: www.redriverex.com.

Pictures by: Capt Bettina McCulloch-Drake

Célébrez notre communauté à l'exposition de la rivière Rouge du vendredi 12 juin au dimanche 21 juin.

Commencez par une visite des expositions conjointes des cadets et des Forces canadiennes au parc d'exposition avant de découvrir toutes les autres activités et les manèges. Pour obtenir la liste complète d'activités, de spectacles de musique et de journées spéciales, visitez : www.redriverex.com (en anglais seulement).

Photos par : capt Bettina McCulloch-Drake



HOME OPENER GAME PROMO
HAMILTON VS WINNIPEG
 THURSDAY, JULY 2ND, 2015 AT 7:30PM

50% OFF TICKET PRICES FOR 17 WING MEMBERS

USE PROMO CODE:
RCAF

Buy tickets online at Ticketmaster.ca or at any Ticketmaster retail location. 50% discount based on seating in P4 price level only and is subject to availability.
WWW.BLUEBOMBERS.COM

ROYAL LEPAGE
 Dynamic Real Estate
 INDEPENDENTLY OWNED AND OPERATED

Mary Jay Hebert
 REALTOR®

CELL: 204-510-5552 BUS: 204-989-5000
 FAX: 204-989-7911 maryjayhebert@royallepage.ca

3-1450 Corydon Ave., Winnipeg, MB R3N 0J3

We would like to thank the following sponsors, whose tremendous support enabled us to make this year's RCAF Run the best one yet



Nous aimerions remercier les commanditaires suivants, dont le soutien énorme nous a aidés de faire la plus meilleure Course de l'ARC

Presenting Sponsor - Commanditaire principal



Platinum Sponsors - Commanditaires platine



Gold Sponsors - Commanditaires d'or



Silver Sponsors - Commanditaires d'argent



Bronze Sponsors - Commanditaires de bronze



Friends of the RCAF Run - Amies de la Course de l'ARC



Hydration Station Sponsors - Commanditaires de station d'hydratation



Prairie Thunder Storms Through ASHN National Tournament

By Mike Sherby
Voxair Manager

Imagine winning a spot in a national hockey tournament, only to have your goalie get injured before it started. That's the position that the Det Dundurn Prairie Thunder hockey team found itself in before they left for the Adult Safe Hockey Network's North American Championships (NAC), which took place from May 13-17 in Regina.

With their regular goalie, MWO Robar, out of the picture, it was up to Cpl Bryan Palma to jump into the net and make some great saves as the team fought their way to taking first place in the NAC's Men's E division.

Losing MWO Robar was just one of the obstacles in the way of the team making it to the championships says Jason Johnston, Deputy PSP Manager for 17 Wing Detachment Dundurn. The team also had to deal with a team made up of many novice skaters, and the loss of former team captain Cpl Brandon Landry, who was posted out of the Det.

Cpl Landry helped guide the team to their win at the regional tournament level, which guaranteed them a spot in the NACs.

"He was a big reason why we were so

successful in the past years," Johnston said of Cpl Landry. "His ability to organize the team is second to none, and his ability to provide leadership on and off the ice is second to none."

With Cpl Landry gone, MCpl David Turcotte stepped up to the position of team captain and helped lead the team to victory. MCpl Turcotte, who has been playing hockey for over 30 years, says that he wasn't expecting much going into the tournament.

"But we pulled a good string of games, and the guys' morale was pretty high. I told them 'I don't care whether we win or lose, but I want everyone to give 110 per cent.' And most of them ended up giving me 150 per cent."

The Prairie Thunder stormed through the tournament, coming out of the round-robin portion with one win, one loss, and one tie, and then winning both of their playoff games to take their division. Their final game, against the Regina Waterbuffaloes, ended in a decisive 4-2 victory.

"We were tied for a bit, and then they bumped our goalie, and we just got pumped up," MCpl Turcotte said. "It was like if you want to bump our goalie, then we're going to score goals instead of bumping yours."

It really was a team effort to get to the tournament, and not just on the part of the Prairie Thunder. Det Dundurn as a whole banded together to make sure this happened. Sgt Roberto from the MPs office let two of his men go to the tournament even though they were short staffed.

Johnston and the team also reserved a big thank you for the Chain of Com-

mand and the Wing Commander both for the new jerseys they got, and for their support of the team in general.

"It was a civilian tournament, so they didn't have to let us go, they could have said no," Johnston said. "But they let the team go, and now we can hang another banner in the gym



Congratulations to the Prairie Thunder for winning the E Division at the ASHN North American Championships. The team members were: Sgt Fraser – CE, MCpl Hanrahan – Log, MCpl Eslinger – Ops, Cpl McGill – Supply, MCpl Menard – Supply, Cpl Faucher – EME, Pte Glover – EME, Cpl Hennings – Transport, OCdt Luczynski – HQ Admin, Cpl Retieffe – CFAD, Cpl Palma – 13 MP Flight, LS Young – 13 MP Flight – Assistant Captain, WO Sevigny – CFAD – Assistant Captain, MCpl Turcotte – EME – Team Captain. Photo: Submitted

Dundurn Goes Off the Beaten Path for RCAF Run

On Friday May 29, 2015 Detachment Dundurn took part in the annual Royal Canadian Air Force Run.

The RCAF Run had 53 runners that participated in a 5 km or 10 km Trail Run hosted by PSP at the Rod, Gun & Archery (RG&A) Outdoor Range. The trail run provided many obstacles, compliments of the RG&A Club, as many different animals were noted at the 3D Range where the sand, tree roots and a few small hills proved to be a maze for some. Cpl Will Stelzner (EME) completed the 5km in 19minutes and 22 seconds while WO Derek Rose (CFB Wainwright) completed the 10km first (time not recorded). Rumours of a few personnel going missing during the run were noted as the route had many diverse creatures roaming around. Some say a route of 14Km or more was covered by some wayward trail runners as part of the fun run!

The RCAF Run featured the following special guests: WO Derek Rose (CFB Wainwright) and WO Dennie Rooney (CFB Wainwright) who joined our run while completing a RECCE for Sniper training this summer. Retired members Ray Moskowec (PPCLI) and Gerry Heidt (PPCLI & RCAF) were present to participate, show support and share stories with the participants. Special thanks to Major Duchesneau CO, CFAD and the Ex-Dusty Thunder Roto 1 for their participation in this year's race. Always great to see lodger unit participation during peak operations.

Following the RCAF Run special guests and other Det personnel came together to enjoy a pancake breakfast, socialize and to enter the draw for door prizes. As always it's great to see participation, comradery and fun from our Members. Thanks to all who made this year's RCAF a huge success!



Participants of the Dundurn RCAF Run presented a unified front as they cruised down one of the paved portions of the course. Photo: Submitted

17 WING FIRE CHIEF'S CORNER

Camping Safety



A little extra caution is an item well worth taking on any camping trip whether it is in the back yard or in the deep woods. A fire extinguisher is a must in every camper's equipment, for it could well be a lifesaver. It is also recommended that portable smoke alarm be part of every camper's equipment also. A minimum of one of these life saving devices properly located in a recreational vehicle or a tent, a hotel room, can detect the presence of smoke and provide those precious moments that can mean survival; on all camping trips all fire laws, ordinances and regulations must be strictly observed and adhered to.

When camping out, special care should be exercised at all times with flammable liquids and open flames. Your local Fire Department recommends the following:

- Your tent should be of flame-retardant fabric; a paraffin coated cotton tent can burn up in a few minutes with someone trapped inside.
- Your tent should have two exits, or a window sufficiently large to serve as a second exit. Also, keep a sharp cutting tool in the tent to cut out an exit in the walls in case fire obstructs the only exit.
- Never use candles or matches inside or near your tent; use flashlights only.
- When cooking outdoors the following precautions should always be taken:
 - Keep flammable liquids away from any source of heat, coals and embers to sunlight. Make sure that all flammable liquids are stored in containers that are either ULC or CSA approved. Keep all flammable products in a cool well vented area.
 - Keep children and animals away from any type of cooking appliances or sources of heat.
 - Use an approved charcoal electric starter to light your charcoal for cooking. Never use naphtha, gasoline or other flammable liquids to light your BBQ.
 - Never add fire starter after you have already started your charcoal barbecue. This can cause an explosion.
 - Make sure that your barbecue stand is level and steady; keep a container of water near by in case you may have to put the barbecue coals out.
 - When you are finished cooking, soak the coals with water to prevent them from re-igniting.

Campers who carry fuel for propane or gasoline type camp stoves or cooking units in the trunk of their vehicle are reminded that this can be very dangerous, and is not recommended. Pick these flammable liquids up just prior to getting to your campsite. If this is not possible and you must transport these items please do not forget them in your trunk for any extended period of time. When you stop and take a break for a rest open your trunk and let the compartment ventilate. Remember to keep flammable liquids out of direct sunlight.

With these few tips from 14 Wing Greenwood Fire Department we hope you have a safe and enjoyable camping season and experience.

Wing Commander's Honours & Awards

On 9 June 2015 in the Officers' Mess, 17 Wing Commander Col Joel Roy and 17 Wing CWO Mike Robertson presented Honours & Awards to 17 Wing members. All photos by: Cpl Paul Shapka



17 Wing Commander Col Joel Roy (left) and WCWO Mike Robertson (right) present Cpl Morton (middle) with the Special Service Medal/Alert Bar.



MCpl Anderson received the CD 2.



Lt Bowen received the CD 1.



Sgt Paradis received the CD 1.



Capt Drake received the CD 1.



2Lt Roman received the CD.



PO2 Thom received the CD.



Sgt McGraw received the CD.



Sgt Parker received the CD.



MCpl Boss received the CD.



MCpl Noseworthy received the CD.



Cpl Schram received the CD.



Cpl LeBlanc received the CD.



Cpl Michaud received the CD.



Cpl Tucker received the CD.



WO Hebb received the Baltic Mission Medal.



MCpl Acorn received the Baltic Mission Medal.



MCpl Boyd received the Baltic Mission Medal.



Mr. Rudy received a Certificate of Service (45 years).



Mrs. Packer received a Certificate of Service (35 years).



Mrs. Paxton received a Certificate of Service (15 years).



MWO Stubbart received the 17 Wing Commander's Commendation.



Sgt Degelman received the 17 Wing Commander's Commendation.



Sgt Keddy received the 17 Wing Commander's Commendation.



MCpl Willcott received the 17 Wing Commander's Commendation.



Cpl Allan received the 17 Wing Commander's Commendation.



Cpl MacRory received the 17 Wing Commander's Commendation.



2Lt Elliot received the 17 Wing Commander's Coin.



MWO Lamoureux received the 17 Wing Commander's Coin.

Wing Commander's Honours & Awards

On 9 June 2015 in the Officers' Mess, 17 Wing Commander Col Joel Roy and 17 Wing CWO Mike Robertson presented Honours & Awards to 17 Wing members. All photos by: Cpl Paul Shapka



Cpl Simoneau received the 17 Wing Commander's Coin.



Cpl Campbell received the 17 Wing Commander's Coin.



WO Lidstone received the 17 Wing Commander's Coin.



Members of the St. Charleswood Legion present 17 Wing Commander Colonel Joel Roy and 17 Wing Chief Warrant Officer Mike Robertson with a friendship award.

**Congrats to
all Honours
& Awards
Recipients!**

435 Squadron Honours & Awards



Captain Melanie Rouillard-Lamy (center), receives her promotion to current rank from Lieutenant-Colonel Brent Andrews Commanding Officer of 435 Sqn (left) and Chief Warrant Officer Douglas Harry, 435 Sqn Chief Warrant Officer (right).



Corporal Ian Kyte (center), receives his promotion to current rank from Lieutenant-Colonel Brent Andrews Commanding Officer of 435 Sqn (left) and Chief Warrant Officer Douglas Harry, 435 Sqn Chief Warrant Officer (right).



Corporal Bradley Beardmore (center), receives his promotion to current rank from Lieutenant-Colonel Brent Andrews Commanding Officer of 435 Sqn (left) and Chief Warrant Officer Douglas Harry, 435 Sqn Chief Warrant Officer (right).

Nursing Students Get a Peek Into Life in the CAF

By Martin Zeilig
Voxair Photojournalist

Fourth year nursing students Regine De Lamos, 21, and Kayla Dick, 22, say they didn't know what to expect when they arrived at 17 Wing earlier in May for their nine-week Community Rotation posting at 17 Wing Health Promotion. It's a new environment for them, but one that they both find enjoyable.

Health Promotion has been participating in the University of Manitoba's Nursing program clinical practicum for eight years now. The practicum focuses on community nursing and students from the program work in various community locations including at 17 Wing Winnipeg Health Promotion.

"This placement gives the nursing students an opportunity to experience our military community and the work that Health Promotion does," Diane Brine, 17 Wing Health Promotion Specialist, said.

"During the nine weeks of the practicum, the students will be working on several projects and will be out and about in our community helping us facilitate courses, manning displays and participating in Wing activities. We are fortunate to work with the University again this term."

She says that the students bring enthusiasm, excitement, and a fresh outlook to our programs.

"I believe that we learn as much from them as they learn from us," Brine said, calling it a definite win/win situation.

During an interview at the Wobbly Prop where they were busy preparing for a presentation, Dick and De Lamos said they were both looking forward to learning more about the RCAF.

"We'll be giving a talk in Portage at the 3 Canadian Forces Flying Training School to the instructors and the

students there," said Dick.

De Lamos said that they also took part in the Wing Commander's Challenge, an annual walk/run/cycle event beginning at Building 21.

"We'll be helping Kathy and Diane do different projects," Dick said. "Normally, for this course, students have one big project. But, the two of us will do a number of smaller projects; we don't know what they are as yet."

The two student nurses were assigned to 17 Wing after filling out a questionnaire at the beginning of the school year on what kind of location they'd like to be at for their placement, De Lamos, whose mother is a nurse at the Health Sciences Centre, explained.

"They were broad categories, like child care, vulnerable persons, chronic illness-- which is the one I picked," Dick said.

De Lamos chose occupational health.

"Then, they told us you're going to 17 Wing," added Dick. "This is new environment for me. It's interesting to be here, and see how things work. I like being in a new environment. It's something that I haven't experienced before."

De Lamos' boyfriend is in the Reserves who has told her stories about the RCAF.

"It's interesting to hear his side too, because he sees things we don't," she said. "He's stressed out about some things. And, we're trying to help people deal with stress and other problems, like addictions and smoking."

De Lamos and Dick both agreed that 17 Wing is like a little community.

"It doesn't feel like Winnipeg," said De Lamos. "It's more like a small town outside of the city. It's very clean here and the people are very friendly. We thought everyone was going to be really serious, but everyone is really nice."



Nursing students Kayla Dick (left) and Regine De Lamos (right) talk to the Voxair about their time working with 17 Wing Health Promotion. Photo: Martin Zeilig

www.pspwinnipeg.ca



Alcohol, Other Drugs and Gambling: Supervisor's Training

12 August (0800 - 1600 hrs) and
13 August (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

12 août (8 h à 16 h) et
13 août (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

Pour vous inscrire, appelez le Bureau de Promotion de la santé, au 4150



To register, contact Health Promotion at local 4150



17 WING COMMUNITY RECREATION

Summer SPORTS DAY CAMP

8 ONE-WEEK CAMPS BETWEEN
MON JULY 6 - FRI AUGUST 28

FUN • FITNESS • FRIENDSHIP • SPORTS • GAMES • SWIMMING • MOVIES • HOT LUNCH & MORE!

FULL WEEK
With Membership \$140 per week per child
Without Membership \$160 per week per child

SHORT WEEK
NO CAMP ON CANADA DAY & CIVIC HOLIDAY
With Membership \$112 per week per child
Without Membership \$128 per week per child

ALL PRICES INCLUDE BEFORE & AFTER CARE
PAYMENT PLAN IS AVAILABLE

CAMP AGE GROUPS
ROOKIES 6, 7 & 8 YEARS OLD
Special consideration to military dependants born in the latter half of 2009.
VARSITY 9 & 10 YEARS OLD
NEW! ELITE 11, 12 & 13 YEARS OLD

CAMP DAY
0900 - 1600 hrs
BEFORE CARE 0730 - 0900 hrs • AFTER CARE 1600 - 1730 hrs

Activities include: FIELD TRIPS, WATER PARK, BEACH, DRAGON BOAT/KAYAKING, SKY ZONE, VERTICAL ADVENTURES, PROVINCIAL PARK

REGISTRATION OPENS:
WITH MEMBERSHIP - WED, APRIL 8 • WITHOUT MEMBERSHIP - TUES, APRIL 21

Register at: www.pspwinnipeg.ca • 204-833-2500 ext. 5139, 5976 or 2057



Bike To Work Day

www.biketoworkdaywinnipeg.org

Friday, June 19 2015
Join us on the Yellow Ribbon Trail
@ Whytefold & Silver
0630 - 0900 hours

Journée "Au travail à vélo"

Vendredi le 19 juin 2015
Joignez-vous à nous sur la piste
«Yellow Ribbon Greenway»,
@ Whytefold & Silver
de 6h 30 à 9h



How to sleep better in a hotel

Travelling for work can be exhausting and an unfamiliar environment can make a good night's sleep difficult. Here are a few tips and tricks to take with you on the road:

1. Invest in some ear plugs and an eye mask. By blocking out the noise and light of a hotel room you are better prepared to get a better night's sleep.

2. Take advantage of the complimentary gym. Working out four to five hours before bed will allow you to burn energy and prepare your body for a good rest.

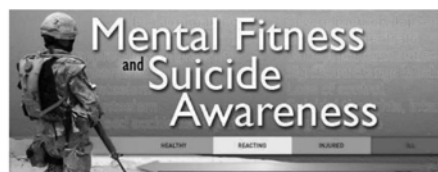
3. Set up a relaxing environment. Make sure the room is at a cool sleeping temperature

and consider bringing a few soothing products. The popular ZzzQuil Scented Plug-Ins and ZzzPads add aromas like lavender and chamomile for a far more relaxing environment.

www.newscanada.com



Image by Witthaya Phonsawat at FreeDigitalPhotos.net



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

Mental Fitness and Suicide Awareness: Supervisor Training

This course is course coded!

15 July 2015
0800 - 1600 hrs

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

Sensibilisation à la santé mentale et au suicide :

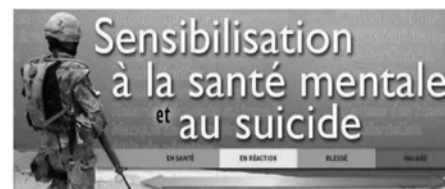
Formation du superviseur

Il s'agit d'un cours auquel on a attribué un code!

15 juillet 2015
8 h à 16 h

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 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/Winnipeg MFRC www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events



Fête de la St-Jean-Baptiste Day

Cet événement est ouvert à tous, Everyone is welcome to attend, FRANCOPHONES ET/ & ANGLOPHONES !

juin 24 june
MERCREDI WEDNESDAY

à 17 h • 5 pm

CRFM - 102, rue Comet / MFRC - 102 Comet St.

MAQUILLAGE • JEUX POUR ENFANTS
JEUX GONFLABLES • MUSIQUE FRANÇAISE ET PLUS !

Procurez-vous une bonne poutine préparée par le camion de cuisine de rue **EXTREME FRIES!**

Food available for purchase from **EXTREME FRIES Food Truck!**

FACE PAINTING • KIDS' ACTIVITIES
BOUNCY CASTLE • FRENCH MUSIC & MORE!



POUR DE PLUS AMPLES INFORMATIONS / FOR MORE INFORMATION
Réception du CRFM / MFRC Front Desk • 204-833-2500 poste/ext. 4500

Venez célébrer, venez vous amuser, venez vivre le dynamisme de la culture francophone !

Come celebrate and enjoy the dynamic Francophone culture!



KIDVENTURES SUMMER DAY CAMP
Camps de jour 2015

The staff of the MFRC Kidventures Summer Day Camp welcome you to join us as we discover the glamorous world of Hollywood! Movie Madness will be 8 fun-filled weeks of discovery, experiencing all the genres Hollywood has to offer! If this sounds like something your children would enjoy then you are in luck! We encourage you to register starting Wednesday, 1 April 2015.

Le personnel du Camp de jour estival Kidventures du CRFM vous invite à vous joindre à eux pour parcourir notre grand pays ! Kidventures offre 8 semaines de d'apprentissage, de nouvelles expériences et de plaisirs sous le thème de la découverte du Canada ! Si vous croyez que votre enfant pourrait jouir de cette expérience, voilà votre chance.

<p>REGISTRATION Defence Team Families: Wednesday, 1 April 2015 Civilian Families: Wednesday, 15 April 2015 To register, please visit the MFRC Main Reception (102 Comet Street) between 08:30 - 16:30. For more information, please call 833-2500 Ext. 4500</p>	<p>INSCRIPTION Familles de l'Équipe de la défense : Mardi 1 avril 2014 Familles non-militaires : Mardi le 15 avril 2014 Pour l'inscription, passez au CRFM (102, rue Comet) entre 8 h 30 et 16 h 30. Pour information, composez le 833-2500 poste 4500</p>
<p>CAMP FEES Defence Team: \$120.00 per week (\$96 for 4 day week) Civilian: \$135.00 per week (\$108 for 4 day week) A non-refundable deposit of \$25.00 per child per week is due at the time of registration. If all 8 weeks are booked a \$200.00 non refundable deposit is required. Balance is to be paid before 22 June 2015 (Post-dated cheques accepted). Eligible for Fitness Tax Credit</p>	<p>Coût Équipe de la défense : 120\$/semaine (96 \$ /semaine de 4 jours, 72\$ / semaine de 3 jours) Familles non-militaires : 135 \$/semaine (108 \$/semaine de 4 jours, 81 \$ / semaine de 3 jours) Une caution non remboursable de 25 \$ par enfant, par semaine, est due au moment de l'inscription. La balance doit être acquittée d'ici le 13 juin 2014 (chèques post datés seront acceptés à cette fin. Admissible au crédit d'impôt pour la condition physique des enfants</p>
<p>PARTICIPANTS Children 6-12 years old. No exceptions. Children must be finished kindergarten and be entering Grade 1 in the fall.</p>	<p>CAMP LOCATION Westwin Children's Centre in the Westwin Community Centre 642 Wihuri Road</p>
<p>HOURS OF OPERATION 09:00 - 16:00 *ID must be presented for pickup* Extended Care is available from 7:15-9:00am & 4:00 - 5:00pm. Cost included in camp fees. After 5 pm, \$5 will be charged for every 15 minutes of tardiness.</p>	<p>HEURES D'OUVERTURE De 9 h à 16 h Un service de garde additionnel est disponible de 7 h 15 à 9 h et de 16 h à 17 h ; ce coût est compris dans les frais de camps. Après 17 h, 5 \$ sera chargé pour chaque bloc de 15 minutes de retard.</p>

EMPLACEMENT
Centre pour enfants de Westwin dans le Centre communautaire Westwin.
642, ch. Wihuri

MFRC CRFM
102 Comet Street • Winnipeg, MB • R3J 3Y5 • P: 204-833-2500 Ext. 4500 • E: mfrckids@gmail.com • W: www.familyforce.ca
102, rue Comet • Winnipeg MB • R3J 3Y5 • T: (204) 833-2500 poste 4500 • C: mfrckids@gmail.com • W: www.forcedelafamille.ca

MFRC Summer BBQs

The first BBQ of the season will take place on **THURSDAY, JUNE 25, 2015!**

BBQs begin at 11:30, in the grassy area at the NORTH parking lot of the MFRC. Come out for a tasty lunch break, and visit with friends and co-workers!

BBQs will take place on alternate Thursdays:
June 25,
July 9 and 23
August 13 and 27

Be sure to mark your calendars and join us!

MFRC BBQ PRICES

- Hamburger & Drink \$5.00
- Smokie and Drink \$4.00
- Hot Dog and Drink \$3.00
- Drinks \$1.00
- Chips \$1.00



The MFRC is proud to announce we are now selling tickets to the Assiniboine Zoo at a discounted price!

Children's Ticket - \$ 8.50 (saving of \$1.50/tix)
(3 - 12 years old)

Youth Ticket - \$15.00 (saving of \$ 2.50/tix)
(13-17 years old)

Adult Ticket - \$ 17.00 (saving of \$ 2.75/tix)

To purchase your tickets, stop by the MFRC at 102 Comet Street during business hours.

PERSONAL CLASSIFIEDS

FOR RENT

Beautiful Two-story house in East Fort Garry. 3 bedrooms upstairs, large master bedroom. 2 full bathrooms. Large bright open kitchen, SS appliances. Hardwood floors. Developed basement. Oversized 2 car garage. Large fenced yard. Lovely family home in a great neighbourhood! \$2000 monthly. Available Summer 2015. Contact: Angela (204) 452-3211

HOUSE FOR SALE

2002 1385 sq foot Bungalow for sale in Niverville. Just 17 minutes from the city. 2 owner home. Open Concept. 5 bedrooms. 2 Full Baths. Fully Finished Lower Level. Fully Insulated and Drywalled Double Garage. 2 decks. Large Garden. Built in dishwasher and garburator. CA CV Call Corrie at 204-388-4208

Table & Chairs / Winter Tires For Sale

Pub style table and chairs in solid cherry wood, can also be extended to accommodate 8 chairs/ without the extension it will sit 6 people, asking \$350.00. Also looking to sell 4 winter tires, size 175/R13. Only used two winters so are in great condition and asking \$150.00 for the set. Please contact 204-998-1827, call or txt is fine.

FOR SALE – Woman's Air Force mess kit with blouse. Size 10-12. Excellent condition. \$300. Call Lynn at 204-295-1354.

Send us an e-mail today to place your FREE Classified ad (of 50 words or less) at: voxair@mymts.net. Classified ads will run for one month (two issues) unless space permits or specified otherwise.

Taroscopes

BY NANCY

Aries (March 21 – April 19): Express how you feel openly and honestly and be respectful of others when doing so. Even if you avoid a problem it still exists and can have a negative impact. Be honest and aware of the antics of others for there is a connection between their past behavior and what is happening now.

Taurus (April 20 – May 20): Lifestyle changes help you feel healthy and full of energy but don't assume your methods will work for everyone. It's your right to live life on your own terms but it's important to let others do so as well. Let them discover their own purpose and talents. Be a mentor and guide others.

Gemini (May 21 – June 21): Explore a new practice, hobby or activity that gets you in touch with your spirit. Work through and let go of things that hold you back. Note that your assumptions are only a reflection of your own perceptions. If you are sending mixed messages, explore why you are doing this.

Cancer (June 22 – July 22): Don't focus on what hasn't worked in the past. Every moment is full of possibilities. Create a structure that sustains you while allowing you freedom and flexibility. Continue to look for solutions to issues that need to be addressed. Don't give up just before you succeed.

Leo (July 23 – August 22): Expect a change. Things will not go on as they always have. Quite soon something outside of your control will impact on your life in a very personal and unexpected way. Be prepared. Get in shape financially and physically. Create a support network of friends you can count on.

Virgo (August 23 – September 22): Life can seem unfair sometimes. Ask questions that will help you understand how others think and find out how they cope. Find a way to de-stress. You can't always control outcomes or make events conform to your timeline. Get out and meet new people.

Libra (September 23 – October 23): If you're looking for love it could happen suddenly. Someone you connect with will have the qualities you wish you had and vice versa. You'll be very busy with family and special events at this time. Organize a trip for yourself or some personal "me time" to re-energize.

Scorpio (October 24 – November 21): In order to create something unique you must risk moving out of your comfort zone. Yes, there is the possibility of failure but you'll be glad you didn't give up on your own good idea. Establish routines. Practice discipline. Repetition and perseverance can ensure success.

Sagittarius (November 22 – December 21): Though you might not want to look at it, your past actions have shaped your current situation. Efforts at re-opening the lines of communication with another will probably fail if you've embellished a story too greatly. Let go of the need to control what happens next.

Capricorn (December 22 – January 19): Share your feelings if you want others to understand you. In the past your need for control may have lead you to leave situations that were uncomfortable. You can now see that there were lessons to be learned from complex dynamics and that total freedom is an illusion.

Aquarius (January 20 – February 18): You are supported, appreciated and respected. Others will assist you if you ask. Your caring, gentle side is evident at this time. Don't get caught up in the illusion of competition. When you know who you are and take pride in yourself no one can make you feel bad.

Pisces (February 19 – March 20): Begin a new project, Explore new interests. When you're engaged in what you're most passionate about, your joy in what you do shines through and attracts others. A good attitude will go a long way to ensuring success when you tackle challenges. Make positive changes.

PROUD OF OUR PAST



Welcome...

ST. JAMES LEGION

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

Texas Hold'em

Tues 7 p.m.

Line Dancing

Every Tues & Wed

8 to 10 p.m.

Dancing To Live Bands

Fri & Sat

9 p.m. - 1 a.m.

Meat Draws

Every Fri 5 - 7 p.m.

Every Sat 2 - 4 pm

FOR APPOINTMENTS CALL 775-8368

THE VOXAIR
Your 17 Wing Community Newspaper

WWW.THEVOXAIR.CA

mmmm...
MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering



1245 Inkster Blvd
2591 Portage Ave
1380 Ellice Ave
718 Osborne St



Barala Kennels

YOUR PET'S HOME AWAY FROM HOME



- BOARDING ALL BREEDS OF CATS & DOGS
- INDIVIDUAL QUARTERS AND OUTDOOR RUN
- PET EXERCISE AND PLAY AREA • SEPARATE CAT FACILITIES
- CENTRAL AIR CONDITIONED AND HEATED KENNELS
- AIRPORT PICKUP & DELIVERY

OWNERS: GARTH AND SARA GRANT

barala@mts.net www.baralakennels.com 633-2629

ASSINIBOIA UNIT NO. 283

Army, Navy & Air Force Veterans in Canada
3584 Portage Avenue Winnipeg, MB
Club rooms: 837-6708



BINGO: Monday, Wednesday & Friday at 7:30 pm
Early Bird starts at 7:00 pm
SENIOR'S BINGO: Thursdays at 1:30 pm
CRIBBAGE: Thursdays at 7:30 pm
DANCING: Friday 8:00pm-12:00am
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL

GASTHAUS GUTENBERGER
GERMAN RESTAURANT

- Authentic German & Continental Cuisine
 - Schnitzel • Beef Rouladen • Homemade Spatzle
 - Fine German Desserts • Fine Wines and German Beer
- Open Daily Monday - Friday 11 am - 11 pm
Saturday 4:30 pm - Midnight
Sunday 11 am - 10 pm

2583 Portage Avenue (1 block west of the Moray bridge)

Phone: 888-3133 for reservations

Catering Service Available

HABING LAVIOLETTE

BARRISTERS, SOLICITORS & NOTARIES



RONALD HABING
BA. LL.B.

and

SIDNEY LAVIOLETTE
BA. LL.B.

REAL ESTATE & MORTGAGES • WILLS & ESTATES
• FAMILY & CIVIL LITIGATION • FAMILY LAW • BUSINESS LAW

2643 Portage Avenue

Phone: (204) 832.8322 • Fax: 832.3906

ron@habinglaviolette.com

Chaplain's Corner

VACATION BIBLE SCHOOL 13-17 July

By Christina Barrett

Hello 17 Wing, Winnipeg!! Greetings from your Wing Chapel Joint Roman Catholic and Protestant Family. We've got great news. After many renovations to the Chapel Annex, we are announcing that Vacation Bible School is a go for 9 am-noon, 13 - 17 July.

This year, our program is, "EVEREST—Conquering Challenges with God's Mighty Power", created by Group Inc Publishing, a Christian Publishing Company in Colorado. The Everest Program uses the concept of mountain climbing and all its facets to bring an adventurous approach to VBS. Over five days, we will:

- Day 1: explore how God provides for our daily needs
- Day 2: experience how God comforts us
- Day 3: dig into how God heals us
- Day 4: leap at how God forgives us
- Day 5: celebrate how God loves us

There will be activities, songs, stories, videos, games, and snacks you make yourself!

The whole idea is to make bible stories relevant, bring them to life and make them memorable. Kids remember best when they're having fun.

With so many different families sending their children to us, the basic ground rules for the week will be:

- 1) that parents and children show respect others,
- 2) no bullying (this has not been a problem in the past and we want to keep it fun for all)
- 3) We endeavour to accommodate differences or special needs wherever we can - make sure to note this on the registration form (allergies, etc)

The Chapel communities, in conjunction with the 17 Wing Chaplain Team, are here to serve 17 Wing Personnel & their families and assist in meeting the spiritual needs of our community.

Proverbs 22:6

"Train up a child in the way he should go; even when he is old he will not depart from it."

The details: Age: K - gr 6 (ages 5-12) // Registration: Call 204-833-2500 Ext 5087 to request the Registration Form. Registration is open until 08 July

We look forward to meeting you in the Chapel Annex at BASE CAMP! On the 13 of July.



At last year's Vacation Bible School camp, the kids celebrated their last day with a BBQ that included a spirited game of tug of rope. Photo: Bruce Tulloch

visit www.17wingwpggolf.ca
for membership information
and to book your event at CFB today!

WE INVITE YOU TO COME EXPERIENCE OUR UNIQUE CLUB ATMOSPHERE!
You'll find it all here at CFB Golf Club...affordability, convenient tee times, friendly staff, and a variety of member events make CFB a superb choice when considering a club to call your own!

Children 16 and under golf for free with a member in July!

Non-members can golf with a member anytime on Mondays in July for half price

204.832.8436 cfbgolf@mymts.net

CFB WINNIPEG 2015 GOLF CLUB EVENT VENUE

- Group/ Unit Tournaments
- Anniversary Parties
- Birthday Parties
- Retirement Parties
- Farewell Parties
- Outside Tournaments

**Complimentary Room Rental
Discounted Green Fees!**

WWW.17WINGWPGGOLF.CA

Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE (English Only) 0900 hrs
COMMUNITY SERVICES

Sunday School: It is held during the service for children ages 3 to 12. Childcare is provided on an as-required basis for children under 3 years of age.

Marriage: Contact the chaplain at least six months in advance if possible. A marriage preparation course is a requirement. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

Baptism: 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: It meets the first Sunday of the month at 1900 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

Padre Jack Barrett
(Anglican) - Wing Chaplain ext 5417

Padre Darryl Levy
(Baptist) - Chapel Life Coordinator ext 5272

Padre InSeob Won
(Presbyterian) ext 5087

Padre Robert Humble
(United Church) - Contracted CivO ext 5785

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn 306-492-2135 ext 4299

Padre Christopher Donnelly
(United Church) - currently deployed



17 Wing Community Chapel
2235 Silver Avenue
(Near Whytefold)



17 Wing 204 833 2500

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

CHAPLAINS

Padre Paul Gemmiti
(Roman Catholic Priest)
- Chapel Life Coordinator ext 4885

Padre Emanuelle Dompierre
(Roman Catholic Pastoral Associate)
- Mental Health Chaplain ext 5956

SUNDAY MASS (Bilingual) 1100 hrs
COMMUNITY SERVICES

Religious Education: Classes can be available to children from Preschool to Grade 6.

Sacrament of Reconciliation: It is available by request and at special times of the year. Contact Padre Gemmiti.

Baptism: We recommend that you contact the chaplain's office for an appointment six months in advance. *Please contact the Chaplain before setting the date for the Baptism or arranging family travel.*

Marriage: Six months notice (1 year preferred) is required for weddings, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

FOOD BANK DONATIONS
In assistance to Winnipeg Harvest, the donation box is located at the entrance of the chapel.

EMERGENCY DUTY CHAPLAIN
After normal working hours s/he can be reached through the Wing Ops Duty Centre at 204-833-2700.

INFO PHONE NUMBER
For service times and contact with a chaplain of your choice, phone ext 6800 and follow the prompts.

WEBSITE
Those with access to the DIN can visit <http://17wing.winnipeg.mil.ca> then click Wing Admin - A1, then Wing Chaplains.

CARE & SHARE FUND
Contact Wing Chaplain Office for further information.

Proudly assisting military members and their families for over 20 years.



Kelly Clements S.R.E.S., C.E.R.C.
kelly@theclementsgroup.ca

- Military Relocation Specialist
- Honorable, Trustworthy and Referable
- Assisted over 2000 buyers and sellers
- Comprehensive Relocation Package

www.thedementsgroup.ca

204-987-9808

RE/MAX executives realty



Peaceful spring afternoon at the English Gardens, Assiniboine Park

Military Relocation Specialist assisting families with their real estate needs for over 21 years

terie langen

204 987 9808 877 778 3388

www.HomesInWinnipeg.com

terie@homesinwinnipeg.com



MAXIMUM Realty Ltd. *Serving Winnipeg & Surrounding Areas*
Residential - New Homes - Condos - Relocation - Referrals



Lee Wren
(204) 781-4487
leewren@mts.net



Eva Bessas
(204) 470-3332
ebessas@mts.net



Brendan McGurruy
(204) 799-3022
mcgurruy@mts.net

Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2

PH: 888-7973 FAX: 832-3461

E-Mail: info@cgklaw.ca Website: www.cgklaw.ca

George E. Chapman Q.C. Kelly P. Land, B.A., LL.B. Mindy R. Lofchick, LL.B.
Alan R. Goddard, B.A., LL.B. Michael J. Law, B.A., LL.B. Serge B. Couture, B.A., LL.B.
Allan L. Dyker, B.A., LL.B. Bruce D. Haddad, B.A., J.D.

Almer N. Jacksteit, B. Comm., LL.B, Counsel

Our fees conform to the ERS guideline

A long established law firm conducting a general practice for all types of legal work.

Winnipeg's Mother Daughter Team!



LEIGH NANTON



KRISTEN BILODEAU

- Your business is our TOP priority
- Long term Military relocation specialists
- Superior service & satisfaction guaranteed
- Comprehensive relocation package
- Successfully selling homes and condos for over 45 years combined

Toll Free: 1-877-800-5066

24 Hour Pager: 204-989-5000

Info@LeighNanton.com

www.LeighNanton.com

Royal LePage Dynamic Real Estate
3 - 1450 Corydon Ave., Winnipeg, Mb R3N 0J3



Trudy M. Johnson, B.A.
Relocation Specialist

30 Years of Professional Success in the Winnipeg Real Estate Market

Toll Free 1-877-778-3388

Cell 1-204-981-1529

trudyj@mts.net

Re/max Hall of Fame

"spirited energy"



Eldren Thuen
Military Relocation Specialist

JUDY LINDSAY
Team Realty

37 years of service with you.

Now, let me help serve you here in Winnipeg and across the country!

www.judylindsay.com • 204-925-2900

Joanne Gebauer

RE/MAX executives realty

(204) 889-9500

Award Winning Service

#1 RE/MAX Female Individual Agent Manitoba



Proud to Assist Military Families Relocation Specialist

30 Years Experience in the Winnipeg Real Estate Market

www.joannegebauer.com

joanne@joannegebauer.com

Toll Free: 1-877-778-3388

