

**CANEX** 11th, 1175, St. Louis, Manitoba R2K 2A8  
204-763-2342

**NOW AVAILABLE**  
ORIGINAL S.W.A.T.  
TACTICAL FOOTWEAR



Shipping is available to our Winnipeg customers!



# THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

May 30, 2012

VOLUME 61, ISSUE 11

FREE

## Rain Doesn't Slow Down RCAF Run



Torrential downpours and strong winds didn't slow down almost 2000 runners from participating in the 4th Annual RCAF Run on May 27th. For more photos, see page 8. Photo: Alison Dickey

**JETS MAKE GENEROUS VISIT TO 17 WING**

IN THIS ISSUE:

PAGE 3

**RCAF BAND WINS CANADA SINGS REALITY TV SHOW**

PAGE 5

**CAPT STEPHANIE BIGELOW SWIMS 1/2 MARATHON IN SUPPORT OF RCAF RUN**

PAGE 9

**DOMENICA'S UNISEX HAIRSTYLING**

2255-G Ness Avenue  
Ph: 885-3665 or 832-6978



**Mon & Tues**  
9:00 am - 6:00 pm  
**Wed to Fri**  
9:00 am - 8:00 pm  
**Saturdays**  
8:30 am - 5:30 pm



- Military Men Cuts.....\$11
- Perm & Cut.....\$45
- Flat Tops.....\$11
- Frost & Cut.....\$45
- Colour & Cut.....\$40
- Senior Mens Cut.....\$10
- Childrens Cuts.....\$10-15
- Ladies Cut.....\$17
- Ladies Blow Dry.....\$17
- Foil.....\$4 to \$6



PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

**Steven Fletcher,**  
Member of Parliament  
Charleswood-St.James-Assiniboia

Phone: 204-984-6432  
Fax: 204-984-6451  
3111-A Portage Avenue  
Winnipeg, Manitoba R3K-0W4

FOR REGULAR UPDATES ON STEVEN FLETCHER VISIT [WWW.STEVENFLETCHER.COM](http://WWW.STEVENFLETCHER.COM)

# Project Force Aims to Pump up Physical Fitness Standards



Patrick Gagnon, Senior Manager of Human Performance explained and had staff demonstrate some of the new exercises that will now be part of yearly fitness testing to 17 Wing Commander Col Blaise Frawley and others. Photo: Alison Dickey.

By Sgt Bill McLeod  
17 Wing Photojournalist

Senior staff of 17 Wing, 1 Canadian Air Division (1 CAD) and 2 Canadian Air Division (2 CAD) received a briefing on Project Force at Building 21 on 9 May 2012 and had an opportunity to watch Personnel Support Program Director of Fitness (DFit) staff from across the country conduct research on the fitness levels of military volunteers.

Project Force is in Phase 3 of updating the Canadian Forces 28 year old Minimum Physical Fitness Standards. The

first two phases of the project collected and analyzed data of real tasks in operations and how the ability to perform them can be measured.

"We've accounted for over 1500 physically demanding tasks that military personnel have completed from 1990 until today," said Patrick Gagnon, Senior Manager of Research and Development for DFit. "From this huge sample of data, we narrowed it down to six common tasks that members from all three elements may reasonably be asked to complete."

The six common tasks were distilled down to escape to cover, pickets and wire carry, casualty evacuation by



17 wing members test their strength at building 21 as part of Project Force testing on May 9, 2012. Photo: Alison Dickey

stretcher, extracting a casualty from a vehicle, sandbag fortification and picking and digging. To actually have CF members perform these tasks on an annual basis would be unwieldy, so PSP staff are conducting research into simple simulations designed to predict a member's ability to perform the real tasks to the desired standard.

Senior staff consisting of the Command Teams of 1 CAD, 2 CAD, 17 Wing, some Air Force Training Centre units, and some branch Commanding Officers and Chief Warrant Officers watched PSP staff demonstrate the six common tasks and got an opportunity to talk to the military members who had volunteered to be part of the research by performing shuttle runs, intermittent shuttle runs, wall sits, push-ups, plank tests, back endurance

tests, arm hangs, and hand grip tests.

Testing was scored by staff using iPads to instantly capture and save results and security cameras acted as backups in case any of the results needed to be reviewed or recaptured.

"Our Minimum Physical Fitness Standard is 28 years old," Patrick Gagnon said. "It no longer reflects what the CF members do and the level they do it at."

Al Brazeau, PSP Fitness and Sports Director for 17 Wing, was impressed with the testing. "This is a very historical moment because the results of this research will formulate the eventual development of the new CF physical fitness standard that will replace the EXPRES test" he said to a group of Chief Warrant Officers watching their members participating in the trials.

## 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@mts.net  
+VOXAIR@PersSvcs@Winnipeg

### VOXAIR STAFF

LCol JR Zuorro  
Editor-In-Chief  
(204) 833-2500 ext 5281

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

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

Alison Dickey  
Production Coordinator/  
Photojournalist

Maureen Walls  
Sales Coordinator  
(204) 895-8191

Misra Yakut  
Accounting

Traci Wright  
Proofreading

Capt Jordan Woodman  
Wing Public Affairs  
Officer

Sgt Bill McLeod  
Wing Public Affairs  
Photojournalist

Printed By  
The Winkler Times  
(204) 325-4771

Visit Us Online: [www.voxair.ca](http://www.voxair.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 Frawley. 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.

*Do your part...  
recycle  
or pass along  
this newspaper  
when  
you're  
done.*





## Kendall's Restaurant & Catering

Featuring:

- Homemade stock soups, burgers, gravy, etc...
- Check out our Clubhouses: "Fresh Roast Turkey"
- Ukrainian Buffet is our specialty
- Catering available
- Banquet rooms available (up to 230 people)

*~Mention this ad and get 10% off menu prices~*  
(Excludes daily specials, buffets, and catering)

Open Tuesday - Saturday • Come in for Breakfast, Lunch, and Supper  
Take out orders available  
1755 Portage Avenue, in the Royal Canadian Legion St. James Branch #4  
Call: 470-7010 or 888-3759

# Jets Make Generous Visit to 17 Wing



Mark Chipman, Chairman of the Winnipeg Jets True North Foundation presents a cheque for \$100,000 to three Canadian Forces-related causes. The cheque was received by Major General Alain Parent on behalf of Soldier On, the Military Families Fund and the Air Force Heritage Fund. Photo: Cpl Piotr Figiel

## 17 Wing Public Affairs

The well-being of Canadian Forces members and their families received a substantial show of financial support from the Winnipeg Jets True North Foundation at a cheque presentation on 22 May at 17 Wing Winnipeg.

Held at Air Force Heritage Park, Mark Chipman, Chairman of the Winnipeg Jets True North Foundation presented a cheque for \$100,000 to three Canadian Forces-related causes: Soldier On, the Military Families Fund and the Air Force Heritage Fund.

The cheque is part of a generous \$1 million commitment by the Winnipeg Jets True North Foundation in support of troops and their families over the coming decade.

Receiving the cheque on behalf of the recipient organizations was Major General Alain Parent, Commander of 1 Canadian Air Division and Canadian NORAD region.

"The generosity of the Winnipeg Jets True North Foundation means these programs will have more re-

sources to provide world-class care for our members and their families in times of need," said MGen Parent who leads the operational headquarters of the Royal Canadian Air Force (RCAF) in Winnipeg. "Meanwhile we are helping preserve the proud heritage of the RCAF which has strong roots in this city."

Three quarters of the donated amount will be divided between the Soldier On and Military Families Fund with the remaining quarter to the Air Force Heritage Fund.

"Our team and our fans wear a rendition of the Royal Canadian Air Force roundel over our hearts every time we play," said Mark Chipman. "We're proud to honour the RCAF and its history both in thought and in deed. If our support helps the needs and legacy of Canadian Forces members and their families, we know this, in turn, creates better service to Canadians."

The event was also an occasion to invite Canadians to join the RCAF and further support the Soldier On and Military Families Fund as they celebrate a culture of active living on May 27th through the RCAF Run. Canadians of all ages, skill levels and abilities are welcome hit the flightline with the airmen and airwomen of our

Canadian Forces in a 5km, 10km or half marathon.

Soldier On empowers serving and retired CF personnel with injury or illness by providing resources and opportunities to participate in physical, recreational, and sporting activities. This fund can also be used to support former personnel, and families of ill and injured personnel.

The Military Families Fund (MFF) was established to provide emergency support to military families when events related to conditions of military service disrupt normal life. Like the Soldier On Fund, the MFF exists through the generous donations from Canadians.

The Air Force Heritage Fund works to preserve and promote the history and heritage of Canadian Military Aviation. The Fund provides financial assistance to initiate, conduct or complete projects of Air Force significance. Since 1989, this Fund has provided financial support exhibits and heritage projects in Winnipeg and across Canada.

Close to a century of military aviation history is tied to the RCAF Roundel which has been incorporated into the Winnipeg Jets logo.

## Professional & Business Directory

### RUTLEDGE LAW OFFICE

R.F. RUTLEDGE, B.A., LL.B.

COUNTRY CLUB PLAZA

310-3025 Portage Ave.

Phone: 987-7575 Fax: 837-3638

### BALDWINSON INSURANCE

Rec Centre (Whytefold Rd.)

Drivers Licences &

autopac 889-2204

A Manitoba Public Insurance product

### mmmm. MARIGOLD

chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering



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

# RCAF Team Victorious on Reality TV Show



Their compelling musical number during "Canada Sings" on May 22nd earned "Supersonic" the cash prize for the charity or cause of their choice. Credit: Canada Sings.

By David Elias  
1 Canadian Air Division Public Affairs

Two Canadian Forces charities will receive a \$25,000 donation thanks, in part, to the stellar performance the RCAF Band members who recently participated in the Canada Sings reality show.

Their compelling musical number on national television on May 22 earned the RCAF team, named "Supersonic", the \$25,000 cash prize to be given to the charity or cause of their choice. The team chose the Soldier On and Military Families Funds.

"The hard work and commitment demonstrated by Supersonic is inspirational," said Brigadier-General Fred Bigelow, Director General of Personnel and Family Support Services, who watched the performance.

"We are proud of their dedication to Support Our Troops programs which exemplify the care that exists in our community for Canadian Forces members and their families. Supersonic's contribution to the awareness and visibility of the Support Our Troops program will go a long way towards helping people."

Upon learning the judges' decision at the end of the show the RCAF team appeared ecstatic.

"We put a lot of sweat into this piece, and being professional musicians – but not necessarily singers or dancers – we were determined to put on the best possible performance," said Captain John Fullerton, RCAF Band commanding officer. "We had no idea if we would win, so when we heard our name called, the feeling was incredible."

The episode of Canada Sings featuring the RCAF team included background clips of the team in rehearsals, footage of 17 Wing Winnipeg, Man., and personal profiles of some participating members.

Sergeant Mike Hall is a guitarist with the RCAF Band and a former heavy metal rocker who has toured with the Killer Dwarfs, Helix and opened for Iron Maiden. His epic tales of rock heroism made him a natural fit for the program's profile interviews.

"This was the greatest team-building exercise I have ever been part of," said Sgt Hall. "Over the past 25 years, I've performed in front of huge crowds, done lots of TV and videos, but it was always doing what I know how to

do: play guitar."

He added that he has never sung lead while dancing at the same time.

"Somehow, my band mates pulled me through this, so I'm happy and proud of how we supported such a worthy cause," he said.

The actual performance lasted only minutes on screen, but was several weeks in the making. Aside from conducting interviews and rehearsals, internal approvals were sought for several aspects of the show's production, much of which was filmed at 17 Wing.

The RCAF Band wishes to thank all those who offered assistance to enable this opportunity to come to fruition.

For those who missed it, the performance is expected to be available online within the next few weeks.

For more information on Support our Troops funds visit: [www.SupportingOurTroops.ca](http://www.SupportingOurTroops.ca)

For more information on Canada Sings, visit: [www.globaltv.com/canadasings/index.html](http://www.globaltv.com/canadasings/index.html)

and <http://www.insighttv.com/show/Canada+Sings>.



**17 WING  
JUNIOR RANKS**

#### MONDAY – THURSDAY

Lunch 1130 – 1300 hrs  
Afternoon 1500 – 1900 hrs

*(Hours may be extended to 2200 hrs depending on attendance)*

#### FRIDAY

Lunch 1130 – 1330 hrs  
Afternoon 1500 – 2400 hrs

#### SATURDAY – SUNDAY

CLOSED

*Hours will fluctuate on nights with scheduled events*

**Pool Tables Air Hockey Foosball**

**Cable TV Shuffleboard**

**WIFI Internet Wii Games TGIF's**

Available for Weddings, Socials, Private or Unit Functions / Contact the Junior Ranks Admin Office Bldg 61 / 204-833-2500-5245

# 17 Wing Hosts First Annual Education Fair



Education Counsellor, Arianne Peloquin-Epp and Wing Personnel Selection Officer, Capt Helen MacDonald show off just a few of the exhibitors at the 17 Wing Education Fair that was held May 17th in Building 135. Photo: Alison Dickey.

**By: Alison Dickey**  
**Voxair Photojournalist**

The 17 Wing Winnipeg Personnel Selection Office offers a variety of services for Canadian Forces members including: personnel selection, organizational research and consulting, career transition services and education services.

In order to help promote the education reimbursement programs that are available to military members, the office held an education fair on May 17th in building 135. There were approximately 20 military friendly learning institutions in attendance including the military support office from the University of Manitoba, the University of Winnipeg, Royal Roads Military College,

Athabasca University, Red River College and Winnipeg Technical College.

There are three reimbursement programs available right now. One is specifically for reservists and two are for regular force members explained Education Counsellor Arianne Peloquin-Epp, "The two programs for Regular Force members, the one is called the skills completion program, is for reimbursement of up to \$5400 to basically get the civilian equivalent of Military training qualifications. That funding is available for up to two years after their release date. The other program is called the education reimbursement for regular force and that is for part-time education upgrading that is in

the best interest of the Canadian Forces and that could be for a diploma, degree or even a professional designation."

This is the first education fair the personnel selection office has run but they hope to make it an annual event.

If you would like more information on the Education Services, please contact Arianne at local 5394.

**HABING LAW**  
 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

A LONG STANDING TRADITION

- Traditional and Contemporary Funerals
- Indoor Scattering Garden
- Parking
- Preneed Arrangements
- On-Site Crematorium
- Across from Brookside Cemetery

Call: (204) 949-2200  
 Gimli Call: (204) 642-7124

3030 Notre Dame Avenue  
 Winnipeg, Manitoba, Canada R3H 1B9  
[www.nbardal.mb.ca](http://www.nbardal.mb.ca)  
 Email: info@nbardal.mb.ca

THE ONLY FUNERAL HOME OWNED AND OPERATED BY THE BARDAL FAMILY

10TH ANNIVERSARY AIR FAIR

Free to the Public - All Welcome

In honour of the 10th Anniversary of Red River College Stevenson Campus, we are pleased to invite the public to join us for a very special showcase of private, commercial, military and heritage aircraft.

**SATURDAY, JUNE 2, 2012**  
 10:00 am - 4:00 pm  
**Red River College Stevenson Campus**  
 2280 Saskatchewan Avenue

Featuring

Aircraft Display and Fly Bys  
 F18 Hornet, Boeing 727, Douglas A26 Invader, and many more!  
 Unique display of home-built aircraft - come talk directly to the owners who build and fly these aircraft  
 aircraft subject to change

FOOD CONCESSION - FREE PARKING  
 ALL WELCOME

For information contact 204.945.6001 or stevensonaviation@rrc.mb.ca

RED RIVER COLLEGE

# Op Southern Reach Increases Professional Bonds



Two CF-18 Hornets and a CC-130(T) Hercules tanker fly in formation, line abreast, as they cross the equator in transit from Port of Spain, Trinidad, to Belem, Brazil, on May 7 as part of the Op Southern Reach deployment. Photo: Cpl Pierre Habib.

By Capt Holly A. Brown

A Royal Canadian Air Force detachment, including an element of the fighter force, airlift and air-to-air refuelling support, is conducting Operation Southern Reach from May 5 to 26 to increase its professional bonds with the air forces of Brazil, Chile and Jamaica.

To further develop Canada's established relationships with these nations, the RCAF's focus is to conduct mutual briefings, demonstrations and flights with

our partner air forces to enhance institutional rapport, promote mutual dialogue, and help position the Department of National Defence and the Canadian Forces as a fully engaged partner in Defence and Security.

While in Brazil, the CF-18 Demonstration Team and the CC-130J Hercules performed air demonstrations at the Brazilian Air Force's Fumaça Squadron's 60th anniversary celebrations and air show in Pirassununga, May 12 and 13, for overwhelmingly enthusiastic tens of thousands of spectators.

"The warmth, enthusiasm and support our Brazilian hosts have extended to us has been nothing short of amazing," says Lieutenant-Colonel Louis-Henri Remillard, detachment commander for Op Southern Reach. "There is no doubt in my mind that we will meet our goals here and develop enduring relationships with our South American partners."

The detachment will move on to Chile later that week and then proceed to Jamaica on May 22.

## Free of Charge ~ Representation ~ Advocacy ~ Assistance

  
**LEGION**  
 SERVICE BUREAU NETWORK  
**WE CARE!**

The Legion Service Bureau Network serves Veterans, members of the CF, RCMP, and their families by representing their interests with Veterans Affairs Canada and the Veterans Review and Appeal Board for disability benefits under the Pension Act or the New Veterans Charter.

The Legion's professional service officers are mandated by legislation to provide representation, advocacy and financial assistance **FREE OF CHARGE**, Legion member or not.

Call Toll Free at 1-877-534-4666

  
[www.LEGION.ca](http://www.LEGION.ca)



Image: Department of National Defence

**WE CARE FOR ALL VETERANS OF ALL AGES AND THEIR FAMILIES**

# June is Recreation Month



The Archery club at 17 Wing is just one example of the clubs that will be offering people a chance to join in the fun for free in June before signing up. Photo: Alison Dickey.

By: Alison Dickey and Jen Seipp

Whether you want to fly a kite, play a sport, or learn to play an instrument, when it comes to recreation, the sky truly is the limit.

This month, celebrate June is Recreation Month by spending your free time enjoying your favourite recreational activities with friends and family. From arts and crafts to family bike rides and soccer games, there is a wide variety of options to help you have fun, learn new things, and stay active. Personnel Support Programs (PSP) Recreation currently offers over 500 activities in communities across the country.

“June is Recreation Month is all about promoting the benefits of recreation,” says Ryan Cane, PSP Senior Manager Recreation and Programs. “Regardless of age or ability, military communities offer fun activities that encourage us to get off the couch, meet new people and try something new.”

To help ensure that the activities offered match your interests and build your leadership skills, PSP also encourages you to take on an active role in planning and promoting activities and clubs.

“Several of our clubs are offering people the chance to come and try out that activity for free during the month of June. We’ll have a calendar that comes out, just letting people know what’s going on during that period of time,” says Community Recreation Director at 17 Wing, Tina Bailey.

Archery, swimming, karate and badminton are some of the examples of the clubs that will have a special time that people can drop in for free and try out the sport but community recreation also wants people to know about upcoming events in and around the 17 Wing Community like the Big Bike Ride for the Heart and Stroke Foundation on June 21st as well as the Bike to Work Day on June 22nd. However, Bailey points out that it’s not simply about what’s going on at 17 Wing for recreation but also what’s going on in Winnipeg, I know that the Winnipeg Art Gallery has a very interesting exhibit going on right now called Fairy Tales, and it’s all about really spooky fairy tale pictures.

To learn more about community recreation and to enter the June is Recreation Month contest, visit [www.cf-rec.ca](http://www.cf-rec.ca).

# 17 Wing Celebrates Aboriginal Awareness Week



Aboriginal Advisory Group co-chair WO Judy Martin hosted the event where they showed the Canadian Film Board documentary *Forgotten Warriors: The Story of Canada's Aboriginal War Veterans*. Photo: Mike Sherby.

By: Mike Sherby  
Voxair Manager

“It opens your eyes to why Aboriginal people are still fighting for their rights,” said Sgt Devin Beaudry recently about an event held to mark Aboriginal Awareness Week.

This year’s theme was ‘looking back, moving forward’, and to tie in to this the 17 Wing Aboriginal Advisory Group hosted a lunch and learn event where they showed the Canadian Film Board documentary *Forgotten Warriors: The Story of Canada's Aboriginal War Veterans*.

The documentary was a vivid portrait of the treatment of Canada’s Aboriginal soldiers from World War II. Many returning Aboriginal veterans had to deal with neglect and disrespect from the government when they got home. Among other things, they found themselves faced with the possibility of losing their status, and even

losing their land to non-Aboriginal veterans.

It was a shocking glimpse of a past that many Canadians may not be aware of, and also a reminder that although things have come a long ways since then, the fight for equality isn’t over yet.

Aboriginal Advisory Group co-chair WO Judy Martin hosted the event. WO Martin is Chipewyan/Dene and grew up in the Northwest Territories before joining the RCAF in 1982. She says she thinks the video has some important lessons to teach.

“It’s something that a lot of non-aboriginal people don’t know about. And now that a lot of this history is starting to come out, people need to see what happened.”

At the event Sgt Beaudry, a 37 year veteran of the RCAF who is Métis, talked about the stigma that some aboriginal people still face in society. Sgt Beaudry himself only became aware he was Métis late in life because his father never talked about it. It took years of research before he was finally able to have it confirmed in 2011 that he is of Métis heritage.

“I’m proud to be Métis, and I display my heritage as much as I can. If I could wear my sash for 8 hours a day, 365 days a year at work I would, just to let members of the CF know that we’re here and we are recognized.”

Despite the documentary’s revelations, the plight of Aboriginal people in Canada has improved over the years. And for her part, WO Martin says that she has seen many positive improvements in the treatment of Aboriginal Members in the CF since she joined in 1994.

“The has been a lot of changes in the CF. There’s more recognition, more appreciation, and a lot more education...it has grown to a better understanding about the Aboriginal people when they join the CF.”

Sgt Beaudry agrees that there have been many positive changes over his years in the RCAF, but he believes that the military as a whole could still benefit from more education about Aboriginal people.

“There is an Aboriginal Awareness course that is available on the DIN that anybody can take, but how many people know about it?”



*Contributing to the financial well-being of the Canadian Forces community!*





*Nous contribuons au bien-être financier de la communauté des Forces canadiennes !*

\*\*\*

Life Insurance • Financial Planning • Financial Counselling • Financial Education  
Assurance vie • Planification financière • Counselling financier • Éducation financière

**1-800-267-6681 • [www.sisip.com](http://www.sisip.com) • Winnipeg: 204-984-3222**



**Recreation...  
The Sky's the Limit**

**WIN A HOT AIR BALLOON VACATION PACKAGE!**

Enter For Your Chance to Win: [www.cf-rec.ca](http://www.cf-rec.ca)

# RCAF Run Hits New Heights



The winner of the 5KM run, David Bernatchez, crosses the finish line on May 27th at the RCAF Run. Race Marshall Maj Heather Collins was very proud of the runners this year, but there was one in particular that stood out, "We had our youngest half marathon runner ever - a 13 year old run the course in 1 hour 45 minutes and 40 seconds this year." Photo: Alison Dickey.



The Canadian Corps of Voyageurs took aim and fired their muskets to signal the beginning of the 5KM and family fun run at this year's RCAF Run. The top three Photo: Alison Dickey.

## David Elias 1 Canadian Air Division Public Affairs

This weekend thousands of runners and walkers streamed down flight lines at air Wings across the country as the inaugural RCAF Run saw many Canadian citizens join with men and women in uniform to celebrate a culture of health and fitness.

The event's main effort took place in Winnipeg on Sunday, May 27th with more than 2,000 participants of all ages braving the wind and rain in support of troops and their families. The Winnipeg run saw a significant increase in the number of participants from the year previous.

"Having our fellow Canadians join our men and women in uniform for some healthy exercise is tremendously uplifting," said Lieutenant-General André Deschamps, Commander of the Royal Canadian Air Force. "Despite the wet, chilly weather, our hearts were warmed by such a strong show of support for those who have sacrificed in service to this country."

Proceeds from participant registrations and corporate support raised thousands of dollars for the Soldier On and Military Families Fund. While exact tallies are being finalized, an estimated \$50,000 was raised from the Winnipeg event alone.

A fly-by from a CC-130 Hercules aircraft from 435 Transport and Rescue Squadron through heavy cloud cover signaled the launch of the half marathon at 9 a.m. The 5K and 10K races were launched shortly thereafter with a musket salute by period re-enactors from la compagnie de la Verendrye who were dressed as Canadian Corps of Voyageurs who served in the war of 1812.

Racers from all categories were led to the starting line by pipers and drummers from the 402 Squadron Pipes and Drums Band who provided entertainment while the weather allowed. After a soggy yet glorious

jaunt of their respective courses, racers from all categories were greeted at the finish line by members in uniform who presented them with Olympic-style medals.

"We were thrilled to have our community join our members for this incredible event," said Colonel Blaise Frawley, 17 Wing Commander who ran the 10K race with his wife. "We strive to create opportunities for the CF family to connect with the public and we hope this year's boost in attendance is a sign that this event will continue to grow in the years ahead."



The Winnipeg Jets mascot Mick E. Moose showed up to cheer on and congratulate runners as they crossed the finish line at the fourth annual RCAF Run at 17 Wing on May 27th. Photo: Alison Dickey.



## 2012 RCAF Run Results

5KM - Women	
1. Lindsay Green	
2. Lyndsey Carroll	
3. Jaymi Derrett	
10KM - Women	
1. Natalie Woodruff	
2. Stacey Kangas	
3. Danielle McKinnon	
½ Marathon - Women	
1. Reesa Simmonds	
2. Mary Stewart	
3. Ami Samuels	

5KM - Men	
1. David Bernatchez	
2. Stewart Ireson	
3. Charles Gallant	
10KM - Men	
1. Kyle McCoy	
2. Greg Wernham	
3. Patrick Wheeler	
½ Marathon - Men	
1. Fred Connor (Hand Bike)	
2. Brian Yorke	
3. Murray Carter	



Find us on  
**Facebook**

The Voxair is now on Facebook. Check out our page to see more photos from the RCAF Run, and other events around 17 Wing!



## The Mortgage Centre



Yass Marandi, AMP  
Mortgage Broker  
Lic.#M10000449

- A military spouse specializing in DND mortgages
- 120 days rate hold on pre-approvals
- Competitive rates and unmatched services
- Accredited Mortgage Professional

Mobile: 204.451.5408  
Office: 905-426-4200 ext: 231  
Fax: 204.478.5474  
ymarandi@durhammortgage.com  
www.durhammortgage.com/ymarandi

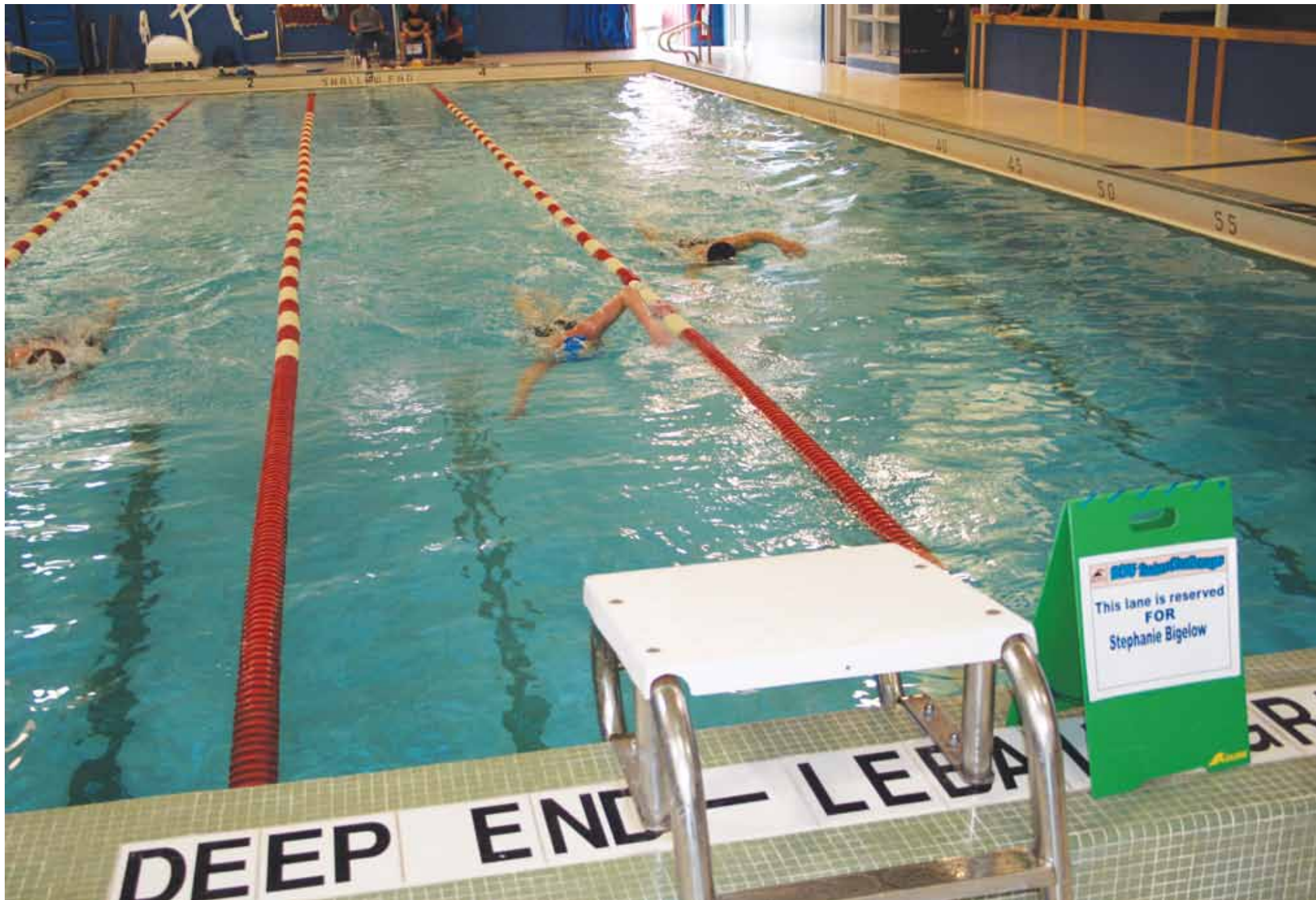
Sharon Blady  
MLA for Kirkfield Park  
832-2318  
SharonBlady.ca

Jim Rondeau  
MLA for Assiniboia  
888-7722  
JimRondeau.ca

Deanne Crothers  
MLA for St. James  
415-0883  
DeanneCrothers.ca



# RCAF Swimmer Completes Half Marathon



Capt Stephanie Bigelow swam 924 laps to complete her 1/2 marathon in the Building 90 Community Recreation pool on May 25th. After completion, Bigelow remarked, "I'm pretty exhausted but I have such a huge adrenaline rush because of all the people here cheering me on, so I'm pretty exhilarated right about now." The proceeds raised through Capt Bigelow's efforts will support the Soldier On fund which is one of the same causes being supported through the RCAF Run.

"I've never done a swim more than 16KM before, so I wanted to see if I could challenge myself to complete a 1/2 marathon in the pool which is 21.1KM's," said Bigelow. All together, Capt Bigelow raised more than \$1,400 for Soldier On.



At the 6KM mark, Bigelow's goggles were putting a lot of pressure on her face, "So I had to change them periodically and then ended up swimming 1000 metres without them because they were just too painful," she explained. Photo: Cpl Piotr Figiel.

École francophone

Transport scolaire

Maternelle à 8<sup>e</sup> année

Garderie francophone

Programme sports-arts-études

Centre de la petite enfance et de la famille

École la plus près de la 17<sup>e</sup> Escadre

École Roméo-Dallaire



DIVISION SCOLAIRE FRANCO-MANITOBAINE

81, chemin Quail Ridge, Winnipeg (Manitoba) R2Y2A9  
<http://rdallaire.dsfm.mb.ca> • [romeo.dallaire@atrium.ca](mailto:romeo.dallaire@atrium.ca)

(204) 885-8000

# 17 Wing Gets Cleaned Up!



Members from Wing TISS at 17 Wing Winnipeg helped to clean up the base on May 17th. Photo: Mike Sherby.

## Celebrate Canadian Environment Week

By: The 17 Wing Sustainability Office

17 Wing is celebrating Canadian Environment Week from June 3-9 and World Environment Day on June 5. In order to kick-off the week, we thought we would inform you on some of the new environmental and sustainability initiatives that 17 Wing has embarked upon this year.

As environmental sustainability is an emerging issue throughout the private and public sector, this past year, 17 Wing responded by establishing a Wing Sustainability Office. Working on integrating environmental sustainability within 17 Wing operations and activities, the purpose of the Wing Sustainability Office is to develop and support sustainable initiatives and programs throughout the Wing. For instance, items such as water, energy and waste reduction are all currently being addressed with the overall aim of reducing the Wing's ecological footprint and operational costs.

In recent months, the Wing Sustainability Office has been working hard to develop and implement many new initiatives. One project that is currently un-

derway includes the creation of the Wing Sustainability Awareness Campaign. As part of the campaign, the Sustainability Office has created a collection of posters and other visual materials that will provide Wing personnel with information on how simple changes can make a big difference in reducing one's ecological footprint. In addition to these materials, this article is the first of a re-occurring Voxair column series that will discuss all topics related to environmental sustainability. This new column will regularly provide articles, useful facts and other awareness pieces that will provide readers with interesting and practical information that can be applied to both the workplace and at home.

Currently a subset of the 17 Wing Environment and Hazmat Office, any Wing Sustainability Office information can be found on the Environment and Hazmat website. In addition, feedback is always welcome! Any questions, comments or ideas that you would like to share can be sent to the Wing Sustainability Officer at: 17WSustainabilityOffice@forces.gc.ca

Until next time!



### Ecological Footprint

A measurement of how much land, water and natural resources a person, city, country or humanity as a whole requires to produce the resource it consumes. To leave no footprint would mean that a person replaces to the environment exactly what he takes.

## CFB Winnipeg Golf Club

The CFB Winnipeg Golf Club is now open for the 2012 Golf season.

2012 Golf Club membership fees are very reasonable and are as follows:

Regular Membership:	\$300 (includes GST);
Ordinary Membership:	\$325 (includes GST);
Associate Membership:	\$350 (includes GST)

If you were not a member of the CFB Winnipeg Golf Club in 2011 and you take out a 2012 membership, you will receive a 10% discount on your membership fees.

**Every Sunday, starting at 1100 hrs, children 12 and under, golf free when accompanied by an adult!**

If you were a Golf Club member in 2011 and renew your membership in 2012 and you bring in a new member (not a member in 2011) to the Golf Club you will receive a 10% discount on your 2012 membership fees for every new member you bring in (up to a maximum discount of 50%).

For CF students on course at 17 Wing, you will definitely want to look into the monthly memberships being offered.

Family membership rates and Junior memberships are also an attractive option. Come out early to take advantage of payment plan options, which allows you to spread your membership fees over the period between April and September.

For more information about obtaining a golf club membership, payment options, and any other questions you may have regarding the Club, please contact the Golf Club Manager at local 6909.

### Up-to-date with your vaccines ?

Message from the Community Health Nurse  
23 CH Health Services Centre  
**Planning for your protection**

Certain vaccines are administered over a period of weeks or months so it is important to make an appointment as soon as possible especially when you need to provide proof that you are up to date with your vaccines i.e. Annual Personnel Readiness Verification (APRV) Screening or if you know you will be travelling (for deployment or personal vacation).

Ideally, you should **make your appointment 6 to 8 weeks in advance** but this may not be possible if you are unexpectedly deployed.

Each CF member is unique. Vaccine recommendations are based on factors such as:

- Occupation/profession
- your current health status
- destination (s)
- time before your departure
- your itinerary
- purpose of your trip
- duration of your trip
- sanitary conditions of your destination (s)

### Appointment

CF Members can book an appointment by calling  
Tel. 833-2500 ext. 5777  
Note: getting an appointment may take a few days to 2 to 3 weeks.

### Confirmed appointment

- Arrive on time and bring:
  - your vaccination booklet
  - APRV Screening Form, if applicable
  - your itinerary including your departure date and duration of your stay, if applicable
- Call 833-2500 ext. 5777 to cancel well in advance if needed.

### Vous êtes à jour avec vos vaccins?

Message de l'infirmière en santé communautaire  
23ième Centre de services de santé des FC  
**Planification pour votre protection**

Certains vaccins sont administrés sur une période de plusieurs semaines ou mois, de sorte qu'il est important de prendre un rendez-vous dès que possible, surtout lorsque vous devez fournir preuve que vous êtes à jour avec vos vaccins par. ex. vérification annuel de l'état de préparation du personnel (VEPP) ou si que vous allez voyager prochainement (pour déploiement ou vacances personnelles).

Idéalement, vous devriez **prendre rendez-vous 6 à 8 semaines à l'avance** mais cela peut ne pas être possible si vous êtes déployé de manière inattendue.

Chaque membre des FC est unique. Les recommandations pour vaccins sont axées sur les points tels que:

- Métier/profession
- votre état de santé actuel
- destination(s) choisie (es)
- délai avant votre départ
- votre itinéraire
- but du voyage
- durée du séjour
- conditions sanitaires à votre destination

### Rendez-vous

Les membres des FC peuvent prendre un rendez-vous en appelant Tél. 833-2500 ext. 5777  
Notez: Obtenir un rendez-vous peut prendre de quelques jours jusqu'à 2 à 3 semaines.

### Rendez-vous prévu

- Arrivez en temps et apportez:
  - votre carnet de vaccination
  - Formulaire VEPP, le cas échéant
  - votre itinéraire incluant date de départ et durée du séjour, le cas échéant
- Appelez 833-2500 ex. 5777 pour annuler en avance au besoin.

Michelle M. Long, RN, BSW, BScN  
Community Health Nurse/Infirmière en santé communautaire



## 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.



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



**COMMISSIONAIRES**  
TRUSTED • EVERYDAY • EVERYWHERE  
www.commissionaires.mb.ca  
942-9553 ext 2300

# Sudoku & Crosswords now in the Voxair!

## Canadiana Crossword

### Nobel Nobility

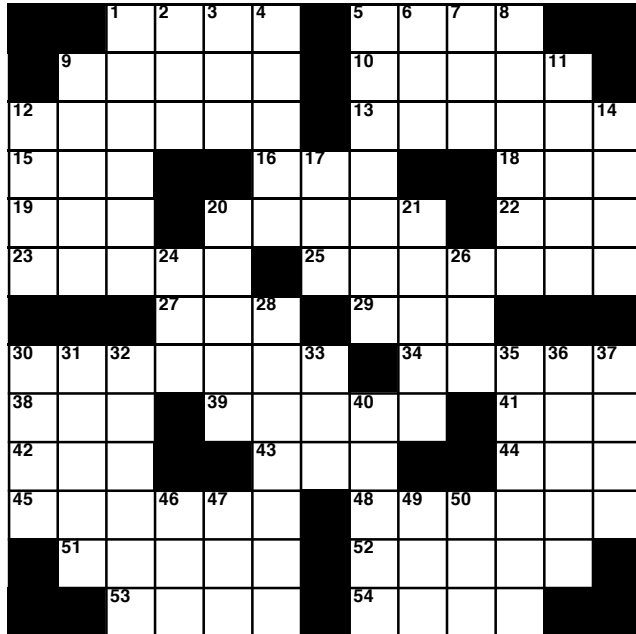
By Bernice Rosella and James Kilner

**ACROSS**

- 1 Common duck
- 5 Lord of the realm
- 9 River of song
- 10 Handsome heron
- 12 Canadian physics Nobelist 1990
- 13 Heart parts
- 15 Tope lead in
- 16 Food fish
- 18 Everyone
- 19 Hanoi holiday
- 20 Cavity
- 22 Diseased
- 23 Japanese city
- 25 Canadian chemistry Nobelist 1986
- 27 Here, to Henri
- 29 None
- 30 Canadian medicine Nobelist 1923
- 34 Soil
- 38 Repent
- 39 Oak in the making
- 41 Rid or chap follower
- 42 Irish paramilitary org.
- 43 Promissory note
- 44 Cup
- 45 Canadian chemistry Nobelist 1992
- 48 Light source
- 51 Slowly, to Liszt
- 52 Ordinary
- 53 Mule or fallow
- 54 Cry of pain

**DOWN**

- 1 Corolla maker
- 2 Wing
- 3 Back then



- 4 Very slowly, to Sibelius
- 5 Canadian peace Nobelist 1957
- 6 Sense of self
- 7 Go wrong
- 8 Engage
- 9 Ewers
- 11 Count
- 12 Balkan dictator, once
- 14 Goddess who outwrestled Thor
- 17 Pharaohs power symbol
- 20 Connective tissue
- 21 Foreign
- 24 Akin to kaboodle
- 26 Flower petals
- 28 Tooth
- 30 Hat part
- 31 About hearing
- 32 Approached
- 33 Gunk
- 35 Distant
- 36 Canadian chemistry Nobelist 1983
- 37 Gigantic
- 40 Reddish
- 46 Toronto Ex
- 47 Shoshonean
- 49 Denotes three
- 50 Rupture

## Philatelist's Corner With Alf Brooks



### Heroes of the War of 1812

In June Canada Post issues two stamps side-by-side (se-tenant for a stamp collector) picturing two heroes of the War. Early in the War they combined to capture Detroit.

Major General Sir Isaac Brock led the British Army at the Battle of Queenston Heights in October, 1812. In this first major battle of the War the British Army and Canadian militia repulsed an American invasion, but Brock was killed in the battle.

Chief Tecumseh was a Shawnee who led a native confederation supporting the British Army, aiming to stop American westward expansion. He was killed at the Battle of the Thames in 1813.



### Stamp Designer Sues the USA Government

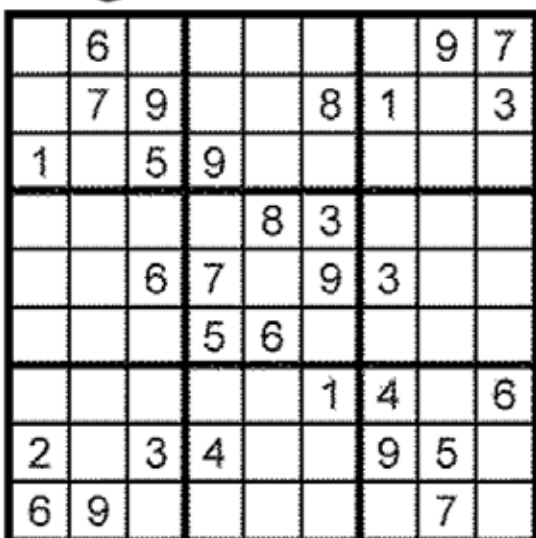
In 2002 US Post issued a stamp picturing the Korean War Veterans Memorial, seventeen figures of soldiers in snow. The memorial was designed by artist Frank Gaylord.

Mr. Gaylord retained copyright over the sculptured figures; a photographer was paid \$1500 for the use of his photo for the stamp design.

Mr. Gaylord subsequently sued US Post for \$3 million, asserting that revenues the stamp generated totaled over \$30 million. A court recently awarded him \$5000; he continues his fight.

## My Sudoku

**Rated: Beginner**



Using the numbers from 1 to 9 please fill in the blank cells. Each number can be used only once in each row, column, and 3 X 3 block. Each puzzle is rated for degree of difficulty as :  
Beginner \* Advanced \* Master

See next issue for the solution.

© My Sudoku #1 vol 1

**HOOK & SMITH**  
Barristers, Solicitors & Notaries Public

201-3111 Portage Ave,  
Winnipeg, Manitoba R3K 0W4

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.



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

# March 1st I Quit Winners Presented with Prizes!



The Second Place Winner in the I Quit Challenge was Lea Capar, a CFSAS graphics employee, who collected her prize from SISIP Manager John Clarey and Health Promotion Rep Penny Wawrzyniak. Photo: Alison Dickey.

SISIP Manager John Clarey and Health Promotion Manager Diane Brine presented the third place winner, Tamara Kendel with her prize. Photo: Alison Dickey.

**Heart & Stroke**  
**BIG BIKE**  
Grand vélo du Coeur

**Put Your Heart Into It  
Join WINGIN' IT**

Date: Thursday, 21 June 2012  
Time: 1430 hours  
Where: Legislative Bldg

For more information or to register contact:  
Health Promotion @ local 4150 or 4995

Mettez-y du Coeur  
Joignez-vous à l'équipe  
WINGIN' IT

Date: Jeudi, 21 Juin 2012  
Heure: de 14 h 30

Endroit: Palais législatif du Manitoba  
Renseignements et inscriptions: Promotion de la santé Téléphone: poste 4150 ou 4995

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

**Bike To Work Day**  
www.biketoworkdaywinnipeg.org

Friday, June 22  
Join us for breakfast on the Yellow Ribbon Trail  
By the Wing Chapel  
0630 – 0900 hours

**Journée "Au travail à vélo"**

Vendredi le 24 juin  
Joignez-vous à nous sur la piste  
«Yellow Ribbon Greenway»,  
à côté de la chapelle de l'Escadre  
de 6h 30 à 9h

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

**Mental Fitness  
and Suicide  
Awareness**

HEALTHY REACTING INJURED

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

**Mental Fitness & Suicide Awareness,  
Supervisor's Training**

This course is to promote mental fitness and to lessen the incidence of mental health injuries including deliberate self-harm and suicide within the military community.

**15 August 2012  
0800 – 1600 hrs  
Bldg. #135 – Room #132**

For additional information and to register contact:  
Health Promotion at local 4150

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



**www.mfrc.mb.ca**

204.833.2500 ext. 4500



## Deployment 411 - a new tool!

Peer support is an important tool for managing deployment. Being able to reach out to someone who has been there, done that can be emotionally rewarding as it can validate what you are feeling. However, it can be tough to make the connection or to find the time to develop the relationships required.

The MFRC realizes the value of peer support and to that end has developed a new web page. [www.deployment411.org](http://www.deployment411.org) is an online, peer support forum. No matter the stage of deployment you are experiencing you can log on, write a post and have responses from other people.

We would like to remind you to be careful about the information that you share, as this is a public forum and all posts can be viewed by anyone (however you have to be a member to post). Please provide Dana Glover, [dana.glover@forces.gc.ca](mailto:dana.glover@forces.gc.ca) with any feedback you may have in regards to the web page.

## TELLMEMORE®

Are you interested in learning or would you like to improve your knowledge of another language? If so, Tell Me More is the program for you!

With over 5 million users worldwide, Tell Me More is a complete and interactive program that focuses on the users needs. This online course gives you access to a multitude of possibilities. You can simply login from your own computer and can use the program as much as you need or want. For each language, you are able to practice your listening, reading and writing skills.

The program offers you access to over 1000 hours of training which ranges from a beginner to expert level. Simply take the placement test when you login to assess your knowledge and the program will place you in the appropriate level. \$20 per license. To register or for more information, dial ext. 4515.

## MFRC at the RCAF Run



Even the rain couldn't stop the MFRC from offering many different family activities during the RCAF Run on May 27th. They were simply forced to move the fun inside to the gymnasium in building 90. Photo: Alison Dickey.

## Upcoming MFRC Programs

### ADULT PROGRAMS

#### MFRC AGM

Wednesday, June 13, 7 p.m.  
Boardroom, 102 Comet Street  
Our Annual General Meeting for the Winnipeg MFRC will be held on Wednesday, June 13 at 7 p.m. in the Boardroom at the MFRC. Appetizers will be served as a range of topics will be covered and discussed. If you would like to have a say and see what is in the works for the MFRC, please stop in. All community members in attendance will be entered into a draw for an Adult Leather Jacket. Draw will be made at the end of the meeting.

#### A PARENT COMMUNITY

Fridays, 10 a.m. - 12 p.m.  
A community of parents will discuss topics related to parenting children of all ages. Socialize while your children socialize with others. Child care is provided for children 18 months and older.

#### A PARENT GROUP

Wednesdays, 10 a.m. - 12 p.m.  
Come join us for a morning of fun, food and activities. A public health nurse will do a brief presentation, and will be available to answer any questions you may have. Sit and talk with other parents and have some fun!

#### FRENCH COFFEE

Wednesdays, 10 - 11 a.m.  
Join us every Wednesday morning for a coffee and chat with members of the francophone community! Free child care is available.

#### DROP-IN COFFEE AND CONVERSATION

Tuesdays, 2 p.m.  
This event is designed to enable volunteers, members of the community and MFRC staff to know one another better and discuss programs and services offered by the MFRC.

#### CHILDREN'S PROGRAMS (0-5 YEARS OLD)

##### CASUAL CHILD CARE

##### WESTWIN CHILDREN'S CENTRE

Tuesdays, 9 - 11:30 a.m.  
Thursdays, 1 - 3:30 p.m.  
Children under 2: \$10, children over 2: \$8. Half price for each additional child from the same family.  
Must book 24 hours in advance. Call 833-2500 ext 2491.  
Need a break? For children 1 to 5 years old, this program provides care for children while you take some time for yourself. Children must be at least 1 year old to attend the Tuesday session and 18 months for the Thursday session. Peanut free snacks and diaper supplies should be sent.

##### CREATIVE TOTS

Westwin Children's Centre  
Thursdays, May 17, 24, and 31  
9:30 to 11 a.m.  
Parents/caregivers and children 0-5 come and join us for free play, art, songs and stories. This free drop in program is a great way to meet others and introduce your child to a group setting.

Parent participation required. Please bring a peanut free snack for your child.

#### MAD MUSICIAN

Westwin Children's Centre  
Tuesdays, May 15, 22, 29 & June 5, 12  
1 to 2:30 p.m.  
\$30 per child, \$45 per family  
A five-week program aimed at children 2-5 years old. Music, songs, movement and instruments! Call 833-2500 ext. 2491 to register.

#### CHILDREN & YOUTH (6-18 YEARS OLD) THUNDER RAPIDS FUN PARK

Friday, June 15, 5 - 9 p.m.  
North Side Youth Centre, 102 Comet Street  
As a final send off to our loyal Youth Centre attendees, we will be holding a BBQ at the North Side Youth Centre on Friday, June 15th.  
Thank you all for your continued support of our MFRC Youth Centre's. We will see you again on September 10th, 2012. Have a great summer!  
Stay tuned for more information on the Summer Green Team Drop-In Programs offered at the South Side Youth Centre.

#### KIDVENTURES SUMMER DAY CAMPS

The staff of the MFRC Kidventures Summer Day Camp welcomes you to join us as we Travel Through Time. Have you ever wondered what life would be like living amongst cavemen and women? Or maybe you have dreamt of the endless possibilities that the future holds for us? You are in luck! This summer we are unlocking our time machine for eight weeks to take a few lucky participants on the trip of lifetime. If your children have what it takes, we are recruiting for crew members.

#### CAMP REGISTRATION

To register in person, please visit the MFRC Office (102 Comet Street) between 08:30 - 16:30. For information, call 833-2500 ext. 4500 or 4506.

#### Camp Participants

Kidventures is open to children 6-12 years old.  
Children must be finished kindergarten and be entering Grade 1 in the fall.

#### Camp Fees

\$100.00 per child per week  
A non-refundable deposit of \$25.00 per child per week is due at the time of registration.  
The balance is to be paid on or before the 15 June 2012.

#### Camp Hours

09:00 - 16:00  
Extended Care is available from 07:00 - 09:00 & 16:00 - 17:00 at a cost of \$20.00 per family (pre-paid) or \$5.00 per day.

#### Camp Location

Westwin Children's Centre in the Westwin Community Centre - 642 Wihuri Road

#### 2012 CAMP THEMES

July 3 - 6: Stone Age  
July 9 - 13: Mount Olympus  
July 16 - 20: Silk Road  
July 23 - 27: Knights and Ladies  
July 30 - August 3: Route to Gold  
August 7 - 10: Wonderland  
August 13 - 17: Man on the Moon  
August 20 - 24: Infinity and Beyond

Fax: 204.489.8587 • Email: [wpgmfrc@autobahn.mb.ca](mailto:wpgmfrc@autobahn.mb.ca)  
102 Comet Street PO Box 17000 Stn Forces, Winnipeg,  
MB R3J 3Y5

# Chaplain's Corner

## The Sky is the Limit!

### The SKY is the limit! 17 Wing Chapels Invite Children to SKY.

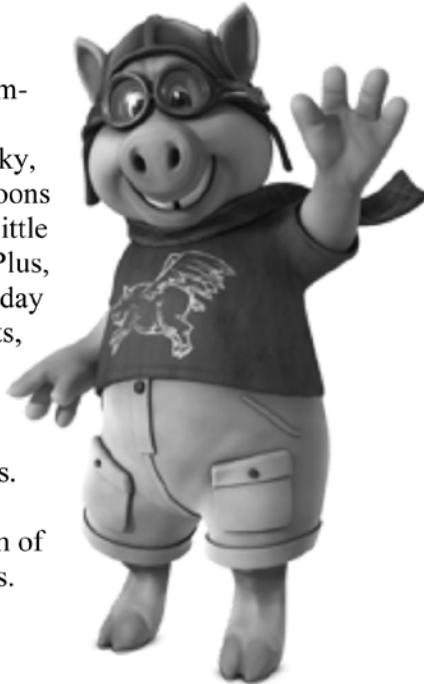
By Padre Gordon Mintz  
Hangar Line Chaplain

It's time to fly the friendly skies! You know ~ off to the wild blue yonder!! Are you ready for a VBS adventure of a lifetime? Welcome to Sky! The 17 Wing Chapel communities and Chaplains are delighted to announce that this year's Vacation Bible School (VBS) is themed "Sky!" At Sky VBS, taking off from Tue 3 July- Fri 6 July, kids discover that by trusting God, everything is possible. The Thrill! The Joy! The Freedom! The sky is the limit. Let your imagination take off, and picture kids of 17 Wing families having a blast in a safe, supervised environment! Kids taking flight in the reality of God's love and gaining new meaning and relevance to their everyday lives! Your kids having an amazing time making new friends, playing wild games, trying unbelievable experiments and lip-smacking snacks, learning incredible music, and letting their imaginations soar!



Children ages 5-12 are invited to join us. We'll take-off each morning at 9 am and come in for a landing at 11:45 am. You and your kids won't want to miss a minute of the excitement! Each day will feature **Up & Away Sing & Play** pre-flight briefing where the theme of the day is introduced in songs and skits, **Wild Blue Bible Adventures** where the stories of the Bible really take flight, **Skydive Diner** where healthy snacks are served to keep the flight crew in peak performance, **All Star Games** which will feature outdoor team-building games, **Imagination Station** where safe science experiments show off the wonder of our amazing earth and sky, **Chadder's Sky High Movies** featuring our Bible Buddy cartoons and movies. Since everything is hands-on, kids might get a little messy. Be sure to send them in play clothes and safe shoes. Plus, we'll help kids discover how to see evidence of God in everyday life- something we call God Sightings. Parents, grandparents, and friends are invited to join us in the **VIP Flight Deck** section each day at 1130 AM, because that's when we'll be having our daily **Fly Away Finale** - a daily post-flight briefing and celebration of God's love you won't want to miss.

The VBS is open to both chapel communities and all children of the 17 Wing communities between the ages of 5 and 12 years. Registration will be limited to 50 participants.



VBS activities will be held in the 17 Wing Winnipeg Chapel. (2235 Silver Ave, off Whytewold/ Wihuri). If you wish to get more information on the program being offered check out the website at <http://group.com/childrens-ministry/vbs/sky>. For more information, or to volunteer (subject to screening and police check), please contact Padre Gord Mintz ([Gordon.Mintz@forces.gc.ca](mailto:Gordon.Mintz@forces.gc.ca)) or Ken McLeod ([kmcleod1@mts.net](mailto:kmcleod1@mts.net)). For registration information contact Catherine Landry at the Chaplain's office (204-833-2500 x5087 or [Catherine.Landry@forces.gc.ca](mailto:Catherine.Landry@forces.gc.ca)). The cost is only \$10/child to a max of \$25/family as it is subsidized by the chapel communities.

**Come and join us! Tell your friends and family! The Sky's the Limit!!**

## Together in Church

### CATHOLIC

#### CHAPLAINS

**Padre Mark Mawson (Wing Chaplain)**

Roman Catholic Office 833-2500 ext 5417

**Padre Ray Laudenorio**

Roman Catholic Office 833-2500 ext. 5272/6914

**Padre Frederic Lamarre**

Roman Catholic Office 833-2500 ext. 5956

**Ms Catherine Landry**

W Chap Admin Assistant

Office: 833-2500 ext 5087

#### 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 Will Hubbard**

(Anglican) Office 833-2500 ext 5349

**Padre Gord Mintz**

(Anglican) Office 833-2500 ext 5785

**Padre Frank Staples (UCC)**

Det. Dundurn. Office 833-2500 ext. 4299

**Sunday Services (English Only)** 0900 hrs

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

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

**Baptisms** The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

**Protestant Chapel Guild** meets the first Sunday of the month at 1800 hrs in the Chapel Annex. All women are welcome.

#### FOOD BANK

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

#### EMERGENCY CHAPLAIN

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

#### OTHER PHONE NUMBERS:

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

## THE VOXAIR

Give us a call and find out the  
benefits of advertising with us  
833-2500 ext 4120



# PERSONAL CLASSIFIEDS

## Air Force Uniforms

Two pair of lightweight pants 6732 (32"-34" waist)  
 Two jackets size 7040  
 Two shirts- one short sleeve 15" - one long sleeve 15 1/2  
 One raincoat 6742 short/medium  
 One senior officers cap 7 1/4  
 Service shoes size 9  
 All in excellent condition  
 Free for pickup in Niverville, MB  
 Call 388-4407

## Wanted: Volunteers!

1 Canadian Air Division is looking for volunteers to work in the kitshop.  
 Flexible hours. 1 day a week between 10:00 hrs and 14:00 hrs  
 Please contact PO2 Jennifer Ross at 833-2500 ext 6512

## House For Rent!

1400 sq ft rental house available immediately in West St. Paul. 20 minute drive to base. Discount provided to military tenants. Email brad1945@live.com for pictures and more info.

Send us an e-mail today to place your FREE Classified ad at Voxair@mts.net

# Taroscopes

BY NANCY

**Aries (March 21 - April 19):** You're responsible enough to know what needs to be done but don't let it get boring. Express your creativity and seek out adventures. Dream big! No point in setting your sights too low. Be willing to look foolish when going after what you really want. The rewards will be great.

**Taurus (April 20 - May 20):** Right now, time is of the essence. Waiting for someone else to call the shots could leave you with an uncomfortable sense of having lost out. Also be careful not to give in to habits that may seem constructive at first but take their toll over time. Be prepared to assert your authority.

**Gemini (May 21 - June 21):** Expect to be at gatherings or events with lots of people. Enjoy festivities, parades, the theatre and parties. Decisions are easier to make right now because you have a sense that you have a support group and/or a strong partner. Others are ready to help you so go after what you want.

**Cancer (June 22 - July 22):** Take the time to get all the details before signing contracts and making financial decisions. There is lots of work to be done but it is work you enjoy and do well. Teach or learn a craft. Share recipes, the pattern or the instructions on how to make or build something you've perfected.

**Leo (July 23 - August 22):** If someone says something that strikes a nerve your first instinct might be to over-react but consider the other person's perspective. Everyone makes mistakes including you. Your past efforts, or lack of effort, is now obvious. Now you can see what must be done to ensure future success.

**Virgo (August 23 - September 22):** You may be faced with a difficult situation that will test your ability to assess your effectiveness. Sometimes you can effect change and other times it's best to simply move on. Focus on self-care and on weeding out any deep-seated issues that undermine your sense of security.

**Libra (September 23 - October 23):** You may find yourself in a situation where you're surrounded by people that don't share your values but that doesn't mean you have to leave. Even if others try to get ahead at your expense stay the course. You are wise enough and smart enough to navigate any situation.

**Scorpio (October 24 - November 21):** If you haven't done so already, it's time to find your passion. If you have been drifting along focus on feeling joy in all that life has to offer. Give up regrets and wishes for what might have been. Focus on what is best for you now. Seek out and connect with kindred spirits.

**Sagittarius (November 22 - December 21):** You are feeling the weight of your responsibilities especially when it comes to friends and family. But of course you can manage all that is happening. You will find a solution to a dilemma. Even if you don't have all the facts yet, push on and make adjustments as you go.

**Capricorn (December 22 - January 19):** Listen to the wisdom of another. You can't fix everything or be responsible for others. Be caring but don't get pulled in by your reliable nature to take the helm or you could end up in a difficult situation. Yes you can teach others but you are also here to live and to learn.

**Aquarius (January 20 - February 18):** Enjoy the sense of victory that comes with reaching a goal. This fuels your confidence in your ability to succeed. Though you may also feel a loss of camaraderie with those who don't understand how strongly driven you are now, plan for the next step in your journey.


**Pisces (February 19 - March 20):** Finally you feel like you are making progress. You've dealt with enough situations that you are prepared to face new challenges and opportunities with confidence. For better or worse doing things your way is the best way. Enthusiastically try what interests you now.

**FOR APPOINTMENTS CALL 775-8368**

THE VOXAIR  
 Your 17 Wing Community Newspaper

**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**

**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

PROUD OF OUR PAST



PROTECTING OUR FUTURE

Welcome...  
**ST. JAMES LEGION**  
 Branch No. 4  
 Royal Canadian Legion  
 1755 Portage Avenue  
 Winnipeg, Manitoba

**Texas Hold'em**  
 Tues 7 p.m.

**Line Dancing**  
 Every Tues & Wed  
 8 to 10 p.m.

**Dancing To Live Bands**  
 Fri & Sat  
 9 p.m. - 1 a.m.

**Meat Draws**  
 Every Fri 5 - 7 p.m.  
 Every Sat 2 - 4 pm

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

WELCOME ALL MILITARY PERSONNEL

**GASTHAUS GUTENBERGER**  
**GERMAN RESTAURANT**

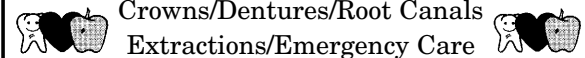
- Authentic German & Continental Cuisine
- Schnitzel • Beef Rouladen • Homemade Spatzle
- Fine German Desserts • Fine Wines and German Beer

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

**Dr. Philip S. Pass** B.S.C., D.M.D.  
 Complete Family Dentistry

Preventative/Cosmetics/Orthodontics  
 Crowns/Dentures/Root Canals  
 Extractions/Emergency Care



Evening and Saturday Appointments Available  
**420-3025 Portage Ave. ph: 987-8490**  
 ALL DENTAL PLANS ACCEPTED

**BUYING OR SELLING...  
MAKE IT A STRESS FREE MOVE WITH THE CLEMENTS**



**Grant Clements & Kelly Clements**  
CD, FRI, SRES SRES, CERC

- Registered Relocation Specialists
- Senior's Real Estate Specialists
- Canadian Employee Relocation Council

**Proudly serving our  
Military Families with:**

- 26 years of military service
- Complimentary relocation package couriered to you within 24 hours

Toll free: 1-877-778-3388  
Business: (204) 987-9808



ReMax Executives Realty

**Contact us Online:**

[clements@buywinnipeg.com](mailto:clements@buywinnipeg.com)

[www.buywinnipeg.com](http://www.buywinnipeg.com)

## Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2

PH: 888-7973 FAX: 832-3461

E-Mail: [info@cgklaw.ca](mailto:info@cgklaw.ca) Website: [www.cgklaw.ca](http://www.cgklaw.ca)

George E. Chapman Q.C.  
Alan R. Goddard  
Krista P. Piché

Kelly P. Land  
Michael J. Law  
Almer N. Jacksteit

Lorraine M. Scollin  
Mindy R. Lofchick  
Serge B. Couture

*Our fees conform to the ERS guideline*

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

## Leigh Nanton & Kristen Bilodeau

Family Helping Families



Winnipeg's Mother Daughter Team  
[info@leighnanton.com](mailto:info@leighnanton.com)

- Your business is our TOP priority
- Long term Military relocation specialists
- Past Military client references available
- Superior service & satisfaction guaranteed

989-5000  
[www.leighnanton.com](http://www.leighnanton.com)



## www.HomesInWinnipeg.com

Relocating in 2012 ?



**I look forward to assisting you with your real estate needs  
to obtain the best value for the sale or purchase of your home**



### terie langen

- Experienced Military Relocation specialist with 20+ years
- Accredited Buyer Representative

877.778.3388  
204.779.7000

[terie@homesinwinnipeg.com](mailto:terie@homesinwinnipeg.com)

### Bringing Homes & Families Together

- Moved extensively throughout North America & Europe as a military family and have special empathy for family concerns.
- Resident of Winnipeg 30+ years, working in the city & surrounding areas.
- Member of a network of professional Realtors at every base/wing. Call for a referral to a professional contact at your destination.



3505 robin blvd  
winnipeg, manitoba



## MAXIMUM Realty Ltd. Serving Winnipeg & Surrounding Areas

Residential - New Homes - Condos - Relocation - Referrals



**Lee Wren**  
(204) 781-4487  
[leewren@mts.net](mailto:leewren@mts.net)



**Eva Bessas**  
(204) 470-3332  
[ebessas@mts.net](mailto:ebessas@mts.net)



**Brendan McGurry**  
(204) 799-3022  
[mcgurry@mts.net](mailto:mcgurry@mts.net)

It's Your Home! Why trust just Anyone?

Gold 7 years in a row!

Proven Performance!

**Linda van den Broek** RE/MAX

phone: (204) 987-9800

Email: [linda@lindavandenbroek.com](mailto:linda@lindavandenbroek.com)  
Website: [www.lindavandenbroek.com](http://www.lindavandenbroek.com)

**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](mailto:trudyj@mts.net)  
Re/max Hall of Fame

**"spirited energy"**

The Strength of Teamwork . . . The Reputation of Results

**Dan Vermette**

Service en Français

**255-4204**

[danvermette.com](http://danvermette.com)

## Joanne Gebauer

RE/MAX executives realty

(204) 889-9500

**Award Winning Service**



**Proud to Assist Military Families  
Relocation Specialist**

29 Years Experience  
in the Winnipeg  
Real Estate Market

[www.joannegebauer.com](http://www.joannegebauer.com)  
[joanne@joannegebauer.com](mailto:joanne@joannegebauer.com)  
Toll Free: 1-877-778-3388

