



THE VOXAIR

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PSP Summer Camps Promote Healthy Activity for Kids



Naty is about to smash the ball during a game of cricket on the 17 Wing Sports Field during a Day Camp activity during the dog days of summer last week. The Day Camps are a great way for kids to stay healthy and active during the summer break. For more photos see page 9. Photo: Bill McLeod, Voxair Manager

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Overdue Boaters Located by 435 Sqn Crew



Overdue boaters were located by a 435 Sqn CC-130 Hercules near Gully Bay on Lake Winnipeg after being gone for 18 hours on a planned 2 hour boat trip. After a radio was dropped the boaters indicated that they were waiting for weather to pass and had survival supplies and were in good shape. Photo: 435 Sqn.

by Martin Zeilig, Voxair Photojournalist

Two experienced boat operators departed from Grand Rapids, Manitoba, in a 22-foot fibreglass boat on Tues-

day, July 12. Nearly 450 kilometres north of Winnipeg and navigating the northern western waters of Lake Winnipeg, the boaters planned to go on a hunting trip in search of moose.

On the morning of Wednesday, July 13 the boat was reported missing and a search and rescue mission was initiated by the Trenton Joint Rescue Coordination Centre (Trenton JRCC) out of 8 Wing Trenton.

It was just before 10:00 a.m. in Winnipeg. "We were just getting ready to do our training for the day with the SAR Techs (Search and Rescue Technicians)," Capt Darius Mirza remembered. A pilot with 435 Transport and Rescue Squadron (435 SQN), Capt Mirza was the aircraft commander on the CC-130 Hercules aircraft when the call came in.

He was just getting the crew, which consisted of nine people, together to discuss their training plan for the day. "(The boaters) were only supposed to be gone two hours. (By the time) we got the call they had been out for 18 hours. We didn't know what kind of survival equipment they had. They didn't have a two way radio. That's statistically all the information we had."

After taking off, the Hercules headed north, he said. "We were actually going to fly west because of the poor weather, low ceilings, and rain," Capt Mirza said. "We did something called a 'cloud break' to get below the clouds. (In other words) we find a big piece of water and we do a descent down to about 400 feet. We got below the clouds, which were 500 to 800 feet high with rain shower."

"Our transit out there was 12,000 feet up. The plane is pressurized for that altitude, and when we descend we de-pressurize the aircraft for that (lower) altitude."

They then swapped the interior doors and installed the special SAR doors that have big concave Plexiglas windows which give the SAR techs good visibility of the ground below, he said.

According to the SAR mission report, the shore crawl commenced at 10:44 a.m. (or 1544 Zulu) at the south bar of Gully Bay heading north east. It did not, however, take long for the SAR crew to find the boaters. Dropping

a radio to the boaters, the SAR crew were able to learn what had happened.

The conditions on Lake Winnipeg deteriorated and the boaters decided to wait for the bad weather to pass. It was a situation that they planned for therefore they had enough food, water and fuel to get back home once the weather became more favourable.

After making contact with the two boaters, Capt Mirza and his crew advised the boaters to bring the radio to the RCMP once back in Grand Rapids. With the boaters safe and no further action needing to be done, the Trenton JRCC released the Hercules crew back to 17 Wing.

"In the end, a real mission is more valuable than the best training day because there's always a certain level of safety that you put into a regular, uneventful training mission," he said. "We would never have trained in weather like that, and that's why we were going to go west."

"We felt really good that we got the job done in challenging conditions."



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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

Bill McLeod
Voxair Manager
(204) 833-2500 ext 4120

Martin Zeilig
Photojournalist
(204) 833-2500 ext 6976

Maureen Walls
Sales Coordinator
(204) 895-8191

Capt McCulloch-Drake
Wing Public
Affairs Officer

Broose Tulloch
Layout/Ad Design

Misra Yakut
Accounting

Traci Wright
Proofreading

Printed By
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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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2 CAD Honorary Colonel Investiture Ceremony



2 CAD Honorary Colonel Investiture. From left to right: Incoming Honorary Colonel, Dr. James Fergusson; 2 Canadian Air Division Commander, BGen Dave Cochrane; Outgoing Honorary Colonel John Sauder. Photo: Cpl Paul Shapka

by Major Bill Dalke

Someone once wisely stated that time flies when you are having fun. If that is the case, then 2 Canadian Air Division had nothing but fun with John Sauder as their Honorary Colonel.

Although it seemed like only yesterday that he was appointed as the very first Honorary Colonel for 2 Canadian Air Division, members of 2 CAD gathered together on Thursday, 21 July 2016 for the HCol Investiture ceremony to mark his departure and welcome Dr. James Fergusson as his replacement.

HCol Sauder, an active local personality and CBC Manitoba Meteorologist, always wore his uniform with pride. The son of an RCAF fighter pilot, his departure marked an end to a total of nine years as an Honorary Colonel (having previously served as 402 Squadron's HCol). "It is hard to believe this is coming to an end. It has been three wonderful years with 2 Canadian Air Division" said HCol Sauder. His farewell address ended with an observation he'd made that was indicative of his ever-present sense of humour as well. "I'll leave you with this.....the 5 words most commonly spoken by an Honorary Colonel: I just got it cut!"

New 2 CAD HCol, Dr. James Fergusson, made an instant connection with those present during his own address, making reference to the RCAF Commander's focus on being agile and integrated. Identifying that those abilities are the result of training and education, he pointed out how essential the role of 2 Canadian Air Division, the Air Force Training Division, is for achieving this vision. Dr Fergusson is the Director of the Centre for Defence and Security Studies and a professor in the Department of Political Studies at the University of Manitoba.

Presiding over the ceremony was Brigadier-General Dave Cochrane, Commander of 2 Canadian Air Division. He thanked HCol Sauder for his commitment as well as his inspiration, noting his ability to set a strong example for others to follow as evidenced by his involvement as being a participant as well as Master of Ceremonies for the RCAF Run, GCWCC fundraising events and a multitude of other activities. "With your approachability, warmth of character and great sense of humour, you and Kim will be missed at 2 CAD....As we say, though, once an Honorary Colonel, always an Honorary Colonel." Brigadier-General Cochrane welcomed Dr. Fergusson back to the RCAF team (HCol Fergusson previously served as the HCol for the Canadian Forces School of Aerospace Studies), drawing attention to his wealth of experience and education while also pointing out how highly regarded he is in military and academic circles. "We know you will continue to do great things and the 2 CAD members, CWO Jetté and myself look forward to the opportunity to work closely together."

Honorary Colonels are integral members of the Air Force family. The 2 CAD Honorary appointment brings with it certain responsibilities such as fostering esprit de corps at the Division Headquarters and in the Division's schools and units; developing, promoting and sustaining strong community and academic relationships and enduring support for the RCAF; and being a mentor and a friend to all, including helping with their professional development.

So long and best wishes to former HCol John Sauder from everyone in the 2 CAD family and to the new 2 CAD HCol, Dr. James Fergusson, "Welcome to the team!"

Sports Trivia

Canada and the Summer Olympics

by Tom Thomson and Stephen Stone

1. Who was the first Canadian Olympic medal winner?
2. Who won the most recent Olympic gold medal in golf?
3. Where did Canada finish in the medal count in 1904?
4. Which Montreal police officer was fired for going to St. Louis to compete in the 1904 Games?
5. Canada's other four medals in 1904 came in team sports. What were they?
6. How many medals did Canadians win at the 1906 Intercalated Games in Athens?
7. Who won the gold medal in 1906?
8. Who won Canada's first gold medal in sprinting?
9. Who was Canada's first double Olympic gold medalist?
10. Who won Canada's first gold medal in ice hockey?
11. Who was proclaimed Canada's greatest track athlete of the first half of the 20th century?
12. Who won the first gold medal in Olympic women's high jump?
13. Who won the first gold medal Olympic women's 4x100m relay?
14. Who was the Man of Bronze?
15. Who won Canada's first gold medal in canoeing?
16. Who won Canada's first gold medal in shooting?
17. Who won Canada's second gold medal in shooting?
18. Canada won only one medal at the 1960 Olympics in Rome. What was it?
19. Canada won only one medal in 1964 in Tokyo. Who won it and what event?
20. How many gold medals did Canada win at the 1972 Munich and 1976 Montreal Olympics?

Sports Trivia Answers on page 18



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RIMPAC 2016: 435 Sqn Fuels the Defence of the Pacific



(L-R) Capt Edwards, Capt Jeans, Capt Mitchell, Sgt Boisvert, WO Rousseau, Sgt Canavan and Capt DeGagne pose for a photo in Pearl Harbor during RIMPAC 2016. All photos submitted by 435 Sqn.

by WO Rich Rousseau,
435 Sqn Deputy Flight Engineer Leader

Exercise RIMPAC is a major joint maritime exercise which practices interoperability of nations who have an interest in the joint defence of the Pacific area. This involves the presence of a major air component which in turn requires the support of tanker aircraft – this is where 435 Squadron was tasked to support the Exercise.

The deployment portion of RIMPAC for the 435 Squadron air to air detachment started on 5 July 2016. Loading all 23 personnel including 2 full aircrews and maintainers as well as the operations personnel for the Canadian Air Task Force, we made our way to Hawaii by the way of Travis Air Force Base managing to squeeze in an air to air for the CF-18 demonstration jet on our way. We arrived in Hawaii to be greeted by the Joint Task Force Support Center that expediently attended to

our every need. Getting us settled into our accommodations and ensuring that we were integrated into the exercise seemed to be a seamless task for them.

Over the next 20 days, we conducted air-to-air refuelling operations with both our own fighter assets as well as US Naval assets that were deployed from aircraft carriers. This exposure to Navy fleet aircraft was a great learning experience for the aircrews as their procedures are somewhat

different from our own. As always, our maintainers performed their famous voodoo magic to keep us in air in order for us to meet our mandate. Without them, there would have been a lot more head scratching from the Flight Engineers.



A view of Honolulu from a 435 Sqn CC-130T.

With the introduction of a large-scale Air Task Force for this Exercise, there were many lessons learned. Having so many countries involved in an Exercise of this



A US Navy F18 Super Hornet waits to be refueled by a CC-130 Hercules from 435 Sqn during RIMPAC 2016.

size, it allowed us to have a central point of contact for the transmission of information in order for all communications to be captured.

We reluctantly made our way back to Canada on 27 July by way of Comox. With our tans, memories and pictures, leaving paradise to go home was an order by way of our families. The Comox pit stop was made to once again refuel the demonstration jet.

Remember that 435 Squadron is always there to help. Just give us a call.

RIMPAC 2016: A day in the life of a CC-130T Pilot



A maintainer from 435 Transport and Rescue Squadron out of 17 Wing Winnipeg prepares to start the engines of a CC-130T Hercules at Joint Base Pearl Harbor-Hickam, Hawaii for RIMPAC 16 on July 8, 2016. Photo: Cpl Brett White-Finkle, CAF Combat Camera

by Capt Jean-Paul DeGagne

One might think that working out of Pearl Harbor, Hawaii, is all glitz and glamour, but flying the Hercules (CC-130T) Air-to-Air Refueling Tanker during RIMPAC is a lot of hard work. It's been super busy on this exercise – between learning best practices about how to work as part of the Royal Canadian Air Force's largest ever deployed air task force, studying brand new procedures about how to fly out of the busy and congested Honolulu International Airport, and learning about becoming an aircraft Commander on the Hercules, sometimes I have to remember to take a moment to catch my breath.

We are here to contribute to something huge. The tarmac at Hickam Field on Joint Base Pearl Harbor-Hickam is packed to the gills with many aircraft from around the world, including our own CF-18s and CP-140s, making the ramp a plane spotter's dream. We work in a crew of six: two pilots, one flight engineer, a navigator and two loadmasters who act as observers from the back windows to help the pilots guide the jets. After finishing up our flight planning, the crew fires up the mighty Hercules and

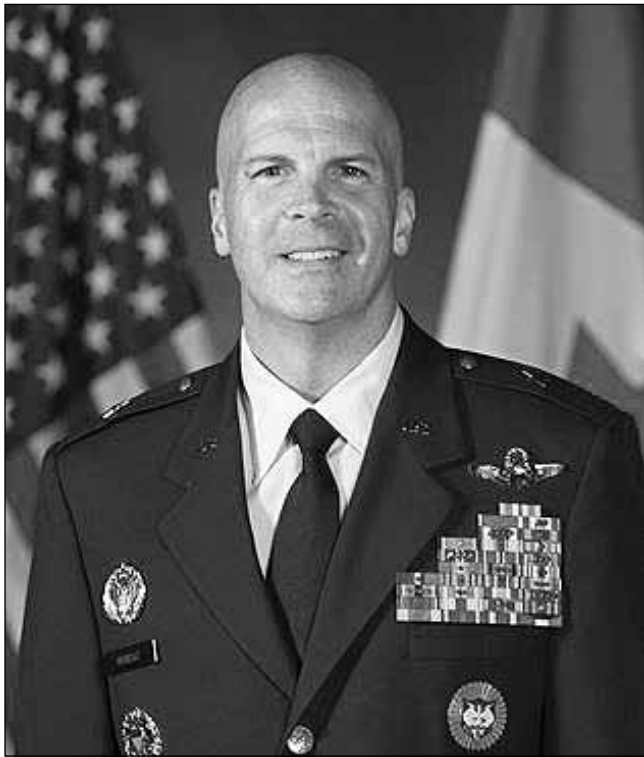
taxis for departure. Then, we're off to cruise over the Pacific and stand ready for customers in need of fuel.

Once airborne, our missions are familiar, but while they're similar to those we've done in the past, the best part is that we get to fuel jets from other nations. Most often, the jets come to us two at a time when their fuel state is low, so they have two choices: either head back to the ship or base, or visit us so we can replenish their fuel, allowing them to remain airborne awhile longer. We provide them with as much fuel as they require, and as quickly as possible, so they can return to the scenario in the shortest amount of time. After the fighters take what they need, we exchange pleasantries and they're roaring off into the sky again. Once we've given away all of our available fuel – about 5,900 gallons, it's mission accomplished and we head back in to tell our colleagues the tales of our Pacific adventure of the day.



WO Richard Rousseau from 435 Transport and Rescue Squadron out of 17 Wing Winnipeg shows the flight deck of a CC-130T Hercules aircraft to Staff Sergeant Darrell Bactad from the US Air Force during the open house at Joint Base Pearl Harbor-Hickam, Hawaii for RIMPAC 16. Photo: MCpl Mathieu Gaudreault, CAF Combat Camera

Humble Beginnings for Brig Gen Chad Manske



Brigadier-General Chad Manske. Photo: Supplied.

by Martin Zeilig, Voxair Photojournalist

Brigadier General Chad Manske, Deputy Commander, Canadian North American Aerospace Defense Region, and Deputy Combined/Joint Force Air Component Commander for 1 Canadian Air Division, concedes that “luck and timing” seem to be necessary ingredients for advanced promotion in the United States Air Force.

But, after speaking with him and reading his bio, one soon comes to the conclusion that is only part of the recipe for success in the USAF.

Brig Gen Manske’s list of achievements, both within the military and academically, are impressive and must have been a factor in his rise through the ranks.

After graduating from Michigan State University in 1989 with a Bachelor of Arts degree, Political Science—Pre Law, Brig Gen Manske, 49, a native of Gladstone, in the Upper Peninsula of Michigan, went on to study at the Air Command & Staff College and the School of Advanced Airpower Studies, Maxwell Air Force Base, Alabama. In 1996, he obtained a Master of Aeronautical Sci-

ence, Embry Riddle Aeronautical University, a Master of Military Operational Art and Science, Air Command and Staff College, Maxwell AFB, Ala in 2001, among many other academic accomplishments— which include being a National Defense Fellow, Harvard University, Weatherhead Center for International Affairs, Cambridge, Mass, as well as having studied at the Harvard Kennedy School US-Russia Security Program, George Washington University Elliot School, Washington, D.C.

“I came from a modest economic background and had done very well in high school,” he said during an interview in his large and keepsake filled second floor office at 1 CAD HQ. “My parents played a formative role in encouraging me to play sports growing up, including baseball, softball, soccer, racquetball, cross country, golf, wrestling, and basketball. They endowed a strong work ethic in me in which I was often working two or three jobs as a teenager.”

Brig Gen Manske also credits his paternal grandfather with being a major influence on his decision to join the military.

“He was a career US Navy sailor, serving during World War Two, as well as having a distinguished civil service at the Navy depot in Mechanicsburg, Pennsylvania for a cumulative service total exceeding 40 years,” he said.

“My grandfather said, ‘I’ll help subsidize your college if you join the ROTC’ (Reserve Officer Training Corps) so I joined the Air Force ROTC at Michigan State,” Brig Gen Manske said. “He paid for the first two years. It was a loan. After two years, I did my four weeks officer training at a USAF summer camp. I graduated second out of 500 cadets. As a result of this performance, they gave me a chance of either a pilot’s slot or a scholarship to pay for my last two years, which I took.”

At the end of that summer, his grandfather gave him a set of pre-addressed envelopes identified by month and year.

“This is how I paid him back,” said Brig Gen Manske, the eldest of three siblings.

After being commissioned in 1989 following his graduation from MSU, Brig Gen Manske commanded at the squadron, group, and wing levels.

He has deployed in support of ongoing operations in Central and Southwest Asia as an air expeditionary group commander, as the Deputy Director of the U.S. Central Command’s Deployment and Distribution Oper-

ations Centre, and as air expeditionary wing commander for operations Odyssey Dawn and Unified Protector. Prior to his current assignment, the Brig Gen was the Director, U.S. CENTCOM Deployment and Distribution Operations Center, Camp Arifjan, Kuwait.

Brig Gen Manske also has more than 3800 flying hours in nine different types of aircraft: T-37; T-38; KC-135A/R; KC-10A; C-17A; C-5A/B; T-6; MC-130H; and F-15D.

Manske and his wife Stacey have three daughters, Taylor, 21, Madison, 19, and Reilly, 17. Stacey has a Master of Divinity Degree, was ordained last October, and serves as a worship leader and Creative Director for New Hope Church in Lorton, Virginia.

“Stacey and I have been blessed by the lives of our three daughters, two of whom attend universities in the States and the youngest who lives with us,” he emphasized with a broad smile. “We traveled extensively in Europe after living in England for two years and have also been privileged to live in non-traditional US Air Force locations like Boston and New York City, which were among the highlights of my career—both professionally and personally. The Air Force has given us so many opportunities of which we have made the most, making it easy to give back in any way possible.”

He acknowledged that working at 1 CAD was a steep learning curve when he first arrived.

“Learning new acronyms, processes, regulations and doctrine I was unaccustomed to came in time. Now I feel that I have a handle on things such that I can use my knowledge and previous experiences to move the RCAF along where the RCAF and 1 CAD commanders want to take it,” said Brig Gen Manske.

A self-confessed avid reader and writer having published a fair amount of scholarly work and op-eds, Brig Gen Manske has a passion for running and obstacle course racing and competition.

“I love my job. A job is always a function of what you make it. The people always make the job,” he said. “We’re like minded with the very close relationship between our countries. I love it here. Stacey and I enjoy the vast selection and diversity of cuisine in Winnipeg. We can walk to restaurants and shops and meet with the many new friends we have made in our neighbourhood.”

“Anytime, we get to serve in another country is special.”

17 Wing Member has Uplifting Experience

by Martin Zeilig, Voxair Photojournalist

Sergeant Robert Snow received a compliment from a British competitor at the 2016 International Powerlifting Federation World Men’s Classic Competition in Killeen Texas on June 19-26.

Snow, who works at the 435 Squadron Employment & Training Office, placed eighth out of nine lifters in the 120 plus kilogram category in the Masters 1 division (39 to 49 years old) at the Championships. Competitors from the Czech Republic, Lebanon and the USA took the first three positions in that division.

A first time member of Team Canada at the competition, Sgt Snow noted that he set personal bests for the squat and bench press with lifts of 235 kilograms and 172.5 kilos, respectively. He also did a 265 kilo dead-lift which is several kilos below his personal best.

“I complimented him after his dead-lift,” Sgt Snow said of his brief encounter with the British lifter. “He responded with, ‘You know what’s awesome? Setting a personal total at your first Worlds.’ I felt very proud.”

Sgt Snow, 43, who stands an even six feet and weighs in at just over 152 kilos, was one of 77 members of Team Canada in Killeen. Hailey Kostyniuk, who placed second of 12 lifters in the women’s 84 plus kilo Open category, was the only other person from Winnipeg on the team, he noted.

“I drove down there with my wife and four children,” said Sgt Snow, the founder of the 17 Wing Strength Club which trains out of the Recreation and Fitness Centre. “I felt very good about my performance. I ended up with a small tear in my right calf muscle in the dead-lift event trying to equal my personal best. I put the weight down

real fast as soon as I felt it.”

He called the entire meet very well organized, adding that the sheer scale of it was impressive.

“The warmup room was the biggest I’ve ever lifted in,” Sgt Snow said, noting there were 12 separate plat-



Sgt Snow digs deep on way to setting a personal best in the squat event during powerlifting competition.

forms in that space. “The entire venue was very spacious. There were lots of spectators, including my wife and kids. I’d never heard of any of my competitors previ-

ously. They were extremely strong. It’s quite a difference going from the National level to the international level.”

Sgt Snow qualified for the Worlds by winning his division at the 2016 Canadian National Powerlifting Championships in Regina, Saskatchewan on February 15-20.

“As part of Team Canada, coaches were supplied for us,” Sgt Snow said. “They were there to look after you, and help you in the warmup room. I was very fortunate to attend the Worlds.”

He began his preparation for Killeen some nine weeks before the event with four weeks of high volume training: “Lots of sets and reps,” he said. It was followed by another four weeks of tapering off to less volume but increased weight in his lifts.

“The final week before competition is rest, no lifting at all,” he said.

Sgt Snow, who first began powerlifting in 2005 here at 17 Wing, also said that he eats lots of protein rich foods, such as chicken, beef and eggs but he doesn’t consume any food starting the night before an event until after the weigh-in.

“My next meet will be in the spring,” said Sgt Snow, who thanked his wife and children, plus the Manitoba powerlifting community for their support. “I’m not much for team sports. I like the challenge of powerlifting.”

He admits to having met some of his goals in the sport.

“But, in competition I’d like to squat 500 pounds, bench press 400 pounds and dead-lift 600 pounds,” Sgt Snow said.

Leppiks and VETS Canada Helping Homeless Veterans



Joan and Captain Sven Leppik, local organizers of VETS Canada. Photo: Martin Zeilig.

by Martin Zeilig, Voxair Photojournalist

When he returned to Winnipeg on December 19, 2014 after 44 years of living in northern California, Brian Saedal was destitute.

"I didn't have any money," said the 72 year old former member of the RCAF (1961-1966) during a recent interview with The Voxair. "I didn't want to impose on my relatives as it was Christmas and I hadn't been in contact with them for years. I went to the Salvation Army on Henry Avenue and Main Street. It was an experience staying there to say the least: a real shocker."

He lived at the Sally Ann for five weeks.

Then, he met Captain Sven Leppik, who works at the Canadian Forces School of Aerospace Studies, and his wife, Joan Leppik.

They are the local organizers of Veterans Emergency Transition Services (VETS Canada).

"I met them through Ian Scott, the local director of Veterans Affairs Canada," said Saedal, who worked in sales and marketing in California but never relinquished

his Canadian citizenship. "Together they all contributed to changing my life and bringing me to good fortune. They put me in a safe environment where I could plan the remainder of my life, as opposed to surviving on the street and living at the Salvation Army. My life is worth living today."

A grassroots movement, VETS Canada began in 2010/2011 when Jim Lowther, a veteran himself, realized that there were veterans slipping through the cracks.

Unsuccessfully transitioning from their military careers to healthy, productive civilian lives, some veterans had lost their families, were living in the streets, or were at-risk of being homeless and were, at times, suicidal. Some were unemployed and trying to cope with mental and physical injuries related to their service without adequate health care and other community support. Lowther formed a small team in Halifax, NS to seek out and help homeless and at-risk veterans with a mission to help them become successful in civilian life.

VETS Canada has grown into a federally registered non-profit charity that has a network of 135,000 and hundreds of dedicated volunteers across the country, most of whom are ex-military or RCMP. They work within the community to identify homeless veterans and quickly re-establish the bond of trust that exists between soldiers.

"There are no real generalizations," Capt Leppik said during an interview over coffee with his wife at The Voxair office in mid-July. "We've helped people as young as 27, and as old as 93 years in Winnipeg."

The Leppiks, who have six adult children and five grandchildren, started the Winnipeg chapter of VETS Canada after their youngest son had an encounter with a homeless veteran, who had an Airborne tattoo on his arm, in a bus shelter on River and Osborne one winter morning in 2012.

"The veteran had been smashed over the head with a bottle and had an open wound," said Joan Leppik. "In 2011, my sister in Halifax told me about her friends there who were assisting homeless veterans."

So, after their son told his parents about his encoun-

ter with the veteran, she telephoned Jim Lowther in Halifax.

Lowther put out a notice on Facebook, which promoted a group of local vets to go searching for their homeless former CAF brother, said Mrs. Leppik, a retired licenced daycare operator.

"They never found him and still haven't," she continued. "Throughout the next year, Sven and I encountered other vets who needed help. We assisted them and helped them obtain benefits from Veterans Affairs."

At the prompting of Lowther and his wife, Debby, the Leppiks formed VETS Canada, Manitoba Chapter, Joan Leppik said.

Besides themselves, they only have four other volunteers; retired CAF members Mark Vanderstee and Robert Hemlow in Winnipeg and Benjamin Schofield in Brandon-Shilo, plus still serving Major Mathieu Kuhn, 1 Canadian Air Division.

"We've helped in excess of 20 vets in Manitoba since 2012," Capt Leppik said.

They have established liaisons with different local organizations, such as Siloam Mission, the Salvation Army, the Lighthouse Mission, Red Road Lodge, as well as the Winnipeg Police Service and Downtown Winnipeg Biz.

"They all know when we're going for a walk (to look for homeless vets)," Maj Leppik said. "In part because of our liaison work, we've raised awareness with these organizations about veterans' homelessness. We're a new resource for a portion of their population."

"We can't pretend that all stories are success stories, especially those guys (and some women vets too) with serious addictions, like crack cocaine, heroin and alcoholism," Mr. Leppik added, noting that those dependencies generally result from self-medicating for PTSD. "Our clients say, 'It's so nice to speak with someone who understands.'"

For further information, telephone: 1-888-228-3871; website: <http://vetscanada.org/contact-us.php>

Capt Finateri Leaves it all on Field at the Spartan Race

by Martin Zeilig, Voxair Photojournalist

Captain Jennifer Finateri, a pilot at 402 Squadron, confesses that she wasn't able to complete all the obstacles in 2016 Spartan Race in Grunthal, Manitoba, on July 16 but she still placed second amongst women in the Spartan Super Elite category.

This was only her second Spartan Race competition ever. It was held at Grunthal Motocross Recreation Centre, 71 kilometres southeast of Winnipeg.

Capt Finateri's time for the challenging 13 (plus) kilometre course was 1:33:19.

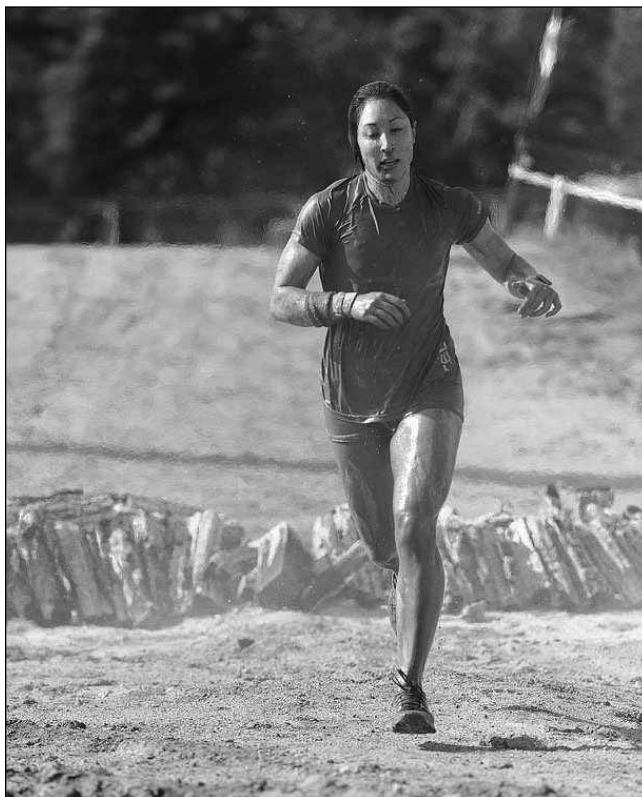
First place was taken by Pavla Lounova in a time of 1:32:38, while third place finisher Julia Brooks posted a respectable time of 1:36:18. Mikhail Gerylo, with a time of 1:03:39, captured first in the men's category.

Spartan Race was created in Vermont, USA, to bring the excitement of obstacle racing to spectators and athletes alike according to the website.

Spartan Race had 130 events in 15 countries and 6 continents in 2014 with course lengths of three plus miles (Sprint), eight plus miles, (Super) and 12+miles (Beast) each course is filled with mud, water, and signature obstacles says the website, which notes that athletes of all fitness levels will enjoy participating in a Spartan Race and the feeling of accomplishment that comes at the finish line.

Manitoba's first ever Spartan Race was held last year in Grunthal said Capt Finateri, 31, a native of Winnipeg, who works out regularly at CrossFit 204 on Berry Street.

"They only had the Spartan Sprint event last year, and I competed in the Open category with my team from CrossFit 204," Capt Finateri continued. "This year Manitoba offered the Spartan Sprint and Spartan Super



A mudspattered Capt Finateri hurdles the fire jump and sprints to the finish line. Photo: Supplied.

categories. So, I decided to do the Spartan Super in the Elite category."

She explained that participants compete as individuals, not as members of a team, in the Elite category.

The Spartan Super obstacle race is a riddled battlefield of insane terrain combined with obstacles to test your physical strength and mental resolve according to the Spartan Race website. It notes that the race is designed to push you to your limits, show you the strength inside, and lead you across the finish line.

Capt Finateri said she found the first obstacle, the multi-rig obstacle, the toughest.

"I was unable to complete it," she said. Capt Finateri has also competed for 17 Wing at the CAF nationals in women's volleyball, squash, triathlon and soccer, and will be participating in the five kilometre race at the CAF Running Nationals next year.

The top five men and women in this year's Elite category also qualified for the 2016 Spartan World Championship-- the Reebok Spartan Beast-- in Lake Tahoe, California, October 01-02.

Capt Finateri, who has a Bachelor of Science degree from the University of Manitoba, acknowledged that she didn't even know about the World Championship until being informed about it by the woman who placed third in the Elite division in the Manitoba Spartan Race.

"I'm still new to the sport," she said, noting that doing regular cross training definitely helped her prepare for Spartan Races. "I'm really stoked to attend the World's. It's going to be a lot tougher. But, I'm looking forward to competing against top athletes."



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MILITARY SECOND LANGUAGE TRAINING PROGRAMME (MSLTP) FRENCH COURSES - 17 WING

PROGRAMME MILITAIRE D'ENSEIGNEMENT DES LANGUES SECONDES (PMELS) COURS DE FRANÇAIS OFFERTS À LA 17^E ESCADRE

Progress Level 1 French

Cours de français - niveau de progrès 1

06 September – 15 November

This 150 hrs Progress Level 1 (PL1) French class will be held afternoons only (Mon to Fri, 1230 to 1600 hrs).

This course is targeted towards members who do not have any pre-existing or very limited French abilities.

Du 06 septembre – 15 novembre

Un cours de français de 150 heures permettant d'atteindre le niveau de progrès 1 (NP 1) sera donné en après-midi de 12 h 30 à 16 h 00, du lundi au vendredi.

Ce cours s'adresse aux membres qui n'ont aucune connaissance ou très peu d'habiletés en français.

Progress Level 2 French

Cours de français - niveau de progrès 2

11 October – 02 December

This 150-hour Progress Level 2 (PL2) French class will be held mornings only (Mon to Fri, 0730 to 1155 hrs).

Prerequisites: Successful completion of a PL1 course or a PL2 oral placement test within the previous 12 months.

Du 11 octobre au 02 décembre

Un cours de français de 150 heures permettant d'atteindre le NP 2 sera donné en matinée de 7 h 30 à 11 h 55, du lundi au vendredi.

Préalables : Avoir réussi le cours permettant d'atteindre le NP 1 ou avoir atteint le NP 2 à la suite d'un test de placement oral ayant eu lieu au cours des douze mois précédents.

Progress Level 5 French

Cours de français - niveau de progrès 5

24 October – 15 December

This 150-hour PL5 French class will be held mornings only (Mon to Fri, 0730 to 1155 hrs).

Prerequisites: Successful completion of a PL4 course or a PL5 oral placement test within the previous 12 months.

Du 24 octobre au 15 décembre

Un cours de français de 150 heures sera donné en matinée de 7 h 30 à 11 h 55, du lundi au vendredi.

Préalables : Avoir réussi le cours permettant d'atteindre le NP 4 ou avoir atteint le NP 5 à la suite d'un test de placement oral ayant eu lieu au cours des douze mois précédents.

Progress Level 7 French

Cours de français - niveau de progrès 7

12 September – 15 November

This 150-hour PL7 French class will be held mornings only (Mon to Fri, 0730 to 1155 hrs).

Prerequisites: Successful completion of a PL6 course or a PL7 oral placement test within the previous 12 months.

Du 12 septembre au 15 novembre

Ce cours de français de 150 heures permettant d'atteindre le NP7 sera donné en matinée de 7 h 30 à 11 h 55, du lundi au vendredi.

Préalables : Avoir réussi le cours permettant d'atteindre le NP6 ou avoir atteint le NP7 à la suite d'un test de placement oral ayant eu lieu au cours des douze mois précédents.

Progress Level 4 English

Cours d'anglais- niveau de progrès 4

12 September – 17 October

This 150-hour PL4 English class will be held mornings only (Mon to Fri, 0730 to 1155 hrs).

Prerequisites: Successful completion of a PL3 course or a PL4 oral placement test within the previous 12 months.

Du 12 septembre – 17 octobre

Un cours de anglais de 150 heures permettant d'atteindre le niveau de progrès 4 (NP 4) sera donné de 07 h 30 à 11 h 55, du lundi au vendredi.

Préalables : Avoir réussi le cours permettant d'atteindre le NP3 ou avoir atteint le NP4 à la suite d'un test de placement oral ayant eu lieu au cours des douze mois précédents.

Eligible Personnel – Second language courses taught at the LTC are open to: CF personnel (RegF and PRs), DND public service employees, adult dependents of CF personnel and PSP personnel. Note: as there are special conditions applicable to each course, please contact Michèle Divorne (ext 6567) or Johanne Frawley (ext 5988) for additional details or questions.

To the extent practicable, the LTC attempts to conduct the training required when it is convenient for our clientele. If you don't see what you need when you need it, contact us and we'll do our best to accommodate you.

<http://17wing.winnipeg.mil.ca/cms/en/home/winginfo/wingadmin/WCOL/oltrgn.aspx>

Personnel admissible. Les cours de langue seconde que donne le Centre de formation Linguistique (CFL) s'adressent aux militaires (F rég et P Rés), aux fonctionnaires du MDN, aux adultes à charge du personnel des FC et aux membres du personnel de PSP. N.B. : Étant donné que des conditions particulières s'appliquent à chaque cours, on vous demande de communiquer avec Michèle Divorne (poste 6567) ou Johanne Frawley (poste 5988) pour obtenir des renseignements supplémentaires.

Dans la mesure du possible, le CFL essaie de donner la formation nécessaire au moment qui convient aux clients. Si le cours dont vous avez besoin ne se donne pas au moment opportun, communiquez avec nous et nous ferons de notre possible pour répondre à vos besoins.

<http://17wing.winnipeg.mil.ca/cms/fr/home/winginfo/wingadmin/WCOL/oltrgn.aspx>

Playing For Health



A couple of adults unleash their inner child in the bouncy castle at the Mental Wellness Day on July 13 at Building 90. Photo: Bill Mcleod, Voxair Manager

by Martin Zeilig, Voxair Photojournalist

After a few minutes of jumping and bouncing around in the a big bus bouncy castle set up in the gymnasium in the Recreation and Fitness Centre, Major Stuart Gullen confessed that he could feel his "inner child" being released.

Corporal Brenda Gullen said she felt the same sort of stress free kid-like joy after a ten minute session of Zumba, an energizing, Latin-inspired, calorie-burning dance fitness-party.

The husband and wife team and numerous other 17 military and civilian personnel were taking part in the Have you played today? Unlock your inner child series of activities on July 13 in the gym. The event was a project of the University of Manitoba Nursing students in partnership with PSP Health Promotion, the Military Family Resource Centre, Wing Chaplains and Community Recreation. The day was originally scheduled to be held at the 17 Wing Golf Club, but because of rain was switched to Building 90.

"Play is known to promote mental wellness, increase workplace productivity, and relieve stress," said the poster advertising Have you played today?

Besides the bouncy castle and Zumba, other activities included hula hoops, a floor mounted snakes and ladders board, a Jenga-like game, Frisbee tossing, bean bag juggling, a stationary bike blender set up near the entrance to Building 90, a yoga session in the adjoining theatre and two massage therapists providing neck and shoulder massages in the squash courts.

"We tend to take things very seriously, including the work, in the military," said Maj Gullen, who had changed from his military uniform into jeans and a short sleeve shirt for the fun activities. "So, here's a chance to not take yourself so seriously, and to distance yourself from the work stresses for a period of time to try something new in a safe non-threatening environment."

Cpl Gullen said she appreciated the "incredible array" of activities available, from the adult bouncer, which made this reporter dizzy after trying it out for a few minutes, to the Zumba and Jenga blocks.

"I think this is a very positive step, one more opportunity for us to help ourselves," she added, her face glistening with beads of perspiration after a music throbbing, calorie burning Zumba session, led by a local instructor, with several other military and civilian personnel. "It's up to me to take advantage of this wonderful opportunity to do something that you wouldn't normally do. Anybody who's sitting at their desk missed an incredible opportunity for fun and the relief of stress."

Meanwhile, University of Manitoba nursing student Jasmine Shi, who, along with fellow U of M nursing student Brittany Unger, helped design and organize the day's events said the day's activities were designed to increase awareness of mental health in the military population.

Both fourth year students were working with Health Promotions and PSP staff on a nine week clinical rotation.

"We promote, encourage and even expect children to play. However, as we grow older, we tend to get wrapped up in the busy-ness of life and forget to play, sometimes even forgetting 'how' to play," observed Kathy Dmytrisin, Manager, Health Promotions. "I can see why kids sleep so well after they play. I was exhausted by day's end."

"We know that people in the military already have a high level of uncontrolled stress," said Shi. "If there's no intervention to control this stress then it can lead to mental disorders, like depression, anxiety and alcohol abuse. So, with Kathy and Diane, we designed this project-- 'Come and Play.'"

Shi noted that they came up with 30 different activities after their first brain storming session.

"This is very beneficial because we've got a chance to work with a different population," she continued. "In school, we haven't had a chance to work with military personnel. I've learned a lot of stuff here; some office skills and social media and how to work collaboratively with other sectors of society."

"My preference is not related to community health, but this rotation has taught me how to promote health and wellness within a community setting," Shi said.

Nursing student Brittany Unger said she learned new skills during her time with Health Promotions too.

"My time here has been useful," she said. "I learned how to facilitate meetings and organize events. I'd never organized an event or facilitated a meeting before coming here. Through doing this event, I learned that collaboration is one of the most important skills you can have. The people I've work with have had different experiences and a different knowledge base, and getting their feedback helped me organize a more well-rounded event."

Golf Club Manager Excited About Upcoming Events

by Martin Zeilig, Voxair Photojournalist

A wide dimpled smile crosses Jackie Kurceba's expressive face as she reflects upon her second season as the manager of CFB Winnipeg Golf Club.

Despite the vagaries of weather, mostly lots of rain, it's still been a positive season to date the cheery Kurceba said during a late muggy morning interview on August 10 in the warm wide windowed sun room at the golf club.

"June was great," she acknowledged. "A few of our larger tournaments got rained out. Unit events got cancelled and our regular play was disrupted by the rain. But as soon as the sun starts popping out from behind the clouds things return to normal. We become busy again."

Jackie comes from a family of golfers. Her father, Sandy Kurceba, is a PGA pro and is Chief Operating Officer and Director of Golf at Falcon West Golf Course in Springfield, Manitoba.

Kurceba has had a noticeable effect on the staff since becoming manager, offered golf course attendant Kristy Nordin, who's been working at the club for five years now.

"She's amazing," she said. "Jackie's the best manager you could ever ask for. She cares about her employees."

Her fellow worker, Maddy Szeryk, nods her head in agreement, adding that "everybody's so close and friendly", including staff and club members, at the Golf Club.

The Canadian Forces Base Winnipeg Golf Club is a unique 9 hole, 2,100 yard, par 32 golf course that is located on the inter site road of 17 Wing. The course accommodates all levels of golfers from the beginner to the club champion says the club's website, noting that firm small greens and in-between length holes challenge the advanced player while the overall short length of the

course attracts beginners and juniors alike.

CFB Winnipeg Golf Club was originally built by volunteers at the Wing and opened in 1988.



(Left to Right) Kristy Nordin, Maddy Szeryk, and Jackie Kurceba.

Today the club boasts a membership of over 350 and continues to welcome walk on guests, unit events and outside tournaments. The clubhouse is a fun and casual event space that can accommodate over 100 guests taking advantage of a sun-room and wrap around deck. The fully equipped kitchen and BBQ hut allow for tourna-

ment catering and our daily menu.

A junior golf clinic, which was first held last year, will take place on Sunday, April 21, said Kurceba, who has a total of five part-time staff.

"We've got a PGA professional coming in with professional equipment for a fun afternoon," she said, mentioning that the clinic is open to children and grandchildren between the ages of six and fourteen years of military members, DND employees, and retired CAF members. "We're going to have an afternoon with different stations set up so kids can work on fundamentals."

Kurceba added that a brand new event, a two-some called the Nine and Dine, will be held on August 26.

"You can come with a significant other or best friend," she explained. "It's a fun, casual event with an alternate shot format followed by house made pizza and beverages on the golf course patio."

The cost will be \$15.00 for golf course members and \$25 for non-members.

Starting on September 1, individuals can join the club for the 2017 golf season at 2016 golf rates, said Kurceba.

"They can play in September and October at no extra charge," she added.

"Being in my second season, I feel more confident in trying new events. The turnouts have been overwhelming and member support has been so positive that it gives me a personal sense of satisfaction. It makes me grateful for such an awesome club atmosphere. It's a very welcoming group. I want people to know that we welcome new members."

For further information, contact the golf club at tel: 204-832-8436; or online at 17wingwpggolf.ca



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PSP Summer Sports Camps Promote Active Lifestyle



A Day Camp group plays soccer on the 17 Wing Sports Field on August 11.



A group of 17 Wing Day Camp kids participates and learns about rhythmic gymnastics at the gym on August 11.



Tayah practices her swimming at the Building 90 pool during the PSP Junior Lifeguard Camp, a swimming focused day camp where kids got to see what a lifeguard does. All Photos: Bill McLeod, Voxair Manager



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Jessie Tylre Williams to Perform at Benefit Gala



Jessie Tylre Williams. Photo: supplied.

by Martin Zeilig, Voxair Photojournalist

Jessie Tylre Williams began writing music to help heal the world one song at a time she says.

This has led Alberta's Gypsy Singer/Songwriter, as Williams is billed, to helping raise awareness via her concerts about Post Traumatic Stress Disorder (PTSD).

Williams will be performing in Winnipeg for the National HCS (House Concert Series) Benefit Gala August 20, 2016 at the Masonic Centre 420 Corydon Avenue.

Williams is determined to create national awareness of PTSD as an illness and to aid in the removal of the stigma associated with it.

According to her website the objective of the HCS is to fund existing and recognized programs focusing on the recovery of PTSD, education on different mental health issues, suicide prevention, and help the individuals facing some of the struggles associated with PTSD.

As the spouse of a currently serving member affected by PTSD, as well as a friend to many others who also suffer, Winnipeg resident Joan Leppik, who is the Chair of the PTSD Benefit Galas, has experienced first-hand the devastating effects on military families and friends.

"I have also seen a great deal of stigma and a general lack of understanding on the part of those who are not directly experiencing it," Leppik said. "Jessie Tylre Williams' Galas are very important to me because they are giving a voice across the country to our warriors, our firefighters, our police, our first responders, as well as to those who care for them. The Galas also educate our local community and organizations who are helping those with and affected by PTSD."

A portion of the proceeds go directly to local organizations that are helping to fund or run programs for those affected, she added.

"In working closely with Jessie, I have been deeply inspired by a genuine, down to earth, people lover and a passionate musician," Leppik wrote in an email. "The Galas are making a difference. She truly is out to heal the world one song at a time and I am so honoured to be doing this work with her."

"There was something missing in her life earlier on in her career," Williams said during a telephone in-

terview from her home near Calgary. She was born in Lowe Farm, Manitoba, 10 minutes west of Morris, MB, on Highway 23.

"I knew that it was the music and I felt empty," she explained. "I needed my music to represent my slogan, Healing the World One Song at a Time. That's when I decided to commit to PTSD as my charity of choice."

Williams has forged partnerships with organizations such as Wounded Warriors Canada, Can Praxis, ANA-VETS, Tri-Service Military Veterans Assoc., and many other major supporters across Canada.

"Once I saw the epidemic of PTSD in our country amongst veterans and first responders, I knew that was my way of saying thank you for your service," said Williams. She added that she would be lost without the efforts of her National Event Coordinator, Glenda Jacob, as well as the assistance provided by Joan Leppik.

"I am committed to raising funding for PTSD related programs, and to be a voice in the aid and recovery of those people with PTSD," Williams said. "Music is such a powerful force and it can really heal and transform lives."

Tickets to the Gala are \$75.00 per person or to Sponsor a Table of 8: \$600.00.

Doors Open at: 5:00pm

5:45 – Pipe & Drum Band

6:00 – DINNER IS SERVED

6:10 – Guest Speaker

6:30 – Jessie acoustic performance

6:50 – Guest speakers

7:00 – Speeches

8:15 – Jessie's Performance with Band

11:00 – Silent Auction closes

Representatives from various lines of service including Police Services, Fire Services and the Military will speak at various points during the Gala.



On 24 July, a CC-130 Hercules from 435 Sqn picking up Civil Air Search and Rescue Association volunteers for spotter training was re-tasked by the Trenton Joint Rescue Coordination Centre to a helicopter crash in the Ya Ha Tinda area near Sundre, Alberta. The crew from the helicopter was picked up by a forestry helicopter from Red Deer and the 435 Sqn aircraft was requested to ensure the scene was cleared before returning to their training. The photograph of the area near the crash was taken by SAR Tech Sgt JP Cossette during the mission.

CAF Photo Contest 2016


Ladies and gentlemen, get your cameras ready! The 2016 Canadian Armed Forces (CAF) Photography Contest opens 2 July – 15 September, and we want you to send us your best shots.

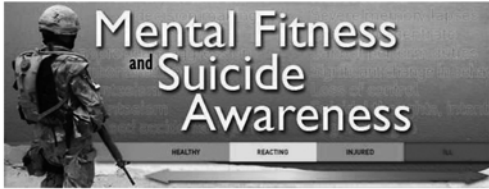
Whether you're a seasoned professional or an amateur photography lover, this is the contest for you. The Photography Contest accepts images in eight diverse categories, and is open to all members of the Defence Team and their families. Photographers will be eligible to win \$10,000 in prizes from our sponsors.

The CAF Photography Contest also welcomes nominations for the Military Photographer Achievement Award, a prize introduced in 2015 to recognize the contributions that a CAF Imagery Technician has made to the CAF community.

For 48 years, the Photography Contest has been celebrating the talented photographers that capture life in CAF communities coast to coast. As you take photos this summer, keep the Photography Contest in mind. Family gatherings, sports tournaments, scenic vacations, work events...the possibilities are endless!

Visit www.cafphotocontest.ca to enter.

	MONDAY – THURSDAY	SATURDAY – SUNDAY
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Mental Fitness & Suicide Awareness: Supervisor Training

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21 September 2016

0800 – 1600 hrs

For more information or to register, contact Health Promotion at (204) 833-2500 ext. 4150

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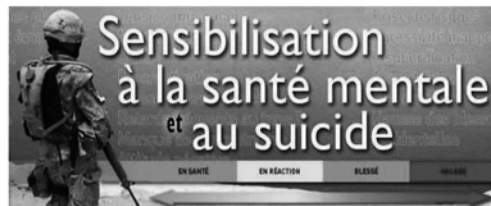
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21 septembre 2016

Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150

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STRESS: TAKE CHARGE!

September is a time for new starts: a new grade at school, new activities, new friends, new jobs, and perhaps even a new posting. With so much change around us, it is no wonder we sometimes find ourselves overwhelmed.

Back to School

**Thursday September 1
7:00pm – 9:00pm**

Learn how to be better at stress. We will look at why people get overwhelmed and some things you can do to tackle September stressors and make things run more smoothly.

For more information or to register contact Health Promotion at (204) 833-2500 ext. 4150 Or healthpromo@forces.gc.ca

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LE STRESS: ÇA SE COMBAT!

C'est en septembre que tout recommence : une nouvelle année à l'école, de nouvelles activités, de nouveaux amis, de nouveaux emplois, et peut-être même une nouvelle affectation. Compte tenu de tout ce changement, il n'est pas surprenant que nous sentions quelquefois dépassés.

Retour à l'école

**Jeudi 1^{er} septembre de
19 h à 21 h**

Apprenez à mieux combattre le stress. Nous examinerons pourquoi les gens éprouvent un sentiment de découragement et nous verrons ce que l'on peut faire pour réduire les facteurs de stress en septembre et pour que notre vie soit moins chaotique.

Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca



Alcohol, Other Drugs and Gambling: Supervisor's Training

**18 & 19 August 2016
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Winnipeg Military Family Resource Centre is seeking a

French as a second language teacher

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Job description:

- ◆ Teaching French as a second language, using appropriate teaching methods to interest students and enable them to develop skills and competencies related to this discipline.
- ◆ Prepare teaching material.
- ◆ Maintain a close working relationship with the Second Language Services Coordinator.

Qualifications:

- ◆ University degree in adult education with a specialty in teaching French as a second language.
- ◆ Experience in adult second language training may be taken into consideration.

Location teaching: Winnipeg MFRC (102 Comet Street)
Work hours: Mondays and Wednesdays from 9 a.m. to 12 p.m.,
September 19 to November 28, 2012

Interested people are requested to submit their resume and cover letter no later than **August 12, 2016** to:

Colombe Pelletier
Second Language Services Coordinator
Winnipeg Military Family Resource Centre
102 Comet Street - PO Box 17000 Station Forces
Winnipeg MB R3J 3Y5

Phone: 204-833-2500 ext. 4515
Fax: 204-489-8587
Email: colombe.pelletier@forces.gc.ca

*Only those selected for an interview will be contacted.

Professeur(e) de français langue seconde

(Contrat de 10 semaines, 60 heures – niveau débutant)

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Descriptions de tâches :

- ◆ Enseigner le français, langue seconde, à l'aide de méthodes d'enseignement appropriées en vue de susciter l'intérêt des élèves et de leur permettre de développer les habiletés et les compétences liées à cette discipline.
- ◆ Préparer la matière à enseigner.
- ◆ Entretenir un lien étroit avec la coordonnatrice du service de langues secondes relativement aux différents besoins des élèves.

Qualifications requises :

- ◆ Reconnaissance professionnelle d'une Université quant à l'enseignement du français langue seconde.
- ◆ Une expérience reconnue en enseignement des langues secondes aux adultes et du français peut être prise en considération.

Lieu d'enseignement : CRFM de Winnipeg (102, rue Comet)
Horaire de travail : Les lundis et mercredis de 9 h à 12 h,
du 19 septembre au 28 novembre 2016

Les personnes intéressées sont priées de soumettre leur curriculum vitae et une lettre d'accompagnement au plus tard le **12 août 2016**, à :

Colombe Pelletier
Coordonnatrice du service de langues secondes
Centre des ressources pour les familles de militaires de Winnipeg
102, rue Comet - C.P. 17000 Succursale Forces
Winnipeg, MB R3J 3Y5

Téléphone : 204-833-2500 poste 4515
Télécopieur : 204-489-8587
Courriel : colombe.pelletier@forces.gc.ca

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Experience in Policy management and Program development.

Background in financial and budget management and an understanding of Not For Profit Financial Concepts.

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Fluency in both official languages would be a major asset.

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Today's Trivia Answers

1. George Orton (Strathroy, Ontario) — 1900 Olympics, Paris, gold in 2500m steeplechase and bronze in 400m hurdles.
2. George S. Lyon (Richmond, Ontario) — 1904 Olympics, St. Louis, Missouri.
3. Fourth — four gold, one silver, and one bronze.
4. Etienne Desmarteau, who won gold in the 56 lb. weight throw. Desmarteau received a hero's welcome on his return to Montreal and was rehired as a police officer. He died the following year of typhoid fever.
5. Soccer, gold; Lacrosse, gold; Rowing (men's eights), silver; and Lacrosse, bronze.
6. Two — one gold, one silver.
7. Billy Sherring (Hamilton, Ontario), men's marathon.
8. Robert Kerr (Hamilton, Ontario) — 1908 Olympics, London, gold in 200m and bronze in 100m.
9. George Hodgson (Montreal, Quebec) — 1912 Olympics, Stockholm, swimming in 400m and 1500m. Hodgson set Olympic records in both competitions and the world record in the 1500m.
10. Winnipeg Falcons — 1920 Summer Olympics, Antwerp, Belgium. (These Games marked the introduction of winter sports to the Olympic program. The Winter Olympics began in 1924 in Chamonix, France.)
11. Percy Williams (Vancouver, British Columbia). Williams won gold medals in the 100m and 200m sprints at the 1928 Olympics in Amsterdam, equaling the 100m world record. He won gold at the inaugural British Empire Games in 1930 in Hamilton and set a world record in the 100 at a meet in Toronto, also in 1930.
12. Ethel Catherwood (the Saskatoon Lily) — 1928 Olympics, Amsterdam.
13. Jane Bell, Myrtle Cook, Bobbie Rosenfeld, Ethel Smith (Toronto, Ontario) — 1928 Olympics, Amsterdam.
14. Phil Edwards (Montreal, Quebec). Edwards won a total of five bronze medals in the middle distance running at the 1928, 1932, and 1936 Olympics in Amsterdam, Los Angeles, and Berlin. Edwards still holds the distinction of being Canada's most decorated Summer Olympian.
15. Frank Amyot (Thornhill, Ontario) — 1936 Olympics, Berlin, in men's C-1 1000m. It was Canada's only gold medal at the Berlin Olympics.
16. George Genereux (Saskatoon, Saskatchewan) — 1952 Olympics, Helsinki, in men's trap. Genereux was 17-years-old when he won Canada's only gold medal at the Helsinki Olympics.
17. Gerald Ouellette (Windsor, Ontario) — 1956 Olympics, Melbourne, in men's 50m small-bore rifle, prone position. Ouellette was 22-year-old, a member of the Canadian Army, and scored a perfect 600 to win his medal.
18. Silver — Rowing, men's eights.
19. George Hungerford (Vancouver, British Columbia) and Roger Jackson (Toronto, Ontario) in rowing, men's coxless pair. The first competition where Hungerford and Jackson rowed together was the Olympics where they won their medal.
20. None.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Make your life an adventure and you're never bored. This can sometimes force you to address issues and be honest about what is realistic. There's no point dwelling on what isn't possible, what you don't have or what you've lost. Commit to living in the moment. Living and learning.

Taurus (April 20 – May 20): Good fortune shines on you. A promotion or validation from your peers is cause for celebration. Good deeds are rewarded. Pay attention to another's actions. Their behavior will show you how much they care. Focus on creating beautiful memories with the people you love.

Gemini (May 21 – June 21): Contemplate and consider what you've always wanted your life to look like. What can you do today to implement changes that reflect your priorities? Set up structures that make life easier. Right now you have the Midas touch. Play to your strengths and you'll do very well.

Cancer (June 22 – July 22): Consider new information that comes to light with an open mind and open heart. Revising your assumptions can be challenging. If you are unwilling to make decisions and take action though, you may regret it. Currently you have choices. That won't always be the case. Act now.

Leo (July 23 – August 22): Taking direction on the best way to proceed is a good idea but make sure you check the credentials of your advisor. Show your appreciation for the help your friends and family give you by "paying it forward." Treat people fairly and with respect. In the end, you'll be glad you did.

Virgo (August 23 – September 22): If you don't feel appreciated by those you assist, it's time to journey inside yourself. Consider your relationship dynamics and the part you play in them. Focus on doing what needs to be done to create respectful patterns. Commit to activities that promote health and wellness.

Libra (September 23 – October 23): Putting extra time and energy into making your work original really pays off. Keep fine tuning and honing your skills. Push yourself to stretch outside your comfort zone. This will enhance your reputation in your field of expertise. Word of mouth advertising works for you.

Scorpio (October 24 – November 21): Doing what you love has paid off. Now it's time to discover or uncover new talents and interests. What do you want to see happen next? Listen to music that inspires you as this opens your heart and mind to new possibilities. You're in a phase of endings and new beginnings.

Sagittarius (November 22 – December 21): Family and friends provide loving support at this time of transition. Complete outstanding tasks then enjoy a well-deserved break. You have the knack for being in the right place at the right time. Trust your gut to let you know what your best course of action is now.

Capricorn (December 22 – January 19): You can easily see how others can improve their lives but you also need to consider your own path. Quality time with friends and family brings joy. Meaningful work is important. But you also need to spend time on your personal, creative pursuits. Balance is the key.

Aquarius (January 20 – February 18): Establish a comfortable routine to get the essentials done. When you see progress towards a goal you regain a sense of hope for the future. Ups and downs are natural but they are not as extreme now. Life has an increased sense of flow and predictability. Enjoy!

Pisces (February 19 – March 20): When you take time to play and to ponder, you will discover something important that you didn't know about yourself. Socialize, work on group projects, and/or volunteer. Enjoy the simple pleasures like a nature walk. Focus less on getting results and let people see your fun side.

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Chaplain's Corner

Christianity and Body Markings and Modifications...so to speak



Yep, it is summertime. Folk here in Winnipeg and elsewhere are revealing their bodily selves more than during any other season. Of course surgery scars, work related injuries, tattoos and piercings get noticed more readily...intentionally or not. Such seems to go hand in hand with the action of tanning, wearing less or lighter clothing, and almost no footwear. (Great, no socks, eh?)

Such bodily markings help in identifying a person as either a special individual within a group, or as a group of folk that are different from some other folk. Many automatically think of gangs, cultural groups from exotic lands, rebels, members of the navy, or ex-convicts. In actual fact, many folk use their particular body markings as signs of their active valour, or spiritual beliefs, or simply unique beautification adornment.

This article is not meant as an anthropological study

of why people mark themselves with symbols, or colours, or scarifications or piercings. I don't have the writing space to go into such details. But as part of the conversation for those who value bodily markings or modifications or are at least curious about them - whether intentionally created or circumstantially inflicted - such language has been used by many philosophers and religious people of the past when trying to explain their larger views of answering the mysterious questions of what they believe and what they are challenged by as they live their temporary mortal lives.

So, here are some chosen quotes from the bible that might be of interest to you. If you look them up and read them in their proper context, you will see that they are not quite what they seem, yet the language of body markings and modifications can actually be a way of expressing deeper concerns and values. So here are some...

Luke 2:35 And you yourself a sword with pierce...

John 1:14 And the Word became flesh...

John 19:37 They will look upon him whom they have pierced.

John 20:27 Put your finger here and see my hands, and bring your hand and put into my side...

Romans 2:15 They show that the demands of the law are written in their hearts...

Colossians 2:10-22 In him you were also circumcised with that not administered by hand...

I specifically tried to keep to the New Testament expressions so that you will realize that even in the era of the early church movement, the apostles and other disciples of Christianity went out into the known world which had many peoples who were bodily marked in some way for various purposes within their respective societies. Getting those new folk to consider values that were deeper than or beyond the flesh was a challenge and of course to eventually have them convert to the new faith. So, maybe the same technique is needed once again in our present post-modern world.

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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.*

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Padre Paul Gemmiti
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- *Chapel Life Coordinator*
ext 4885

Padre Emanuelle Dompierre
(Roman Catholic Pastoral Associate)
- *Mental Health Chaplain*
ext 5086

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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.*

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