



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

May 18, 2016

VOLUME 65, ISSUE 10

FREE

17 Wing Commander's Challenge Takes Off



The Wing Commander's Challenge helped launch the Health and Wellness Challenge on Wednesday, May 11. The rain ended just in time to make the run a pleasure although some street flooding caused the route to divert that morning. Photo by MCpl Rick Ayer.

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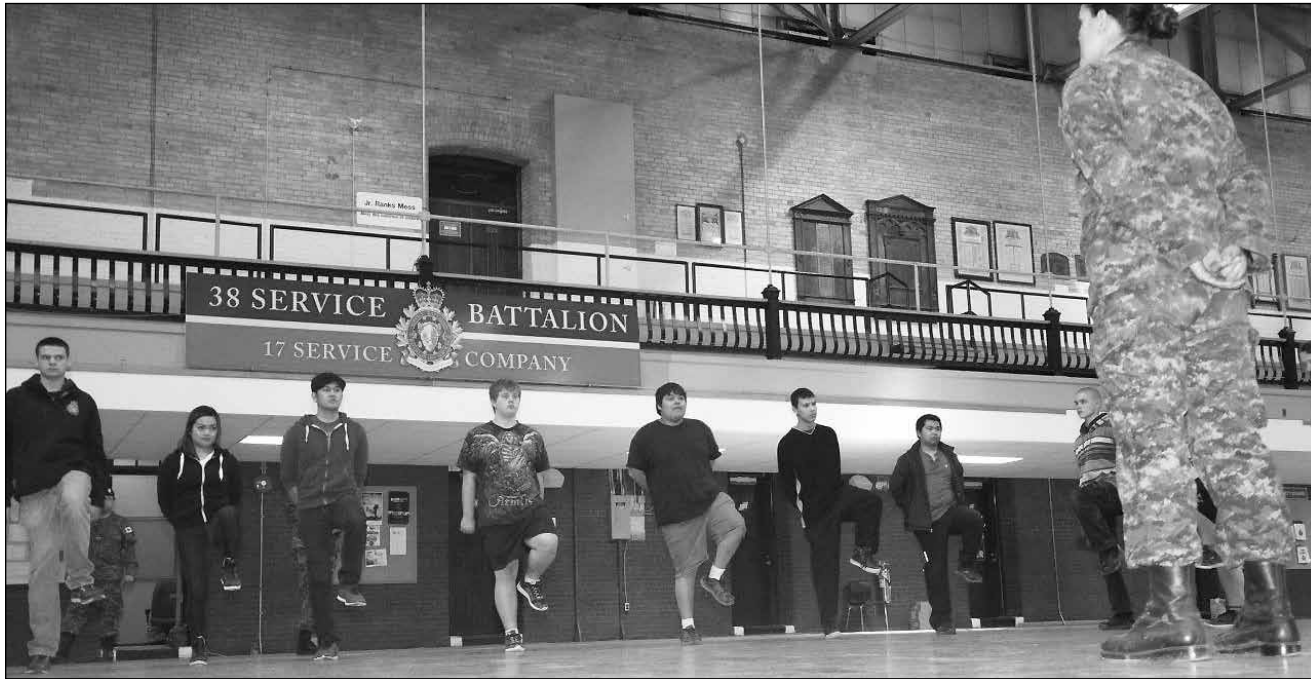
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Soldier For A Day with 38 Service Battalion



Corporal Chantal Chapil leads participants through some basic drill lessons during 38 Service Battalion's Soldier for a Day held at Minto Armouries in Winnipeg on April 30, 2016. Photo: 2Lt Stacie Nelles, 38 CBG PAO.

within 38 Svc Bn, the group was ready for some hands-on activity, including lunch. For these soldiers for a day, field meals are as mysterious a code to be cracked, as the workings of a C7 and the three squads of standing at attention.

At lunch, the Individual Meal Packages (IMP's) were well received, with one participant asking if he could take one home!

Then the moment they were all waiting for: hands-on C7 training, but not before an in-depth introduction and safety briefing. First impressions? "I knew it was going to be heavy and I would need to work on my strength," says Daquigan. "All those video games, they lied to me," he quipped. The group learned that weapons handling is certainly not as easy as it looks.

A short but well executed lesson in drill rounded out the experience for the recruits, which, to some, "felt like real basic training."

"The feedback from participants has been pretty positive," said Arkle. "They're very interested in everything that we're doing here. At the end of the day, we may be drivers and technicians, but we're soldiers first." And that's what participants came to learn.

by 2Lt Stacie Nelles, PAO, 38 Cdn Brigade Group

"This Relay - make safe!" ... Huh? Well it was their first day with a C7A2 (C7) assault rifle, after all.

With all the buzz of first-day-of-school excitement, 22 participants, aged 16 to 45, dove into the world of the Canadian Reserve Force — 38 Service Battalion (38 Svc Bn) style. Soldier for a Day was hosted by the unit on Saturday, April 30th, in order to give curious civilians a glimpse into what goes on behind the walls of Minto Armouries in Winnipeg.

It wasn't quite basic training for these "temporary recruits", but they were certainly in for a ride. Lyndon Jr. Daquigan, 19, said the day met his expectations, but he realized early on that he didn't need to be as nervous as he initially felt. Jessica Andrada was very excited to get started "because you get to learn new things you haven't seen anywhere else."

Participants "get to see how the service battalion operates," explained 2Lt James Arkle, 17 Service Company's 2IC. The event promotes recruiting and helps participants gain a better insight into the Reserves. For students, "we know that it's attractive because it works with their schedule as an exciting part-time job during the school year, with full-time opportunities in the summer."

After tours and briefings on the various trades



Soldier For A Day participants look on curiously as they are served Individual Meal Packages for lunch. Photo: 2Lt Stacie Nelles, 38 CBG PAO.

SISIP Book Winners Read For Wealth



John Clary, Mgr. SISIP, presenting Corporal Guillaume Hudon with a complimentary copy of *The Wealthy Barber Returns* by David Chilton and \$250.00 CAF Savings Plan TFSA. Pierre Goulet, Associate Vice-President Client Services Delivery SISIP, had given a briefing on Simple Savings Solutions. His talk, which took place on April 21, was attended by 77 people at the Netherlands Theatre in Building 135. All attendees received a free copy of Chilton's book, and could enter to win the \$250 TFSA. Both Photos: Supplied



David Hight, Insurance Rep/Investment Funds Advisor for SISIP, presents Aviator Anna Walsh from 3CFFTS Southport being presented with a free copy of *The Wealthy Barber Returns* by David Chilton, and other material. Av Walsh was one of 104 attendees at a presentation, entitled Simple Savings Solutions, given by Pierre Goulet, Associate Vice-President Client Services Delivery SISIP, at Southport. Copies of Chilton's book are available for free at SISIP. Just set up an appointment to pick up your copy.

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Derksen Printers
204-326-3421

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VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col Cook. 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.

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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

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Nature around and near 17 Wing Sports Trivia

by Martin Zeilig, Voxair Photojournalist

One does not have to go far afield to experience some of Winnipeg's natural heritage.

For example a walk or a casual bike ride down the 3.5 metre wide, 5.5 kilometre long asphalt Yellow Ribbon Greenway Trail near 17 Wing will reveal some scenic sites with a surprising amount of biodiversity.

This fairly new multi-use pathway, named in honour of the Canadian Armed Forces, provides a crucial east west link in Winnipeg's trail network, notes the City of Winnipeg website.

"The westerly end of the Yellow Ribbon Greenway connects into the Sturgeon Creek Greenway Trail system and the easterly end of the trail links to employment areas of the Canadian Forces Base, James Armstrong Richardson International Airport and continues on via on road cycling infrastructure to the Polo Park shopping areas," says the website. "One of the most captivating aspects of this stretch of trail is the opportunity to stand directly beneath incoming aircraft as they descend onto the runways of the James Armstrong Richardson International Airport."

Rod Penner, the City of Winnipeg Naturalist, observed that there is a contiguous natural area along Sturgeon Creek that comes from "way up north" of Winnipeg and flows into the Assiniboine River.

"The starting point on the west of the trail and the bank along Sturgeon Creek are recently naturalized areas," he said during a telephone interview from his office.

"The banks used to be mowed down to the creek. We've been reintroducing the native species and natural vegetation along the banks of the creek."

Some of the trees and shrubs that one can spot are American Elms, Green Ash, Manitoba Maple, and Red Osier Dogwood, noted Penner, adding that there's also quite a bit of Sandbar Willow along the banks.

"These are all native species being reintroduced," he stressed, while mentioning that another waterway, Truro Creek, a vital tributary of the Assiniboine River that runs through the Winnipeg James Armstrong Richardson International Airport, is an important site for fish spawning in the spring and provides habitat for ducks, dragonflies, frogs, and fingerling fish.

"The creek is also a corridor for all kinds of wildlife. We've seen mink moving along the banks of the creek. There's almost always a resident beaver family, and muskrats are commonly seen. There's definitely a chance of seeing a fox moving along Sturgeon Creek, even seeing a coyote is quite possible."

Then, there's the Living Prairie Museum, which Penner calls a natural gem.

Sarah Semmler, Museum Director at the LPM, said she wants people to realize that the museum represents a piece of ecological history.

"It's a relic of the prairie that once extended from southern Manitoba all the way to Texas," she explained during a conversation with The Voxair in the LPM's Interpretive Centre on a warm and windy afternoon in early May as warming sunshine streamed in through the room's large north facing windows.

Tall Grass Prairie takes its name from the dominant

grasses, namely Bluestem (Andropogon) and Indian Grasses (Sorghastrum) that grow well over one metre tall, says the website About the Prairies.

"This prairie once stretched across what is now the 'corn belt' of the United States of America and into southern Canada," continues the online information. "The main range of Tall Grass Prairie in Canada is a 6,000 square kilometre area along the Red River Valley in Manitoba, and a 1,200 km2 area of sandy soil in southern Ontario, between Lakes Huron, St. Claire and Erie."

Today, less than one percent of this endangered ecosystem remains in North America, said Semmler, who has a Masters of Science Degree in Entomology from the University of Manitoba.

"In 1968, a sub-committee of the International Biological Program surveyed Manitoba's native plant communities," notes a handout from the LPM.

"A high quality, uncultivated tall grass prairie site was discovered in the residential area of St. James-Assiniboia."

A large part of that original site was set aside in 1971 as a City of Winnipeg nature park - now the LPM.

The 13 hectare site features more than 150 different grasses and wildflower species in their natural habitat, says the brochure.

"You're looking at what southern Manitoba in the Red River region would have looked like before European settlement," Semmler said, adding that the Interpretive Centre is open from 10:00 am to 5 pm in May and June, and daily from 10 am to 5 pm in July and August, as well as those same hours in September till Thanksgiving.

This time of year, visitors can see the early emerging species, such as Queen Bumblebees and Leaf-cutter bees (both ground dwelling species), she noted.

"We'll start to see some of the early butterflies, like the Tortoise Shell Butterfly, Mourning Cloaks, and as things warm up we'll see Silvery Blue Butterflies, Spring Azures, which flit about your feet on spring walks," said Semmler, who also mentioned that the LPM's free Monarch Butterfly Festival will be held on July 17 and will include lots of crafts and activities for kids.

Some of the bird and animal species at the LPM and in the adjacent Oak and Aspen forest are the Thirteen-lined Squirrel (Striped Gopher), the odd Red Fox, Gold Finches, Savannah Sparrows, different types of Warblers, Chickadees, Dark-eyed Juncos, White Breasted Nuthatches, Downy Woodpeckers, the occasional Great Horned Owl or even a Long-Eared Owl, among other species.

"We'll even get bucks (White Tailed Deer) with antlers and fawns can be found resting in the tall grass," Semmler said.

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Sports Trivia

Mother's Day

by Tom Thomson and Stephen Stone

1. Who were the "Matchless Six"?
2. Who is the only Canadian woman to win an individual gold medal in track and field at the Olympics?
3. Who was declared Canada's woman athlete of the half century in 1950?
4. What Canadian athlete was nicknamed "Mighty Mouse"?
5. Who was the first Canadian to swim across the English Channel?
6. Who is the second place all-time goal scorer in women's international soccer?
7. Who is the only woman to win an Indy car race?
8. Who was the first two-time and three-time National Hot Rod Association Top Fuel drag racing champion?
9. Who was the first female hockey player to play in an NHL game?
10. What female hockey player has won the greatest number of Olympic and World Championship medals?
11. Which female hockey player scored the last two goals in the gold medal game at both the 2010 and 2014 Winter Olympics?
12. Who is the first female goaltender to record a shutout in a men's professional hockey league game?
13. Who was voted as Canada's female athlete of the 20th century?
14. Who won Canada's first Olympic skiing gold medal?
15. Who is the only North American ever to win Olympic gold in the biathlon?
16. Who was the first Canadian to win an Olympic medal in cross-country skiing?
17. Who is the only Canadian to win an individual gold medal in figure skating at the Olympics?
18. Who is the most-decorated Canadian speed skater?
19. Who is the only Canadian to win five medals at a single Olympic Games?
20. Who is the only athlete to win multiple medals at both the Summer and Winter Olympics?

Sports Trivia Answers on page 14

In the May 4 edition of The Voxair, the correct Roxy Road Bulldogs' phone number should be 204-891-8500. The Voxair apologizes for any inconvenience this may have caused.

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17 Wing Honours and Awards



17 Wing Commander Andy Cook (l) and Wing Chief Warrant Officer Mike Robertson (r) present Mr. Milne with the 75th Anniversary of WWII Service Recognition Certificate at the Wing Commander's Honors and Awards ceremony held at 17 Wing, Winnipeg on May 10, 2016.

All Photos: Corporal Paul Shapka



Director AF Training 2CAD Denis O'Reilly (l) presents Maj BJ Tinsley (r) with the GSM - Expedition at the Wing Commander's Honors and Awards ceremony held at 17 Wing, Winnipeg on May 10, 2016.



Capt Ashcroft received the GSM - Expedition.



Capt Bortolin received the GSM - Expedition.



Capt Gagne received the GSM - Expedition.



Capt MacIsaac received the GSM - Expedition.



Mr. Follette received the GSM - Expedition.



WO McGinn received the GSM - Expedition.



WO Senechal received the GSM - Expedition.



Sgt Kachur received the GSM - Expedition.



Sgt Perrin received the GSM - Expedition.



MCpl Basque received the GSM - Expedition.



MCpl Bruneau received the GSM - Expedition.



MCpl Buck received the GSM - Expedition.



MCpl Ferwerda received the GSM - Expedition.



MCpl Gunn received the GSM - Expedition.



Cpl Vandale received the GSM - Expedition.



Cpl Araneta received the GSM - Expedition.



LS Bothe received the GSM - Expedition.



Cpl Chenell received the GSM - Expedition.



Cpl Gallant received the GSM - Expedition.



Cpl Gallant-Girard received the GSM - Expedition.



Cpl Jenkins received the GSM - Expedition.



Cpl Jorgensen received the GSM - Expedition.



Cpl Mannion received the GSM - Expedition.



Cpl Oxford received the GSM - Expedition.



Cpl Petz received the GSM - Expedition.



Cpl Sutherland received the GSM - Expedition.

17 Wing Honours and Awards



Cpl Lessard received the SSM - Expedition.
All Photos: Corporal Paul Shapka



Sgt Johnson received the CD2.



Sgt Joly received the CD2.



LCol Lehoux received the CD1.



Maj Langevin received the CD1.



WO Bischoff received the CD1.



Sgt Poulin received the CD1.



Maj Winfield received the CD.



Capt Ireson received the CD.



Capt Josephson received the CD.



Capt Lo received the CD.



2Lt Lonny received the CD.



Sgt Oake received the CD.



MCpl Boyd received the CD.



MCpl Buck received the CD.



Cpl Cutts received the CD.



Cpl Derochers received the CD.



Cpl Erdelyi received the CD.



Cpl Forget received the CD.



Cpl Kennedy received the CD.



Cpl Lessard received the CD.



Cpl Shapka received the CD.



Mr. Dillon received the 35 Yr Recognition Cert.



Mr. Lacasse received the 35 Yr Recognition Cert.



Mr. Fletcher received the 15 Yr Recognition Cert.



Mr. Post received the 15 Yr Recognition Cert.



Ms. Divorne received the 5 Yr Recognition Pin (EAP).



Maj Niemczyk received the 1 CAD Comd Comm.



Maj McCulloch received the 1 CAD Comd Comm.



Dapt Dreger received the 1 CAD Comd Comm.

17 Wing Honours and Awards



LT(N) Topham received the 1 CAD Comd Comm.



Cpl Nesbitt received the 1 CAD Comd Comm.



Capt Massicotte received the JTFN Comd Comm.



Capt Latta received the WComd Comm.



WO Flynn received the WComd Comm.



Sgt Richard received the WComd Comm.



Cpl Dich received the Wcomd Coin.



Ms. Fondren-Gasc received the 10 Yr 17 Wg DAAG.



Sgt Soucy-Phillips received the 10 Yr 17 Wg DAAG.



MCpl Thompson received the 10 Yr 17 Wg DAAG.



Mr. Drozdowski received the 5 Yr 17 Wg DAAG.



Mrs Frosk received the 5 Yr 17 Wg DAAG.



Ms. Moar received the 5 Yr 17 Wg DAAG.



Capt Deutscher received the 2 Yr 17 Wg DAAG.



MCpl Vandale received the 2 Yr 17 Wg DAAG.

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

CWO And MWO Promotions at 2 CAD



MWO Derek Curtis was promoted to CWO By BGen David Cochrane and accompanied by CWO Pierre Jette on April 25th, 2016 at 2 Cdn Air Div. CWO Curtis is the 2 CAD Air Force Non Commissioned Member CWO. Both photos: Supplied



WO Harold Handley was promoted to MWO, May 12, 2016. Presented by BGen Dave Cochrane and accompanied by his wife Lisa-Anne and son Zachary. Unfortunately Tyler had to work. Harold is currently employed at 2 CAD as AM Sup/NDT/Common Qualification Manager and will be moving to 1 CAD May 24th.

16 Wing Honours and Awards



16 Wing Commander Colonel Thomson presents Maj Beaulieu, Ms Reid, Capt Rollin, Capt Leppik, Mr Sandall, Mr Breen and Ms Duthie Commander's Coins with MWO Valenti at the CFSAS/CFSAT Honours and Awards Ceremony held at 17 Wing, Winnipeg on April 14, 2016. All Photos: Corporal Paul Shapka



16 WC Col Thomson presents Capt O'Grady her Canadian Forces Decoration with MWO Valenti.



Capt Snow received the CD1.



WO William Preston received the CD1.



WO Paseika received the CD1.



Sgt Belley received the Commander's Coin.



16 Wing Commander Colonel Thomson presents MWO Valenti with the CD1 and Commander's Coin.

Wing Commander's Challenge 2016



The 17 Wing Commander leads a group of cyclists on the 2016 WC Challenge. Photo: MCpl Rick Ayer

by Martin Zeilig, Voxair Photojournalist

Corporal Devon Maxwell, along with Luna, a four year beagle, and Penny, a Bichon Frise, joined Warrant Officer Merle Lidstone and his 10 month old St. Bernard, Otto, and over 800 other CAF military personnel and civilians at the Annual Wing Commander's Challenge on an overcast, cool May 11 morning.

The event began and ended at Building 21 near 1 Canadian Air Division.

Cpl Maxwell and WO Lidstone were taking their pooches on the five kilometre walk around the base while other human participants ran, or rollerbladed and cycled a 10 km course.

"It's a good thing to get people out and active," offered Cpl Maxwell as participants schmoozed with each other while waiting for the signal to begin.

"The Wing Commander's Challenge was an astounding success," said Kathy Dmytrisin, Manager, Health Promotion, PSP, 17 Wing.

She received credit from James Follette, PSP Fitness Coordinator and OPI for the Challenge, for her help in organizing the event.

"We partnered this year with Health Promotion to kick off their Health and Wellness Month," Follette said.

"It was an event that was in support of the CAF Health & Wellness Challenge and it truly captured the essence of healthy lifestyles," said Dmytrisin in an email to The Voxair later. "From connecting with friends and colleagues, to taking a break out of people's busy days, to engaging in physical activity and having a healthy lunch, this event had it all and hopefully helped individuals see that these little things do add up and can make a difference in their overall wellbeing."

PSP threw in a free "healthy breakfast"-- veggies, fruit and bagels and power drinks-- in Building 21 after the Challenge. PSP, MFRC, The Voxair, SISIP, and Canex all had display tables, with free handouts, set up.

Two massage therapists from Wellington College were there too easing aching muscles before and afterwards.

Laurie Jackson, Family Liaison Officer, Military Family Resource Centre, and her friend Wendy Hayward, a retired banker, were on the five kilometre walk.

"It's an honour to walk with the Armed Forces," Hayward said to a reporter as he caught up to them at one point during their stroll.

She said that it reminded her of many of the fund raising runs at the Kandahar Air Force Base in Afghanistan when she worked for six months in 2010 serving coffee to NATO forces at the Tim Horton's.

"I chose to serve our troops as a gift that I could give in memory of my son, Corporal James Hayward Arnal, who was killed while on patrol there in 2008," Hayward said. "I saw my son in the eyes of every soldier I served, and now again today. I admire the work they do and their service to Canada. On the eighth day God created the Air Force because our boots on the ground need heroes too. It takes everyone to make it work, because even those who remained inside the wire in Kandahar were supporting those that were outside the wire."

Padre Lieutenant (N) Lesley Fox, who was wearing black spandex shorts and tights and a sports top, had just completed running the five kilometre distance when she was interviewed.

"It was good day," she said, acknowledging that she usually prefers 10 kilometre runs. "The weather was great for running. I started at the back and then moved my way up (the pack)."

Padre Fox also noted that the run was good preparation for the upcoming RCAF Run on June 5.

"The enthusiasm of participants was amazing and the turnout was also terrific considering the weather," Follette said. "I want to thank all those who contributed and helped out with this event."

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Spitfire Band Tour in the Middle East

by Martin Zeilig and Sergeant Mike Hall

Haven't you heard? Sleep just gets in your eyes when you're making music.

Eight hours away from Canada, in the Middle East, RCAF Band lead-guitarist Sergeant Mike Hall and the other five members of The Spitfire Kings rock group found that sleep was a fleeting thing over their recent four-day tour to entertain deployed troops.

"There was no time to acclimate," said Sgt. Hall, a former member of the Canadian heavy metal band, the Killer Dwarfs. "We were on the go the whole time."

The first Canadian Forces rock band to perform in a theatre of operations, the Spitfire Kings only had two days to rehearse with the other guest artists before going on the tour.

"In addition to some of our own classic rock selections, we backed up each of the guest artists," said Sgt Hall.

Organized by the Canadian Forces Morale and Welfare Services, the tour featured The Spitfire Kings along with guest performers: Nashville-based Canadian country music singer Tebey; Lawrencetown, Nova Scotia's Jason Price; Wide Mouth Mason's Shaun Verreault; and, comedian-actor Terry McGurrin of Ottawa, Ontario.

For singer/songwriter Jason Price, the tour was a chance to give back to the men and women serving in the armed forces.

"When I got word that I was going on the tour, my immediate thought was that two things that I hold

show with multiple performers who don't usually play together, having a core band that are an already tight, rehearsed unit like The Spitfire Kings makes things much smoother, efficient and professional," he said.

The highlight of the tour was an energetic 2 ½ -hour concert followed by an impromptu unplugged session around a bonfire with the base commander and many of the troops.

"For us to go there and bring some joy to our troops is a hugely satisfying for us," said Sgt Hall. "It's a big deal. I hope it happens again."

Comprised of professional musicians from the RCAF Band, The Spitfire Kings features singer-songwriter Sgt Hall on lead guitars, WO Larry Bjornson on bass, MWO Brian Coughlan on saxophone, vocalist Sgt Cindy Scott, and vocalist/keyboard player Sgt David Grenon.

In May 2015, the Spitfire



Spitfire Kings and guest artists on the Tarmac upon arrival in the middle east. Photo: Lyndon Goveas, CFMWS

close are going to happen at once...music and recognition of our military," said Price, whose father was a search and rescue pilot with the RCAF, adding that one of the things he remembers is the sense of community in the military.

In addition to getting a little taste of what life is like for armed forces members on deployment, veteran-tour performer Shaun Verreault found it a pleasure to perform with Sgt Hall and the other members of The Spitfire Kings.

"I've learned that in a quickly assembled variety

Kings performed a concert series at Canadian Forces Station Alert the most northerly, permanently inhabited location in the world, located only 817 kilometers from the geographic North Pole.







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Chinook in Winnipeg



A CH-147F Chinook helicopter passed through 17 Wing on May 6 on the way to Fort MacMurray to assist in the fire fighting and relief effort. This marks the first time the Chinook has been used for domestic humanitarian operations. Photo: Bill McLeod, Voxair Manager

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History Preserved by Former Cadet

by Martin Zeilig, Voxair Photojournalist

Matt Heintz, a civilian instructor with the Air Cadets in Portage La Prairie, Matt Heintz, a civilian instructor with the Air Cadets in Portage la Prairie, first began collecting Air Cadet paraphernalia when he was a member of the Air Cadets as a teenager in Winnipeg.

That growing collection is more than just a mere curiosity. It recounts an important part of Canadian military and general history.

This year marks the 75th anniversary of the founding of the Air Cadet League of Canada.

Heintz spoke to The Voxair via telephone prior to his power point presentation on the history of the Royal Canadian Air Cadets at the Royal Aviation Museum of Western Canada on April 28.

"To understand why and how the Air Cadet League of Canada came into being, it is necessary to recall the early days of World War II, says the Air Cadet League of Canada (Manitoba) Incorporated website. "France had fallen, the Low Countries had been invaded, and Britain was under heavy attack from the air. The critical need was for planes and more planes - and for trained young men to fly them in defence of freedom.

"Against this background there grew in Canada the idea of a select corps of teen-aged youths who would devote some of their spare time to preparing for the day when they would take their places as aircrew in the ranks of the Royal Canadian Air Force (RCAF).

"It is not generally known that one of the first Air Cadet Squadrons in Canada was formed in Winnipeg by a member of The Winnipeg Lions Club, Albert Bennett. On leaving a meeting at the Christ Church, he found the radiator ornament of his car had been damaged, and he caught two of the boys responsible. In talking to the boys, he was told that in the district around Christ Church on Henry Avenue, families were living in rooms

and the boys could only play on the streets. There were no sports facilities, Boy Scout Troops or other organizations to take care of them. He invited them to bring their friends to meet him at the church the following evening. Twelve attended, and The Christ Church Air Cadet Squadron was formed in October, 1938. The numbers grew, and Mr. Bennett was assisted in the drilling and training program by Sid Press and Mrs. Chase."

Heintz said he began collecting Air Cadet material because he enjoyed his time in the cadets.

"I figured collecting badges, the squadron shoulder flashes would be fun," he added. "From that, I started collecting some of the old style badges from older style uniforms. Some of it I've gotten from former cadets, on-line sources, books and manuals."

Some of his historical mementos come from antique stores, including military antique stores, such as Marway Militaria in Winnipeg.

"The main reason I do it is because Air Cadet history isn't taught that well," said Heintz, 29, who mentioned that he plans to donate his collection to a museum (perhaps the Air Cadet Museum in Edmonton, Alberta) when he's much older. "So, this will allow the current cadets to see what their tradition is, and how things have changed over the years."

After the war, the Air Cadets changed from training youth in becoming airmen to instilling leadership qualities to help make them better citizens, he observed.

"Very few of the cadets will actually have gotten work in the military," said Heintz. "But, it gives them the encouragement and the sense of accomplishment that they can complete anything as long as they put their time and effort towards it. So many have gotten the encouragement to go on and become lawyers, engineers, doctors and other types of professionals."



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Living Library at Nelson McIntyre Collegiate

by Martin Zeilig, Voxair Photojournalist

Sergeant Matthew Keddy and Master Corporal Holly Young represented 17 Wing at the 2016 Living Library, "First Peoples' Perspectives: Past, Present and Future," at Nelson McIntyre Collegiate, 188 St Mary's Road, on May 10.

It was an opportunity for both of them to share their respective stories with students, teachers, and educational assistants about life in the Canadian Armed Forces, and the road they took to getting there.

Apart from Sgt Keddy, a chef at Food Services, and MCpl Young, an Aviation Physiology Technician at the Canadian Forces School of Survival and Aeromedical Training, the day featured some 20 other "Living Books", all of whom were of Aboriginal background. Participants were seated at round tables with groups of 10 students in the gymnasium. Each "Living Library" made a presentation about their life and then opened it up for questions/comments from the students. There also were other related events planned for students during the day.

Sgt Keddy and MCpl Young are both members of the 17 Wing Defence Aboriginal Advisory Group (DAAG)-- a body that allows First Nations personnel to deal with any discrimination and other related concerns in the CAF.

"It made me realize that you have to know your own background to know yourself," said Fikrete Bajrush, 17, a grade 12 student, after Sgt Keddy's presentation.

Sgt Keddy's experience as a United Nations peacekeeper struck home for her because of the role such peacekeepers played during the Balkan Wars in the 1990s, she explained, noting that Sgt Keddy discussed his Aboriginal background and the training he's received in the RCAF.

Ms Bajrush was born in Kosovo during the war.



MCpl Young shares her stories with students. Photo: Martin Zeilig, Voxair Photojournalist

The Kosovo War was an armed conflict in Kosovo from February 1998 until 1999.

"Because of the U.N. Forces, I (and her parents) was able to get out (of Kosovo)," said Ms Bajrush.

Ralph Wagner, Principal of Nelson McIntyre, emphasized that the school resides on Treaty One land.

"The understanding and knowledge of our First Nations brothers and sisters is quite varied," he said to The Voxair during a break in the sessions. "Some students will know a lot and some a little (about First Nations). It's part of our history, and we feel part of our need is to understand. We have such a wide variety of Living Books from survivors of Residential School survivors to First Nations people in the military to those in education and business. Each of them does have a powerful story."

Mr. Wagner acknowledged that he and other staff

members were very pleasantly surprised by the positive reaction of their students to the round table discussions with the Living Books.

"We have a fairly significant First Nations student population," he said, "so for us, First Nations are part of the fabric of our school."

Besides First Nations students, Nelson McIntyre's student body also reflects the ethnic and cultural diversity of our general population, as well as having a significant number of foreign exchange students, Mr. Wagner observed.

"We have a number of specialized programs for children with severe autism and a teen moms' program; and, of course, a mainstream program," he said. "We're incredibly diverse."

Sgt Keddy, who's a member of the Mi'kmaq First Nations from Nova Scotia, said he enjoyed being able to share his experiences with Aboriginal youth and other students about life in the CAF as a First Nations person.

"I grew up off the reserve and it wasn't until my teen years that I first started to learn more about my heritage and culture by being part of DAAG," he said. "It's really been a fun day. There were lots of questions about my trade and questions about where I've been and what kinds of food I prepare. I was very honoured to be able to come here and sit with the youth and share my experiences."

MCpl Young, who attended summer school at Nelson McIntyre many years ago to "accelerate" her graduation, was equally as enthused as Sgt Keddy about being part of the day.

"The whole school is involved," she said between sessions. "They're all really interested in what I have to offer. They're not afraid to ask questions, like how many friends have you lost (in conflicts)."

Health & Wellness FitBit HR Winner



Major Martin Jean was the first winner in the Health and Wellness Challenge Draw, winning a Fitbit donated by CANEX, represented by Rhonda Porteous. PSP Health Promotion, represented by Kathy Dmytrisin, runs the Health and Wellness Challenge every May. Photo: Shalynn Froelich







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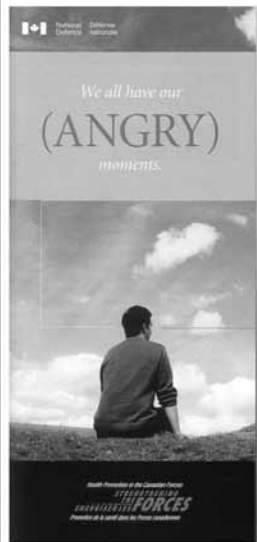
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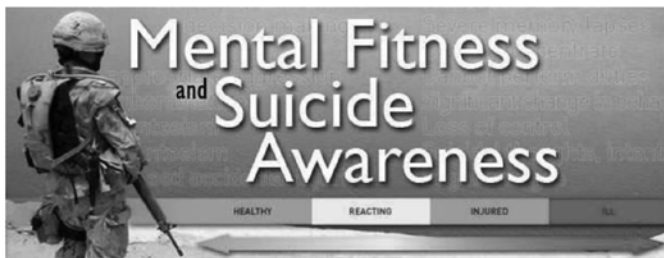
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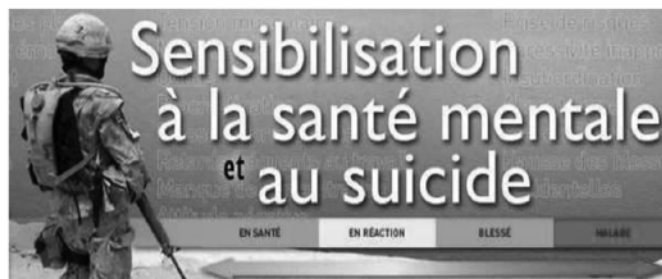
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Today's Trivia Answers

1. The Canadian women's Olympic track and field team who competed at Amsterdam in 1928. The members were Jane Bell, Ethel Catherwood, Myrtle Cook, Fanny "Bobbie" Rosenfeld, Ethel Smith, and Jean Thompson. 1928 was the first Olympic competition for women. The Six brought home four medals — two gold, one silver, and one bronze — and were the top women's team at the Games.
2. Ethel Catherwood, the "Saskatoon Lily" — 1928, Amsterdam, high jump. Catherwood also won gold in the high jump and javelin at the British Empire Games in 1930 in Hamilton, Ontario. She would probably have won gold in the javelin at the 1928 Olympics, but there was no javelin competition held for women until 1932. She was inducted into Canada's Sports Hall of Fame in 1955.
3. Fanny "Bobbie" Rosenfeld (Barrie, ON). In addition to being a member of the "Matchless Six", she excelled in basketball, golf, hockey, lacrosse, softball, speed skating, and tennis. It was said the only sport she did not excel at was swimming. Rosenfeld was forced to retire from competition in 1933 due to arthritis. She became a sports writer at the Toronto Globe and Mail and was inducted into Canada's Sports Hall of Fame in 1955.
4. Swimmer Elaine Tanner (Vancouver, BC) earned the nickname due to her small stature and competitive drive. She won four gold and three silver medals at the 1966 Commonwealth Games in Kingston, Jamaica; two gold and three silver at the 1967 Pan American Games in Winnipeg; and two silver and one bronze at the 1968 Olympics in Mexico City. She retired after the Olympics at just 18 years of age. She was made an Officer of the Order of Canada in 1969 and was inducted into Canada's Sports Hall of Fame in 1971. Canada's top female junior athlete is presented with the Elaine Tanner Award.
5. Winnifred "Winnie" Frances Roach-Leuszler (Port Credit, ON). She accomplished the feat on August 16, 1951, in a time of 13 hours and 25 minutes. She came within 100 yards of shore, was washed back 6 1/2 miles but rallied and completed the swim. She was also the first mother of three to complete the Channel. In the 5-mile World Swimming Championship in 1947, she placed second three months after giving birth to her first child. She also placed second in 1949 while four months pregnant. In 1957, she became Canada's first female baseball umpire.
6. Christine Sinclair (Burnaby, BC), 161. She follows the now-retired Abby Wambach (US) who has scored 184.
7. Danica Patrick (Beloit, WI). She won the Indy Japan 300 on April 20, 2008. She finished third in the 2009 Indianapolis 500.
8. Shirley Muldowney (Burlington, VT). 1977, 1980, and 1982.
9. Manon Rheume (Beauport, QC), goal tender. She signed a contract with the Tampa Bay Lightning in 1992 and played in exhibition games in 1992 and 1993. She won gold medals for Canada at the 1992 and 1994 IIHF Women's World Championship and a silver medal at the 1998 Winter Olympics in Nagano, Japan.
10. Hayley Wickenheiser (Shaunavon, SK), centre. She has won four gold and one silver Olympic medals and seven gold and six silver World Championship medals.
11. Marie-Philip Poulin (Beauville, QC). She scored both goals in a 2-0 win over the U.S. at the Vancouver 2010 Olympics and scored the game-tying goal in the last minute of play and the game-winning goal in overtime in a 3-2 win over the U.S. at the Sochi Olympics in 2014.
12. Shannon Szabados (Edmonton, AB). Playing for the Columbus Cottonmouths of the Southern Pro Hockey League on December 27, 2015, Szabados made 33 saves beating the Huntsville Havoc 3-0.
13. Nancy Greene Raine (Rossland, B.C.), alpine ski racer. She is Canada's most decorated ski racer with 13 World Cup victories, more than anyone else — male or female. She won a gold medal in the giant slalom and silver in the slalom at the 1968 Winter Olympics in Grenoble. She now sits in the Senate of Canada representing BC.
14. Anne Heggtveit (Ottawa, ON). She won the gold medal in the slalom in 1960 at Squaw Valley, California. She was the first non-European to win the event.
15. Myriam Bedard (L'Ancienne-Lorette, QC), 1994 at Lillehammer, Norway. She won gold in both 7.5 km and 15 km individual events. She also won gold in 7.5 km and silver in 15 km at the 1993 World Championships at Borovets, Bulgaria, and bronze in 15 km at the 1992 Olympics in Albertville, France.
16. Beckie Scott (Vegreville, AB). She has the distinction of being the only athlete to win bronze, silver, and gold medals in the same event at the same Olympics. She was originally awarded the bronze medal in the 5 km pursuit at the 2002 Games in Salt Lake City, but was upgraded to silver and then gold when the two Russian athletes who finished ahead of her were disqualified for drug violations. She received her gold medal in June, 2004, over two years after the Olympics ended. She is Canada's most decorated cross-country skier.
17. Barbara Ann Scott (Ottawa, ON), 1948 at St. Moritz, Switzerland. She is the only Canadian to win Olympic, World, European, and Canadian championships in the same year (1948). In 1988 and 2009, she carried the Olympic torch in the lead-up to the Calgary and Vancouver Winter Games. She was one of the Olympic flag bearers in the opening ceremonies at the Vancouver Games in 2010.
18. Lela Brooks (Toronto, ON). Between 1923 and 1930, the "Queen of the Blades" won more than 65 championships from provincial to world levels and dominated every event from 220-yard to one-mile distances. She set 17 world records over her skating career. She was inducted into Canada's Sports Hall of Fame in 1972.
19. Cindy Klassen (Winnipeg, MB). She won one gold, two silver, and two bronze medals in speed skating in 2006 in Turin, Italy. She also won bronze in 2002 at the Salt Lake City Olympics, giving her a total of six medals.
20. Clara Hughes (Winnipeg, MB). She won two bronze medals in road cycling at the 1996 Summer Games in Atlanta. She won gold and silver in speed skating in 2006 in Turin, and bronze in 2002 in Salt Lake City and 2010 in Vancouver. Her total of six medals ties her with Cindy Klassen for most medals by a Canadian.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Examine what is happening now. Are you where you hoped you'd be? Consider what you think and feel about where your life seems to be going. Be honest with yourself and others. You can't give continually and not see some return. Be more discerning in what you choose to do.

Taurus (April 20 – May 20): A feeling that you've been overlooked or not included will affect your actions. Be pro-active not reactive. Accept that how you feel is your choice. Express your concerns honestly with others and clarify if there was a miscommunication. Life is full of tests. This is one of them.

Gemini (May 21 – June 21): Stay calm and think things through, fully. Your attitude of gratitude is evident in your actions. Others can see you have savvy no matter the circumstances. You can sense when it's time to act and when it's time to wait. Be present to all that is happening as it happens. Embrace joy.

Cancer (June 22 – July 22): What is good in theory may not go smoothly if other people don't feel as enthused as you are about your proposal. Still don't let their attitude dampen your excitement. Pick your words carefully when you explain the pluses to your plan. Then share why you feel it's worthwhile.

Leo (July 23 – August 22): It's wise to look at the big picture. Organize things in such a way that your life feels more balanced and orderly. The sincere care you provide is appreciated. Helping others can be an inspiration. You're in the right place at the right time. Lay to rest any demons from your past.

Virgo (August 23 – September 22): Life starts to feel more manageable now. Being practical will help keep things in perspective. Restrictions can be a good thing for you right now. Schedule down-time to off-set the stress of radical changes occurring. Others may be too busy to help but they do care.

Libra (September 23 – October 23): Sometimes no matter how hard you work, your efforts don't lead to success. Sometimes with little effort you succeed. Apply yourself to tasks but don't judge yourself based on the outcome. The journey, as well as the destination, is important. Live in the moment. Do your best.

Scorpio (October 24 – November 21): Regularly review if your efforts are showing a return. Are you throwing a lot of time and energy into a bottomless pit? Things can become a drain to maintain. Friends who no longer share your interests may hold you back. Let things go. Give away what doesn't serve you.

Sagittarius (November 22 – December 21): You'll be feeling on top of the world as so many things you've been working on pan out. Your contributions are acknowledged, bringing respect and admiration. Establish and maintain strong connections; these are the people that can help you with future initiatives.

Capricorn (December 22 – January 19): Many of your friends and family are facing struggles. Yes, you can help but you can't be all things to all people. Providing wisdom, love and assistance is a key value for you but you are also responsible for maintaining your own health and wellness. What are your needs?

Aquarius (January 20 – February 18): You're in a phase where you feel pulled in two directions. One minute you feel hopeful and have faith in the future the next minute you feel trapped and overwhelmed with a total loss of trust. Being productive will keep you grounded. Find a task and immerse yourself in it.

Pisces (February 19 – March 20): Focus on the future not the past. Embrace this new life cycle. Surround yourself with what sustains you. Meditate or get out in nature to sooth your soul. Listen to harmonious music. Appreciate the small joys in life. Let your emotions flow, then let them go. All is temporary.

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PERSONAL CLASSIFIEDS

406 SQN 75TH ANNIVERSARY CELEBRATION 13-14 MAY, 2016, SHEARWATER, NS

We are reaching out to former members who may wish to attend the 75th Anniversary Celebrations. There will be social events, 12 Wing Facility Tours and a Squadron Parade.

For more information, please visit online:
Facebook - "406 Lynx Squadron 75th Anniversary"
Website - www.rcfassociation.ca/406lynxsqn
Email - 40675thAnniversary@forces.gc.ca

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Chaplain's Corner

The Caveman: a Personal Story

by Padre Les Johnston

I was ministering to a man with severe combat related PTSD which had become so bad that he had not left his dark basement for six months. Sadly, this is so common that some in bases they even have a term for soldiers like this; they call them 'Cavemen.'

This man's PTSD was so severe he would just sit in his dark basement, day after day, week after week, month after month. Even visitors were not allowed down there. When I began visiting him as his unit Padre, I began from the top of the basement stairwell, I would have to sit on the top step, speaking to a dark room at the bottom of the stairs. Sometimes I got a reply, other times we would just sit for hours in anguished silence.

And to make matters more complicated, I learned this man was a staunch atheist, so I had to be so careful with my ministry to him but eventually I got to the point where I could ask permission to pray for him; I would ask: "Look I know you're not a believer but would you mind if I included you in my own personal prayers." He would respond, "If you want to Padre." That was as far as I could go.

The visits went on like this for months. The only sign of progress was that I was allowed to move from the top of the stairway, to sit at the lower landing, half way down. And aside from that small sign of improvement, there was no reason for hope.

It became very discouraging for me as a Padre. I began to wonder why I was even bothering at all. This went on for about six months, and I became more and more discouraged for this broken man, and felt more and more hopeless of my chaplaincy towards him.

Then one day something happened. After about an hour of sitting on the dark landing in silence, I began to

say goodbye and started walking up the stairs... then I heard a voice from the darkness: the man simply said "Padre, thank you for your powerful visits."

And that was the grace. In that moment I knew that my efforts were not in vain; that throughout all the months of silence and darkness and despair, the whole time the seed of hope was secretly taking root.

What this man experienced in these visits was the love of the Good Shepherd who does not abandon his sheep, but reaches out to all of us; especially the lost and the broken.

When we open the door for the Holy Spirit, the smallest acts, even the ones that seem futile and pointless, can yield the greatest of harvests and that is why I love doing chaplaincy in the CAF.



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SUNDAY SERVICE (English Only) 0900 hrs
COMMUNITY SERVICES

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

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

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

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

CHAPLAINS

Padre Jack Barrett
(Anglican) - Wing Chaplain
ext 5417

Padre Lesley Fox
(United Church) - Chapel Life
Coordinator
ext 5785

TBD
ext 6914

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
ext 5087

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 5086

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.*

MAIN OFFICES
Building 64,
Lower Level, North End.

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 BENEVOLENT FUND
Contact Wing Chaplain Office for further information.

Your 17 Wing Chaplain Team

From left to right:
Lt (N) L Fox,
Capt P Gemmiti,
LCdr J Barrett,
Capt C Baxter,
Capt E Dompierre



Your 17 Wing Chaplain Team

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