



# THE VOX AIR

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## Pan Am Torch Sparks Excitement at 17 Wing



Torch bearer MCpl Lisa Dawn Macrae marches the Pan Am flame past groups of excited 17 Wing Members. Photo: Mike Sherby. Inset: American Staff Sargent, Mylisa Teague (right), passes the Pan Am flame to Soldier On representative MCpl Macrae at Stevenson Parade Square, on June 22, 2015. Photo: Cpl Darryl Hepner. For more, see page 4.

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# Col Roy Reflects on His Time as 17 Wing Commander

By Mike Sherby  
Voxair Manager

Sitting on the window sill in his office inside of 17 Wing HQ Building is one of Manitoba's new 'Support Our Troops' licence plates, embossed simply with WCOMD across the front of it. The plate is the newest memento that Col Joel Roy can take away with him after serving as the commander of 17 Wing for the past 2 years.

It was a hectic, stressful time for the Wing, but if any of that has taken its toll on Col Roy it doesn't show during our hour long interview about his time as Commander of 17 Wing. Col Roy is animated and enthusiastic, talking almost non-stop while reminiscing about his role.

"When I received the call to come to Winnipeg I was surprised," says Col Roy. "I thought I'd be going to 1 CAD, but no it was Wing Commander. It was quite the challenge, and quite the good offer."

His main challenge during his tenure would be to develop, mount, and eventually twice deploy an Air Expeditionary Wing (AEW).

"Most people didn't even know what that constituted," Col Roy says of the then new RCAF initiative.

The role of the AEW was to be able to be prepared to deploy anywhere in the world with the proper mix of air power to meet the nation's aerospace needs and challenges. The plan for the AEW was to have it up and running for a test at Ex Maple Resolve in May-June 2014, with an official ready date of 1 July 2014.

But the global security environment doesn't obey any timelines, and the AEW ended up being deployed much sooner than anticipated to help with NATO's Op Reassurance mission in early June 2014.

The demands that the AEW created for Col Roy and 17 Wing were two-fold. First he needed to figure out how to continue all of the day-to-day operations of 17 Wing while still meeting the demands of the AEW, and then how to better support family members of deployed troops.

"There's hardly anything we can slow down. We can't slow down search and rescue, we can't slow down our NORAD mandate, we can't slow down feeding people, supporting students that are coming here," Col Roy says.

They did eventually find a few places where they were able to slow down, but Col Roy will be the first to admit it wasn't enough. After seeing an increase of individuals attending the hospital and JPSU for stress related illnesses, he knew action needed to be taken.

"We have a tendency to underestimate the complexity of things, to underestimate how short of people we were. The support trades especially took a really big hit in the number of people that were being deployed. So much so that I was concerned we were now eating into our future."

Luckily they were able to make some changes and learn from their mistakes, and as a result the RCAF has reduced the mandate for AEW's from 12 to six months.

"Hopefully this will avoid having to support two AEWs at the same time," Col Roy says. "It became very demanding, and I have to say kudos to the folks that did it here."

On the family side of things, Col Roy and his team quickly organized a town hall to listen to the concerns of families about deployments, and to try to address those concerns. To that end he implemented what he calls a deep wing-man approach, where families of deployed members are assigned someone who will be proactive in helping them with their needs.

"The RCAF is a big family, and we need to make sure we support the family when we deploy people like this."

Throughout our conversation Col Roy is very humble when it comes to the successes 17 Wing has had under his supervision, instead preferring to give credit to his staff and the members of the wing.

"My approach to the Wing Commander's job is to allow talent to shine," he says. "It's providing them the right support, providing people the right vectors, and being available when they need to check in and see if they're going in the right direction."

While he says he's proud of the work that he saw being done in Yellowknife to support the JTF and in Det Dundurn adjusting to the new security environment, as well as the numerous initiatives he's seen in Winnipeg, including improvements to the South Side RHU Area, and the installation of air conditioning in the barracks. Despite all this, he says that there isn't one particular

moment that stands out for him.

"Almost entirely my 'wow' moments have come from seeing what people have come up with. I think if I had one success here it was simply to allow all this talent and dedication that is around us to thrive."

A big part of being Wing Commander is being the public face of the Wing, meeting and greeting members of the community, and increasing awareness

of the RCAF in the community at large. It's a role that the outgoing Col Roy says he's going miss when he takes up his new posting as A5-7 at 1 Canadian Air Division.

"I keep saying to the Wing Chief, that the biggest mistake we could make is to think that this is work," he says of the Command Team's role in the community. "Although it's a part of our duties, it is so much fun, and such a privilege to go to these different events."

While he is going to miss the job Col Roy says that he's confident leaving the Wing in the hands of incoming Wing Commander, Col Andrew Cook. When asked if he has any advice for the incoming WComd, Col Roy quickly says "don't change anything" with a laugh, before going on:

"I don't necessarily want to give advice to Andy, because it's not my place to pretend that I can do any better than anybody else, I just know what we were trying to achieve, and I know that we have very talented people that are working to get us there."



Col Roy (right) receives a personalized license plate from the Deanne Crothers, Manitoba Special Envoy for Military Affairs, during the unveiling of the Support Our Troops speciality license plate on June 7, 2015. Photo: Cply Darryl Hepner, 17 Wing Imaging

## Aviation Museum Gets Visit from Flying Legends

By Martin Zeilig  
Voxair Photojournalist

After emerging from the cockpit of a twin-engined B-25 Mitchell Bomber, Shannon Peppard and Jaymie Desrochers had to shield their eyes from the intense rays of sunshine that bounced off the restored plane's bright aluminum fuselage.

10 minutes earlier, the mother and daughter had also climbed inside the longer, but narrow, interior of a four

engined Boeing B-17 Flying Fortress that was parked about 30 metres away on the apron outside the Royal Aviation Museum of Western Canada (RAMWC).

"I thought it was really cool," declared Desrochers, 10, who will be entering grade 6 in September, of the time she spent admiring both aircraft up close. "I like history and aviation. I find it so fascinating. I find it very interesting to see how the planes are built."

Her mother said the entire experience was beautiful. "We find flying fascinating. To be here, in these historic planes, is such a great opportunity," said Peppard.

Both gleaming vintage bombers had been flown in earlier that day from Fargo, North Dakota by members of the Arizona Wing of the Commemorative Air Force (CAF) based out of Mesa, Arizona.

The planes were in Winnipeg for a week-long visit from June 30 – July 5th.

The CAF is a Texas-based non-profit organization dedicated to preserving and showing historical aircraft at airshows primarily throughout the U.S. and Canada.

The all-volunteer organization is comprised of over 11,000 members, including more than 70 regional groups, called wings or detachments, in 27 states and 4 countries.

"We're pleased to partner with the Commemorative Air Force to bring such living history to Manitobans, and to those who come to the museum," Shirley Render, executive director of the RAMWC, said. "We're particularly pleased that visitors have the opportunity to climb into these planes, so they can get a feel for what it was like to be air crew during the war."

Diana Le Sueur, a CAF volunteer, was busy answering questions and helping a long line of visitors up into the narrow confines of the B-25.

"It's awesome to fly in a living piece of history," she said. "It's important to allow people to touch it and see it from the inside."

The B-25, which celebrated its 71st birthday on June 7, 2015, flew in 15 combat missions over Italy between November 4 and December 31, 1944, and even sustained damage from anti-aircraft guns.

"The majority of the targets were railroad bridges," says Le Sueur. But the B-25's claim to fame is its participation in the Doolittle Raid, the first US response to the attack on Pearl Harbour.

After the war, the RCAF acquired more than 60 B-25 Mitchells, most of which used for training and photographic surveying. In fact, just such a plane sits on Parade Square here at 17 Wing.

The B-17, which was designated a heavy strategic bomber, was the first Boeing military aircraft to have a flight deck instead of an open cockpit and was armed with bombs and five .30 calibre machine guns mounted in Plexiglas blisters.

The Royal Aviation Museum of Western Canada's next event is guided tours through some of the most famous aircrafts ever to fly Canadian skies. The tours run until the end of July and are free with admission to the museum.



The restored Second World War B-25 bomber, nicknamed "Maid in the Shade," sits on the tarmac at the Royal Aviation Museum of Western Canada. Photo: Martin Zeilig

### VOXAIR

#### OFFICE HOURS

Monday to Friday  
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#### CONTACT

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

Accounting  
(204) 833-2500 ext 4121

Submissions/Reporter  
(204) 833-2500 ext 6976

voxair@mymts.net  
+VOXAIR@PersSvc@Winnipeg

#### VOXAIR STAFF

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

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

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

Brittany Nordman  
Layout Designer

Martin Zeilig  
Photojournalist  
(204) 833-2500 ext 6976

Maureen Walls  
Sales Coordinator  
(204) 895-8191

Misra Yakut  
Accounting

Traci Wright  
Proofreading

Capt McCulloch-Drake  
Wing Public  
Affairs Officer

Sgt Bill McLeod  
Wing Public Affairs  
Photojournalist

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Correspondence should be addressed to:

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

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# A Word from the Wing Commander



**By Col Joel Roy  
17 Wing Commander**

Sitting on the deck, reflecting on the last two years, it is easy to become nostalgic... but it is not the subject of this last "Word from the Commander" for me. This edition of the Voxair already includes an article based on a one hour interview with the Voxair Editor, Mike Sherby.

While we hoped to see the operational tempo slow down over the last few weeks, for many it has been quite the opposite. Flying operations in the North, in support of NORAD, and the PanAm Games have, and continue to, keep our Squadrons busy. Several staff checks linked to the forest fires in

Saskatchewan, Alberta and British Columbia have also kept many of you on your toes, either to receive evacuees, move several tonnes of equipment by aircraft, or to go fight the fires on site. Finally, three fire fighters from Dundurn went to Edmonton to train military personnel to fight those fires, while the Detachment hosted 150 personnel from the Canadian Army, on their way to fight the fires. Once again, you were ready and the Wing brilliantly responded to these multiple concurrent demands.

The Wing Chief and I continue our community integration push. I had the pleasure to speak with Ginette Lavack Walters, Director General of the Festival du Voyageur, with whom we are collaborating to develop a superb activity at the Wing for next Winter. You may also have seen horses on the Wing, a first in the modern era in Winnipeg. Our participation was aimed in support of Paul and Terry Nichols, from the Communities for Veterans Foundation, who are crossing the country on horseback in order to promote appreciation for the

Veterans and their integration into civilian life everywhere, as well as to share their stories.

One of the last planned events on my agenda as Commander is a meeting with the Winnipeg Mayor, and some of his City Councillors. This occasion will allow us to understand each other's objectives and needs, as well as the opportunity discuss our development plans, and exchange our thoughts on the impact that military community has on Winnipeg and vice-versa.

I'll stop here, by simply and humbly thank you for two great years, where I had the honour of guiding your efforts and admiring your talent and dedication. Take advantage of well deserved holidays this summer with your family, because as you can see, our environment is quite unstable and we can never be sure what is coming next.

**Aurevoir!**

## Un Mot du Commandant

**Par Col Joel Roy  
Commandant**

Assis sur le patio, à me remémorer les deux dernières années, il est facile d'être nostalgique... mais ce n'est pas le propos de ce dernier « mot du Commandant » pour moi. Cette édition du Voxair inclue déjà le rendu d'une entrevue d'une heure avec Mike Sherby, le rédacteur du Voxair.

Alors que nous espérions voir le tempo ralentir dans les dernière semaines, pour plusieurs ce fut l'opposée. Les opérations en vol au Nord, pour supporter NORAD, et les jeux Pan Am ont, et continuent, d'occuper nos escadrons. Plusieurs vérifications d'état-major liées aux feux de forêts en Saskatchewan, Alberta et Colombie Britannique ont aussi tenues une grande partie d'entrevous en haleine, soit pour accueillir des réfugiés, charger plusieurs tonnes d'équipement sur avions, ou encore aller combattre les feux sur place. Finalement, 3

pompiers de Dundurn sont allés entraîner le personnel militaire à Edmonton à combattre ces feux. Le Détachement a aussi accueilli 150 personnels de l'Armée qui se préparaient à aller combattre les feux. Encore une fois, vous étiez prêt et l'Escadre a répondu brillamment à ces multiples demandes concurrentes.

L'adjutant-Chef de l'Escadre et moi continuons notre intégration avec la communauté. J'ai eu le plaisir de discuter avec Ginette Lavack Walters, Directrice Générale du festival du Voyageur; et nous collaborons à monter une superbe activité à l'Escadre pour l'hiver qui vient. Vous avez peut-être aussi vu des chevaux sur l'Escadre, pour la première fois dans l'ère moderne à Winnipeg. Notre participation visait à supporter Paul et Terry Nichols, de la fondation Communautés pour les Vétérans, qui traverse le pays à dos de cheval afin de promouvoir l'appréciation pour les Vétérans et leur intégration à la vie civile, de même que partager leur

histoire.

L'une des dernières choses à mon agenda en tant que Commandant est une rencontre avec le Maire de Winnipeg et quelques conseillers de la ville. Cette occasion nous permettra mutuellement de comprendre à la fois nos objectifs, nos besoins et discuter nos plans de développement, en plus d'échanger sur les impacts qu'a la communauté militaire sur Winnipeg et vice-versa.

Je termine ici, en vous disant simplement et bien humblement merci pour deux années palpitantes, où j'ai eu l'honneur de guider vos efforts, mais surtout d'admirer votre talent et votre dévouement. Profitez bien de vacances bien méritées cet été avec vos proches; comme vous le voyez, l'environnement demeure instable et on ne peut jamais être certain de ce qui s'en vient.

**Aurevoir!**

## 17 Wing Team Competes at the 2015 Scott Safety Fire Fit Challenge

**By Martin Zeilig  
Voxair Photojournalist**

The Scott Safety FireFit Challenge is considered one of the most demanding brief physical challenges in sport. It's a testament to the strength of their training that 17 Wing Fire Hall members Corporal Jenna Gilby, Master Corporal Nelson Nordstrom, Corporal Ryan Moore, and Master Corporal Andrew Gould all competed at the 2015 FireFit Qualifying Competition in Calgary, Alberta, June 20-21.

Cpl Gilby and MCpl Nordstrom won bronze in the mixed X3 event, a two person team relay where each team member takes either the front or back half of the course, with an X3 air filter exchange at the halfway point. The 17 Wing team was the only one from the CAF to participate at the event.

The FireFit Challenge was founded in 1991 by Paul Davis, an exercise physiologist and former firefighter. Competitors complete six stages while wearing nearly 50 pounds of gear.

First up is the stair climb in which a four foot bundle of four inch hose weighing 42 pounds is carried up six flights of stairs. Next up is the hose hoist, where a 45 lb roll of hose attached to a rope must be hauled up to the top landing of the tower, lifted and placed in the box on the top of the tower. Task 3 is the Forcible Entry using a nine pound sledge hammer.

For task 4 the competitor walks or runs as fast as they can around fire hydrants a distance of 140 feet apart, and then must shoulder the nozzle end of a fully charged hose line. Task 5 is the hose advance where competitors shoulder a fully charged hose line and drag it 75 feet before they open the nozzle and spray water at a target.

The final task involves having to rescue a 165 lb mannequin, which must be dragged backwards a distance of 100 ft.

"The competition is based on firefighting tasks commonly performed in emergency situations," says Cpl Gilby. There are different levels of competitors, from the

seasoned 10-year veteran to first time rookies.

MCpl Nordstrom, a 17 year member of the CAF, says that the team tried to practice together twice a week in preparation for the competition.

"But everyone does individual training too," he added.

"The real goal is to challenge yourself and just do your best," said Cpl Gilby. "This was my first such event, and the other fire services in the competition were very supportive. There was a lot of camaraderie."

She and MCpl Nordstrom will next be competing at the Scott Safety Fire Fit Challenge National Championships in Kitchener, Ontario, September 16-20.

They will be joined in Kitchener by teammates Corporal Matt Sankey and Corporal John Sangster.

"With the addition of this speed and the strength, we are setting our sights high for our team relay at nationals," Cpl Gilby said.

Cpl Gilby wished to express her appreciation for the support the team received from other units at 17 Wing, for the use of 16 Hanger during training, and for the assistance provided by PSP Fitness and Sports Instructor Ron Nicolas for devising a training plan specific to each team member's requirements. She also wanted to thank the team's sponsors: Air Products and Popeye's Supplements Winnipeg.



**Participants of the Scott Safety Fire Fit Challenge drag 165 lb Simulaid Rescue Randy mannequins for the Victim Rescue challenge. Photo: Submitted**

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# Wing Part of Over 130 Communities Touched by Pan Am Torch Relay

By Martin Zeilig  
Voxair Photojournalist

Master Corporal Lisa Dawn Macrae was in a state of euphoria moments after her participation as a Torchbearer in the 2015 Pan Am Games Torch Relay, which came through 17 Wing on June 22.

MCpl Macrae, along with Master Seaman Cindy Ruth Walsh, Master Warrant Officer Claude Faucher, and Staff-Sergeant Mylisa Teague were picked to represent 17 Wing as torch bearers.

"I was the last torch bearer," said MCpl Macrae, while hugging her proud daughters. "This was the first time I've done something like this. It was awesome."

More than 3,000 torchbearers participated in the Pan Am Games Torch Relay from May 30 to July 10, 2015. The games are being held in Toronto from July 10-26, with the Parapan Am Games taking place from August 7-15.

SSgt Teague, who is posted to Detachment 1(USAF) at 1 CAD, said it was an honour to carry the torch.

"I've always wanted to be a torch bearer for the Olympics," she added.

SSgt Teague first found out about the torch bearing opportunity from an email sent by Lieutenant Colonel Kathleen Quarnaccio, Commander Detachment 1.

"So I jumped at the opportunity," said the native of South Carolina. "It was an awesome experience."

In a brief speech at Parade Square, Wing Commander Colonel Joel Roy called it an honour to welcome the Pan Am Games' flame to the heart of the RCAF here in Winnipeg.

"The spirit of community and the spirit of friendships forged in sport touches us here today," he said,

noting that Winnipeg and 17 Wing were now linked to more than 130 communities across Canada that have "been touched by the spirit" of the flame.

Col Roy also lauded the four 17 Wing torchbearers.

"Their hands will join the hands of nearly 3,000 others who will touch the flame and carry with them the hopes and dreams of a nation," he said.

"Among these 3,000 will be some of our comrades in arms from Canadian Armed Forces Bases in North Bay, Halifax, Borden, Petawawa, Kingston and Trenton. When the final flame is lit, a spark of excitement will be ignited; a spark that we, as proud Canadians, can share. This spark, in turn, will help inspire the athletes to achieve their best in a competition that reaffirms the friendship between the competing nations."

MCpl Macrae's two girls, who were on hand to watch their mom, had their own views of their mom's role as a torchbearer.

"It was really fun to watch her," said Kaylie.

"She was amazing," added Erin.



**MWO Claude Faucher was the first 17 Wing torch bearer when the Pan Am Games Torch Relay passed through Winnipeg. MWO Faucher, a 13-time International Military Sports Council veteran, is no stranger to running. Photo: Mike Sherby**

## New Program to Improve Family Physician Access for Military Families in Winnipeg

On July 7th, Calian Health, working in collaboration with the Winnipeg Military Family Resource Centre, announced a new program aimed at improving access to family physicians for families of serving Canadian Armed Forces (CAF) members.

The Military Family Doctor Referral Program will help match physicians, practising at Calian's Primacy Clinics in Real Canadian Superstore® locations in the Winnipeg area, with military families in need of a family physician.

"The families of serving members of our Canadian Armed Forces are the backbone of our military, and we are honoured to do our part to help alleviate one of the unique challenges facing military families through improved access to family physicians within our network," said Scott Murray, VP Health Services at Calian.

The Calian Military Family Doctor Referral Program addresses a growing and urgent need for military families. According to the 2013 National Defence and Canadian Armed Forces Ombudsman's report *On the Homefront: Assessing the Well-being of Canada's Military Families in the New Millennium*, it was found that military families experience a high degree of difficulty in accessing and maintaining a family physician, due in part to frequent relocations, and were four times less likely to have a family physician when compared to civilian families.

The program is expected to expand nationally later this year, leveraging the more than 140 Primacy clinics across Canada with a network of over 400 family physicians.

"We're excited to be working with Calian to facilitate access to family physicians for military families," said Don Brennan, Executive Director at the Winnipeg Military Family Resource Centre. "Together, we are making a difference for military families in Winnipeg by offering a number of options across the region that can help mitigate some of the challenges families face when newly posted."

"We are proud to extend our support to the families of our military members," said Kevin Ford, President and CEO of Calian. "This program is a logical extension of Calian's long-term relationship with the Department of National Defence as we have been supporting the delivery of health care services to the Canadian Armed Forces for over 10 years."

Individuals and families can sign up for the program by contacting the Winnipeg Military Family Resource Centre, visiting [calianhealth.com/military-family](http://calianhealth.com/military-family) or by calling Calian's Primacy team at 1-877-633-7722 x 550.

# Pedal Power Takes Over 17 Wing

By Martin Zeilig  
Voxair Photojournalist

17 Wing Health Promotion Specialist Diane Brine smiles broadly as she offers a palm-sized homemade granola bar to a cyclist who had stopped at the 17 Wing Bike to Work Day pit stop at the northeast corner of Silver and Whytewold.

It was one of 60 such sites scattered throughout the city for this 8th annual Bike to Work Day, which took place on Friday, June 19.

"I bike to work three times a week during the summer," said Corporal Troy LeBel, who works at 17 MP Flight, as he was eating a banana. "It's nice to know that you can get a snack on your way to work."

"I leave for work early in the morning, and don't have

time for breakfast. So it's good that there are healthy snacks available on the way to work at least on this one day a week. They should do this sort of thing more often during the summer."

Lieutenant Mike Burt bikes to work five days a week during the summer.

"I live in River Heights, which is about a 30 to 40 minute bike ride to the base," Lt Burt said. "This is awesome. I think bike to work day should be encouraged even more. It's good to get out and meet people."

Donovan Robson, a physiotherapist at 23 Health Services, also bikes to work most days during the summer.

"I think this is getting better from year to year," he said of Bike to Work Day. "There's fresh fruit and homemade baking available. The staff behind the tables are

very friendly and helpful. I think it's a great initiative to raise bike awareness and safety issues."

Kathy Dmytrisin, Manager of Health Promotion, called the day a great opportunity to be out in the community raising consciousness about active transportation.

"It's been a successful ride," she said. "This is a Winnipeg initiative, and we've been involved in this for many years now. It's all designed to promote a healthy lifestyle and active living."

Afterwards, Brine said that it was a beautiful day to hold such an event.

"The sun was shining and the birds were singing," she stressed. "There's no better way to start off your day."



**Two smiling cyclists taking a break (and a snack of fresh fruit and granola bars) outside the PSP Health Promotions canopied pit stop during Bike to Work Day on June 8. Photo: Martin Zeilig**

# WCWO Slo-Pitch/BBQ a Welcome Break for 17 Wing



A batter gets ready to hit one out of the park at the WCWO Slo-Pitch tournament. Photo: Mike Sherby

By Martin Zeilig  
Voxair Photojournalist

With knees slightly bent, a baseball glove on her left hand, and her gaze directed towards the infield, right fielder Sergeant Laura Plourde was ready to play ball.

She was playing for the WExec/WCompt squad vs the 23 MP Flt at the 2015 Wing Chief Warrant Officer Public Service Slo-Pitch Tournament on the warm and cloudy morning of June 19.

A total of 27 co-ed teams, divided into four divisions, participated in the tournament. Besides the diamonds behind Building 90, games also were held at the Ness Ave and Sturgeon Road ball diamonds. PSP Fitness Recreation staff organized the event and acted as umpires, with each game lasting five innings or 50 minutes, whichever came first.

"I think it's a lot of fun," said Sgt Plourde, who works

out of the 17 Wing Comptroller Branch. "I've never played slo-pitch before, but my teammates are very helpful, and I'm having fun. I was kind of nervous at first, but you can't be nervous when you're having this much fun."

CWO Robertson said the tournament provided "a great opportunity" for participants to make new connections.

"It helps makes us stronger as a community," he added.

Sgt Plourde's teammate, first baseman Captain Ken Mick, Executive Assistant to the Wing Commander, said that it was good to be out of the office and to get some fresh air.

"It's part of healthy living in the military," he said.

"So it fits in nicely."

Captain Phil Snow, who works at CFSSAT, echoed Capt Mick's comments.

"It's a nice opportunity to get out with your co-workers, and develop some esprit de corps-- and have some fun," he said, as a long fly ball to deep centre field that had just been hit by one of his teammates was caught by the opposing team's fielder.

There was also good natured humour like when Captain Audrey Jordan fell over backwards while catching a shallow outfield fly ball.

She bounced up immediately as a laughing teammate ran out onto the field to give her a high five.

"It's all about fun and team spirit, and having a few laughs," Capt Jordan said with a smile.

During a break in play PSP Fitness Coordinator James Follett said that the teams were enjoying themselves.

"People are here for a good time, to get outside of

their work environment to relieve some stress," he said.

"It's a real morale booster for the military because we work so hard. And, this is a good way to meet people in other units and with different jobs."

After the ball tournament, a BBQ was held that was sponsored in part by the public service commission as part of National Public Servant Week, with some of the additional costs being covered by the Fountain Tire at 3020 Portage Avenue.

Even though it started to rain during the BBQ that didn't stop crowds of people from lining up to get a free lunch of hot dogs and hamburgers outside of the Fitness and Rec Centre. Entertainment was provided by a troop of Aboriginal dancers and drummers who were brought in by the Defense Aboriginal Advisory Group. The group displayed a variety of dances for the crowd, including some impressive hoop dancing.

The day was capped off by a drawing for a free \$1000 set of tires which were donated by Fountain Tire. Of the over 500 entries submitted, Cpl Hungtao Hao from WTISS was the lucky winner.



A demonstration of traditional Aboriginal dancing provided some fantastic entertainment at the post-tournament BBQ. Photo: Mike Sherby

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## Wing Member Wins \$1000 Worth of Tires from Fountain Tire Draw



Congratulations to Cpl Hungtao Hao who won the draw for a set of free tires (up to \$1000). The tires were provided by the Fountain Tire at 3020 Portage Ave, and Cpl Hao's name was drawn from over 500 entries. A big thank you to Jose Ferreira and his team at Fountain Tire for their donation to the draw, their contribution to the WCWO and Public Service BBQ, and for their continued support of 17 Wing and the RCAF. Photo: Mike Sherby

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# Canadians Connect with CAF Members at Winnipeg's Red River Exhibition

Manitoba CAF units set up an interactive display at the Red River Exhibition this year from 12 to 21 June. Here's what you did not know.

#### Facts:

- Approximately 10,000 people attended "Hero's Day" on 15 June, putting a spotlight on Canada's military as well as local police, fire services, and paramedic services.

- A total of 222,000 people attended the Red River Ex this year.

- The RCAF Band performed for over 2 hours on June 15 on the Red River Ex's main stage.

- With the exception of one soldier who had recently joined the unit, all members of the 2 Princess Patricia's Canadian Light Infantry (2 PPCLI) who participated in the CAF display at this year's Red River Ex had deployed overseas at least once.

- The greatest challenge of pulling the display together was coordinating the efforts of all of the units and ensuring all logistical requirements were taken care of.

- The CC-130 Hercules that flew over the display on 15 June had, only minutes before, been tasked to a Search and Rescue mission.

- The display was possible only through the significant efforts of all involved including 2 PPCLI, 38 Canadian Brigade Group, Canadian Forces Recruiting Centre Winnipeg Detachment, Her Majesty's Canadian Ship CHIPPAWA, 17 Wing Winnipeg, Military Family Resource Centre Winnipeg, and Regional Cadet Support Unit (Northwest) along with local area cadets.

#### By Capt Bettina McCulloch-Drake 17 Wing Public Affairs

"What does this button do?" A visitor points to the instrument panel on board a CF-18 Hornet cockpit, one part of the Canadian Armed Forces (CAF) display open to Canadians during the Red River Exhibition (aka The Ex") held from June 12 to 21 in Winnipeg, Man. Projecting pride and patience, a member of the Royal Canadian Air Force (RCAF) explains the purpose of the CF-18 and what kind of training aspiring pilots have to undergo before their dreams of flying through the skies can be realized.

Nearby, soldiers from 2 Princess Patricia's Canadian Light Infantry acquaint visitors to the LAV 6, a light armoured vehicle used to move and fight in the hostile areas of the world. It is one sweet piece of "kit" and, not surprisingly, it attracts young and old alike. No doubt the mystery of "where does the driver sit?" has been unravelled by now given the number of visitors who asked that question of our Canadian Army counterparts.

Visitors also clamour onto the armed G-Wagon but what is missing this year is the thunderous M777 Howitzer. Yet, if this year's CAF display coordinator, 17 Wing Winnipeg's Capt. Whitney Camm, has any influence over next year's offering, hopefully there will be more "big guns" at Red River Ex 2016.

It must be that people are drawn to large pieces of equipment; after all, they are fairly impressive. To see one in action, even for ceremonies such as the investiture of Manitoba's Lieutenant-Governor on 19 June, is an awe inspiring experience highlighting the precision and training of an artillery firing team.

But, I digress. Tens of thousands of visitors have already been here and there is still more to this year's CAF display at the Red River Ex.

The Royal Canadian Navy (RCN) has brought their large display bus along with their RHIB (rigid hull in-

flatable boat) and a small Hurricane rescue boat. To many who experienced the floods in Manitoba over the past couple of decades, these boats are a familiar sight. To maneuver a RHIB, especially in restricted waters, is a matter of skill and judgement. And it is with some skill and judgement of distance that RCN Chief Petty Officer Second Class Karyn Sihvonen throws a heaving line into a kisbee ring (aka life preserver) as I watch.

Mark one for the Chief.

And mark one for a young visitor across the way that successfully just landed their digital glider safely on the ground as part of a flight simulation. Beside him, cadet instructors, who are members of the CAF's Reserve component, introduce other visitors to the various training opportunities available to Canadian youth between 12 and 18 years of age. Being a member of the RCAF I have seen my fair share of aircraft and successful landings but going on expeditions into the mountains or taking on the wind in a fast sail boat sounds like such grand adventures.

But then again, being a member of the CAF is an adventure unto itself.



Dad Kevin Reich photographs his son Teague, age 8, at the military display at the Red River Exhibition in Winnipeg on 16 June 2015 while Master Warrant Officer Tomy Dresdell stands by in case the helmet gets too heavy. Photo: Sgt Bill McLeod

## CF Recruiting Detachment Holds ROTP Ceremony at HMCS Chippawa

#### By Capt Paul Kim

Canadian Armed Forces Recruiting Detachment Winnipeg capped off the 2015 Regular Officer Training Plan (ROTP) selection season with a special ceremony at HMCS Chippawa on Friday, June 12th.

Colonel Scott Howden, 1 CAD A1 presided over the ceremony and quickly put the audience at ease by telling how he "showed up at CFOCS Chilliwack in 1978 with an 'afro' hairstyle. The course warrant took one look at me and said 'You're going to be my special friend.' I thought great, making friends already. It turned out not to be what I had in mind!" Col Howden went on to stress the importance of leadership and taking the counsel of Senior NCMs in a command team, pointing out his partnership with his branch chief, CWO Serge Laforge.


Sixteen new officer cadets were enrolled into the CAF with one going to the Royal Canadian Navy, four going into

the RCAF, and 11 going into the Canadian Army. Engineering trades made the largest enrollment group with six selecting the Aerospace, Electrical Mechanical and Engineer occupations, followed by Infantry officer a close second with five cadets selecting that trade. Colonel Howden swore in 14 of the new cadets, with Maj Victor Dewaal, 2 CAD and Maj Terence Fascione, 1 CAD, each swearing in their own sons. Of the new officer cadets, three will remain in province to study at the University of Manitoba. Eight new officer cadets will begin their careers at Royal Military College St-Jean with the remaining five going to RMC Kingston.

MWO Paul Lucas, Recruiting Det Winnipeg Unit Warrant & Regional Diversity Officer said, "This has been by far the most successful ROTP selection season in memory. Half of all the ROTP officer cadets being enrolled in Prairie Region this year are through Det Winnipeg."



The graduating class of the 2015 Regular Officer Training Plan poses for a group photo with their instructors. Photo: Submitted



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# 402 Sqn and 1CFFTS Hold Change of Command Ceremony

By Martin Zeilig  
Voxair Photojournalist

The Change of Command Ceremony for 1 Canadian Forces Flight Training School and 402 Squadron was, in the words of Lieutenant-Colonel Russ Defer, the exiting 1 CFFTS Commander, "a historic moment."

The event, which took place on July 7 before friends, family, and colleagues on the tarmac next to 16 Hangar, marked the consolidation of the leadership of both units under a single command team. Lieutenant-Colonel Trevor Campbell, the Outgoing Commanding Officer at 402 Squadron, Lieutenant-Colonel Kyle Rosenlund, 402 Squadron's Incoming CO, and Reviewing Officer Colonel Yvonne Nicole Thomson also spoke at the ceremony.

Some of the other dignitaries in attendance included 2 Canadian Air Division Commander Brigadier-General J.B. Ploughman, 17 Wing Commander Colonel Joel Roy, Wing Chief Warrant Officer Mike Robertson, Honorary Colonel Eldren Thuen, and Honorary Colonel John Sauder.

"The first task when arriving at the Squadron was to be in charge of crafting the implementation plan, with LCol Defer, for a new 402 Squadron that would have a unity of mission in producing winged ACSOs and AE-

SOPs," LCol Campbell said in his speech.

"Besides, change is nothing new for 402 Squadron. Just look back through its rich history: from an auxiliary Army Support Squadron, to a fighter Squadron flying Spitfires, to a transport squadron flying Expeditors, to a (squadron) flying in support of navigation training. This is simply the next chapter in the history book."

He also pointed to the many accolades received by 402 Sqn, such as: being the best at CF-18 Deployed Operating Base procedures and training; leading the RCAF in DRMIS development and training; and, bringing on-line 450 and 436 Squadrons, among other noteworthy accomplishments.

"I have immense pride today having served as your commander at 402 Sqn," continued LCol Campbell, who is moving with his family to Ottawa. "It has been a great honour to be part of the Grizzly (team) at 402 Squadron."

Meanwhile, LCol Defer said the day marked "another big step" in the never-ending evolution of aircrew training in the RCAF.

"For decades the school has worked with 402 "City of Winnipeg" Squadron to accomplish its mandate of producing wings-qualified ACSOs and AES Ops," he added. "Now, these two units, who have been working towards

a common goal for so long, are coming together as one."

He also called working with LCol Campbell a pleasure.

"Together, we have seen this evolution become a reality," remarked LCol Defer, who will be posted to 16 Wing Air Reserve Flight, CFB Borden, as the Chief of Staff.



Incoming 402 sqn Commander LCol Kyle Rosenlund, 16 Wing Commander Colonel Yvonne Nicole Thomson, Outgoing 402 sqn Commander LCol Trevor Campbell and Outgoing 1 CFFTS Commander LCol Russell Defer sign the command scrolls at the combined 402 Squadron/1CFFTS Change of Command at 17 Wing, Winnipeg on July 7, 2015. Photo: Cpl Paul Shapka

# 402 Sqn Holds 5th Annual Grizzly Challenge

By Sgt Sven Fritsch  
402 "City of Winnipeg" Squadron

On the 13th of June, a group of 31 CF members and two civilians converged on Birds Hill Park, Man., to participate in the Fifth Annual 402 Squadron "Grizzly" Challenge. The goal of this grassroots bicycle ride is to ride 1 km for each Canadian Armed Forces member lost in Afghanistan, and to raise monies for the Soldier On Fund.

The course was designed to allow both novice and experienced cyclists the opportunity to participate as individuals or in teams to cover the required distance. After a quick brief, and moment of silence, all riders rolled off into the beautiful morning.

The weather was perfect; the best we have had yet, although it did become quite warm in the afternoon and this was evident on more than one rider's face. There were a few people that became "wobbly" owing to the level of exertion. WO Lajoie became the poster child for a "before and after" of hydration and nutrition. Between lap seven and lap eight, he was physically and physiologically drained. He upped his electrolytes by drinking Gatorade, ate a banana to increase his potassium, and became a new rider. The importance of nutrition and hydration on a long, physical and demanding journey became well-imprinted upon the cyclists as they continued on the route. All of our training rides had been on typical Manitoba flat roads so many a cyclist could be heard

cursing the dreaded East Gate Hill.

This was the the first year we had the names of all the people lost in Afghanistan chalked on the route. It was a powerful message to all riders and drove home the importance of why we were on this ride together and what real sacrifice is. This was the idea of Tami Smith who organized a group of volunteers to go to Birds Hill Park the night before, to write the names on the route. While they were writing the names a group of cyclists stopped and asked them what they were doing and when Tami explained they asked if they could write some names too! It became an event. They would ride a lap and then write some names. It made a huge impact on everyone involved and really made the entire event more meaningful.

Although training started a bit later in the season, it ultimately turned out to be the best group we have ever ridden with. MCpl Erwin and I have taken people on individual and training rides for over ten years now, so we have lots of experience. Our methods are clear: get the most out of each rider without overwhelming them. The first ride was an easy 30km jaunt up to the Forks. After that ride ended, I sent out an e-mail to all the riders saying, "If you can do 30 km you can do 45km." Encouragement and motivation lets people know this journey is completed one kilometer at a time.

We rode for hours, achieving longer distances and greater speeds. Two of our training rides were completed on the highway and those turned out to be the favourite rides for most people. We learned about hydration, nutrition and endurance cycling as some riders were destined to be on the course for almost eight hours!!

The winner of the Banana Award went to Maj Cindy Pettitt. She was the last rider to complete the 158 km distance. This meant that she dug the deepest of the bunch but kept pushing on and on. Congratulations

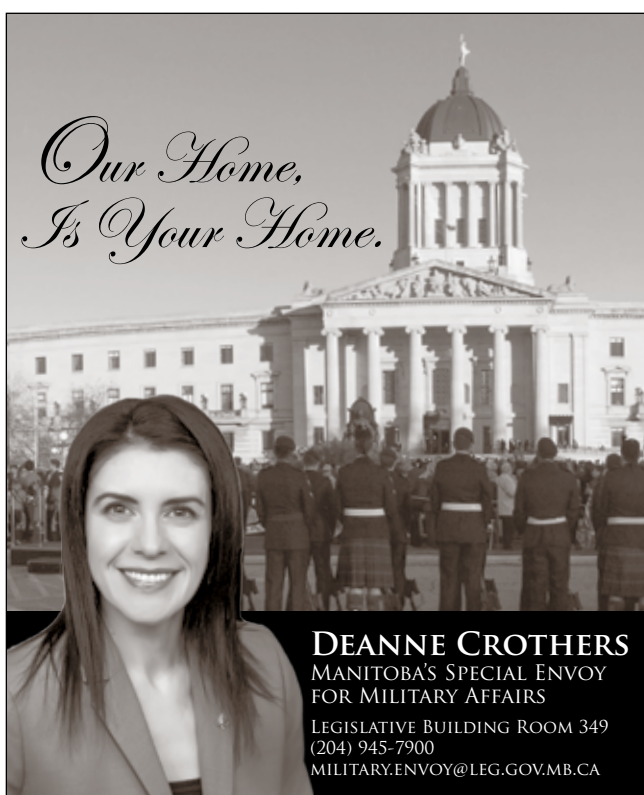
Ma'am!

Despite the physical and mental challenges, a total of over 3100 kilometres was completed. (That's one third of the length of Canada's land border with the United States, which is 8891 km.) This year we had ten riders complete over 100 km for a "Metric" century, three riders completed 158 km, and five riders completed 161 km (or a 100 mile "Century"), and a stepping stone for bigger and longer rides, this event was successful in helping every cyclist increase their fitness level.

Another success was our ability to raise more money than in previous years. We exceeded our expectations and raised over \$2000 for Soldier On. The Soldier On Fund is an organization created to work with retired and serving members of the Canadian Armed Forces with any illness or injury. They work with the member and create an environment of awareness and support through physical activity.

The Challenge's successes would not have been possible without the help of all our volunteers, supporters and sponsors. Special thanks to: LCol Campbell for allowing the event to happen, participating in it, and supporting organised sport; Maj Pettit for permitting the training rides to take place during work hours and for participating in the Challenge herself; and, MCpl John Erwin for planning routes, being the best SAG, taking many pictures and offering endless advice to all the riders. Special thanks are also owed to MCpl Shawn Smith and his wife Tami, who are off to 14 Wing. They were the voice of the event to the sponsors, and organized the volunteers who wrote, in chalk, all the names of our lost soldiers along the route adding a somber message and powerful motivation for the ride.

Finally, a big "thank you" goes out to our sponsors - Alter Ego Sports, Tim Hortons, and Canada Safeway - who provided their support to our event.



Members, friends and family of 402 "City of Winnipeg" Squadron took on the trails and roads of Birds Hill Park on 13 June 2015 as part of their annual "Grizzly Challenge". Together the group cycled over 3100 kilometres by the end of the day. Photo: Submitted

# Summer Camp in Full Swing at 17 Wing



Clockwise from top left: Campers and Councillors at the MFRC Kidventures Summer Day Camp ham it up under a canvas lean-to. Campers at the 17 Wing Community Recreation Summer Sports Day Camp make sock puppets under the noon sun. MFRC campers and councillors have a smashing good time playing tennis baseball. PSP Campers learn how to make their own sock puppets. Photos: Martin Zeilig. **For more information on, or to register for, the 17 Wing Community Recreation Summer Sports Day Camp go to [www.pspwinnipeg.ca](http://www.pspwinnipeg.ca) or call 204-833-2500 ext 5129, 5976, or 2057. For more information on, or to register for, the MFRC Kidventures Summer Day Camp, call 204-833-2500 ext 4500.**

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## CFB Winnipeg Participates in LGov Investiture



Rain did not dampen the spirit of The Honourable Janice Filmon as she was sworn in as Manitoba's 25th Lieutenant Governor on Friday, June 19. Canadian Armed Forces members from 1 Canadian Mechanized Brigade Group, 38 Canadian Brigade Group, 17 Wing Winnipeg and HMCS CHIPPAWA provided two 15-gun vice-regal salutes, a 50-person Guard of Honour, a ceremonial band performance and a vice-regal fan-fare as part of the official installation ceremonies at the Manitoba Legislature. The video from the ceremony may be found on the Lieutenant Governor's website - <http://www.manitobalg.ca/>.

# Wingin' It Team Raises Over \$2,400 for Heart and Stroke Foundation

On June 16th, 28 members of CFB Winnipeg crowded onto a bike to help raise awareness for the Heart and Stroke foundation. This was in addition to the \$2,400 that they had raised for the annual Big Bike event. The riders, who came from PSP, Wing Admin Branch, 1 CAD and more, pedalled the huge bicycle around downtown Winnipeg accompanied by a soundtrack of disco hits while waving noisemakers, much to the bemusement of passerby. The event is an annual event that helps raise over \$8 million annually for research into heart disease and strokes.



For more photos from around the base and within the military community, make sure you check out the Voxair's Facebook page:

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# Soldier On Fishing Derby



It's summertime, and the fishes were jumping as the Walleye Anglers Association of Manitoba hosted a Fishing the Red River Derby in association with the Soldier On program. Members who are involved with Soldier On were taken on a day long angling trip along the Red River on Sunday, June 7th, with all transportation and provided, as well as a free BBQ event. It was a fantastic and relaxing day of fishing for all involved. Photos: Garry Frankel



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# Retired NPF Accounting Manager Says Thank You



Thanks to Lisa Blake for the shock as we drove onto the Base. I would like to express my appreciation to everyone who contributed to the wonderful gifts and those that shared a great time with me on my retirement day. I will miss all of you. - Gina Neufeld  
Photo: Mike Sherby

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## Wing Comptroller Holds COC Ceremony



L to R: Lieutenant Commander Nicole Prowett (outgoing Wing Comptroller) Colonel Joel Roy (17 Wing Commander) and Major Pauline Quaghebeur (incoming Wing Comptroller) sign the scrolls during the Change of Appointment ceremony held at the Officers Mess, on July 3rd, 2015. Photo: Cpl Gabrielle DesRochers

## CFSAS Welcomes New Commanding Officer



L to R: LCol Pierre Viens, incoming Canadian Forces School of Aerospace Studies Commanding Officer, Col Nicole Thomson, 16 Wing Commander and LCol Daniel DesRochers, outgoing CFSAS Commanding Officer, sign the scrolls during the Change of Command of CFSAS at the Officers Mess, on 6 July, 2015. Photo: Cpl Gabrielle DesRochers

## CFSAS Students Successfully Complete 67th ASC

By LCdr James Cantafio  
Training Development Officer, CFSAS

The Canadian Forces School of Aerospace Studies (CFSAS) successfully conducted its 67th serial of the Aerospace Systems Course (ASC) at 17 Wing, Winnipeg.

ASC is a long-standing, eleven-month course with roots stemming back to the post-World War II era. ASC provides the necessary skills and knowledge to prepare selected officers and senior non-commissioned members to work in aerospace related projects and operational test and evaluation. Specifically, students on the ASC learn to perform systems analysis, define technical requirements, and to participate in the project management and evaluation of military aerospace systems. ASC graduates are generally assigned to aerospace related projects, research and development facilities, and to test and evaluation organizations with the Department of National Defence and the Canadian Armed Forces.

ASC attracts students from across the Royal Canadian Air Force (RCAF) and around the world. Of this year's graduates, eight were RCAF officers, including Captains Akolkar, Cabot, Charland, Collingridge, LaRoy, Rodriguez, Veenhof, and Lederle. Foreign students who attended this year's course included Lieutenant Andrew Serchen, an Aviation Weapons Officer from the Royal

Australian Navy, and Captain Cris Tolentino Jr., an Air Weapons Controller from the Philippine Air Force.

Besides attending technical classes, producing a major research paper, and delivering formal presentations, ASC staff and students participated in local and international visits to meet other military, civilian, and industrial aerospace stakeholders to gain the latest insights on technology, management, effective communications and engineering processes. As Maj Tim McClure, a seasoned instructor on the course points out, "ASC builds upon their previous experiences so that graduates of this programme are in a better position to understand the real world challenges and opportunities that exist within the aerospace world".

The ASC continues to be an evolving cornerstone of advanced officer professional development at CFSAS for the RCAF. The course recently underwent a comprehensive study to align the course content and to validate its purpose to meet current employer's needs. Furthermore, academic collaboration between CFSAS and the University of Manitoba ensures that current and future aerospace needs are be-

ing studied. The ASC continues to benefit the RCAF by providing the professionalism, expertise, and leadership needed to better meet the operational needs of today and tomorrow. Congratulations to this year's ASC graduates!



ASC 67 graduates. Captains: Back row - LaRoy, Collingridge, Charland, Veenhof, Lederle; Front row - Totentino, Cabot, Rodriguez, (Lieutenant) Serchen, and Alkolkar. Photo: Submitted

## Wing Admin Branch Promotions



LCol Clouter (left), W Admin O promoted Sgt Vigneault (centre) to her new rank on 17 June, assisted by CWO Clark (right), the W Admin Br CWO. Photo: Submitted



LCol Clouter (left), W Admin O promoted Cpl Rollie (centre) to his new rank on 26 June, assisted by CWO Clark (right), the W Admin Br CWO. Photo: Cpl Darryl Hepner



LCol Clouter (left), W Admin O promoted WO Bonkowski (centre) to his new rank on 26 June, assisted by CWO Clark (right), the W Admin Br CWO.. Photo: Cpl Darryl Hepner

# Player's Cup Military Appreciation Day



LCol Jay Nelles, Maj Charleen Macculloch, MWO Heidi Twellman, MCpl Paul Vielfaure, Maj Peter Sliwowski, and Cpl Jonathan Ilag get one on one instruction from golf professionals during a military appreciation clinic at Pine Ridge Golf Course during The Player's Cup, a PGA tournament at Winnipeg, Manitoba on July 11, 2015. Photo: Sgt Bill McLeod

By Martin Zeilig  
Voxair Photojournalist

Though her swing was not as smooth as those of the professional golfers she had just been learning from, Major Charleen MacCulloch, 17 Wing Personnel Services Chief, still said she benefitted from their instructions.

Maj MacCulloch and a number of other CAF personnel were in attendance at a free golf clinic at the Pine Ridge Golf Club on Saturday, June 11. It was Military Appreciation Day during Round Three of The Players Cup, which is the 5th event on the PGA TOUR Canada's 2015 schedule

She said that the clinic a fantastic opportunity to learn new skills.

"It's really great that the PGA can take time out of their busy schedule to teach us these skills," she said after taking a few shots with her five iron. "One of my biggest takeaways was to be relaxed, stay loose and just swing. I'm happy to be here."

The clinic was taught by PGA Canada Tour pros Ross Beal, Nathan Tartar, Matthew Smith, Ben Silverman, and Sam Saunders. This was the second year that Silverman, 27, had done a clinic for the CAF at the Players Cup.

"It's a good chance to give back to people who want to listen and learn, and who help make my country a

safe place to live and grow up in," said the second year golf pro.

All CAF serving members, veterans and the families of current and former CAF members were admitted free of charge for the entire tournament, July 9-12.

Besides the one-hour afternoon golf clinic, there were three different CAF member in full dress uniform taking turns at the 18th hole as flag attendants, and a CAF tent and vehicle were set up by the 16th hole. To cap the event off, a donation to Solider On was made.

"When the caddy takes the pin from the cup, he passes it to us, and then we put the flag back into the cup," said Warrant Officer Dan Malone, who works at 1 Canadian Air Division, of his duties for the day. He only recently was transferred to 1 CAD from CFB Cold.

"I volunteered to do this," WO Malone said. "It's great to come out and meet the public in a relaxed setting."

As he waited for the next twosome to finish their putts, Aviator Mani Khan, an aircraft technician at 402 Squadron, waited at the edge of the green with the flagstick held across his torso.

"I think it's great to meet new people and to represent the Canadian Armed Forces here," he said. "We can't let the flag touch the ground. We hold it till the golfers are done, and just put it back in the hole and give it a salute. I'm loving the environment here."

# 2CAD Holds CWO COA



Incoming 2 CAD CWO J.O.P. Jette, 2 CAD Commander Brigadier General B. Ploughman and outgoing 2 CAD CWO D. Matthews sign the Change of Appointment scrolls at the 17 Wing Officers mess, June 18, 2015. Photo: Cpl Paul Shapka

## Update: 17 Wing Community Helps Father in Need

By LCdr James Cantafio  
Training Development Officer, CFSAS

Captain Cris Tolentino, an international student who recently attended the 11-month Aerospace Systems Course (ASC) at the Canadian Forces School of Aerospace Studies (CFSAS), wishes to thank the greater 17 Wing community who raised funds to help save his father's life back in the Philippines.

Many people learned about Captain Tolentino's story when they read about his father in the April 22nd edition of The Voxair. Capt Tolentino, a native of the Philippines, had received news earlier in the spring that his 58-year old father, Cris Senior, was diagnosed with a life-threatening condition. Extensive and expensive medical care was needed in order to save his life.

To help alleviate some of this financial burden and help out a family in need, Capt Tolentino's Winnipeg colleagues and friends decided to volunteer and help raise funds within the community. As part of the charity campaign a fundraising party, locally known as a Manitoba Social, was held at Assiniboia Downs on April 25th, 2015 where money was raised through ticket and raffle sales. Weekly BBQs and personal donations made online through social media and websites also contributed to raising awareness and funds towards the charitable cause. According to the fundraising campaign coordinator, Ms. Geneviève DeGagné, over \$15,000 CAD was raised.

Captain Cris Tolentino wishes to thank the 17 Wing community for their efforts to help and support him during this difficult time; especially all of his friends at CFSAS. "Thanks to my friends... what you have done has helped prolong my father's life", said Captain Tolentino, adding; "Now we plan to take on the fight for my father's life back home in the Philippines".



Capt Cris Tolentino (centre) with father Cris Tolentino Sr. (left) and mother (right). Photo: Submitted

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For many Canadians, summer is quite possibly the most appreciated season. As winter blends into spring, even the most enthusiastic wintertime people find themselves looking forward with great anticipation to warmer weather. With longer daylight hours and warmer temperatures that brilliant sunshine beckons. Summer is simply a fabulous time to get outdoors and be active! So, why not make yourself a "bucket list" with these 36 great ideas of things YOU can do to have fun this summer.

### Your Summer Fun Bucket List 2015:

- |   |  |
|---|--|
| <input type="checkbox"/> See a local sports game like baseball.                             | <input type="checkbox"/> Play mini-golf with friends and/or your kids  |
| <input type="checkbox"/> Lie on your back and watch the clouds.                             | <input type="checkbox"/> Learn how to hula-hoop.   |
| <input type="checkbox"/> Bike along a Trans-Canada Trail.                                   | <input type="checkbox"/> Make a music video.   |
| <input type="checkbox"/> Make the best frozen yogurt Banana Split...ever!                   | <input type="checkbox"/> Grow a tomato or zucchini plant.  |
| <input type="checkbox"/> Take a nap under a tree.   | <input type="checkbox"/> Walk barefoot in the sand or grass.   |
| <input type="checkbox"/> Plant an herb garden.  | <input type="checkbox"/> Write a poem.   |
| <input type="checkbox"/> Create a delicious mocktail using fresh fruit and sparkling water. | <input type="checkbox"/> Read a book.  |
| <input type="checkbox"/> Go swimming at a local outdoor pool.                               | <input type="checkbox"/> Organize a neighbourhood BBQ party.   |
| <input type="checkbox"/> Watch the sunrise.   | <input type="checkbox"/> Volunteer in a local community event.   |
| <input type="checkbox"/> Watch the sunset.  | <input type="checkbox"/> Go fishing.   |
| <input type="checkbox"/> Learn to grill a pizza on your BBQ.                                | <input type="checkbox"/> Sleep in your backyard.   |
| <input type="checkbox"/> Eat some fresh local fruit and make your own yogurt dip.           | <input type="checkbox"/> Create a photo journal that will capture your most favorite memories of the summer. |
| <input type="checkbox"/> Skip stones at the lake.   | <input type="checkbox"/> Go hiking with some friends.  |
| <input type="checkbox"/> Run through a sprinkler.   | <input type="checkbox"/> Visit the local library and pick up their summertime reading list.                  |
| <input type="checkbox"/> Visit a flower garden.   | <input type="checkbox"/> Go geo-caching.   |
| <input type="checkbox"/> Have a backyard dance party.                                       | <input type="checkbox"/> Go camping.   |
| <input type="checkbox"/> Go stargazing.   | <input type="checkbox"/> Go to a fair or festival.   |
| <input type="checkbox"/> Enjoy some fireworks.  | <input type="checkbox"/> Walk your dog somewhere you have never been before.                                 |




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## REGULAR MEMBERSHIP

Must be a member of DND, Reserve Force, or a Charter member or Former Military

What is included in my membership?

- ✓ Unlimited and Unrestricted Golf
- ✓ Personalised Membership number
- ✓ Monthly Membership Newsletter
- ✓ Full use of Clubhouse Facility and Practice Green
- ✓ Access to all Member Events
- ✓ Complimentary use of Handicap Computer
- ✓ Priority booking of Clubhouse Facility or Course for events
- ✓ Full access to all Leagues as well as Club Championship
- ✓ Reduced Spouse and Junior Memberships

## ORDINARY MEMBERSHIP

Must be serving RCMP or DND Civilian, Retired RCMP or DND civilian

What is included in my membership?

- ✓ Unlimited and Unrestricted Golf
- ✓ Personalised Membership number and Gate Access
- ✓ Monthly Membership Newsletter
- ✓ Full use of Clubhouse Facility and Practice Green
- ✓ Access to all Member Events
- ✓ Complimentary use of Handicap Computer
- ✓ Priority booking of Clubhouse Facility or Course for events
- ✓ Full access to all Leagues as well as Club Championship
- ✓ Reduced Spouse and Junior Memberships

## ASSOCIATE MEMBERSHIP

Non DND Civilian, Requires nomination by CFB Wpg Golf Club member in good standing, or interview with General Manager and executive approval

What is included in my membership?

- ✓ Unlimited and Unrestricted Golf
- ✓ Personalised Membership number and Gate Access
- ✓ Monthly Membership Newsletter
- ✓ Full use of Clubhouse Facility and Practice Green
- ✓ Access to all Member Events
- ✓ Complimentary use of Handicap Computer
- ✓ Priority booking of Clubhouse Facility or Course for events
- ✓ Full access to all Leagues as well as Club Championship
- ✓ Reduced Spouse and Junior Memberships

## Alcohol, Other Drugs and Gambling: Supervisor's Training

12 August (0800 - 1600 hrs) and  
13 August (0800 - 1200 hrs)

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

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

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

12 août (8 h à 16 h) et  
13 août (8 h à 12 h)

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

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

LEARN MORE ABOUT  
ALCOHOL, OTHER DRUGS  
AND GAMBLING  
— TWELVE MODULES AVAILABLE

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LES AUTRES DROGUES  
ET LE JEU EXCESSIF  
— DOUZE MODULES DISPONIBLES

For more information, contact your local Strengthening the Forces Health Promotion Office or visit our website at [www.17wingwpggolf.ca/health-services/english](http://www.17wingwpggolf.ca/health-services/english)

Pour plus d'informations, contactez votre bureau local de renforcement des Forces ou visitez notre site web à [www.17wingwpggolf.ca/health-services/francais](http://www.17wingwpggolf.ca/health-services/francais)

To register, contact Health Promotion at local 4150



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## Upcoming MFRC Programs and Events

**OUTSIDE PLAY DAY**

Wednesday, July 22 (rain date July 29)

From 9:30 to 11:00 a.m.

Play yard between Westwin Community Centre and Bldg 90)

Parent participation required

Parents and children infant to 5 years old will meet for some fun outdoor play. Slather on the sunscreen and meet us at the play yard located between the Westin Community Centre and the gym. Toys, snacks and fun provided. If it is rainy we will meet indoors at 630 Wihuri and try for an outside party on July 29.

**VILIA SPICE BOX FOOD TRUCK**

Tuesday, July 21 from 3:30 to 7:00 p.m.

Participants are required to pay for their own meals—CASH ONLY

Vilia Spice Box Food Truck will be parked in the MFRC parking lot for you to come and buy your dinner.

Delicious, healthy options, affordable and fresh food for you and your family.

Menu includes: Spring Rolls; Summer Rolls, Crab Rangoon; Bangkok Sandwich; Bollywood Veggie Wrap and more!

**CRAFT DROP IN DAYTIME**

Tuesday, July 28 from 9:30 to 11:30 a.m.

Free child care for children 18 months to five years.

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

**COLOUR ME CALM**

Tuesday, July 28 from 6:00 to 8:00 p.m.

\$15

Childcare available for children 18 months to five years with pre-registration by July 20.

Registration deadline: July 20

Think colouring is just for kids? Think again.

The therapeutic benefits of colouring for adults are plentiful. As an activity, colouring can reduce stress, increase mindfulness, stimulate creativity and connect us with our feelings.

Join us for a comfortable evening of colouring and conversation (if you want it). Snacks and supplies will be provided. Each participant will receive a grown up colouring book and either crayons or coloured pencils to keep. Please note: This event is for adults only. Children may not register for this program.

**HAPPINESS IS...**

**(THE HAPPINESS PROJECT)**

Wednesday, July 22

from 6:30 to 8:30 p.m.

Cost: \$10.00 (first time registrants only)

Free child care for children 18 months to five years with preregistration by July 10

Are you interested in consciously creating happiness within your life? This group will meet monthly to discuss, share and support each other as we focus on practical ways to make our lives more fun.

Based on the International Bestseller "The Happiness Project". Each group member will receive a copy of the book to read and reflect.

**YOUTH CENTRE**

The MFRC Youth Centre on 347 Doncaster St is open Monday to Friday during the Summer, hosted by Green Team. Please see below for hours of operation.

Youth Centre Hours of Operation

South Side (6-13 year olds)

July 6—August 28

Monday to Friday 10:00 a.m. to 4:00 p.m.

This Summer the Youth Centre will be hosting a variety of craft activities, games and field trips that are sure to make things interesting. Mondays and Wednesdays will be craft and group oriented activities. Tuesday and Thursday will be food activities for youth to create together. On Friday, July 24 staff will be taking the kids for an ice cold treat from Dairy Queen on Grant Avenue. Be sure to bring your permission forms. July will also host tie dye, smoothies, obstacle courses and more!

For more detailed information about the centre and its activities please see the attached calendar. If you have any further questions or concerns please communicate with either Megan or Sam (Green Team staff) or Daniel Winters (Green Team supervisor) during operational hours or by calling 204-488-8563 or by email at [mfrckids@hotmail.com](mailto:mfrckids@hotmail.com).

### MFRC Summer BBQs

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

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

BBQs will take place on alternate Thursdays:  
July 23

August 13 and 27

Be sure to mark your calendars and join us!

**MFRC BBQ PRICES**

Hamburger & Drink \$5.00

Smokie and Drink \$4.00

Hot Dog and Drink \$3.00

Drinks \$1.00

Chips \$1.00



**MFRC FREE! movie night** under the stars at the MFRC

**Tuesday 25 August**  
MOVIE STARTS AT 8:30 PM

**PIZZA** AVAILABLE FOR PURCHASE FROM 5:00 - 7:30 PM

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Beautiful Two-story house in East Fort Garry. 3  
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## HOUSE FOR SALE

2002 1385 sq foot Bungalow for sale in Niverville.  
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unless space permits or specified otherwise.

# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** List what needs to be done then logically and honestly consider what's really possible to complete. Then factor in how you feel about doing it. Don't disregard your emotions as they will affect your efforts and the outcome. If you don't want to do something, pay a professional

**Taurus (April 20 – May 20):** Put the majority of your time into reaching an important goal. Your confidence will determine how far you go. Think things through logically but be open to the quirks of life that can work in your favor. Believe in yourself, believe in your dreams and take a leap of faith.

**Gemini (May 21 – June 21):** Consider options but don't get stuck thinking on things too long or you'll lose the advantage you have right now. Drama and gossip are distracting, so avoid getting drawn into it. Trust yourself to make good choices. Do one thing a day to fulfil a commitment to yourself.

**Cancer (June 22 – July 22):** Spend time with those you love even if it's not a special occasion. Enjoy small pleasures. Ask for assistance to complete tasks. Brainstorm with those who think outside the box before making decisions. Consider the root cause of someone's words before you react to them.

**Leo (July 23 – August 22):** If you want something, go for it. Competition might be stiff but you thrive on proving your competency so see it as a means to motivate yourself. Work to build bridges with those who can further your plans. Be patient and discerning. Focus on the facts. Avoid making assumptions.

**Virgo (August 23 – September 22):** Focus on bringing your lifestyle into line with what you enjoy most. Create goals with a timeline. Live in the moment with authenticity and you will feel less exhausted and overburdened. A change of attitude can have a huge impact even when your reality remains the same.

**Libra (September 23 – October 23):** Be creative and you'll accomplish more. If you attempt to save money by going for the least expensive option, you will get what you pay for. If you decide to do repairs yourself be realistic about your ability, time and energy. Avoid accidents - be alert when doing your work.

**Scorpio (October 24 – November 21):** Base current decisions on your core beliefs because they result in long term commitments that have an impact far into the future. Be "real" and this will encourage others to do the same. Honesty is the best policy. Try to be comfortable with giving and receiving equally.

**Sagittarius (November 22 – December 21):** Expect good news. Practice gratitude for all that you have. Your enthusiasm encourages others. Some aspects of your life have been out of balance for a while. You can't change the past but you can do things differently in the future. Give respect and you'll get respect.

**Capricorn (December 22 – January 19):** It's time to make your move. If your friends aren't on board, strike out on your own. You feel driven to realize your potential. Your soul is urging you to dive a little deeper into life. Seek wise guidance on how best to proceed. Ultimately, the goal is to be happy

**Aquarius (January 20 – February 18):** Your current lifestyle may feel limiting but is it really? Or is this an excuse you use to avoid taking risks? Be creative in finding ways to work around what seems to be holding you back. An unconventional individual could help you solve a dilemma.

**Pisces (February 19 – March 20):** New business opportunities come your way. Contact people, initiate meetings, present new ideas and promote yourself in new ways. Assist others by giving practical advice on how to meet challenges. Reaffirm your commitment to leading a heart-centered life. Breathe.

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CRIBBAGE: Thursdays at 7:30 pm  
DANCING: Friday 8:00pm-12:00am  
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

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# Chaplain's Corner

## The Media Diet: Go Offline and Enjoy the Summer

By Padre C Baxter

The school year has ended for the summer, leave has been planned, reservations are made and family visits planned. The long (hopefully) warm sunny and pleasant days of time off during the summer are here. And yet with the happy anticipation of picnics and parties, visits to festivals and extended family, adventures in the mountains or elsewhere we can become so easily distracted. For our own mental and spiritual health and also for our families now is the time to think about and act upon how we can better manage our online lives and the devices that make it all happen.

There is very seldom any escape from the tweets, texts, truckloads of e-mail, breaking news bulletins, celebrity gossip, online gaming and so much more that interacting with the "real" world becomes much more of an effort. We stay immersed in consuming this media soup often by choice and convenience. To do so to the exclusion of those near to us, however, is harmful and can make us far less resilient to the challenges of life. So rather than gorge ourselves on media consumption this is a good season to consider a type of media diet.

We lead by our own example. We do this by the choices we make in how we spend our time. Others, most especially our children, will take cues from these choices. Do we focus on what our son our daughter tells us about their day, or are we pecking at a smart phone? Do we give the people we work with (and for) our full attention, or we glancing at the latest BlackBerry message? When we become too accomplished at juggling many tasks at once, to multi-task well, this will lead us eventually to a place of failure and confusion. By staying on this distracted course we lose the ability to really focus what matters the most. Being able to shut off the seemingly urgent messages for a few minutes of deep thinking in order to solve a problem or resolve a dilemma is a skill that needs to be exercised and developed. So just as we do so with our bodies on these warm summer days, let us take some steps to do so with our inner selves.

Find some time to do something real with those near to you this week. This can be a board game on a rainy day (remember those?) or a play date with the family. It can be a barbecue, a hike in the woods truly almost any fun summer activity. There is, however, one choice we have to make first. We must put the smart phone away in a drawer. We must set the tablet back on the charger. Turn off the television and the game console. Put the computer to sleep for a while. It may even have to come to unplugging the internet router for an hour or two. But be brave! Everything will still be there an hour or two later. Somehow the Kardashians will manage to muddle through even if we don't get to read their twitter feed in real time.

By our choices we shape our own lives and provide a model for those near to us. Let us be worthy of this honour by spending time truly paying respect and attention to one another. Let us find the time to enjoy the brief time of warmth and fair weather here in the prairies in a way that will edify and strengthen us for the challenges in life yet to come!



Image courtesy of Photokanok at FreeDigitalPhotos.net

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## Faith and Life

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

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

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

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

### CHAPLAINS

**Padre Jack Barrett**  
(Anglican) - Wing Chaplain ext 5417

**Padre Lesley Fox**  
(United Church) - Chapel Life Coordinator ext 5272

**Padre Christopher Donnelly**  
(United Church) ext 5785

**TBA**  
ext 5087

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

17 Wing  
204 833 2500



17 Wing Community Chapel  
2235 Silver Avenue  
(Near Whytewold)



Administrative Assistant  
Ms. Jaye Rynar ext 4584

### CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

### CHAPLAINS

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

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

**SUNDAY MASS** (Bilingual) 1100 hrs  
**COMMUNITY SERVICES**

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

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

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

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

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

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

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

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

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

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