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CAF Stands Strong Against Flooding



17 Wing members pose on a giant pile of sandbags at a facility near Portage La Prairie, Manitoba, on 10 July during Operation LENTUS 14. For more, see page 2. Photo: Sgt Bill McLeod

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17 Wing Assists Neighbours in Need during Op LENTUS '14

By Sgt Bill McLeod
17 Wing Photojournalist

Whether its assisting victims of flash flooding in Alberta or evacuating northern communities during floods or threats from forest fires, 17 Wing Winnipeg has always stood ready to provide humanitarian aid to Canadians as part of their mission to defend Canada.

But during the week of July 6-12, 17 Wing members had the opportunity to once again assist in their own backyard of the Winnipeg area after the rising waters of the Assiniboine River threatened the communities along it.

On 4 July the Government of Manitoba requested Canadian Armed Forces assistance for the Manitoba floods and the Minister of National Defence publicly announced support activating Op LENTUS 14-05, the Canadian Armed Forces' joint response to the flooding of the Assiniboine River in southwestern Manitoba; it was led by Canadian Joint Operations Command and conducted through Joint Task Force West. The Royal Canadian Air Force support was a 100 personnel contingent from 17 Wing, CP-140 Aurora aircraft from 14 Wing Greenwood for levee watch, and 2 Griffon helicopters from 408 Squadron in Edmonton.

For 17 Wing members the major difference between this operation and other humanitarian missions was that some of the communities requiring assistance, like St Francois Xavier and the Rural Municipality of Cartier, are bedroom communities of Winnipeg, some of them home to military members.

"We are proud members of these communities and everyone is quite enthusiastic we were given the mandate to assist the provincial and municipal governments through this time of crisis," said Colonel Joël Roy, Com-

mander of 17 Wing Winnipeg, Manitoba, on July 7, 2014, as a 100 person contingent from the Wing sandbagged homes in St Francois and Cartier.

"These people we are assisting are our friends and neighbours and we are proud to be able to help them in their time of need."

The 100 person contingent that 17 Wing deployed to the flood areas was completely self-sustained, which means that all the logistical needs were also met by the Wing. Transportation, meals, water, and portable toilets were required and supplied. Every day the group went out they took 5 drivers, 4-6 medical technicians, 2 military police, a padre, and a public affairs officer.

Major Sean Ivanko oversaw the logistical support to the detachment. As well as supplying items like sunscreen, gloves, water, and portable toilets he also said that there were a lot of administrative requirements that happened in the background, such as land use agreements and environmental assessments that were done to ensure the Canadian Armed Forces had the appropriate permissions and conducted its activities in a manner that respected the natural environment. These administrative requirements were done in conjunction with the Army units in the area.

Major Olivier Houle led the detachment from 6 July to 9 July with Major Charleen MacCulloch taking over on 10 July. According to figures provided by them the detachment filled over 21,000 sandbags on the two days they were tasked with that. The detachment also sandbagged 19 private residences on 8 and 9 July, to an average height of 2 to 3 feet.

"It was a successful Op, both in terms of the work done on the ground and preparations done behind the scenes to prepare 17 Wing Det troops for the next day," said Major Houle. "The



Members of 17 Wing Winnipeg and CFB Shilo pass sand bags down an extended line in preparation for flooding across the Manitoba region in the community of Cartier, July 7, 2014. Photo: Cpl Paul Shapka

key to success in an operation like this where different government, volunteer and military units work together and timings, locations and urgencies change at the drop of a hat, is communication at all levels."

"I am very proud to say that our 17 Wing Det teams met that challenge extremely well! I'd like to congratulate all 17 Wing participants on their flexibility, interoperability (with other units), and their inner strength to come through for a population in a time of need. BZ and what a rewarding experience it was for all," Major Houle added.

Major MacCulloch echoed Major Houle's sentiments.

"It was an honour and a privilege to be the Det Comd of such a highly motivated and hard working group of CAF members. While our group wasn't on the "front lines" sandbagging people's houses, everyone knew why we were doing our "behind the scenes" task and understood the significant positive impact our actions had for the civilian populace of Manitoba. It was a proud day to be in uniform," she said.

The detachment suffered a small number of mainly minor muscular/skeletal injuries while moving and filling sandbags.

In particular it should be noted that the detachment was stood up at the Wing during a high operational tempo. The Wing has a number of no fail missions, like Search and Rescue from the North Pole to the US border and from Northwestern Ontario to the British Columbia/Alberta border and supporting 113 units in that area of operations. 17 Wing also was responsible for standing up the Air Expeditionary Wing which recently deployed to Romania on Op REASSURANCE at the end of June and also supporting the extra aircraft deployed to Winnipeg to Op LENTUS 14-05.



Canadian Armed Forces members from 17 Wing, Winnipeg help move sand bags in preparation for flooding across the Manitoba region in support of Op Lentus, just outside St. Francois Xavier, July 7, 2014. Photo by: Cpl Paul Shapka



Canadian Armed Forces members from 17 Wing, Winnipeg and CFB Shilo help move sand bags in preparation for flooding across the Manitoba region in support of Op Lentus, just outside St. Francois Xavier, July 8, 2014. Photo: Cpl Paul Shapka

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MGen Wheeler Assumes Command of 1CAD

By Mike Sherby
Voxair Manager

He has a big job ahead of him, but Major-General David Wheeler has the skills and experience to pull it off.

On Wednesday July 16, MGen David Wheeler officially took command of the 1 Canadian Air Division (1CAD) and Canadian NORAD Region (CANR) from MGen St-Amand in a Change of Command Ceremony held outside the 1CAD HQ.

It was a star studded event as RCAF Commander LGen Blondin, NORAD and United States Northern Command Commander, Gen Charles H. Jacoby, Jr., and LGen Beare, Commander of Canadian Joint Operations Command were all on hand to say goodbye to MGen St-Amand, and to welcome MGen Wheeler.

MGen Wheeler, an accomplished fighter pilot with over 4000 hours, has previously served as Deputy Director of the Air Operations Control Centre with the International Security Assistance Force in Afghanistan. Most recently, he's spent the past year as the Deputy Commander of 1CAD, so he knows a little of what to expect from the job.

"The way 1 CAD conducts business today has evolved dramatically in how we deliver our mandate," he said. "Our working relationship with NORAD, which is already strong and unique, will grow even stronger."

There is a Manitoba connection with MGen Wheeler as well, as he was posted to 3 CFFTS as a flight instructor. He says that he and his family enjoyed their time in the province and were happy to be back.

"My wife and I are both from the Maritimes, but my first posting was in Portage la Prairie, so we understand the prairies. It's good to come back, my daughter was born here."

LGen Beare succinctly summed up the core mission of the 1 Canadian Air Division, CANR, and indeed all of the CAF during his speech: a mission that MGen Wheeler now plays a very large part in leading.

"If there were one message that unites all of the CAF, if we could it on a bumper sticker, it would be 'We defend Canada, we defend North America, we deliver peace and security abroad.'"

In his farewell speech as Commander of 1CAD, MGen St-Amand spoke of how proud he was of the team he's worked with and their contributions to 1CAD's mission.

"You transformed ideas into action, thank you for your hard work and tireless effort," he said.

MGen St-Amand is leaving 1CAD for a new posting at Colorado Springs, Colorado, where he will serve as the Operations Officer for all NORAD activities.



Major-General Pierre St-Amand (left), the outgoing Commander, Lieutenant-General Stuart Beare (centre), Commander of Canadian Joint Operations Command, and Major-General David Wheeler (right), the incoming Commander, sign the Joint Forces Air Component scrolls. Photo: Cpl Jean Archambault

AFTC Welcomes New Commander



17 Wing Commander, and outgoing AFTC Commander Col Joel Roy (Left), 2 Canadian Air Division Commander, BGen Bruce Ploughman (Middle) and new Air Force Training Centre Commander, Col Yve Thomson (Right) sign the Change of Command Certificate during the Air Force Training Centre Change of Command Parade, on the 26th of June, 2014 in building 21. Photo: Cpl Justin Ancelin

By Sgt Bill McLeod
17 Wing Photojournalist

Colonel (Col) Yve Thomson assumed command of the Air Force Training Centre (AFTC) from Colonel (Col) Joel Roy, 17 Wing Commander, at a parade held on the Wing at Building 21, on 26 June 2014.

The Change of Command Ceremony was presided over by Brigadier-General (BGen) Bruce Ploughman, Commander of 2 Canadian Air Division (CAD). 2 CAD is responsible for all training in the Royal Canadian Air Force and is located at 17 Wing Winnipeg. 2 CAD was created in 2009, as was AFTC, which resulted in separating 17 Wing Winnipeg's operational and training functions.

AFTC is comprised of five units. Four of these are located on 17 Wing and include the Canadian Forces School of Survival and Aeromedical Training, the Ca-

nadian Forces School of Aerospace Studies, 1 Canadian Forces Flying Training School, as well as 402 "City of Winnipeg" Squadron. AFTC also includes the Canadian Forces School of Search and Rescue located at 19 Wing Comox. Colonel Thomson, the AFTC Commander, is co-located with 16 Wing Borden in anticipation of an initiative to merge AFTC responsibilities with 16 Wing in APS 15. The AFTC units will remain in their current location.

Following the parade fall in, Col Roy took command of the parade and ordered General Salutes for the arrival of the Honorary Col, Ross Robinson, the incoming AFTC Commander Col Thomson, the Acting 1 Canadian Air Division Commander, BGen David Wheeler, and the 2 CAD Commander, BGen Ploughman.

BGen Ploughman inspected the parade with Colonel Roy before the Col led the AFTC in a March Past for the final time.

Following the Change of Command signing ceremony, Col Roy addressed the parade first, reminding the assembled military members and guests about the role of the AFTC in training the Air Force from the very start of the career of some RCAF personnel, through their professional development, and on to some of the specialty courses offered. He also mentioned some of the newest training, and services the AFTC has provided.

"The AFTC is a formation that has one of the most profound impacts on the RCAF," said Col Roy. "It's a lasting impact that speaks to the quality of the personnel we have here."

"Col Thomson, Yve, as you saw during our handover visit to your unit you are receiving a formation oriented on excellence with its heart set on assisting its students

in passing their courses and developing the next generation of RCAF leaders," Col Roy added.

Major Bill Dalke, AFTC Chief of Staff, thanked Col Roy and presented him with a memento of his time in command of the AFTC.

BGen Ploughman also thanked Col Roy for his dedication in his dual role as both 17 Wing Commander and welcomed Col Thomson to her new command.

"You are here in recognition of your leadership ability," BGen Ploughman said. "As we step through this unprecedented transition, AFTC will require a strong hand on the tiller and I know you're up to the task."

Col Thomson took the podium and thanked BGen Ploughman for the opportunity to command AFTC and remarked on her impression of the units in AFTC.

"I have little doubt that the successes you have achieved to date will continue because of your professionalism, dedication, and understanding for the significance of timely, applicable, and relevant training," Col Thomson said.



Col Yve Thomson commands the March Past during the Air Force Training Centre Change of Command Parade. Photo: Cpl Gabrielle DesRochers

Summer is a Season of Change at 17 Wing



Maj J.L.M. Dallaire, incoming Commandant (left) of Canadian Forces School of Survival and Aeromedical Training (CFSSAT), Colonel Y.N. Thompson, Air Force Training Center Commander and Maj Y. Soulard (right), outgoing Commandant of CFSSAT sign the scrolls during the CFSSAT Change of Command Ceremony on July 14, 2014 in building 76. Photo: Pte Darryl Hepner



Lieutenant Commander Nicole Prowett, incoming 17 Wing Comptroller (left), 17 Wing Commander Colonel Joel Roy and Major R.I. Morris (right), Outgoing 17 Wing Comptroller, sign the scrolls during the 17 Wing Comptroller Change of Appointment Ceremony on July 10, 2014 in building 76. Photo: Pte Darryl Hepner



Incoming 23 Health Services CO, LCdr Linda Forward, addresses guests during the 23 Health Services Change of Command ceremony at the Officers Mess, June 19, 2014. Photo: Cpl Gabrielle DesRochers



LCol Danielle Clouter (left), incoming 17 Wing Administration Commander, 17 Wing Commander Col Joel Roy (middle) and LCol Aaron Spott (right), Outgoing 17 Wing Administration Commander, sign the scrolls, during the 17 Wing Administration Change of Appointment Ceremony on July 18, 2014 in building 76. Photo: Pte Darryl Hepner

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WCWO/Public Service Slo-Pitch Tournament Hits for the Cycle

By Bruce Tulloch & Mike Sherby
Voxair

On Friday, June 20th, 17 Wing/AFTC got together to celebrate public service week with, how else, a Slo-Pitch Tournament and BBQ.

This year's WCWO/Public Service Slo-Pitch tourney got off to a rocky start, and almost didn't happen, as torrential rain the previous week had made the fields muddy. But after some early morning inspections by Fitness & Sports staff, the diamonds were deemed safe, and it was Play Ball!

"Rain, what rain? Those 3 inches of standing water in the outfield? That's just morning dew," said WAdmin O LCol Aaron Spott, echoing the give 'em hell attitude of most of the day's participants.

The rain was just part and parcel for the weather we've had this year, and the players took it in stride as all the dia-

monds around 17 Wing were filled with the cracks of bats and the cheer of teammates. LCol Spott said he was more than happy to play in the slightly damp fields.

"Last year was bad, it rained a lot more, last year we were soaked."

This year 29 teams participated in the tournament, playing ball at 4 different locations. 17 Wing Chris Merrithew said that the event turned out great.

"It was fantastic to see that many teams out. We were worried about the weather, but it ended up being a great day, and I think everyone had lots of fun."

Following a spirited morning of softball, the teams retired to the parking lot of Building 90, which had been turned into a temporary diner, and chowed down on free hot dogs and hamburgers courtesy of José Ferreira and his team from Fountain Tire at 3020 Portage Avenue.



A ball is pitched straight down the centre for the batter at the WCWO/Public Service Slo-Pitch Tournament and BBQ. Photo: Bruce Tulloch



Staff at 17 Wing thank José Ferreira of 3020 Portage Ave Fountain Tire for his support of the WCWO/Public Service Slo-Pitch Tournament BBQ. Left to right: WCWO Robertson, Al Brazeau, José Ferreira, and Richard Harris. Photo: Bruce Tulloch



Volunteers from the PSP staff help serve lunch. Photo: Bruce Tulloch

Exciting Offers From the CFB Winnipeg Golf Club

OFFRES SPÉCIALES DU CLUB DE GOLF DE LA BFC WINNIPEG

La saison du golf bat son plein et le club de golf de la BFC Winnipeg présente des offres spéciales aux membres de la collectivité de la Défense. Les voici :

The golf season is in full swing and the CFB Winnipeg Golf Club has some very exciting offers they are extending to the Defence community. These are:

- children 17 and under golf for free with a Golf Club member in July;
- children 17 and under golf for free with an adult who has paid green fees in July;
- non-members can golf with a Golf Club member anytime on Mondays in July for half price;
- 50% off 2014 Golf Club memberships starting 15 July 14;
- non-members who buy a 2015 membership on or after 1 Sep 14 golf for free for the rest of the 2014 season.
- Spouses and dependant children of CAF members currently deployed or on TD longer than 30 days can golf at half price until 31 August 2014. Details and 50% off coupons will be available at the MFRC.

For more information about these exciting offers or questions about the CFB Winnipeg Golf Club please contact the Manager at local 6909.

a. les jeunes (17 ans et moins) peuvent jouer au golf gratuitement en juillet, lorsqu'ils sont accompagnés d'un membre du club de golf;

b. les jeunes (17 ans et moins) peuvent jouer au golf gratuitement en juillet, lorsqu'ils sont accompagnés d'un adulte qui a payé les droits de jeu;

c. les non-membres peuvent jouer au golf les lundis à moitié prix en juillet, lorsqu'ils sont accompagnés d'un membre du club de golf;

d. un rabais de 50 % sur les abonnements pour la saison 2014, à partir du 15 juillet 2014;

e. à partir du 1er septembre 2014, les non-membres qui achètent un abonnement pour la saison 2015 peuvent jouer au golf gratuitement le reste de la saison 2014;

f. jusqu'au 31 août 2014, les conjointes/conjoints et les enfants à charge des membres des FAC actuellement en déploiement ou en ST pendant plus de 30 jours peuvent jouer au golf à moitié prix. Vous pouvez obtenir des détails ou les coupons pour le rabais de 50 % au CRFM.

Pour obtenir de plus amples renseignements sur ces offres spéciales ou sur le club de golf de la BFC Winnipeg, veuillez communiquer avec le gestionnaire au poste 6909

440 Sqn CO Strikes Out on Softball Wager



BGen Greg Loos (Comd JTFN) takes great pleasure in badging LCol Vince Wawryk (CO 440 Sqn) as a result of a friendly wager over the outcome of an inter-unit match-up in the Yellowknife Slo-pitch League summer schedule.

As JTFN came out of the game victorious, LCol Wawryk honoured his bet and proudly wore JTFN's patches for a week, beginning at the Sqn all-hands meeting Monday 7 July and ending in the Bear's Den Officers' Mess on Friday 11 July. While he's not proud of the loss, LCol Wawryk was happy with the levels of teamwork and esprit de corps both teams brought to the field. He also thanked the JTFN team for their sportsmanship and solid effort.

440 (T) Sqn is a 17 Wing unit established in Yellowknife NT, and the only RCAF flying squadron permanently based north of the 60th parallel. The co-located CJOC/Joint Task Force (North) is the Sqn's primary supported command with half of 440's annual flying dedicated to supporting JTFN's northern operations.

Photo: Cpl Steve Hill

440 Sqn Adjct Returns from Deployment at OSH Kuwait

By Martin Zeilig
Voxair Photojournalist

Now that her seven month tour at Operational Support Hub (OSH) Kuwait is over, Captain Erica Pessotto is, as she says with a good humoured sigh of relief, looking forward to some cooler weather in Canada. She's especially glad to be home after experiencing the Arabian Peninsula's scorching heat, where temperatures hit 45-50 degrees Celsius during the final months of her tour.

"I was fortunate to work in an air conditioned office for the most part because the heat is so intense," she said. "But, you get used to it. You acclimatize."

Capt Pessotto, who returned to Canada on July 4th, was the Adjutant at 440 Squadron Yellowknife when the opportunity arose to deploy as a Logistics Officer to Kuwait last year.

"Originally, it was a backfill for six weeks for HLTA for the Administrative Officer," said Capt Pessotto, who is now posted to 22 Wing North Bay.

"So I ended up going from September to October. And I redeployed for a full seven month tour on December 7. For the early months we were facilitating the retrograde for the personnel and equipment from Afghanistan. That was our primary focus."

Along with that task, they were also working to establish the new OSH in Kuwait. An OSH is a strategic international location where Canadian personnel have pre-arranged access to necessary services, facilities, and capabilities. This allows supplies to be staged and for the CAF to have a flexible, cost efficient location to deploy from.

Previously Canada had an agreement with Kuwait to have an Intermediate Staging Terminal to specifically facilitate logistics support for ongoing CF operations in

Afghanistan. An Intermediate Staging Terminal is similar to an OSH, but with a narrower area of focus.

"I also did some liaison stuff with the Kuwaitis and the U.S., and a lot of dealing with different organizations in the region," said Capt Pessotto, 25, who grew up in Burlington, Ontario, and is a graduate of the Royal Military College in Kingston.

In Kuwait, CAF members live in Camp Canada, which is located at Ali Al Salem Air Base-- some 60 kilometres south of the Iraqi border and 45 minutes outside of Kuwait City.

"We're co-located there with the U.S.A.F. 386 Air Ex-

peditionary Wing," said Capt Pessotto, who is looking forward to playing soccer at the upcoming CAF Nationals.

"Kuwait is such a strategic location for us in that volatile, unstable region."

Despite the heat, Capt Pessotto said that Kuwait City was an amazing place.

"People are very welcoming and kind. It was a great experience personally and professionally. I was seeking a deployment, and it was great that my chain of command in Yellowknife, and headquarters in Winnipeg, was supportive of this opportunity."



On 4 July, 440 (T) Sqn was happy to welcome home to Yellowknife, Capt Erica Pessotto (back row, center) after completing her seven month tour at OS Hub KUWAIT. In attendance at the airport were the Sqn LOG branch pers, some aircrew, spouses, friends, the HCol, SWO, and the CO. Photo: WO Fiona Ross

Pros Give 17 Wing Duffers Tips at the Player's Cup



On Tuesday, July 16th, the PGA Tour Canada partnered with the Canadian Forces Morale and Welfare Services to allow our military personnel to attend a free one-hour golf clinic at the Pine Ridge Golf Club. Approximately 25 golfers from 17 Wing Winnipeg attended this exclusive clinic taught by CPGA professional golf instructors. It was an excellent opportunity to gain important instruction and feedback from these golf professionals that were also participating in the Tour Canada Event. This event assisted in continuing to develop the great relationship between PGA Tour Canada and our Canadian Armed Forces members at 17 Wing Winnipeg. Photo: Supplied



The more than 25 golfers take a break in their lessons to take a group photo with the professional golf instructors who were helping them. Photo: Supplied

June is Rec Month Wraps up with BBQ



A Community Recreation Staff Member sees if she can win the competition for longest time spent hula-hooping. Photo: Supplied



A children's entertainer makes balloon animal for onlookers at the Community Recreation 'June Is Rec Month' wrap up BBQ. Photo: Supplied

Major Cameron Lowdon wins MB Mid-Am Golf Championship

By Martin Zeilig
Voxair Photojournalist

Golf is deceptively simple and endlessly complicated.
 - Arnold Palmer

When asked to name the best part of his golf game-- driving, putting, short game or whatever -- Major Cameron Lowdon doesn't hesitate to respond.

"I have no strengths," says the plain spoken winner of both the over 40 (Mid Masters) as well as the entire event (over 25 years of age) at the 2014 Manitoba Mid-Am Championship, which was held at the St. Charles Golf & Country Club, July 2-4.

"I just do a bunch of things well."

He was the first CF player to win a provincial championship.

An Aerospace Controller and Director of Space Programs CFSAS, Maj Lowdon has had a varied 25-year career that has included assignments on NATO AWACS in Germany as a Fighter Allocator; Vandenberg Air Force Base as the Chief of Space Situational Awareness in the Joint Space Operations Center; Colorado Springs as an Orbital Analyst; and Kandahar, Afghanistan as an Air Liaison Officer.

But, wherever he's been based, Maj Lowdon has always taken along his golf clubs.

"I am arguably one of the top three golfers in the Canadian Armed Forces," he says.

It's a statement his record can support.

Maj Lowdon has been a 13-time member of the National Military Team that has represented Canada at World Military Championships around the world, including such exotic locations as Karachi, Pakistan;

Windhoek, Namibia; Galway, Ireland as well as numerous events held within North America.

No player in the military past or present has represented Canada this many times.

But his dedication to the game goes beyond the competitive aspect.

Maj Lowdon has twice organized from scratch a single-person Golf-a-Thon to benefit two significant Canadian Charities: the Canadian Cancer Society, and the Canadian Alzheimer's Society.

"A total of nearly \$15,000 was raised for the two events by playing continuously each day," he says.

"While stationed in Germany, I was able to play 13 rounds of golf (234 holes) in a single day, while another time in Cornwall, Ontario I reached 12 rounds. Both events were received extremely well by the local population and helped shine a great light on the Canadian Forces."

Maj Lowdon, 47, who is a member of the Elmhurst Golf & Country Club, says that he welcomes the recent partnership between the PGA Tour Canada and the Canadian Armed Forces.

He's going to Ottawa on August 2 try and qualify for the The Forces and Family Open, which will be the first such PGA Tour event.

"My participation in it would be a tremendous opportunity to extend a warm appreciation to local members of the military and the ability to locally promote this one-time invitation for one of their own would no doubt bring out many military personnel to view the play," says Maj Lowdon.



Maj Cameron Lowdon with the winning trophy for the Mid-Am Golf Championship. Photo: Maj Mike Lagace

Having a ball: 17 Wing Hosts PR Ball Hockey Tournament

By Martin Zeilig
Voxair Photojournalist

"Come on guys we have to play with discipline."
 "There's no quit on this bench."
 "Let's go boys!"

Those were just some of the shouts of encouragement that rang out from the benches of both the Shilo Stags and the defending champions Cold Lake Packers during their gold medal game, which was won by the Stags, 2-1, at the 2014 Prairie Regional Ball Hockey Championships at the Varsity View Arena, July 14-16.

The other teams that took part were from CFB Edmonton and the 17 Wing Falcons, who finished up in fourth place with a record of 1-2.

"It was unbelievable," said a breathless but beaming Shilo team captain Master Corporal Rob Penney, 31, who plays right wing, just moments after having the gold medal placed around his neck.

"Words can't express how I feel right now. This is the third year out of four that we've won the gold medal."

His team's only loss, 3-1, was in the round-robin portion to Edmonton.

"There were six new very fast young guys on the team," said MCpl Penney, who grew up in rural Newfoundland where he was always playing ice or ball hockey, as well as soccer and volleyball.

Prior to the opening day's first game, Colonel Joel Roy, 17 Wing Commander, emphasized the importance of such sporting tournaments, especially with fiscal restraints being imposed on the CAF.

"We're really glad to be able to host this with outside teams," he said. "It helps promote a healthy lifestyle, and it's fantastic for morale. It's really important to host this tournament. We're trying to avoid the impacts that will impact the families. It's really important to put our money where our values are. For me, that's absolutely a win."

Major Dave Treanor, coach of the Falcons, extolled the work done by by PSP Sports Coordinator Chris Merrithew and his staff in organizing the tournament.

"I was impressed with the job they did," he said after the closing ceremonies, noting in particular the use of local referees.

"The overall level of skill of the teams was good."

He says that Shilo will

have their work cut out for them at the CF National Ball Hockey Championships at CFB Borden in August.

"I wish them well," he said. "They're deserving champs. They move the ball well on the power play. And, their goalie got an assist on the winning goal today."

Significantly, Maj Treanor noted that his team had the only woman player, Master Corporal Holly Young, in the competition. She played left wing on the third line.

"Her job assignment was to go out with her line mates and check and not allow an opposition goal," said Maj Treanor. "They did that, and they played well."



Intense second period action in the gold medal game between the Shilo Stags and Cold Lake Packers at the CF Prairie Regional Ball Hockey Championships. Photo: Martin Zeilig



Team Captains from CFB Edmonton & 17 Wing Winnipeg face off for the ceremonial ball drop with WCWO Robertson and WComd Roy. Photo: Martin Zeilig

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17 Wing Recognizes Athletes at Annual Sports Awards Breakfast

By Martin Zeilig
Voxair Photojournalist

Captain JF Gallant is the first to admit that his abilities as a badminton player are superior to his skills on the hockey rink.

But, there's obviously nothing wrong with his slap shot and playmaking skills.

After all, this two sport athlete was named Male Athlete of the Year at the 17 Wing Winnipeg Sports and Healthy Living Awards Breakfast on June 25 at the Officers' Mess.

At the 2013 PR Badminton Championships he won the Senior Singles title and the Masters Doubles title. He then represented the Prairie Region at the 2013 CAF National Championships where he received the Silver medal in Senior Singles.

Capt Gallant also excelled at the hockey rink where he played for the 17 Wing Falcons ball hockey team, which won silver at the 2013 Prairie Region Ball Hockey Championships. He was also a member of the 17 Wing Oldtimer's Hockey team that advanced to the semi-finals of the PR Oldtimer's Hockey Championships.

Capt Gallant, 36, who's married with five young daughters, says that you have to be extremely fit to play badminton in a top level competition.

"It's a mental sport too," he says. "You're on the court and have to defend and also score points. Your opponents make you move around the court. You need to be fit, technically sound (with the various strokes) and mentally prepared."

Captain Melissa Couturier was awarded the Female Athlete Of The Year award for her fantastic slo-pitch skills. She was the starting centre fielder for the Semi-finalist team at the PR Women's Slo-pitch Championships in Shilo. Capt Couturier says she was honoured to be recognized.

"I am grateful for the opportunity to represent 17

Wing at the Regional and National Championship level. I am lucky to participate with amazing teammates and am very thankful to my coaches who continue to push me to achieve my athletic potential."

Coach of the Year went to Captain Greg King, who led the 17WG WPG Men's Hockey team to a successful 2013-14 season. The Official of the Year was Warrant Officer Perry Stadler, who coaches hockey and has been an active member in the CAF Officiating program for the past 17 years. The Team of the Year was the Women's Volleyball squad-- which made it all the way to the semi-finals in the CAF National Championships before bowing out to the team from Ontario.

As well, awards were handed out to one unit and one individual who went above and beyond to promote Healthy, Active living within the CAF. This year, the unit award went to the RCAF Band, and the individual

award was given to Capt Bonita Bibby of the RCSU.

Lieutenant-Colonel Spott, who represented 17 Wing Commander Colonel Joel Roy at the event, praised the good organizational work done for sports and fitness throughout the year by Personnel Support Programs.

"It's good to see the level of continued involvement of both the integral and lodger units," he said. "It's not just 17 Wing. It's all the units within Winnipeg. The accomplishments of the award winners was commendable and a testament to their levels of fitness and skill."

He added that Col Roy has made a very vocal and visible commitment for continued support of the 17 Wing sports program, including recreational, regional and national sports teams.

"His message is that even in these times of fiscal restraint, he'll continue the programs because of their importance to fitness and morale," said LCol Spott.



Capt Gallant receives the Male Athlete of the Year plaque from BGen Ploughman during the 17 Wing Sports Award Ceremony 2013/2014, at the Officers' Mess, CFB Winnipeg on 25 June 2014. Photo: Cpl Gabrielle DesRochers



Capt Couturier receives the Female Athlete of the Year Award plaque from BGen Ploughman during the 17 Wing Sports Award Ceremony 2013/2014, at the Officers' Mess, CFB Winnipeg on 25 June 2014. Photo: Cpl Gabrielle DesRochers

ATF Romania Celebrates Canada Day



The Commanding Officer of Canada's Air Task Force (ATF) Romania, Lieutenant-Colonel David Pletz, serves slices of a commemorative cake during a Canada Day event on June 29, 2014 in Câmpia Turzii, Romania, where the ATF Romania members are deployed in support of Operation REASSURANCE. Photo: LS Alex Roy



Canadian Ambassador to Romania, Mrs. Joanne Lemay, speaks to members of Canada's Air Task Force (ATF) Romania during a Canada Day event on June 29, 2014 in Câmpia Turzii, Romania, where the ATF Romania members are deployed in support of Operation REASSURANCE. Photo: LS Alex Roy

2PPCLI Exercises Right to Freedom of the City



2 Princess Patricia's Canadian Light Infantry (2PPCLI) marching through the streets of Winnipeg during the 2 PPCLI Freedom of the City Parade on the 27th of June, 2014, City Centre Winnipeg, Manitoba.

Freedom of the City is a traditional honour of the City of Winnipeg on six previous occasions. The first in 1972 marking the anniversary of the Regiment's move from Edmonton, AB. The most recent in June 2004 right before our relocation to Shilo, MB. This will be the seventh time 2 PPCLI has exercised our Right to the Freedom of the City of Winnipeg.

The 100th anniversary of PPCLI is an ideal way to recognize the lasting commitment of the Regiment and its soldiers to Canada, its people and the international community.

Photo: Cpl Justin Ancelin, 17 Wing Imaging



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Big Hearts Fuel Big Bike Ride



The Wingin' It Team gets ready for the Big Bike Ride. Photo courtesy of the Heart and Stroke Foundation.

Wing Members Recognized for their commitment to healthy living

On June 25th during the Sports and Healthy Living Breakfast, two awards were handed out to recognize the outstanding work done by an individual or a unit to help promote the Health and Wellness Challenge, as well as the implementation of other Health Promotion initiatives. This year's winner for the group/unit was the RCAF Band, and Capt Bonita Bibby of the RCSU was awarded as an individual.



Capt Fullerton receives the Health & Wellness challenge small unit plaque from PSP staffs Diane Brine, Crissy Parsons, Kathy Dmytrisin and LCol Spott, during the 17 Wing Sports Award Ceremony 2013/2014, at the Officers Mess, CFB Winnipeg on 25 June 2014. Photo: Cpl Gabrielle DesRochers



Capt Bibby and CPO2 Cairns receive the Health & Wellness challenge Individual plaque from PSP staffs Diane Brine, Crissy Parsons, Kathy Dmytrisin and LCol Spott during the 17 Wing Sports Award Ceremony 2013/2014, at the Officers Mess, CFB Winnipeg on 25 June 2014. Photo: Cpl Gabrielle DesRochers

By Bruce Tulloch & Mike Sherby
Voxair

Heart disease is something that will affect almost all of us in our lives. 9 out of 10 people have the risk factors associated with it. And so it was with the thoughts of their loved ones and relatives who have suffered from the disease in their minds that the 17 Wing Wingin' Team took to the Big Bike and peddled around downtown Winnipeg to raise both money and awareness of the disease.

On June 19th, 17 Wing participated for the 11th year in the annual Big Bike For Heart And Stroke fundraiser, and the team of 15 managed to raise \$1385 to help fund ongoing research to prevent heart disease and to raise awareness of risk factors.

The team riding this year was a little smaller than usual, 15 riders on a bike that can hold upwards of 29 people, but they more than made up for their small numbers with enthusiasm and noise

makers as they rode through downtown Winnipeg, prompting bemused smiles from onlookers.

17 Wing's participation in the Big Bike fundraising ride is coordinated through the Health Promotion Team. The event organizer for 17 Wing, Chrissy Parsons, says that the number of participants was lower than normal this year due to the many operating requirements on the Wing at the moment.

"I had a lot of people say to me they would love to participate, but they had too many other commitments. Next year we may ride earlier in the week and see if that helps."

That being said, she says the ride is a great way to both promote healthy living, raise money for a worthy cause, and, of course, have some fun.

"It's so much fun. We get to ride around downtown making a bunch of noise. There's such a great energy to the event."



The Wingin' It team poses for a pre-ride group photo. Photo courtesy of the Heart and Stroke Foundation.

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Bike To Work Day Sees 17 Wing Flex its Pedal Power

By Bruce Tulloch & Mike Sherby
Voxair

Although the clouds were dampening the sidewalks, they couldn't dampen the enthusiasm of the men and women who embraced Bike To Work Day at 17 Wing on June 20th.

Cyclists were unanimous in their appreciation for the refreshment booth situated alongside the Yellow Ribbon Trail at Wihuri Road. Granola bars, muffins, and fresh fruit, along with coffee, juice, and water were served to passing cyclists. Many stopped, not only for a snack, but for a chat as well.

"The booth is a nice place to drop in and meet new people and talk," said 17 Wing Postmaster Sergeant Darren Burgess. "I was here last year as well."

Like most of the cyclists The Voxair encountered, Burgess admitted that weather is a factor in deciding whether he bikes or not, though heavy rainfall did not deter him that day. "I bike almost every day in the summer time," he said.

The station, which was manned by personnel from the 17 Wing PSP Team, as well as the MFRC, was happily chatting with many of the over 100 visitors who stopped by the booth to say hello and rehydrate.

This is the 4th year that 17 Wing has taken part in the city run Bike To Work Day, but they had been doing it on their own for 3 years prior to that. Health Promotion Director Kathy Dmytrisin says that though the weather may have deterred some people from coming out, overall she was happy with the event.

"It's great to see over 100 people using active transportation. For me that's a success."



Bikers enjoy a healthy snack and a nice chat at the Bike To Work Day pit stop. Photo: Bruce Tulloch



The pit stop was busiest during the early parts of the morning as bikers rolled up to rehydrate and have a snack. Photo: Bruce Tulloch



This group of bikers was more than happy to see the Bike To Work Day pit stop on their ride in to work. Photo: Bruce Tulloch



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Summer Registration Dates

Begins on-line Monday June 16 for Military & Recreation Association Members
Begins on-line Monday June 23 for Non-members
Classes begin the week of Monday July 7

Classes run Monday July 7 to Thursday August 28 2014

Adult Fitness Schedule

\$50 Summer Fitness Pass for **Recreation Members and Military Members** includes unlimited class access

\$90 Summer Fitness Pass for **Non-Members** includes unlimited class access

\$8 Daily Drop-in Military

Mondays	Spin Class 1700 - 1800 Take an ultimate ride in this all out, anything goes cycling class. Speed zones, hills, intervals, drills and sprints will take your cycling to the next level.
Tuesdays	Fusion Fitness 1700 - 1800 A friendly and encouraging class for those who want to slim down and start down the road to better health and fitness. Will Include a variety of low impact weights and cardio activities.
Wednesdays	Spin Class 1700 - 1800 Take an ultimate ride in this all out, anything goes cycling class. Speed zones, hills, intervals, drills and sprints will take your cycling to the next level.
Thursdays	Zumba (Basic) 1900 - 2000 (August) A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system
	Fusion Fitness 1700 - 1800 A friendly and encouraging class for those who want to slim down and start down the road to better health and fitness. Will Include a variety of low impact weights and cardio activities.
	Pick-up Volleyball 2000 - 2100 Volleyball is an excellent work-out and a great opportunity to meet new people. All players and skill levels are welcome. Teams will be chosen each week.





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Kids of 17 Wing Go Camp Crazy



The Summer Sports Camp kids got to try dragon boating this year at an exciting workshop. For more information on camps in August call Community Recreation at 5139. Photo: Supplied.



The kids at the Vacation Bible School camp celebrated their last day with a BBQ that included a spirited game of tug of rope. Photo: Bruce Tulloch



The kids from the MFRC Kidventures Camp, and their camp counsellor Brynne Dalebozik, take a break from the action. For more information on the MFRC Kidventures Summer Camp in August, call the MFRC at 2491. Photo: Martin Zeilig



Community Recreation hosted a weeklong summer Soccer camp for the second year in a row. The camp was instructed by two British Soccer Coaches. Photo: Martin Zeilig

Pool Schedules Summer 2014

July long-weekend pool schedule

Saturday June 28	Sunday June 29	Monday June 30	Tuesday July 1
Lap swim 1500 - 1600 Casual swim 1300 - 1500	Lap swim 1130 - 1230 Casual swim 1230 - 1400	Lap swim 1100 - 1300 Casual swim 1300 - 1400	closed

Wednesday July 2nd. to Friday Aug 22st. 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Casual Swim kiddie pool only	1100 - 1300 1300 - 1600 {with camps} 1900 - 2000	1100 - 1300 1300 - 1600 {with camps} 1900 - 2000	1100 - 1300 1300 - 1600 {with camps} 1900 - 2000	1100 - 1300 1300 - 1600 {with camps} 1900 - 2000	1100 - 1300 1300 - 1600 {with camps}	1130 - 1230	1130 - 1230
Casual Swim both pools	1300 - 1600 {with camps}	1300 - 1600 {with camps}	1300 - 1600 {with camps}	1300 - 1600 {with camps}	1300 - 1600 {with camps}	1230 - 1400	1230 - 1400
Lap Swim	0630 - 0730 1100 - 1300 1900 - 2000	0630 - 0730 1100 - 1300 1600 - 1700 1900 - 2000	0630 - 0730 1130 - 1300 1900 - 2000	0630 - 0730 1100 - 1300 1600 - 1700 1900 - 2000	0630 - 0730 1100 - 1300	1130 - 1230	1130 - 1230
Lessons	1700 - 1900 July 7-18 Jul 21- Aug 1	1700 - 1900 July 7- 18 Jul 21-Aug 1	1700 - 1900 July 7-18 Jul 21-Aug 1	1700 - 1900 July 7-18 Jul 21- Aug 1	1700 - 1900 July 7-18 Jul 21-Aug 1		

August long-weekend pool schedule

Saturday August 2	Sunday August 3	Monday August 4
Lap swim 1130 - 1230 Casual swim 1230 - 1400	Lap swim 1130 - 1230 Casual swim 1230 - 1400	closed

Pre-school Lessons {parented}

Lesson	July 7 to 18	July 21 to Aug 1	Pre-requisite	Age	Member	Non-member
Starfish & Duck	1700 - 1730	1700 - 1730	age	6m to 24 months	\$45	\$60
Sea Turtle & Sea Otter	1730 - 1800	1730 - 1800	age	2 & 3 year olds	\$45	\$60

Pre-school Lessons {un-parented}

Lesson	July 7 to 18	July 21 to Aug 1	Pre-requisite	Age	Member	Non-member
Salamander	1700 - 1730	1700 - 1730	age	4 & 5	\$45	\$60
Sunfish	1730 - 1800	1730 - 1800	Salamander	4 & 5	\$45	\$60
Crocodile/Whale	1800 - 1830	1830 - 1900	Sunfish/Crocodile	4 & 5	\$45	\$60

Children's Lessons

Lesson	July 7 to 18	July 21 to Aug 1	Pre-requisite	Age	Member	Non-member
SK 1	1700 - 1730	1700 - 1730	age	6+	\$45	\$60
SK 2	1800 - 1830	1800 - 1830	SK 1	6+	\$45	\$60
SK 3/4	1830 - 1900	1830 - 1900	SK 2/3	6+	\$45	\$60
SK 5/6	1830 - 1900	1830 - 1900	SK 4/5	6+	\$45	\$60
SK 7/8	1700 - 1745	1700 - 1745	SK 6/7	6+	\$45	\$60
SK 9/10	1745 - 1830	1745 - 1830	SK 8/9	6+	\$45	\$60

Youth Lessons

Lesson	July 7-18	July 21-Aug 1	Pre-requisite	Age	Member	Non-member
Bronze Medallion with EFA & CPR-B	1730 - 1930		age	13 years +	\$100 book \$42	\$115 book \$42
Bronze Cross with SFA & CPR-C		1730 - 1930	Br Med	14 years +	\$136.50 book \$42	\$152.25 book \$42

Leadership

Lesson	Dates	Times	Pre-requisite	Age	Member	Non-member
NLS {National Lifeguard Service}	Aug 25 - 29	0830 to 1730	Bronze Cross & SFA/CPR-C	16+	\$250 book \$42 & \$20	\$265 book \$42 & \$20

Post-Baccalaureate Certificate in Aerospace Program Management Graduates First Students

By Gloria Kelly

Winnipeg has the third largest hub of aerospace industry in Canada. It is also home to the Canadian Forces School of Aerospace Studies (CFSAS) at 17 Wing Winnipeg and the University of Manitoba who have long had an education affiliation.

Thus when it was identified that there was a need for a senior non-degree credential in aerospace program management for Royal Canadian Air Force officers attending the year-long Aerospace Systems Course (ASC) development of such a program was a natural fit with the University of Manitoba.

The first class of six students graduated on 24 June from the new Post Baccalaureate Certificate in Aerospace Program (PAPM), delivered at CFSAS.

"The PAPM is a bridge," says Stephen James, Aerospace Program Coordinator and Director, Post-Baccalaureate Aerospace Program Management, University of Manitoba "It provides a specific skill set to those moving into careers in aerospace program and project management."

The program has a very clear objective to build a solid understanding of the key factors in building and operating today's complex aerospace systems and to build the essential managerial skills and mindset for undertaking a complex aerospace development. Part of the program sees students exercise their skills through an actual project or a critical review of a past aerospace development.

The program has the support of industry and is open to civilian as well as military students. It can be completed in one year or spread over a maximum of three years. It also provides supplemental aerospace learning opportunities for those undertaking an MEng or MPA degrees.

"This program addresses a very specific need and builds into Canada's commitment to a strong aerospace industry," said Mr. James. "The majority of the students will utilize this knowledge base within the military community now and take it within them into industry as they retire and look at second careers."

This program involves overseeing a total project life-

cycle from requirement identification through development right to end-use employment and maintenance of a system. It is of benefit to students who will follow careers as diverse as design engineers to logistical specialists to those in the world of procurement.

This program expands our partnership with the University of Manitoba and gives access to key skill areas that are outside our internal capabilities, said LCol Dan Desrochers, Commandant at CFSAS. It provides the Aerospace Systems Course graduates with formal academic recognition that can be used to further their education in follow-on opportunities.

Additionally, it brings the military, academia and

industry together in the same classroom, generating synergies that allow each party to better understand the others and to ultimately create better cooperation, he said. It also increases the classroom size providing a wider range of backgrounds and experiences, leading to improved discussions.

Entrance to the program is not automatic- it is competitive and there are pre-requisites students must have for admission. For information please contact the PAPM Administrator, Continuing Education, University of Manitoba at Christie@extended.umanitoba.ca or 204-474-6729.



The General Electric (GE) engine test facility at the Winnipeg Int'l Airport. Photo: Supplied

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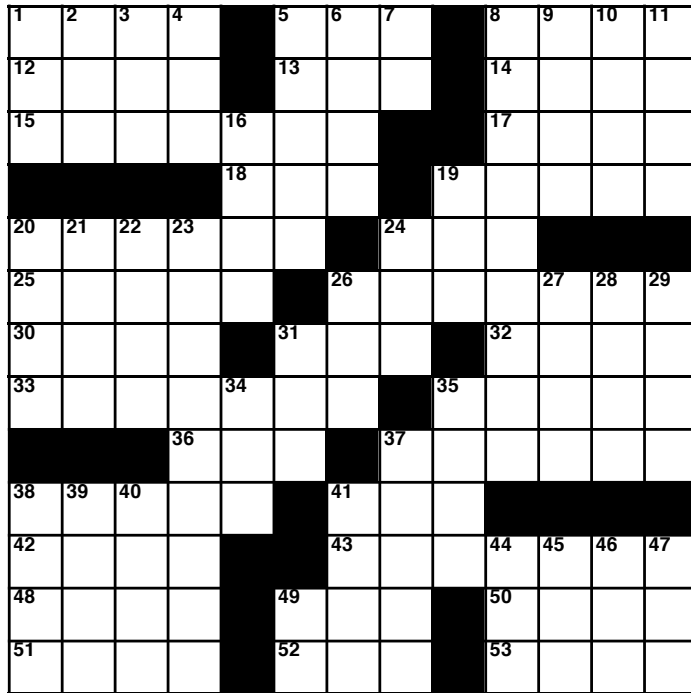
By Bernice Rosella and James Kilner

ACROSS

- 1 Mine entrance
- 5 Food fish
- 8 Construct
- 12 Bit
- 13 Cantered
- 14 Indigo
- 15 Our first Prime Minister from Quebec
- 17 Pros opposite
- 18 To a ____
- 19 Saw
- 20 Tavern employees
- 24 Fruit salts
- 25 School's best
- 26 Only Prime Minister to sit in the British House of Lords
- 30 Platter
- 31 Lubricate
- 32 Turkish leaders
- 33 Adding fuel
- 35 Our youngest Prime Minister
- 36 Summer, to Celine
- 37 Lots
- 38 Skirt genre
- 41 Every one
- 42 German auto maker
- 43 Only Prime Minister to survive an air crash
- 48 Husband, to Henriette
- 49 Pressure meas.
- 50 Back then
- 51 Graf _____
- 52 Ottawa athlete, for short
- 53 Ogled

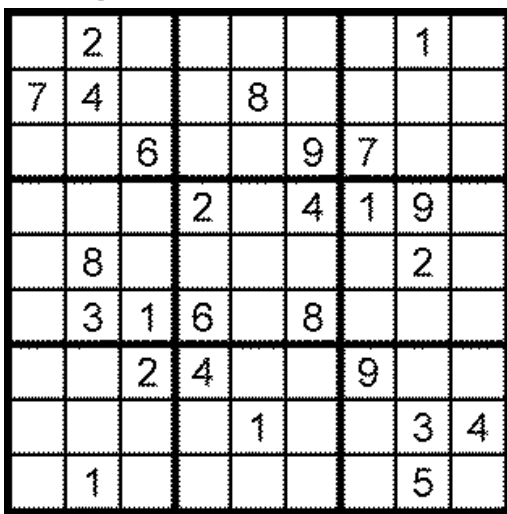
DOWN

- 1 Suffer
- 2 ER notation
- 3 Printers org.
- 4 Sailor

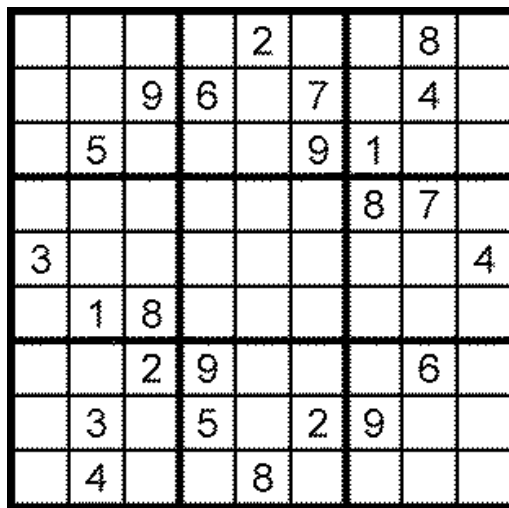


- 5 Golf course feature
- 6 Swiss river
- 7 Health pro
- 8 Our first Prime Minister
- 9 Old world buffalo
- 10 Longest serving Prime Minister
- 11 Other
- 16 Unit
- 19 _____Margret
- 20 Little ones
- 21 Working feverishly
- 22 Mexican currency
- 23 Only Prime Minister to refuse a knighthood
- 24 Slippery fish
- 26 Large
- 27 Equal, in Evian
- 28 Net weight
- 29 Clucks of disgust
- 31 Sole
- 34 Graph and cord ender
- 35 Popular pop
- 37 Glyceryl
- 38 High tech weapons
- 39 Lunge
- 40 Concerning (legalese)
- 41 Church part
- 44 Canadian whiskey
- 45 Bean
- 46 Mineral source
- 47 Criminal in Craiglachie
- 49 Letters denoting an afterthought

Sudoku (beginner)





Sudoku (master)



Crossword & Sudoku Answers on page 15.

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Ahead of the pack: 2CAD Member Takes Silver at National Championship

By Martin Zeilig
Voxair Photojournalist

Captain Yves Forget confesses that he would like to have done better in the half marathon at the 2014 Scotiabank Ottawa Marathon on May 25.

But, hey, a silver medal out of 10 participants in the Masters division (ages 40-47) isn't too shabby an achievement, especially on what was a very muggy day.

His time for the 21 Km race was a respectable 1 hour, 25 minutes, and 47 seconds. Capt Forget was a member of the team, and the only participant from 17 Wing, taking part in the 2014 CAF National Running Championships, which was held in conjunction with the Ottawa Marathon.

"I would like to have gotten a better time, for sure, because I'm a very competitive person," says Capt Forget, who works at 2 Cdn Air Div.

A record-breaking 47,500 people, with 12,500 participating in the half marathon, took part in six events.

Capt Forget says that he was very impressed by the winner of the gold medal in the women's half marathon, a 12 year-old girl.

"I saw her start to run, and the pace she was going, I thought she'd tire herself out halfway. But, to my surprise she came in first."

Capt Forget, 42, started running again at age 35 as a way to get into shape for his basic training.

"I ran cross country as a teenager in high school," he says. "I wasn't at the top because it was very competitive."

Then, while out for a jog with some other CAF mem-



Participants near the beginning of the 10k Canadian Armed Forces National Running Championship, which ran in conjunction with the Tamarck Ottawa Race Weekend in Ottawa, Ontario on May 24, 2014. Photo: Corporal Lisa Fenton

bers, someone said that Capt Forget was a fast runner and should enter the annual Army Run in Ottawa.

So, in 2010 he entered his first half marathon in Kingston. After that the Ste-Thècle, Quebec native took part in the half marathon at the Army Run in Ottawa, where he finished 63rd out of over 5,000 competitors.

"I've never run a full marathon because of injuries," said Capt Forget, noting that he usually trains two

times per week with a group of other people in Assiniboine Park.

"I always get knee injuries when I run over a certain distance. But, I may try the Manitoba Marathon at some point," he says. "And I'd like to qualify for the Boston Marathon someday. I run to stay in shape. I'm a competitive person. So, instead of being a couch potato, I run and bike."

Military can Dine with Nutrition in Mind



Image by Photokanok FreeDigitalPhotos.net

By Sarah McGuire

By now you may have noticed a change in menu options available in the base kitchens at 17 Wing. Over the last few months Mat J4/D Food Svcs, in conjunction with numerous Units across the CAF have been developing the National Standardized Cycle Menu (NSCM) and we are now in the midst of a 12 week trial. This menu

will eventually become the standard for all CAF feeding in static and deployed operations. Some of the key drivers of this initiative are improving nutritional wellness, better accommodation of religious and spiritual requirements, as well as financial accountability. By providing a variety of healthier and vegetarian options CAF Food Services will be able to support optimal performance and the long term health of CAF members contributing to mission success.

Prior to the start of the 12 week NSCM trial there were concerns about limiting choices, removing typical mess hall favourites, or forcing diners to eat healthier or vegetarian choices exclusively. The trial has shown that there are ample options to choose from, the vegetarian options are very popular, the kitchen still provides old favorites and you still have a choice when you come into a CAF Dining Hall. We have received an overwhelming 85% positive diner feedback on the new

choices being provided. This is surprising and exciting as it demonstrates that CAF members are interested in achieving and maintaining a healthier lifestyle.

Vegetarian choices have been very well received as well, even if the thought of ingredients such as tofu, lentils and bulgur do not necessarily appeal to you, try the vegetarian option and you might be pleasantly surprised. By and large the new choices have been well received and diners are pleased. D Food Services values your feedback and the choices that are proving unpopular will be re-evaluated and either amended or removed.

As we near the end of the trial, it is crucial that we continue to receive feedback based on your dining experience. In the first week of the trial phase, we received on average 85 customer reviews from each base; however, in the second cycle we received significantly less feedback. The more feedback we get from diners, the better CAF Food Services will be able to respond and provide healthy, nutritious and appealing choices.

Your continued support in providing comments through the customer feedback forms will assist us in tailoring the menu to meet your expectations. Once the trial comes to an end a survey will be available online or through your Smartphone so that you will be able to provide us your thoughts on your overall dining experience.

Thank you for your participation and feedback throughout the past few months. If you have any questions please contact D Food Svcs and enjoy what the NSCM has to offer!

Crossword Answers

A	D	I	T		G	A	R		M	A	K	E
I	O	T	A		R	A	N		A	N	I	L
L	A	U	R	I	E	R			C	O	N	S
				T	E	E		A	D	A	G	E
T	A	P	M	E	N		E	N	O			
A	T	E	A	M		B	E	N	N	E	T	T
D	I	S	C		O	I	L		A	G	A	S
S	T	O	K	I	N	G		C	L	A	R	K
			E	T	E		O	O	D	L	E	S
A	L	I	N	E		A	L	L				
B	E	N	Z			P	E	A	R	S	O	N
M	A	R	I		P	S	I		Y	O	R	E
S	P	E	E		S	E	N		E	Y	E	D

Sudoku (Beginner) Answers

3	2	8	7	6	5	4	1	9
7	4	9	1	8	2	3	6	5
1	5	6	3	4	9	7	8	2
6	7	5	2	3	4	1	9	8
9	8	4	5	7	1	6	2	3
2	3	1	6	9	8	5	4	7
8	6	2	4	5	3	9	7	1
5	9	7	8	1	6	2	3	4
4	1	3	9	2	7	8	5	6

Sudoku (Master) Answers

1	7	3	4	2	5	6	8	9
8	2	9	6	1	7	3	4	5
6	5	4	8	3	9	1	2	7
4	9	5	2	6	3	8	7	1
3	6	7	1	5	8	2	9	4
2	1	8	7	9	4	5	3	6
5	8	2	9	7	1	4	6	3
7	3	6	5	4	2	9	1	8
9	4	1	3	8	6	7	5	2

Have you got a story you'd like to share with us? Drop us a line at 204-833-2500 (ext. 6976) or send us an e-mail at voxair@mymts.net

Exercising In The Heat

Lower your risk of heat illness!

Dehydration, muscle cramps, and/or heat exhaustion can lead to poor exercise performance. Physical activity, training, and/or competing on hot days increases your fluid loss from sweating, and your chance of dehydration. A low salt (sodium) diet, plus loss of sodium through sweating, can potentially lead to muscle cramps and/or heat illness.

On hot, humid days, your body has difficulty getting rid of heat. When your body temperature increases due to exercise in hot, humid conditions, serious heat illness is more likely.

To lower your risk of dehydration and heat illness:

- drink enough fluid;
- add a little salt to your diet, and;
- acclimatize yourself to the hot and/or humid environment where you will be training and/or competing by exercising in similar hot, humid conditions.

You are more likely to drink enough fluid to replace your sweat losses if your drink:

- is a flavour you like;
- is chilled and within easy reach;
- has a little sodium (0.5-0.7 g/litre) (add 1.5 mL or ¼ tsp of salt/litre) and contains some carbohydrate (40-80 g/litre).

While a low sodium diet is important for some people with high blood pressure, this diet is NOT appropriate for healthy athletes who are training or competing in the heat. Most of your

dietary sodium comes from salt added to food:

- during food processing;
- while cooking your food, or
- at the table.

A low sodium diet may be dangerous when exercising in adverse conditions such as hot weather or hot, humid weather. To ensure that you are eating some salt, you can:

- add a little salt to your pre-exercise meal;
- eat some salty foods like soup or pickles;
- consume a drink that contains sodium (salt) before, during, and/or after exercise;
- select foods that contain salt for your after exercise snack such as tomato juice, vegetable juice, pretzels, crackers, or low fat cheese;
- add salt or soy sauce to your post-exercise meal.

By training in weather conditions similar to the venue where you will compete (acclimatizing), your body conserves sodium and dissipates heat more effectively. These training effects lower your risk of heat illness.

Article provided by coach.ca

For more information on nutrition for performance or staying active through the summer, contact Health Promotion at (204)833-2500 ext 4150 or healthpromo@forces.gc.ca

Have a safe and active summer!



WEIGHT wellness
Lifestyle Program

Programme Style de vie **POIDS-santé**

Mondays
29 Sept – 24 Nov
1300 – 1430 hrs
Bldg 62, Room 309

lundi
29 septembre – 24 novembre
bât 62, bureau 309

The tools you need for a better lifestyle
Healthy eating, physical activity and attitude!

Les outils dont vous avez besoin pour un meilleur style de vie
Saine alimentation, activité physique et attitude!

For more information or to register contact Health Promotion local 4150

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150

Canada



Alcohol, Other Drugs and Gambling: Supervisor's Training

21 August (0800 - 1600 hrs) and
22 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

21 août (8 h à 16 h) et
22 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

To register, contact Health Promotion at local 4150

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

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes



Mental Fitness and Suicide Awareness

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!
18 September 2014
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!
18 septembre 2014
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.

Sensibilisation à la santé mentale et au suicide

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
ÉNERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes



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Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

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

Upcoming MFRC Programs and Events

BARBECUE LUNCH FOR NEWCOMERS

Thursday 14 August 2014 at 11:30 a.m.

Registration Deadline: 7 August 2014

NEWCOMERS, we would like to invite you and your family to attend this event. It is a great opportunity for you to meet other families newly posted into Winnipeg and to stop in at the MFRC to register for upcoming programs. Please register with your meal choice prior to the registration deadline. Options are hamburgers, smokies, hot dogs & veggie dogs.

KIDS CARE FOR AUGUST 2014

Hours: For the month of August - Tuesdays only, 5, 12, 19 & 26 August

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

Fees: Children under 2 years: \$12/3 hours; \$28/7 hours.

Children 2-5 years: \$10/3 hours; \$24/7 hours. Hourly fee \$5.00 per hour, per child.

Family rates available.

Location: 630 Wihuri Rd.

The MFRC offers child care on a casual basis for children 6 months - 5 years old. Register by calling 204-833-2500 ext 2491 a minimum of 24 hours in advance. This program provides care for your children while you attend appointments, work out, run errands, etc. Peanut free snacks and diaper supplies (if required) should be sent.

MFRC Nursery Schools

Will your child be 3 or 4 years old by December 31st? Perhaps they would be interested in Nursery School! We offer both English and French Immersion classes. Both are taught by caring qualified teachers in well equipped licensed classrooms. The program is developmentally appropriate, fun and stimulating. Please call Shannon at 204 833-2500 ext. 2491.

Westwin Nursery School, 642 Wihuri Rd

English class:	French Immersion:
Mon. Wed. Fri.	Mon. Wed. Fri.
9:00-11:30 am	1:00-3:30pm
\$60/mo	\$60/mo



MFRC Nursery School

SECOND LANGUAGE TRAINING

Fall session 2014

Classes begin the week of September 22

English (advanced level): Tuesday & Thursday from 6 to 9 p.m.

French level 1 (beginner level)

Day Time Session: Tuesday & Thursday from 9 a.m. to 12 p.m. (child care available)

Evening Session: Monday & Wednesday from 6 to 9 p.m.

The Second Language Training Service is designed to facilitate the integration of civilian spouses/partners of CF members who are posted to locations where the surrounding community's primary language is unfamiliar.

The primary participants eligible to access Second Language Training are civilian spouses/partners and children of CF members sixteen years of age and over. Special consideration may be given to children fourteen to fifteen years of age. A minimum of five primary participants must be registered for a course to be offered.

A deposit of \$50 is required upon registration for the course. This deposit is refundable if the participant attends 85% of classes.

Courses are also open to military members for a non-refundable cost of \$50 and to members of the community at a non-refundable cost of \$100 per session. The course duration is ten weeks and will consist of two three-hour classes per week. Classes are held at the MFRC (102 Comet Street).

Come in and complete the registration form at the MFRC reception or call Mélanie Lyrette at 204-833-2500 ext. 4515 for further information.

Movie Night Under The Stars

In the MFRC Parking Lot

Tuesday Aug. 19th

Pizza for sale 5:30—7 pm

Free movie at 8:30 pm

Red Ember Pizza will be on site!!



Wood fired pizza food truck serving pizza made from local Manitoba ingredients; crispy, chewy crust & delicious seasonal toppings! Gourmet and made-to-order.

Bring your blankets, sleeping bags and lawn chairs & the whole family for a movie under the stars. We'll provide the popcorn!



MFRC SUMMER BBQS

Thursdays, August 14 & 28

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!

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 or Chips	\$1.00 ea.

Child Care Providers Needed

We would like to add you to our "Community Child Care Providers" listings. All we need is an 8½" x 11" advertisement describing your service - be sure to include hours of operation, location, snacks etc. Highlight any special services.

Military Families are looking for flexible care with extended hours to accommodate early timings and operational commitments. Many families are looking for care and our child care resource listings are in high demand. Please drop-off your information at 102 Comet St., or fax to 204-489-8587.

PERSONAL CLASSIFIEDS

FOR RENT

2 BDRM sublet. Avail. JULY 1st. 3563 Portage Ave. Unit #102. Spacious LR & DR. Large BDRMS & large storage closet. North facing balcony. Close to shopping center and YMCA. On major bus route. Last main floor apartment left in the Building! 204-890-7858

FOR SALE

- Complete Mens Air Force Mess Kit. Jacket, Pants, Shirt, Vest, bow tie, Suspenders. Size 50. Asking \$400
- Ladies Air Force Mess Kit Skirt, size 12-14. Asking \$20
- Call (204) 221-0225

FOR RENT:

Spacious **3-bedroom** condo available for rent located on Apple Lane. Close to all levels of schools and Unicity Mall with bus stops located nearby. Space is fully renovated and **furnished**. Large master bedroom with walk-in closet, 1½ bathrooms, kitchen with stainless steel appliances, open concept living/dining room and finished basement with in-suite laundry. It also includes a small fenced backyard. Rent is **\$1600** plus utilities, which includes: one parking space, alarm system and access to the condo swimming pool. Sublet from July 2014 – July 2015. No pets, no smoking please. Contact Brenda at brenda.watts32@gmail.com for more information.

FOR SALE:

Golf Bag only 1 yr old
Irons 2.3.4.5.6.7.8.9. Sand and Pitching (50 Degree Loft)Wedge
3 Wood Big Blast (15 D Loft)
5 Wood Nike (19 D Loft)
4 Wood Jazz (16 D Loft)
7 Wood Maltby (22 D loft)
Titanium Driver (10.5 D Loft)
All regripped 1 year ago and have hardly been used, also an umbrella.
Asking \$200.00 but will entertain offers. Contact # 204-504-5026.

FOR SALE:

Winter tires and rims.
6 weeks old, fits Volvo s40,s 60 etc
\$1400 retail, asking \$900.00 or best offer.
Call 204-885-6522 for Brandon, leave message.

Home for Rent: Furnished or Unfurnished NO SMOKING

WESTWOOD: 1 or 2 bedroom, 1010 S.F. cottage style one and a half story on the river, single detached garage; bus service right out front door; large treed lot, deck, storage shed. Very Unique. \$1200/month plus hydro. Reduced rate for long term (3+ years) lease. Yard service extra. Small pet considered.
Contact Andrew, (204) 896 1815.

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): Seek out a wise friend who will listen when you need to vent. An optimistic realist will help you put things into perspective. Let go of limiting assumptions you've made about yourself and others. Time passes so quickly. Make being with people you care about your #1 priority.

Taurus (April 20 – May 20): You may feel caught between a rock and a hard place; and as if time is running out. Short term payoffs are tempting. Will power is required. Keep the big picture in mind. Your imagination is so powerful you can convince yourself of just about anything. So focus on the positive.

Gemini (May 21 – June 21): Write two lists headed: what I have and what I want. Are they fairly similar or radically different? Where do adjustments need to be made? There is joy and opportunity waiting if you are willing to keep moving, changing and re-inventing your life. Rediscover your sense of purpose.

Cancer (June 22 – July 22): At this time you'll realize the difference between what is easy and what is actually fulfilling. Small pleasures are enjoyable. Acts of kindness are special. Drama and grandiose gestures are not required to demonstrate sincere feelings. Don't let others "baffle you with bullshit."

Leo (July 23 – August 22): You'll get questions from someone you thought would follow you blindly. Respect is earned. If you feel you must defend yourself – be sincere and explain your position honestly. Create stronger connections by taking everyone into consideration when making choices.

Virgo (August 23 – September 22): You are responsible and sensible and it hurts when you don't have a say in what is happening. You feel unappreciated, especially if those who do little get the most praise and have input when you don't. Still if you're not prepared to get down to their level, don't start a fight.

Libra (September 23 – October 23): De-cluttering is easier when you know what your current priorities are. Share surplus stuff or things that are related to past activities. Share your knowledge, your feelings, and your time as well. Look for places you can volunteer. You'll feel great when you help others.

Scorpio (October 24 – November 21): Get organized. Completing outstanding projects is advised. Establish a network of people who can support and assist you when stressful situations arise. Don't internalize a negative event. You're only in charge of how you react. Take the high road this time.

Sagittarius (November 22 – December 21): You know manipulating the data can change opinions and outcomes. But you may not have as strong an influence as you think. In a sticky situation, it's best to simply state your truth and allow others to think for themselves. Own your part in things.

Capricorn (December 22 – January 19): We are all very complex. There are things we like about ourselves and things we wish were different. You're not alone in this. Our failures make us human and often more likeable. Others understand and accept you – now do the same for them and for yourself.

Aquarius (January 20 – February 18): Your efforts may not bear fruit initially but don't give up. Look for or establish an emotional oasis. Your work provides a sense of purpose which in turn gives you a sense of pleasure. Fulfilment comes when you "just do it!" Stretch out of your comfort zone for greater rewards.

Pisces (February 19 – March 20): Pay attention to physical and financial needs. Your inner strength will sustain you when you challenge yourself to do more than just the essentials. Even if the outcome isn't guaranteed, give 100% to all that you do. Let your day-to-day life reflect your deepest beliefs.

FOR APPOINTMENTS CALL 775-8368

THE VOXAIR
Your 17 Wing Community Newspaper
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Every Tues & Wed
8 to 10 p.m.

Dancing To Live Bands

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

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Every Sat 2 - 4 pm

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

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Saturday 4:30 pm - Midnight
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718 Osborne St



Chaplain's Corner

How is your summer going? Hopefully, everyone has survived the spring floods in one piece. Though I know many are rebuilding and cleaning up.

Things have been busy around 17 Wing. Many members were called to help out with the Flood Relief and answered the call to support communities in Southern Manitoba. This task was requested on a Friday and actioned on Sunday morning, sending over 300 members away for a long week of labour building dykes to hold back the flood waters.



Image by Tina Phillips / FreeDigitalPhotos.net

Life is like that sometimes. Unexpected things crop up out of nowhere and all of our plans are put on hold until that task is taken care of. Planning is important, but we all know that life requires us to adapt. Once the crisis is over we have to remember what it was that we were doing before things were sidetracked. Did you accomplish what you wanted to this month?

July has flown by and August is about to start. As you look at that pile of things to do I wonder if you have taken time for yourself yet? I do not know about you, but sometimes taking time for ourselves is the most difficult thing. Yet, it is so very important.

Different faith traditions set aside time for self-care in different ways. If you are Muslim, you have just finished Ramadan. This is a month of fasting during daylight hours. This month gives time to reflect and pray. Christians have a similar tradition leading up to Easter called Lent. The Jewish faith asks members to remember the Sabbath (Friday sunset to Saturday sunset) and keep it Holy so that all may be refreshed. Christians have applied this to Sunday's as their Holy day. What is your day of rest?

In the Christian and Jewish scriptures you can find these words in Exodus 23: 12 – "Six days do your work, but on the seventh day do not work, so that your ox and your donkey may rest, and so that the slave born in your household and the foreigner living among you may be refreshed."

In today's world it is hard to have a day of rest. Every day there are things to do. You can shop, go out to eat, and find all manner of entertainment. As a culture we have lost the ability to relax. We plan out every minute of every day to maximize our productivity. This is not good and can lead to burn out.

Everyone needs time off to refresh themselves and taking a holiday may or may not be the answer. I know that most of the time I am so busy on holiday that I come back to work more exhausted than before I left. If you can relate to this then maybe it is time to slow down.

We are midway through summer and there is still time to do some self-care. Think about how you can carve out a bit of time for yourself. Plan to relax. Allow yourself time to unwind. Enjoy the great weather we are having. You do not have to go anywhere, just think about

what you would most like to do for yourself and then schedule the time to make it happen.

Sure, use your leave to get that "To Do List" completed. Go and visit family and friends. Travel, but remember when you get back to take some time for yourself. If you do, then you will be refreshed and ready to face the demands of your family, your partner and your work.

So, remember to take time for yourself. If anyone comes by and comments on why you have your feet up enjoying a cold drink in the sun, suggest they do the same. Tell them your Padre told you to take a break.

God Bless,
Padre Chris Donnelly

Together in Church

CATHOLIC

CHAPLAINS

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

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

Masses (English only)
Tues, Weds, Thurs 1210 hrs
Sunday 1100 hrs



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

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

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

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

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

PROTESTANT

CHAPLAINS

Padre Jack Barrett (Wing Chaplain)
(Anglican) 833-2500 ext 5417

Padre Christopher Donnelly
(United Church) Office 833-2500 ext 4885

Padre Darryl Levy
(Baptist) Office 833-2500 ext 5785

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn. Office 306-492-2153 ext. 4299

Sunday Services (English Only) 0900 hrs

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

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

Baptisms: The Sacrament of Holy Baptism is available by contacting a Chaplain. Baptism Preparation is a requirement. Please contact the Chaplain before setting the date for the baptism or arranging family travel.

Protestant Chapel Guild meets the first Sunday of the month at 1900 hrs in the Chapel Annex. All women are welcome.

FOOD BANK

The Food Bank is a joint undertaking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.

EMERGENCY CHAPLAIN

After normal working hours, the Emergency Chaplain can be reached through WOps Duty Centre, 833-2700.

OTHER PHONE NUMBERS:

For your convenience, a phone number has been set up to provide callers with info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Those with access to the DIN visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, then click on 'Services'.

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For more information contact the Health Promotion Director or your Operating or Formation. Pour plus de renseignements, contactez le directeur de la promotion de la santé de votre base, escadre ou formation.

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