



THE VOXAIR

Our Military Community Newspaper, 17 Wing Winnipeg

MAY 17, 2017 - VOLUME 66, ISSUE 10

RCAF RUN EDITION

Commander Challenges 17 Wing to Get Fit and Have Fun



17 Wing Commander Colonel Andy Cook blasts the megaphone for the runners to begin the Wing Commander's Challenge on May 10, 2017. The challenge is a lead in to the Health and Wellness Challenge and reminds members about the importance of the culture of fitness in the CAF. Please see page 5 for our article. Photo: MCpl Rick Ayer

In this issue: TIPS TO RACE THE RCAF RUN RIGHT

PAGE 2

17 WING COMMANDER'S HONOURS AND AWARDS

PAGE 4

DNSIA SPEAKS TO AFOD STUDENTS AND 17 WING MEMBERS

PAGE 5

NEW SEASON BRINGS CHANGES TO CFB WINNIPEG GOLF CLUB

PAGE 11

SUMMER DAY CAMPS PROVIDE HEALTHY ACTIVITY FOR KIDS

PAGE 12


A SIMPLE EXPERIMENT

PAGE 15



Hon. Steven **FLETCHER**
MLA ASSINIBOIA
3723 Portage Avenue
Winnipeg, MB
R3K 2A8
204-944-1049



Millennium Auto Service Ltd. 

- Complete Auto Service
- Computer Diagnostics
- Government Inspections
- Evening Hours

3797 Portage Avenue
(Portage at St. Charles St.) Phone: **885-2690** or **632-8909** Fax: **885-2705**

Looking Forward to
the **RCAF RUN**

Fun for Everyone at the Race Village

by Gloria Kelly

Participants arriving for the 2017 RCAF Run will find themselves greeted by a bustling Race Village with activities and entertainment ongoing throughout Race Day, says Major Ricky Cam, Race Village coordinator.

From a rousing concert by the RCAF Band to children's bouncy castles, displays by sponsors, and visits by mascots, the Race Village will have something for all ages.

"Race Day is a fun day as well as a serious race experience," said Maj Cam. "Many families come for the Family Fun Walk and take the time to visit various displays and activities. All ages are welcome and will find something of interest."

The Youth Challenge will take place on the hill behind the recreation centre again this year and it offers young people an opportunity to test their fitness and endurance in a fun challenge. Fitness is a part of the overall RCAF Run focus and this challenge encourages young people to be fit and stay fit.

For the younger set who want to burn off some energy, a visit to the bouncy castles will do just that. The castles will be set up inside the recreation centre gymnasium where there will be all kinds of kids' activities that will run rain or shine. In addition to the opportunity to have a good jump around, face painting and crafts are always popular.

Outside in the village itself, there will be various military vehicles to visit, displays by sponsors, an opportunity to meet with the team from Soldier On, a chance to see sports team mascots, and of course, lunch by Presenting Sponsor Applebee's.

For those who like to bike to the Run there will be a Bike Valet available along with a First Aid location.

Music will be ongoing throughout the day as various local radio stations and their personalities are set up in the Village.

"The idea is to come and have fun," said Maj Cam. "Take the time to explore the race village, talk to military members, sponsors and volunteers who are on hand



Families wait to get a look at a CC-138 Twin Otter on the flight line at 17 Wing Winnipeg during the 2015 Royal Canadian Air Force Run. Photo: Bill McLeod, Voxair Manager

to make Run Day a fun experience."

The Race Village will be operational from 0800 to 1400.

Looking Forward to
the **RCAF RUN**

Race the RCAF Run Right

by Ashley Demers, Voxair Intern

With the ninth annual RCAF Run fast approaching, many people are getting prepared to run. This year, the run will occur on Sun, May 28, and runners are able to participate in a 3km Family Fun Run, 5km or 10km races, a half-marathon, or a half marathon relay.

When it comes to running, especially long distance racing, training is key. No two people will ever train the same, which unfortunately means that not all people will prepare in a healthy way.

Captain Yves Forget is a skilled runner, cyclist, and overall athlete who recently completed the 2017 Boston Marathon. According to Forget, there are several things that athletes should do, especially when they're new to running.

1. Correct Clothing and Fitting Footwear

First off, make sure you have the proper footwear and clothing. All is well if you don't run regularly, but if you're training for something like the RCAF Run, you'll be out often.

Having proper clothing is a requirement, especially in the winter. Be sure to dress in layers, so you're able to remove a layer and cool yourself down if you get too hot.

Proper footwear is important too, since improper footwear can cause problems. Running shoes that are old or don't fit right can cause long-term knee, ankle, and sometimes hip injuries. Most commonly, they cause blisters. If you wear uncomfortable, ill-fitting shoes, or even socks, you'll be in for some pain in the short term as well as the long term.

Forget would like to remind people though, that even if you have good quality shoes, you need to replace them when they need to be replaced.

"If you run quite a lot, they won't last two years," says Forget. "For some people, it's like three, four, five years. If they're still good, you probably run two or three times a year, no more."

Forget says that if you can take your shoes and twist them easily, that's usually a good sign that the soles are worn and need to be replaced.

2. Warm Up to Workout

One thing that some people neglect is setting aside a time period for warm up and cool down before and after a workout. If you want to avoid injury and stiffness, stretches are important.

The shorter the distance being travelled, the longer you'll need to warm up. With a longer run, you'll be moving slower and your body will warm up as you go. However, for short distances, going from motionless to sprinting can lead to injury.

"I've heard it can take up to an hour to warm up for a sprinter," says Forget. "The shorter the distance is, the faster you want to go."

Warm ups are important, but so is a cool down period. Don't forget to do a few stretches to cool down, since it can be just as dangerous for a moving body to be instantly stationary.

3. Proper Pace

Start off slow. Give it your all, but don't give it your all too fast. Even if you're an experienced runner you need to know your limits and abide by them, and get enough sleep when you need it.

With knowing your limits, you'll come to know what pace you're most comfortable with and stick with it. Forget suggest that if you can't control your pace, try to find a friend who has a similar pace and train with them. He also mentions that training with friends will have other benefits too.

"A lot of people give up really fast," says Forget. "They do a couple of weeks and they stop. Go with a group, or some running program. Usually when you go with a group, you make friends, and later on your motivation sometimes is to go and see your friends."

4. Regular Routine of Considerable Cardio

When it comes to a routine, Forget says that the average runner, for a race like the RCAF Run, trains at least three times per week. He acknowledges, though, that everybody is different and says that a person doesn't always have to run to get a proper cardio workout.

"I would say at the bare minimum, at least once a week running," says Forget. "If the rest, you don't want to run, you need at least two other cardio activities."

"Probably one of the best would be swimming. Biking could be another good one, but you need to push. In the winter time, a really good one to replace running could be cross-country skiing."

Not every runner needs such an extensive or precise cardio routine, but it certainly helps to balance your time when you have a pattern. A routine can ensure that you have a regular, thorough workout.

5. Eat Well

When you're an athlete, a healthy diet is a necessity. When expending lots of energy, you need to be sure that you have energy to use.

Forget says that foods with lots of carbohydrates can be beneficial. Even things with lots of caffeine can be helpful when used at the right time, and limitedly.

"A good thing is usually spaghetti," says Forget. "It's a classic, a lot of carbohydrates. In the morning, I know a lot of people like bagels because of the carbs; bananas because of the magnesium; and coffee, before racing, because of the caffeine."

Since healthy diets vary by person, you need to learn your own body and balance your diet based upon your exercise level, weight, and metabolism. He also warns to be cautious of energy supplements, and things such as protein bars and powders. If you eat, on average, a healthy lifestyle, you typically won't need them.

6. Enjoy

Finally, the most important thing to do is have fun. Be careful about what you do, train hard, but enjoy yourself to the fullest extent possible. Don't get too discouraged if your times and abilities aren't exactly what you'd hoped. Keep a positive mindset and keep trying.

VOXAIR

OFFICE HOURS

Monday to Friday
0830-1500 hrs

CONTACT

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

Accounting
(204) 833-2500 ext 4121

Submissions/Reporter
(204) 833-2500 ext 6976

voxair@mymts.net
+VOXAIR@PersSvc@Winnipeg

VOXAIR STAFF

LCol Genevieve Lehoux
Dep Wing Commander
(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
Derksen Printers
204-326-3421

Visit Us Online: thevoxair.ca

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

Correspondence should be addressed to:

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

This newspaper is printed using environmentally safe inks.

Publications Mail Agreement No. 1482823

Promotion of Private Businesses in articles submitted for publication is not permitted except in cases of appreciation for donations where only the company name is included. (Companies or individuals that are currently in arrears shall not be published.) Individuals or groups shall not make any offer of promotion in The Voxair Newspaper of products and/or services for exchange in donations.

Looking Forward to
the **RCAF RUN**

RCAF Run to Support Military Causes

by Martin Zeilig, Voxair Photojournalist

Soldier On and Support Our Troops will be the two beneficiaries of the money raised by the 2017 RCAF Run on May 28, says Lieutenant-Colonel Heather Collins, the Run's Chief of Staff.

A total of \$45,000 was divided between both of them after the 2016 Run, she said during an interview.

"They (the causes) provide support that's not given anywhere else," added LCol Collins, A1 Reserve Management 3, 1 Canadian Air Division Headquarters.

The RCAF run is your annual chance to take off with the Royal Canadian Air Force, notes the Race website. You can choose between three timed races or the family fun walk/run for a day of active fun.

The three timed races cover a 5K, a 10K and, an individual or two-person relayed half marathon route, all of which are certified by the Manitoba's Runner Association.

Each route will take you through the flight line and Canadian Forces Base Winnipeg before you cross the finish line.

Soldier On is a Canadian Armed Forces program that supports currently serving members and veterans to overcome their physical or mental health illness or injury through physical activity and sport, says the Canadian Forces Morale and Welfare Services website.

"The program is a highly visible and integral component of the Department of National Defence and Canadian Armed Forces' commitment and priority towards providing a comprehensive approach to care for ill and

injured members," it explains.

"Since its inception in 2007, Soldier On has helped more than 2,200 ill and injured members to obtain sporting or recreational equipment, gain access to high-level training from world-class instructors and supported their participation in a wide range of structured activities from alpine skiing to fishing to adventure expeditions. Although Soldier On events are primarily focused on sport or other physically challenging activities, promoting an active lifestyle is only part of the mission."

"Support Our Troops is the official program providing financial support and assistance to Canadian Armed Forces (CAF) members, veterans and their respective families," says the website www.cfmws.co

"It is funded through individual and corporate donations, proceeds from third party events and Yellow Ribbon merchandise, and contributions by external organizations."

A contingent of 11 Soldier On members from across Canada will be at this year's run, LCol Collins noted.

"They know that physical activity is the road to recovery," she said, observing that physical activity was found to help CAF members who had mental health challenges after being in Afghanistan or some other combat zone. "The RCAF Run was designed to give back to our own people. We know that daily physical activity helps to deal with stress in everyday life."

Other sources say similar things about the benefits of exercise.



Members and families get a close look at a CF-18 Hornet and CC-130 Hercules at the 8th Annual RCAF Run, on June 4th, 2016. Photo: Cpl Darryl Hepner

Looking Forward to
the **RCAF RUN**

Flight Line Display a Once a Year Opportunity

by Gloria Kelly

My middle grandson calls the CC-130 Hercules "Nanny's Plane". He knows I work at 17 Wing and he knows that beautiful plane that flies over our home on a daily basis flies from the hangar right across the parking lot from where I work.

On RCAF Run Day, Sunday 28 May, he and the 2,500 people who sign up for the annual run will have a chance to see that plane up close and personal along with a number of other aircraft that are part of the RCAF fleet.

"Run Day is the one day of the year when the base and our flight line is open to the public," said Major Greg Niemczyk, Flight Line Display Coordinator. "This year we expect to have a great display where visitors can not only see the various aircraft but in many cases actually get on board and, of course, talk to the men and women who make up the flight crews."

The Race will get underway with a flypast by the CC-130 Hercules that calls 17 Wing home. Its familiar sound overtop the start line will get participants off and running.

In addition to aircraft based at 17 Wing, there will be visitors from both flight training centres in Portage-la-Prairie and Moose Jaw.

If you like helicopters, come and check out the CH-139 Bell Jet Ranger and its larger cousin the Bell 412 (the former CH-146 Griffon). Both fly out of Portage and occasionally may be seen coming and going from the base as part of flight training. Also coming in from Portage will be Raytheon C-90B King Air and the C120A Grob.



The Canadian Forces Snowbirds fly past prior to the start of the 2016 RCAF Run held at 17 Wing, Winnipeg on June 5, 2016. Photo: Cpl Paul Shapka

Sports Trivia

Mother's Day

by Tom Thomson and Stephen Stone

1. Which team has won the greatest number of Stanley Cups? How many?
2. Which team has won the second greatest number of Stanley Cups? How many?
3. When did Toronto last win the Cup?
4. Who scored the fastest goal in NHL playoff history?
5. Gordie Howe set the record for fastest goal in the playoffs at 9 seconds on April 1, 1954 vs Toronto. Whose record did he beat?
6. Who scored the fastest overtime goal in NHL playoff history?
7. Who scored the fastest two goals from the start of an NHL playoff game?
8. Who scored the fastest two goals in an NHL playoff game?
9. Who holds the record for most career playoff penalty minutes?
10. Who holds the record for most career playoff games without winning a Stanley Cup?
11. Who holds the record for most career playoff games?
12. Who holds the record for most consecutive playoff seasons?
13. Who has won the most Stanley Cups as a player?
14. Who has won the most Stanley Cups as a non-player?
15. Who has won the most Stanley Cups combined as a player or non-player?
16. Who holds the record for most career playoff goals, assists and points?
17. Which players hold the record for most points in a single playoff game?
18. Which goaltender holds the record for most career playoff wins?
19. Which goaltender holds the record for most career playoff shutouts?
20. Who is the only NHL head coach to win a Stanley Cup final game playing in net?

Sports Trivia Answers on page 14

Soldiers First Professional Medal Mounting & Framing

Court Mounting
Full and Miniature Medals

Contact Dan at (204) 396-7041 or
e-mail sfpmounting@gmail.com

Wing Commander's Honours & Awards



Col Andy Cook, 17 Wing Commander (left), presents Cpl Christopher Allan The General Service Medal-Expedition, assisted by CWO Mike Robertson (right), 17 Wing Chief, at the Wing Commanders' Honours and Awards Ceremony held on May 09, 2017. All Photos: Cpl Darryl Hepner



MCpl Danielle McCutcheon received The Special Service Medal-Nato.



Cpl Michael Cranswick received The Special Service Medal-Alert.



Sgt Frederick Tucker received The Canadian Forces Decoration 3rd Clasp.



CWO Paul Nolan received The Canadian Forces Decoration 2nd Clasp.



WO Douglas Wallace received The Canadian Forces Decoration 2nd Clasp.



Sgt Ramez Mohsen received The Canadian Forces Decoration 2nd Clasp.



Cpl John Reeder received The Canadian Forces Decoration 2nd Clasp.



Maj Kendrick Barling received The Canadian Forces Decoration 1st Clasp.



Lt (N) Frederic Lamarre received The Canadian Forces Decoration 1st Clasp.



Sgt Virgillio Maduro received The Canadian Forces Decoration 1st Clasp.



Sgt Jeremy Pollard received The Canadian Forces Decoration 1st Clasp.



Sgt Steve Ottar received The Canadian Forces Decoration 1st Clasp.



Sgt Cindy Scott received The Canadian Forces Decoration 1st Clasp.



Cpl Robert Aube received The Canadian Forces Decoration 1st Clasp.



Cpl Sergiusz Bilny received The Canadian Forces Decoration 1st Clasp.



Cpl Anthony Liwyj received The Canadian Forces Decoration 1st Clasp.



Cpl Michel Paradis received The Canadian Forces Decoration 1st Clasp.



Capt Paul Hansen received The Canadian Forces Decoration.



MCpl Adam Rodgers received The Canadian Forces Decoration.



Cpl Peter Allan received The Canadian Forces Decoration.



Cpl Jamie Hawkes received The Canadian Forces Decoration.



Cpl Ryan Onsowich received The Canadian Forces Decoration.



Cpl Alain Leclerc received The Canadian Forces Decoration.



Capt Sebastien Massicotte received The Joint Task Force-Iraq Commander's Commendation.



MCpl Anthony Vail received The 1 Canadian Air Division Commander's Commendation.



Maj Robert Jones received The 17 Wing Commander's Commendation.



Johanne Frawley received The 17 Wing Commander's Commendation.



Joanna Jarrett received The 17 Wing Commander's Commendation.

Wing Commander's Honours & Awards



Dawn Redahl received The 17 Wing Commander's Commendation.



Sgt Peter Jackson received The 17 Wing Commander's Coin.



Cpl Ryan Maher received The 17 Wing Commander's Coin.



Capt Stephanie Blais received The JTF Nijmegen 2016 Certificate of Achievement.



Capt James Crittenden received The JTF Nijmegen 2016 Certificate of Achievement.



2Lt Ludovic M-Chicoine received The Commissioning Scroll.



Lt Christopher Hobbs received The Commissioning Scroll.



CWO Paul Nolan received The Chief Warrant Officer's Scroll.

Deputy National Security and Intelligence Advisor Visits 17 Wing



David McGovern, Deputy National Security and Intelligence Advisor to the Prime Minister takes a question from 17 Wing member. Photo: Ashley DeMers, Voxair Intern

by Ashley Demers, Voxair Intern

17 Wing received a special visit from the Deputy National Security and Intelligence Advisor to the Prime Minister (DNSIA), David McGovern, on Tue, May 2. There to speak to Air Force Officer Development Block 5 students at the Canadian Forces School of Aerospace Studies (CFSAS), McGovern's presentation was opened to interested 17 Wing members.

McGovern accepted questions from the audience throughout his presentation about the role of the National Security Advisor Branch. He used examples including the prevention of cyber threats, the war against terrorism, and the management of Canada's relationships with other countries.

Further, he spoke about the purpose of the Privy Council Office (PCO), which he is a part of.

"PCO is the hub of non-partisan public service support for the Prime Minister and for the Cabinet," said McGovern. "We provide support to the decision-making structures of the government. We help the government implement its vision and respond quickly and effectively to issues that face the government and the country."

He is currently in the PCO as the DNSIA, and works under the National Security and Intelligence Advisor to the Prime Minister (NSIA) Daniel Jean, and Prime Minister Justin Trudeau.

While the NSIA advises the government mainly on national security matters, he, and the rest of the branch,

also provide advice on other matters as well. According to McGovern, the branch often participates when situations overlap and begin to concern the well being of the country's citizens.

"The NSIA is also well placed to advise on the intersection of national security, economic, and trade issues," said McGovern. "These domains are becoming closely linked through the Investment Canada Act, protecting Canadian intellectual property competitive advantage, and jobs."

Captain Martin Brisebois, a CFSAS staff member, said that after hearing McGovern speak he believes that although media sometimes portrays government as incapable or amateurish, the government is completely capable, and people should have more confidence.

"This government actually relies on professional civil servants," said Brisebois. "Guys who have been doing their jobs for 20 years. They know the policy, whatever the issue. Mr McGovern, the Deputy National Security and Intelligence Advisor, has been doing it for a long time."

A political science student, Brisebois is educated on the subject.

In addition to providing insight into the branch's affairs and capabilities, McGovern stressed the need to link Canadians' lives with the government's responsibilities, and that greater transparency in government helps to build trust in government management. Additionally, he mentioned the support this idea has in the government, from all levels. He references a mandate letter written by Trudeau to Minister of National Defence, Harjit Sajjan.

"We have also committed to set a higher bar for openness and transparency in government," says Trudeau in the letter. "It is time to shine more light on government to ensure it remains focused on the people it serves."

"If we are to tackle the real challenges we face as a country – from a struggling middle class to the threat of climate change – Canadians need to have faith in their government's honesty and willingness to listen."

McGovern has had a role in government decisions for several years, and is formerly the Senior Advisor to the PCO. He began his current position as the DNSIA in January 2015.

Wing Commander's Challenge Gets Members Participating in Fitness

by Ashley Demers, Voxair Intern

Hundreds of people walked, ran, cycled, and rollerbladed their way across the finish line at the annual Wing Commander's Challenge on Wed, May 10.

The challenge kicked off mid-morning with a loud and entertaining group warm up, as well as a few motivational words from Wing Commander Andy Cook. Runners and walkers completed 5km around 17 Wing, while people with bikes or rollerblades completed a feat of

10km. After the event, participants were provided with free lunch and snacks.

"Health and fitness are very important to us doing our daily job," said Cook. "This is a great example of getting folks out of work and thinking a little bit more about their own fitness. It's a timed event, but just for fun. It's all about camaraderie."

The challenge may not have been a contest, but many people still kept track of their times and made an effort to lead the pack. Cyclist Major David Gerrard was the lucky one and crossed the finish line before anyone else.

"I took off behind the MP (Military Police) car," he said. "And I pretty soon found myself alone so I just kept going. It was nice to finish first in any case."

Gerrard trains on his bike on a near-daily basis and enjoys the occasional run. While he knew the challenge wasn't a competition, he was still proud to finish first.

Cook also participated in the race, but decided to stay near the back and walk during the majority of it. He mentions that the challenge is a good excuse to avoid work temporarily and get some exercise. He's happy to take part in it, as well as the military in general.

"I'm very proud to be in an organization that puts such a great emphasis on fitness," said Cook. "Because really, what it means at the end of the day, when we all leave the Canadian Forces, we're around longer for our family members in retirement."

The challenge kicks off the Health and Wellness Challenge on the Wing.

HOUSEWATCH

Don't leave your house to chance—
Leave it to us.

Did you know that your homeowner's insurance policy may require that your home be checked regularly, as often as everyday when you're away?

Commissionaires' team of bonded security professionals will perform routine internal and external inspections of your property. Our new WiredTime technology places barcodes strategically throughout your home and property, allowing you to keep track of us while we keep track of your home security, giving you complete peace of mind.

CF Members Get A 10% Discount



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

COMMISSIONAIRES
TRUSTED · EVERYDAY · EVERYWHERE
www.commissionaires.mb.ca
942-9553

402 Squadron Welcomes New Honorary Colonel



HCol George Chapman (outgoing), 402 Sqn CO, LCol Kyle Rosenlund, and HCol Eldren Thuen (incoming), sign the COA (Change of Appointment) Certificates during the 402 Sqn, HCol COA Ceremony, on May 04, 2017, at Bldg 76, 17 Wing Winnipeg, MB. Photo: Cpl Darryl Hepner

by Ashley Demers, Voxair Intern

The members of 402 "City of Winnipeg" Squadron were dressed formally in blue as the Honorary Colonel Change of Investiture Ceremony took place on Thursday, May 4. Brigadier-General (Ret'd) Eldren Thuen was officially appointed following the retirement of Honorary Colonel George Chapman.

The official signing of the certificates occurred in the Oak Room at the 17 Wing Officers' Mess, with statements from both Thuen and Chapman, as well as a presentation and an address by Lieutenant-Colonel Kyle Rosenlund.

"Today is bittersweet for 402 Squadron," said Rosenlund. "It is with great sadness that we bid a fond farewell to our Honorary Colonel, George Chapman, while at the same time welcoming our new Honorary Colonel,

BGen (Ret'd) Thuen."

Chapman held the Honorary Colonel position for three years, and now Thuen is happy to receive the torch. He has the utmost respect for Chapman, and hopes he can perform the role to the same level of excellence.

"I've known George now for the three years that he's been Honorary Colonel," said Thuen. "I've seen him grow into the position. He's a staunch supporter of the squadron, and the community. To be able to do that is going to take some doing."

Thuen served more than 37 years of Regular and Reserve time, and one year as an Honorary Colonel with 1 Canadian Forces Flying Training School (1 CFFTS).

During part of his service he held the role of Director General of the Air Reserve, and had nothing but positive things to say about 402. He is excited by the chance to work with the squadron.

"402 was certainly one of the units that I looked to as a model," said Thuen. "They utilized reserves in the way that the Air Force should use reserves. They did all of the reserve stuff right. I certainly am happy to be back and a part of that."

While Thuen is excited about working with 402, Chapman has mixed feelings about his retirement. He is sad to leave 402 and his role with the squadron, but is looking forward to being able to pursue other things in his time off.

"My plans are to travel," said Chapman. "I've taken a real hard look at life, and the things I want to do. I've got a bit of a bucket list. I've also had a life-long hobby of building model airplanes, and I intend to get back into that much more than I have in the last few years."

While the role that Chapman is leaving behind has no legal authority to issue commands, it is close to his heart, and he is going to miss it.

"We are there to, in effect, support the existing personnel and whatever unit they are attached to," said Chapman. "But at the same time be an ambassador to the community and to help the community understand."

With his official appointment, Thuen now has the role of being a representative. He will have to regularly reach out on behalf of the military, as well as assist with integration of military personnel and their families into the community.

STRONGER TOGETHER



**Winnipeg South
Osborne Legion
Branch No. 252**
426 Osborne St
Winnipeg, Manitoba
rcl252.mb.ca

Chase the Ace
Tuesday 6pm

Meat Draws
Wednesday 4:30pm
Saturday 3pm

Bingo
Friday & Sunday 6:30pm

Live Bands
Friday 9pm

Karaoke
Saturday 7pm

NATALIA KHOUDIAKOVA

Relocation Specialist

Cell: 431-998-9410

Office: 204-800-2496

Email:

natalia@vanguardrealestate.ca

A-3311 Roblin Boulevard

Winnipeg, MB R3R 0C2

www.vanguardrealestate.ca



OLYMPIA CYCLE & SKI

326 St. Mary's rd.

**OLYMPIA
CYCLE & SKI**

326 St. Mary's Road

BMC
SWITZERLAND

OPUS
opusbike.com

**STATE
BICYCLE CO.**

FUJI

KHS

Test ride your favourite brands today!

Finance our products through Canex. Choose how you pay!

Here to serve all your bicycle and ski needs!

CANEX'S BIKE STORE

War Graves Commission Unveils New Marker for First World War Hero



Chaplain General (Ret'd) and Secretary General of the Canadian Agency of the Commonwealth War Graves Commission, David Kettle, makes a short speech while Alan Adams, the nephew of Alan McLeod, photographs the new grave marker for the rest of his family.
Photo: Bill McLeod, Voxair Manager

by Martin Zeilig, Voxair Photojournalist

A local First World War hero was finally remembered in an official manner on the blustery, bright morning of May 9, 2017, at historical Old Kildonan Cemetery.

A Commonwealth War Graves Commission Victoria Cross headstone and a commemorative plaque were dedicated to honour the life of Alan McLeod, a Canadian airman with the British Royal Flying Corps during the First World War and was awarded a Victoria Cross.

The commemoration took place at the gravesite of the McLeod family plot, where Alan McLeod is buried attracted about 100 people (both military and civilian).

"It was a truly significant event," said Lieutenant-Colonel Christopher Morrison, Senior Staff Officer Tactical Division 1 Canadian Air Division, in his opening.

Alan McLeod was born on April 20th, 1899, in Stonewall, Manitoba, some 37 kilometres northwest of Winni-

peg, to parents Dr. Alexander Neil McLeod and Margaret Lillian McLeod, notes biographical information. The McLeods were descendants of Selkirk Settlers.

"He displayed a passion for the armed forces from a young age, joining the Fort Garry Horse Militia in Stonewall at the age of 14," said LCol Morrison. "Following attempts to join the Canadian Expeditionary Force, he enlisted in the Royal Flying Corps (RFC) on his 18th Birthday in 1917 in Manitoba."

On March 27, 1918, 18 year old Lieutenant Alan McLeod, along with his observer, Lieutenant Arthur Hammond encountered and shot down a German Fokker triplane but were immediately intercepted by eight more German planes. The German aircraft were part of the Richthofen Flying Circus which included the famed Red Baron. McLeod and his observer were able to shoot down two of the Triplanes before their fuel tank was hit and exploded engulfing their biplane in flames. Lieutenant McLeod, forced to fly the biplane from the wing, entered the aircraft into a side-sweep to keep the flames from scorching him and his observer. In the blaze, they shot down a third Fokker before crashing in No-Man's land. During the encounter McLeod was wounded five times and his observer received six bullet wounds.

"From the burning wreck Lieutenant McLeod dragged his unconscious observer to a nearby shell crater when he was hit a sixth time by German gun fire," continued LCol Morrison. "Lieutenant McLeod and his observer survived the encounter and for his actions was awarded the Victoria Cross. Lieutenant McLeod, V.C., returned home in the fall of 1918 where he succumbed to influenza on 6 November, 1918."

Among those present at the dedication were Alan Adams of Hamilton, a nephew of Alan McLeod, and Kathleen Williams, a grandniece of Arthur Hammond.

Although he never knew his heroic uncle, Mr. Adams said Alan McLeod lives on in his imagination from the stories passed down from the family.

"Lieutenant Arthur W. Hammond was a veteran RFC observer who had already earned a Military Cross when paired with the young Alan McLeod in the spring of 1918," says information provided by Ms. Williams. "Hammond's skill and experience and McLeod's fearless ability created a very strong team. They only survived because of each other. Hammond was laying on the ground beside the aircraft. Both men were suffering from bullets and burns. McLeod pulled Hammond towards Allied territory, but suffered another bullet in doing so. Hammond's right leg was amputated later at a Red Cross hospital."

Commonwealth War Dead were not repatriated but buried where they fell, said Chaplain General (Ret'd) David Kettle, CMM CD DD, now Secretary General of the Canadian Agency of Commonwealth War Graves Commission, based in Ottawa, Ontario.

"Lt McLeod is unique because he died in Canada during the war years convalescing from his injuries," he said during his graveside speech. "May this commemoration to the enormous personal sacrifice of Lieutenant Alan. A. MacLeod, V.C, leave us with a poignant physical reminder of the war and be remembered by the generations that will follow, lest we forget."

Kettle congratulated Larsen's Memorials of Winnipeg for their beautiful work on the headstone and plaque.

Squadron Leader Rich Cooke, a RAF member serving as Combat Plans Division Chief, Combined Air Operations Centre, 1 Canadian Air Division Headquarters, said he was very honoured to have been invited to take part in the ceremony.

"Alan McLeod was just a young guy of 18 when he joined the Air Force," he said following the ceremony.

Cooke voiced admiration for McLeod's "incredible act of valour" of crash landing his plane and rescuing Hammond from the flaming wreckage, especially considering that both men were severely wounded at the time.

"No rewards could be too high," Sqn Ldr Cooke said.

HMCS Chippawa Remembers the Battle of the Atlantic

by Martin Zeilig, Voxair Photojournalist

Lieutenant Commander (Ret'd) Robert Watkins CD was 18 years old when he joined the Royal Canadian Navy in 1943.

He served on numerous ships during the Battle of the Atlantic in the Second World War.

Mr. Watkins, 92, was the Guest Speaker at the 75th anniversary Battle of the Atlantic Ceremony at HMCS Chippawa on Sunday, May 7.

Over 500 people, both military and civilian, were in attendance, including Lieutenant Commander I.A. Gillis, CD, HMCS Chippawa Commanding Officer and Commodore Craig Baines, Commander Canadian Fleet Atlantic, 17 Wing Commander Colonel Andy Cook, and Wing Chief Warrant Officer Mike Robertson. Other notable attendees included Mr. Christopher Gunning, Consul, USA, Councillor Matt Allard representing the City of Winnipeg, Robert-Falcon Ouellette, Member of Parliament (Winnipeg Centre), and Jon Reyes, Special Envoy for Military Affairs, Province of Manitoba, among others.

"I'm very honoured to have been invited to take part in the ceremony today," said Col Cook at a reception following the official event. He added that Canada's contribution to the Battle of the Atlantic was "arguably" our largest contribution to the war effort and should never be forgotten.

The Battle of the Atlantic campaign was fought at sea from 1939 to 1945 with the strategic outcome being sea-control of the North Atlantic Ocean, says the History of the Battle of the Atlantic, Government of Canada website.

"Over the course of 2,075 days, Allied naval and air forces fought more than 100 convoy battles and perhaps 1,000 single ship actions against the submarines and warships of the German and Italian navies, explains the online information. "Enemy vessels targeted mainly the convoys of merchant ships transporting material and troops vital to safeguarding the freedom of the peoples of North America and Europe."

"On any given day, up to 125 merchant vessels were sailing in convoy across the North Atlantic. It was during these treacherous, stormy crossings that Canada's



Navy WWII veteran, Bob Watkins stands during the Last Post at the Battle of Atlantic ceremony held at HMCS Chippawa, Winnipeg on May 7, 2017. Photo: Cpl Paul Shapka

navy matured and won the mantle of a professional service. Our navy escorted more than 25,000 merchant vessels across the Atlantic. These ships carried some 182,000,000 tonnes of cargo to Europe — the equivalent of eleven lines of freight cars, each stretching from Vancouver to Halifax. Without these supplies, the war effort would have collapsed.

"Thousands of Canadian men and women - members of the Royal Canadian Navy (RCN), the Merchant Navy (MN), the Women's Royal Canadian Naval Service, and the Royal Canadian Air Force (RCAF), mostly volunteers from small town Canada - had to face situations so perilous they are difficult for us to imagine. As Canadians, we should be proud of their courage.

"Although largely unprepared for war in 1939, Canada's Navy grew at an unparalleled rate eventually providing 47 percent of all convoy escorts. Rear Admiral

Leonard Murray, who as Commander-in-Chief Northwest Atlantic from March 1943, would become the only Canadian to hold an Allied theatre command during the war and direct the convoy battles out of his headquarters in Halifax.

"During the Second World War the RCN grew from 13 vessels to a strength of nearly 100,000 uniformed men and women and nearly 400 vessels, the fourth largest navy in the world. It had suffered 2,210 fatalities, including six women, and had lost 33 vessels. It had destroyed or shared in the destruction of 33 U-Boats and 42 enemy surface craft. In partnership with Canada's maritime air forces and merchant navy, it had played a pivotal and successful role in the contest for seaward supremacy."

Each year on the first Sunday in May, Canada and its naval community commemorates those lost at sea during the Second World War.

This day also helps Canadians remember the continuing dangers of the naval profession, both from the violence of the enemy and from the sea itself, Cmdre Baines said during his presentation.

"I think about how crucial the Battle of the Atlantic was to the overall war effort, and the incredible sacrifice of Canadians as part of the battle," he observed during an interview with The Voxair afterwards. "Life onboard ships was really austere. It was a tough environment to work in over a long period of time. Their courage and persistence was tremendously inspiring. As we celebrate Canada's 150th anniversary, it's also important to remember that we owe our freedom and prosperity to those that came before us."

Mr. Watkins, who is a retired City of Winnipeg Transit employee, noted that his main job onboard ship was Quartermaster ("Steering the ship", he elaborated.) and a loader on a 20 mm Oerlikon anti-aircraft gun, colloquially called "two pounder pom-poms."

"It was an experience for young people," he said. "We grew up fast. We missed our youth."

His interlocutor also asked Mr. Watkins what else he wanted to add: "When will humans learn that peace is a virtue?"



Dr. Doug Eyolfson
Member of Parliament / Député
Charleswood-St. James
Assiniboia-Headingley

3092 Portage Avenue
Winnipeg, Manitoba R3K 0Y2
204.984.6432
deyolfson.liberal.ca



Paul Simms, Barrister and Solicitor

As a former member of the Royal Canadian Air Force, I bring the same values to my full-service firm: loyalty, integrity and courage.

My services include:

- > Wills & Estates
- > Litigation & Administrative Tribunals
- > Small Claims
- > Notarial Services



simmslaw.ca
paul@simmslaw.ca
204-914-5668



RCAF RUN DAY SPECIAL!
25% off ALL
Soldier On gear
May 28th only



VISIT THE CANEX AT 17 WING FOR DETAILS.

École francophone

Maternelle à 8^e année

École la plus près de la 17^e Escadre

Transport scolaire

Garderie francophone

Centre de la petite enfance
et de la famille



81, chemin Quail Ridge, Winnipeg (Manitoba)
<http://rdallaire.dsfm.mb.ca>



(204) 885-8000
romeo.dallaire@dsfm.mb.ca

Good Luck to all Participants

Myrna DRIEDGER
MLA for Charleswood



t. (204) 885-0594
www.myrnadriedger.com





Rhonda Porteous, Canex Manager, (2nd from right) presents a cheque to (L-R) Rick Harris, Senior Manager Personnel Support Programs, Barbara Thuen, Coordinator of Volunteer Services for the Winnipeg Military Family Resource Centre (MFRC), Deanne Bennet, Community Recreation Coordinator, and Joel Roy, Executive Director of the Winnipeg MFRC, to recognize volunteers at 17 Wing. The funds will be used to help pay for the Volunteer Celebration at Celebrations Dinner Theatre on May 18. Photo by Bill McLeod, Voxair Manager

Relocation Expert

Kim Harmatiuk, REALTOR®



- *City & Country Expertise
- *Local & Global Exposure
- *Undivided Attention
- *Superior Communication

Contact me Anytime!

o: 204.444.4646

c: 204.997.3050

Kim@PXGRealty.com

PROPERTY
EXCHANGE
GROUP INC.
REAL ESTATE INSPIRED

Leading
REAL ESTATE
COMPANIES
IN THE WORLD

Bringing You Home...



**YOUR #1 SOURCE FOR
MILITARY ANTIQUES
AND ARMY SURPLUS**

Over 12,000 items for direct purchase
online at marway-militaria.com

Fountain Tire

AUTHORIZED

CANEX

AUTO SERVICE
CENTRE



Put ALL of your Fountain Tire purchases and services on your Canex Credit Plan!

We're More Than Just Tires:

- * Air Conditioning * Balancing * Batteries * Brakes * Electrical * Exhaust * Heating & Cooling
- * Nitrogen Tire Fill * Oil Changes * Seasonal Maintenance Packages * Shocks & Struts
- * Transmission Services * Tire Repairs * Tune Ups * Wheel Alignments * and More!

EARN 100 BONUS AIR MILES WITH EVERY
CANEX/FOUNTAIN TIRE PURCHASE

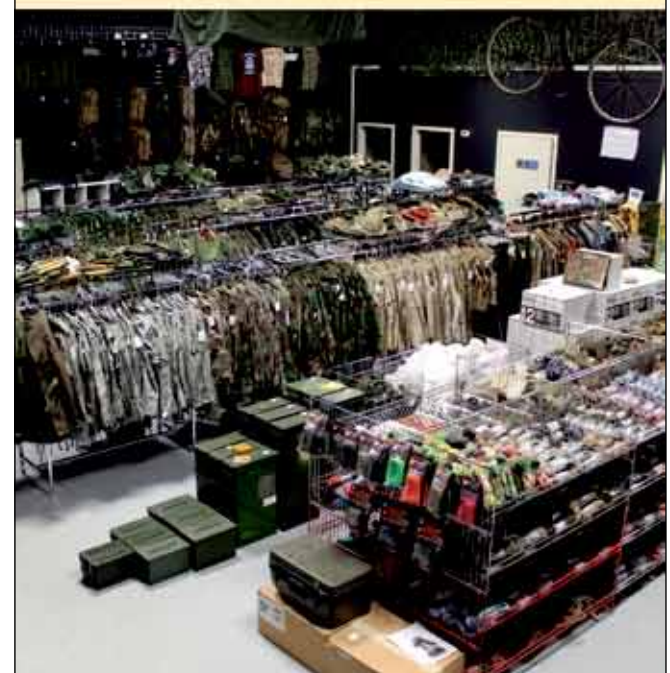


WINNIPEG
3020 Portage Avenue
204.888.0808
fountaintire.com
email: f311@fountaintire.com



**MARWAY MILITARIA INC &
WINNIPEG ARMY SURPLUS**

30-1865 Sargent Ave.
Winnipeg, MB, Canada, R3H OE4
Phone: 204-775-1759 Fax: 204-775-7189
Email: marway@marway-militaria.com
Website: www.marway-militaria.com
www.winnipegarmysurplus.com



Good Luck to all RCAF Run Participants!

PROFESSIONAL, QUALITY SERVICE

20+ YEARS IN THE BUSINESS!

John Dick's Landscaping & Lawn Care



13 years consecutive A+ rating from BBB

COMPLETE 12 MONTH PROPERTY CARE

INCLUDING COMMERCIAL SNOW CLEARING

Celebrating 2+ Years with Doug



John

Doug

Doug manages our residential maintenance programs and supports our landscape work crews.

"Doug brings 13 years of continuous experience working in Canada's Environmental protection Industry and years of experience in the Insurance industry to our team".

Coming from a family with a Military history, Doug also offers assistance to Winnipeg Military families looking to access support from the Veterans Independence program through our 12 month residential care programs.

Making Winnipeg a Beautiful City, One Property at a Time!



470 Kingsford Ave
Winnipeg, MB. R2G 0K2

Fax: 204 661-4701
email :J-dick@shaw.ca

SERVICES PROVIDED

- Landscaping Design
- New Sod
- Sod Repairs
- Rock Gardens
- Flower Beds
- Dry Riverbed Themes
- Asphalt Driveway Sealing
- Commercial Snow Clearing
- Loading & Hauling of Snow
- Patio Blocks
- Fences and Decks
- Concrete & Asphalt Breaking
- New Gravel Driveways & Parking Lots
- Raw Materials
- Excavation
- Bobcat & Dump Truck Service
- Waste Removal



Proudly Serving Winnipeg Veterans

- LICENSED •
- INSURED •
- REFERENCES •
- UNIFORMED EMPLOYEES •

Cell (204) 291-7778
www.johndickenterprises.com

17 WING FIRE CHIEF'S CORNER



BURNING ISSUES

Every year, more people are injured and killed at home than anywhere else, and cooking fires cause the most injuries by far. All the fire safety lessons we've learned over the years take on added importance when we enter the kitchen.

Cooking fires accounted for one-fourth of all civilian fire injuries in home fires. These fires ranked sixth as a cause of home fire deaths and fifth as a cause of property damage. Cooking equipment fires were the leading cause of reported home fires and of civilian injuries in those fires. 97,400 home cooking fires in the U. S. caused 279 civilian deaths, 4,735 civilian injuries and 358 million in property damage.

Cooking fires also account for the majority of unreported home fires. The most recent study of such fires indicated that kitchen cooking equipment accounted for approximately 12,344,000 of unreported fires. This works out to about one kitchen cooking fire for every eight occupied housing units per year. These unreported kitchen fires result in more than 640,000 injuries and illnesses per year.

WHAT CAUSES THE FIRE

Unattended cooking is the leading cause of home range fires, no matter what type of stove or oven is used. For gas-fueled stoves and ovens, fuel leaks cause more than 5 percent of the fires. For electric ovens and portable devices, short circuits cause more than 5 percent of the fires.

WHAT WERE PEOPLE DOING

An estimated 72 percent of those injured in home cooking fires were awake and unimpaired at the time of the fire. However, only 25 percent of the people who died in these fires were asleep when the fire started. Another 15 percent were impaired by drugs or alcohol.

Nearly two of every five home cooking fire deaths occur between midnight and 6:00 a.m., even though nearly one-half of home cooking fires occur between 3:00 p.m. and 9:00 p.m.

More than half of those injured in home cooking fires in the past five years were trying to extinguish the fire when they were hurt.

HOW TO PREVENT COOKING FIRES IN YOUR HOME

First, never leave cooking unattended. Turn all pot handles inward while cooking. Keep kids away from the stove and oven when cooking. Clean cooking equipment regularly to keep it debris- and grease-free. Prevent boil-overs by not overfilling pots. Use recommended temperatures instead of increasing the heat to reduce cooking times, and keep all combustibles away from the cooking surfaces.

Never use cooking equipment for something it's not made for. When you're cooking with oil, always use fresh oil. NOTE: When deep fat frying foods always use a thermostatically controlled fryer. Lower food into oil with utensils; don't just drop it in. Use a burner that's the appropriate size for the pan you're using.

WHAT TO DO IF YOU HAVE A COOKING FIRE OR GET BURNED

If you are cooking with oil and it ignites, don't throw water on the fire. Don't try moving the pan either. Turn the burner off and smother the fire with a pan lid. If this doesn't work, leave the house and call the fire department.

If you have a fire in your microwave oven, close the door to the microwave and unplug it. Don't use the microwave again until you've had it serviced.

If you're burned, run cool water over the affected area for 10 to 15 minutes to minimize skin damage and ease the pain. Never apply butter or other grease to a burn. If the skin is blistered or charred, see a doctor immediately.

And if your clothes catch fire while you're cooking, remember to stop, drop and roll.

2017 Season Brings Changes to Golf Course



Jackie Kurceba, CFB Winnipeg Golf Club Manager, talks to WCWO Mike Robertson at the Wing Commander's Challenge on May 10, 2017. Photo: Bill McLeod, Voxair Manager

by Martin Zeilig, Voxair Photojournalist

Now into its 29th season, the Canadian Forces Base Winnipeg Golf Club has implemented some "exciting changes," including a Pro Shop, notes club manager Jackie Kurceba, who works for Canadian Forces Morale and Welfare Services.

A range of golf accessories, apparel and equipment, are available in the Pro Shop, said Kurceba, who's been manager of the club going on three years.

"I love the job, the membership, and the overall atmosphere," she stated during an interview in Building 21 on May 10 during the Wing Commander's Challenge. "It's a fun, casual and unique atmosphere. I love putting on our unit events, our outside tournaments, and member events."

All are welcome at the club's opening membership 18 hole scramble on Saturday, May 27, Kurceba emphasized with a cheery smile.

"It will be a team format, with a barbeque lunch and prizes," she said. "This is always fun. It's a popular event. One of the most exciting things for this season is our Canex partnership. If you qualify for a Canex credit plan, you can now custom order golf equipment."

If you wanted a new Callaway Epic Driver, you'd be able to put it on a one, two or three year payment plan, she said.

"We've got many returning staff members this year,"

Kurceba continued. "They're always ready with a smile. If it's a sunny afternoon, and you want to enjoy a beverage on the deck, please feel free to come over and savour our beautiful atmosphere at the golf club. I want people to know that you don't have to play golf to come enjoy our wrap around deck, bar and cafe."

Soon the kitchen menu will offer fresh sandwiches, soup, hotdogs and baked goods, she added, while inviting people to have their lunch, or even coffee break, at the club-- "just to switch up from your regular routine."

The schedule for June is filling up fast, so individuals should call today to book their events, she said.

"We're open to non-golf related events, including retirement and birthday parties, unit meetings and more," added Kurceba, mentioning that a 10 percent reduction is being offered to new members. "I just love entertaining, and the atmosphere of a membership club environment and striving to provide the best possible member and guest experience. We just try to improve each section each year. It's so motivating to create the best membership experience. I'm always looking for more way to improve (the services being offered)"

The CFB Winnipeg Golf Course is "a unique nine 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 website. "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."

"Most would agree that Hole #6, the 600 yard par 5, is CFB's signature hole, giving players a chance to really test their drive, often right into a strong westerly wind."

"CFB Winnipeg Golf Club was originally built by volunteers at the Wing and opened in 1988. Today the club boasts a membership of over 350 and continues to welcome walk on guests, unit events and outside tournaments. The small yet functional 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 tournament catering and our daily menu."

For information contact local 6909 or 204-832-8436.

ANAVETS – ROCKWOOD 303
 341 Wilton Street (204) 475-5852

CHASE THE KING OF CLUBS & 50/50
 Every Thursday @ 5:30pm
 Friday Night Meat Draw @ 7:00pm
 Saturday Afternoon Meat Draw @ 3:30pm

May 19th & 20th – Band: Darren Lavalee
 May 26th & 27th – DMG Band
www.303rockwood.com

PROUD OF OUR PAST

 PROTECTING OUR FUTURE

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

CHASE THE ACE
 Monday 6 pm
TEXAS HOLD 'EM
 Tuesday 7 pm
ZUMBA
 Tuesday / Thursday 10-11 am
LINE DANCING
 Tuesday / Wednesday 7-9 pm
DANCE TO LIVE BANDS
 Friday 8pm-1am June-August
 Every Saturday 7-11 pm
MEAT DRAWS
 Friday 5-7 pm
 Saturday 2-5 pm

baldwinson
 INSURANCE BROKERS

HOME INSURANCE!
TENANTS INSURANCE!
CAR INSURANCE!
DRIVERS LICENSES!

204-889-2204
17 WING WINNIPEG
 in the **CANEX BUILDING**

autopac
 A Manitoba Public Insurance product

HOOK & SMITH
 Barristers, Solicitors & Notaries Public
 201-3111 Portage Ave, Winnipeg, Manitoba R3K 0W4

Dennis A. Smith, Winston F. Smith, Q.C.,
 Grant W. Davis and Bernard Toews

Telephone - (204) 885-4520 Fax - (204) 837-9846
 Email: general@hookandsmith.com

Providing legal services to the community since 1984 in the areas of corporate and commercial law, real estate (residential and commercial), civil litigation, wills and estates, family law and transportation law.

www.pspwinnipeg.ca

Summer SPORTS DAY CAMP
 SPORTS • GAMES • SWIMMING • MOVIES • TRIPS • HOT LUNCH & MORE!
 JOIN US FOR A WEEK OF FUN, FITNESS & FRIENDSHIP!
TUES JULY 4 - FRI AUGUST 25

COST:
 With Membership \$140 per week per child
 Without Membership \$160 per week per child
 ALL PRICES INCLUDE BEFORE & AFTER CARE
 PAYMENT PLAN IS AVAILABLE

CAMP AGE GROUPS
ROOKIES 6, 7 & 8 YRS OLD
 Special consideration to military dependants born in the latter half of 2011.
VARSITY 9 & 10 YRS OLD
ELITE 11, 12 & 13 YRS OLD

CAMP DAY 9 AM - 4 PM
 BEFORE CARE 0730 - 0900 hrs
 AFTER CARE 1600 - 1730 hrs

FIELD TRIPS MAY INCLUDE:
 KILDONAN WATERPARK • OAK HAMMOCK MARSH • DRAGON BOAT/KAYAKING •
 STONEWALL QUARRY BEACH • SKY ZONE • ACADEMY LANES • STEINBACH AQUATIC CENTRE

REGISTRATION OPENS:
 WITH MEMBERSHIP - WED, APRIL 5 • WITHOUT MEMBERSHIP - WED, APRIL 19
 For more info or to register: www.pspwinnipeg.ca • 204-833-2500 ext. 5139 or 2057



PSP Member Dawn Redahl, 17 Wing Commander Col Andy Cook and 17 Wing Chief, CWO Mike Robertson, take participants of the Annual Wing Commander's Challenge through warm up stretches on May 10, 2017. Please see story on page 5. Photo: Cpl Darryl Hepner.

STRESS: Take Charge!
 A Canadian Forces Program
Le stress : ça se combat!
 Programme des Forces canadiennes

Want to increase your stress hardiness, enhance your performance, ramp up your resilience?
Stressed? Take Charge!
 2 & 3 August 2017
 0830 - 1600 hrs

Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?
Le stress: Ça se combat!
 2 et 3 août 2017
 0830 h à 1600 h

For more information or to register contact Health Promotion at local (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca
 Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou healthpromo@forces.gc.ca

Nouveau PROGRAMME AVENTURES en PLEIN-AIR

LES LOISIRS COMMUNAUTAIRES PSP PRÉSENTE UN NOUVEAU PROGRAMME POUR ADULTES.
NOUS VOULONS VOUS ENCOURAGER D'ALLER AU PLEIN-AIR POUR PROFITER DE LA NATURE !

LE PROGRAMME AVENTURES EN PLEIN-AIR SERA OFFERT SOUS LE CADRE D'UN PROGRAMME D'INSCRIPTION.

NOUS OFFRONS DES ACTIVITÉS AU PRINTEMPS, EN ÉTÉ, ET EN AUTOMNE

LES RANDONNÉS
 LE CANOË-KAYAK
 LA TYROLIENNE
 LES GONFLABLES DÉCHAÎNÉS

POUR PLUS DE DÉTAILS, VEUILLEZ COMMUNIQUER AVEC L'ÉQUIPE DES LOISIRS COMMUNAUTAIRES AU BÂT. 90.
 INSCRIVEZ-VOUS EN URGENCE À : www.pspwinnipeg.ca • 204-833-2500 postes 5139 ou 2057

Commuter Challenge
 BE LESS DRIVEN

JUNE 4-10, 2017
LEAVE YOUR CAR AT HOME
 1. Register 2. Track Your Trips 3. Encourage Others 4. Win

take transit
 ride your bike
 use your feet
 start a carpool
 work from home

Register at commuterchallenge.ca

Register as an employee at commuterchallenge.ca and Choose 17 Wing- CFMWS as your organization!

New! OUTDOOR ADVENTURE PROGRAM

PSP COMMUNITY RECREATION IS INTRODUCING A NEW PROGRAM FOR ADULTS.
WE WANT TO GET YOU OUTDOORS TO ENJOY THE WILDERNESS!
 THE OUTDOOR ADVENTURE PROGRAM IS OFFERED AS A REGISTERED PROGRAM.

SPRING & SUMMER & FALL ACTIVITIES

CANOEING
 HIKING
 ZIP LINING
 INSANE INFLATABLES

FOR MORE DETAILS PLEASE CONTACT THE COMMUNITY RECREATION TEAM AT BLDG 90.
 REGISTER AT: www.pspwinnipeg.ca • 204-833-2500 ext. 5139 or 2057

Alcohol, Other Drugs and Gambling: Supervisor's Training

17 & 18 August 2017
 0800-1600 hrs & 0800-1200 hrs

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

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

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

17 et 18 août 2016

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

Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code. DAOD 5019-7

To register, contact Health Promotion at (204) 833-2500 ext.4150 or healthpromo@forces.gc.ca
 Pour s'inscrire, composez Promotion de la santé le (204)833-2500 poste 4150 ou healthpromo@forces.gc.ca

Mental Fitness and Suicide Awareness
 It's one thing to look after your body. Just don't forget about your mind.

Mental Fitness & Suicide Awareness: Supervisor Training
 This course is course coded!
 11 July 2017
 0800 - 1600 hrs

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

Force Mentale et Sensibilisation au Suicide - Formation du Superviseur
 Il s'agit d'un cours auquel on a attribué un code!
 11 juillet 2017

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

C'est bien de prendre soin de votre corps, mais n'oubliez pas votre esprit.

Sensibilisation à la santé mentale et au suicide

17' ESCADRE • LOISIRS COMMUNAUTAIRES

CAMP de JOUR d'Été de SPORTS
 SPORTS • JEUX • NAGE • FILMS • DÎNER CHAUD • ET PLUS!

JOIGNEZ-NOUS POUR UNE SEMAINE D'AMUSEMENT, DE CONDITIONNEMENT PHYSIQUE, ET D'AMITIÉ!

LE MARDI, 4 JUILLET AU VENDREDI, 25 AOÛT

FRAIS D'INSCRIPTION
 140 \$ par semaine par enfant pour les adhérents
 160 \$ par semaine par enfant pour les non-adhérents
 TOUS LES TARIFS COMPRENNENT LES SERVICES DE GARDE AVANT ET APRÈS LA JOURNÉE DE CAMP • PLAN DE FINANCEMENT DISPONIBLE

ÂGES DES CAMPEURS
 NOVICES 6, 7, et 8 ans
 ÉTUDIANT(E) - ATHLÈTE 9 et 10 ans
 ÉTUDIANT(E) - ÉLITE 11, 12, et 13 ans

JOURNÉE DE CAMP 9h - 16h
 SERVICES DE GARDE AVANT 7h30 - 9h
 SERVICES DE GARDE APRÈS 16h - 17h30

LES EXCURSIONS PEUVENT AVOIR LIEU AU:
 PARC AQUATIQUE KILDONAN • MARAIS OAK HAMMOCK • SKY ZONE • ALLÉES DE QUILLES ACADEMY • DES BATEAUX-DRAGONS • DES BATEAUX-DRAGONS ET DES KAYAKS

INSCRIPTION :
 LES ADHÉRENTS PEUVENT S'INSCRIRE À COMPTER DU MERCREDI, 5 AVRIL
 LES NON-ADHÉRENTS PEUVENT S'INSCRIRE À COMPTER DU MERCREDI 19 AVRIL

Pour plus de renseignements ou pour s'inscrire: www.pspwinnipeg.ca • 204-833-2500 poste 5139 ou 2057



Connect with us:

102 Comet Street / 102 rue Comet
204-833-2500 extension / poste 4500

www.cafconnection.ca

www.facebook.com/WinnipegMFRC

www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

Assemblée générale annuelle (AGA)

Le Conseil d'administration du Centre de ressources pour les familles de militaires (CRFM) de Winnipeg est heureux d'annoncer que son Assemblée générale annuelle aura lieu mardi, le 27 juin à 17 h au CRFM.

Les membres de la BFC de Winnipeg ainsi que leurs familles sont invités à y assister.

Exprimez votre opinion, orientez notre programmation et participez à l'élection de notre conseil d'administration.

Items à l'horaire :

- Révision du procès-verbal de l'AGA précédente
- Élection des nouveaux membres du conseil d'administration

- Révision de l'état financier

- Présentation du Rapport annuel

- Nomination du vérificateur pour AF 2017/2018

Un service de garde gratuit est offert.

Un léger repas sera servi.

Prix de présence.

RSVP : 23 juin 2017

204-833-2500, poste 4500

Annual General Meeting (AGM)

The Board of Directors of the Military Family Resource Centre is proud to announce that our Annual General Meeting (AGM) will be held on Tuesday, June 27 at 5:00 p.m. at the MFRC.

Members of CFB Winnipeg and their families are invited to attend.

Voice your opinion, guide our programming and participate in the election of our Board of Directors.

Business items will include:

- Review of the previous Minutes
- Election of new Directors
- Review of the audited Financial Statements
- Presentation of the Annual Report
- Appointment of an auditor for FY 2017/2018

Childcare is available free of charge

Light supper will be served.

Door prizes

Please RSVP by June 23, 2017.

204-833-2500 ext. 4500

Employment Opportunity – Part Time Youth Programs Recreation Leader

Date: May 5th, 2017

Location: MFRC – Military Family Resource Centre Youth Programs Recreation Leader

MFRC Youth Programs

Job Summary:

Under the direction of the Youth Coordinator and Youth Program Assistant, the Youth Worker will be responsible for providing and participating in activities for youth, providing and maintaining a safe environment, demonstrating high standards of personal conduct, reporting all disciplinary and staff concerns, helping to design and implement daily plans, attend and supervise youth at outings as well as following the code of conduct set out by the Military Family Resource Centre. The position runs from throughout the school year at a wage of \$11.50/hour, with possibility of summer employment.

Previous experience working with youth is necessary. French speaking will be considered an asset. All interested candidates are asked to provide their resume and references to sabreena.castagner@forces.gc.ca before May 25th at 4:00 PM. We thank all those who apply but only those asked to interview will be contacted.

Tiny Tots Summer Camp

Join us for the best summer ever! Summer camp is for children ages 3-5 years old. Please send along a peanut free lunch and snacks, water bottle, swim suit, towel and change of clothing.

Children must be potty trained to attend.

Monday to Friday

Week One: July 17 - 21

Week Two: July 24 - 28

Week Three: July 31 - August 4

Week four: August 8 - 11

10:00 a.m. to 3:00 p.m.

Occasional Child Care Centre, 630 Wihuri Rd.

\$100 per week

Registration deadlines:

Week One: July 13

Week Two: July 20

Week Three: July 27

Week Four: August 3

Camp d'été « Tiny Tots »

Le meilleur camp d'été pour les enfants âgés de 3 à 5 ans

Veillez faire parvenir un repas, une collation sans arachides, bouteille d'eau, maillot de bain, serviette et vêtements de rechange. L'enfant doit être propre pour participer à ce programme. Présenté en anglais

Du lundi au vendredi

Semaine 1 : Du 17 - 21 juillet

Semaine 2 : Du 24 - 28 juillet

Semaine 3 : Du 31 juill. - 4 août

Semaine 4 : Du 8 au 11 août

De 10 h à 15 h

Salle de garde occasionnelle, 630, ch. Wihuri

100 \$/semaine, à l'exception de la 4e semaine : 80 \$

Date limite d'inscription : Semaine 1 : 13 juillet, Semaine 2 : 20 juillet, Semaine 3 : 27 juillet, Semaine 4 : 3 août

Father/Daughter Dance

Put on your fancy clothes, dancing shoes and join us for a super good time! There will be a photo booth, candy buffet and of course, dancing!

Friday, June 9

6:00 to 8:00 p.m.

Free

For all ages.

Danse Père et fille

Mettez-vous sur votre 36, enflez vos chaussures de danse et joignez-vous à nous pour du plaisir ! Il y aura un photomaton, un buffet de bonbons et bien sûr, de la danse.

Vendredi 9 juin

De 18 h à 20 h

Gratuit

Pour tous les âges !

Father's Day at Thunder Rapids

Celebrate Father's Day morning at Thunder Rapids. This package includes 18 holes of Miniature Golf, 10 pitches in the Batting Cage (per paying person) and 2 ride tickets for each paying person (choose from Go Karts or Bumper boats).

Sunday, June 18

10:00 to 12:00 p.m.

Thunder Rapids

5058 Portage Ave. Headingley, MB

\$10 per person

Children under 5 free with a paying adult.

Registration deadline: June 14, 2017

La Fête des pères À Thunder Rapids

Célébrer la fête des pères à Thunder Rapids. Ce forfait comprend une ronde de 18 trous au mini-golf, 10 lancés dans la cage de baseball (par billet payant) et 2 billets de manège (choisir parmi les voiturettes (Go-Kart) et les bateaux tamponneurs.

Dimanche 18 juin 2016

10 h à 12 h

5058, av. Portage

Headingley, MB

10 \$ par personne (gratuit pour les enfants de moins de 5 ans avec l'achat d'un billet adulte)

Date limite d'inscription : 14 juin

Programme bilingue



Joignez-vous à nous pour notre camp d'été rempli d'activités amusantes. Cette année, tout se porte sur les Aventures - voyage à travers le temps, découvertes scientifiques folles, explorations des grands espaces et bien



Join us for our fun filled summer camp. This year is all about Adventures—travel through time, discover your inner mad scientists, explore the great outdoors and much more!

Heures d'ouverture

De 9 h à 16 h. Un service de garde est disponible de 7 h 15 à 9 h et de 16 h à 17 h. Le service de garde est inclus dans le coût du camp. \$5 supplémentaire sera chargé pour chaque 15 minutes de retard.

Dates

Le camp se déroule chaque semaine du 3 juillet au 25 août

Participants
Pour les enfants âgés de 6 à 12 ans - sans exception. L'enfant doit avoir terminé la maternelle pour participer.

Emplacement

Centre pour enfants Westwin

642, ch. Wihuri

Coût

Équipe de la défense : 1305 \$ / semaine (1045 \$ / semaine de 4 jours)
Civiles : 1455 \$ / semaine (1165 \$ / semaine de 4 jours)
Un dépôt non remboursable de 25 \$ par enfant/par camp est exigé au moment de l'inscription.

Inscription

Membres de l'Équipe de la Défense : 3 avril 2017

Civiles : 17 avril 2017

Veillez vous présenter à la réception du CRFM (102, rue Comet) entre 8 h 30 et 16 h 30, du lundi au vendredi.
Pour information, composez le 204-833-2500, poste 2991.

Hours of Operation

09:00 – 16:00 Extended Care is available from 7:15-9:00am & 4:00 - 5:00pm. Cost included in camp fees. After 5 pm, \$5 will be charged for every 15 minutes of tardiness.

Dates

Camp runs weekly from July 3rd—August 25th

Participants

Children aged 6-12. No Exceptions. Children must be finished Kindergarten to register

Location

Westwin Children's Centre

642 Wihuri Rd

Costs

Defense Team Members: \$130.00/week (\$104 for 4 day week)
Civilians: \$145.00/week (\$116 for 4 day week)
A non refundable deposit of \$25.00 per child per week is due at time of booking. Eligible for Child Fitness tax credit

Registration

Defense team members: April 3rd

Civilians: April 17th

To register, please visit the MFRC Main Reception (102 Comet Street) between 08:30 - 16:30.
For more information, please call 833-2500 Ext. 2991

Today's Trivia Answers

1. Montreal Canadiens - 23.
2. Toronto Maple Leafs - 13.
3. 1967.
4. Don Kozak, LA Kings - 6 seconds - April 17, 1977 vs Boston Bruins. Kozak broke Gordie Howe's record set in 1954.
5. Dickie Moore of Montreal had set the record at 10 seconds seven days earlier on March 25, 1954 vs Boston.
6. Brian Skrudland, Montreal - 9 seconds - May 18, 1986 vs Calgary Flames.
7. Dick Duff, Toronto - 68 seconds - April 9, 1963 vs Detroit.
8. Norm Ullman, Detroit - 5 seconds - April 11, 1965 vs Chicago. Ullman scored at 17:35 and 17:40 of the second period.
9. Dale Hunter, three teams - 729.
10. Dale Hunter, three teams - 186.
11. Chris Chelios, three teams - 266.
12. Larry Robinson, Montreal and LA Kings - 20.
13. Henri Richard, Montreal - 11.
14. Scotty Bowman, four teams - 14.
15. Jean Beliveau, Montreal - 17.
16. Wayne Gretzky, four teams - 122 goals, 260 assists, 382 points.
17. Patrick Sundstrom, New Jersey Devils - 8 points (3 goals, 5 assists) - April 22, 1988 vs Washington Capitals, Mario Lemieux, Pittsburgh Penguins - 8 points (5 goals, 3 assists) - April 25, 1989 vs Philadelphia Flyers.
18. Patrick Roy, Montreal, Colorado Avalanche - 151.
19. Martin Brodeur, New Jersey - 24.
20. Lester Patrick, New York Rangers - April 7, 1928 vs Montreal Maroons. After the Rangers' starting goalie, Lorne Chabot, was lost to an eye injury, the Maroons refused to allow the Rangers to substitute either of two goalies who were sitting in the stands. The 44-year-old Patrick took over saying, "Boys, don't let an old man down." The Rangers won the game 2-1 in overtime and the series 3-2. All games were played in Montreal since the circus was occupying Madison Square Garden.

PERSONAL CLASSIFIEDS

QUIET, FURNISHED ROOM FOR RENT

Room for rent in Winnipeg (St. James) for short term accommodations. \$500/mth or \$125/week rent includes parking, internet, cable, kitchenette/laundry (shared). 5 minute drive or 10 minute bike ride from the Base. Walking distance to Polo Park, Library, etc. Contact Traci at cstrokes@mts.net or 204-794-8181

100+ MODEL WOODEN AIRCRAFT FOR SALE

Various sizes but 1/34 most prevalent. A great selection for model builders and at great prices. Money goes to Aviation Museum. Please phone John @ 204-885-2905

FOR SALE

DECORATIVE MIRROR that would look lovely in your home. Approx. 2'x3' in a black Frame and it will work well in your home!
For more information and to arrange pick up contact Carolyn Usick 204-999-7730 or carolyn.usick@forces.gc.ca

FOR SALE

BEAUTIFUL ROCKING CHAIR used briefly last year for sister's baby. Asking \$200. It is 38 years old and made of solid beech wood. In excellent condition with few wear marks and very comfortable. Tired of accidentally kicking it when I walk by it!

For more information and to arrange pick up contact Carolyn Usick 204-999-7730 or carolyn.usick@forces.gc.ca

Send us an e-mail today to place your FREE Classified ad (of 50 words or less) at: voxair@mymts.net. Classified ads will run for one month (two issues) unless space permits or specified otherwise.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Expecting things to fall into place you're eager to leap into action. Before you do double check that nothing is amiss. This is a heads-up to watch for the red flags. Avoid disappointment by re-searching the likelihood for success before you commit to something.

Taurus (April 20 – May 20): So much of what you can do depends on the support of others. However you also need to reflect on your own attitude and outlook. Do you enjoy a challenge? Are you willing to forego short term rewards to reach a long term goal? Do you prefer living in the moment? Know yourself.

Gemini (May 21 – June 21): As one door closes another opens. Think about all the possibilities and ways in which you can create a future that fits your personal needs. Make lasting changes, especially to habits that hold you back. Get together in a relaxed setting and enjoy good food and good times with friends.

Cancer (June 22 – July 22): Too much of a good thing can be a problem if it interferes with your ability to stay focused on an important goal. Even help can hold you back if it stops you from learning and growing through your own effort. And you'll regret accepting help even more if there are strings attached.

Leo (July 23 – August 22): Good posture and style give the impression of success. An edgy, strong presentation counts but so does hard work. Find a good balance between the two. You have a knack for knowing what trends are going to take off. Try what others shy away. Conforming stifles you.

Virgo (August 23 – September 22): What you can do, and what you think you can do, don't match. Be fair to yourself and others. Over-committing isn't realistic. Do less and you'll do things better. Insist on fair payment. If you feel you are not valued and respected, look for a better situation. Network.

Libra (September 23 – October 23): Focus on your own success then you can help others. Trying to remain part of a team can be limiting at this time. Others aren't always able to commit as much time and energy as you can. Pave the way for success. Start saving in preparation for a full change come winter.

Scorpio (October 24 – November 21): Find ways to mix the things you do well with your passion. Make your dreams a reality through perseverance. Challenge yourself to find a useful purpose for what you like doing most. Consider alternatives. They take you off the beaten path but you'll enjoy the beautiful view.

Sagittarius (November 22 – December 21): You have the ability to really make a difference through teaching and traveling. You thrive when you're in the spotlight speaking about your passion. Focus on expanding understanding. Be creative and have fun. Feeling adventurous and strong. Think big.

Capricorn (December 22 – January 19): Responsibilities can weigh you down but they also ground you. Appreciate your role as the "go to" person. Say no when you need to. Do things differently; you'll still get good results. You'll discover a few of your assumptions have been off the mark. Watch and learn.

Aquarius (January 20 – February 18): Complete tasks and get organized while you're full of energy. Make arrangements for others to manage while you take time away to regroup. Renovations, relocations, and enhancing your environment are highlighted. The focus is on simplifying. Incorporate fun accents.

Pisces (February 19 – March 20): Set an example go. Look into opportunities to teach others how to handle complicated situations while maintaining a caring and sensitive demeanor. for authentic living. Do things you enjoy. Rekindle your sense of adventure. Explore the places you've always wanted to.

FOR APPOINTMENTS CALL 775-8368

THE VOXAIR
Your 17 Wing Community Newspaper
WWW.THEVOXAIR.CA



Barala Kennels

YOUR PET'S HOME AWAY FROM HOME

- BOARDING ALL BREEDS OF CATS & DOGS
- INDIVIDUAL QUARTERS AND OUTDOOR RUN
- PET EXERCISE AND PLAY AREA • SEPARATE CAT FACILITIES
- CENTRAL AIR CONDITIONED AND HEATED KENNELS
- AIRPORT PICKUP & DELIVERY

OWNERS: GARTH AND SARA GRANT
barala@mts.net www.baralakennels.com 633-2629



mmm...
MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In • Take Out • Catering

1245 Inkster Blvd
2591 Portage Ave
487 St. Mary's Rd
718 Osborne St



HABING LAVIOLETTE

BARRISTERS, SOLICITORS & NOTARIES



RONALD HABING
BA. LL.B.

and

SIDNEY LAVIOLETTE
BA. LL.B.

REAL ESTATE & MORTGAGES • WILLS & ESTATES
• FAMILY & CIVIL LITIGATION • FAMILY LAW •
BUSINESS LAW

2643 Portage Avenue

Phone: (204) 832.8322 • Fax: 832.3906

ron@habinglaviolette.com

Chaplain's Corner

A Simple Experiment To Know What God Is Like

by Padre Greg Girard

What is God like? It is not hard to find out, by doing a simple experiment. All you need is a hard round object (like a marble, or a billiard ball), a coffee table that is quite flat, and some basic knowledge about the earth we live on. Take the round object and sit it in the center of the coffee table, and watch it carefully. Unless you live in a region where there are earthquakes, you will notice that the round object will stay in the spot you put it for a long period of time, even days.

Now apply some basic knowledge about the earth we live on to this observation. The earth rotates at about 1,600 km/hr, on a tilted axis of about 33 degrees. It is kind of round, with an extremely hot molten liquid core held in one piece by a relatively thin crust (it is what your coffee table is sitting on). A moon spins around the earth with a gravitational pull on it, not too much to make it wobble, but so precisely placed that twice a day it gently pulls the water away from the shores just enough to keep them clean, but not enough to cause the water to slosh up onto the land to wipe-out the vegetation that grows along the shores. A bit more science tells us that all this is being hurtled around the sun which has its own gravitational pull (at just the right distance) at a speed of about 110,000 km/hr! And it does all this so precisely that we can tell if an earthquake (like the one that hit Japan a few years ago) adjusts the speed of earth's rotation down to a hundredth of a second.

Given all these variables, a billiard ball will still sit on a coffee table and not roll off, for days. It seems to me that this is a perpetual, breath-taking, miracle! This experiment tells us what God is like. First, that he is 1,000 times more powerful than we even imagine. Second, that his knowledge and use of math is astounding

(in fact, he must have invented the various branches of mathematics to sustain all this). Third, he must love what he made and us to make a system that is so consistent and conducive to life. That he keeps it going, moment by moment, shows that he is not far off and indifferent to us, but just the opposite. His eye is ever watchful. Lastly, the experiment demonstrates that he insists on obedience to his laws. That he enforces it, for

the sake of the greater good.

So, a simple experiment with profound conclusions about the nature of God. The Apostle Paul says something very similar; "For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made." (Romans 1:20)



Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

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 Lesley Fox
(United Church) - Faith Community
Coordinator
ext 5785

Padre Kevin Olive
(Pentecostal)
ext 5272

Padre Greg Girard
(Christian Reformed) Det. Dundurn
306-492-2135 ext 4299

17 Wing
204 833 2500



Administrative
Assistant
ext 5087

17 Wing Community Chapel
2235 Silver Avenue
(Near Whytewold)

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

CHAPLAINS

Padre Hope Winfield
(Roman Catholic Pastoral Associate)
- Wing Chaplain
ext 5417

Padre Paul Gemmiti
(Roman Catholic Priest)
- Faith Community Coordinator
ext 4885

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

Padre Frederic Lamarre
(Roman Catholic Pastoral Associate)
ext 6914

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) Lesley Fox,
Capt Paul Gemmiti,
Capt Greg Girard,
Maj Hope Winfield,
Capt Emanuelle Dompierre,
Capt Kevin Olive,
Lt (N) Frederic Lamarre



Proudly assisting military members and their families for over 22 years.



Kelly Clements S.R.E.S., C.E.R.C.
kelly@theclementsgroup.ca

- Military Relocation Specialist
- Honorable, Trustworthy and Referable
- Assisted over 2000 buyers and sellers
- Comprehensive Relocation Package

www.thedementsgroup.ca
204-987-9808
RE/MAX executives realty



Chapman Goddard Kagan

Barristers & Solicitors

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2

PH: 204-888-7973 FAX: 204-832-3461

E-Mail: info@cgklaw.ca Website: www.cgklaw.ca

George E. Chapman, Q.C., (Ret.) Kelly P. Land, B.A., LL.B
Mindy R. Lofchick, LL.B Alan R. Goddard, B.A., LL.B
Serge B. Couture, B.A., LL.B Allan L. Dyker, B.A., LL.B
Almer Jacksteit, B.Comm., LL.B Katherine C. Misko, B.A., J.D.

Our fees conform to the ERS guideline

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

JUDY LINDSAY
Team Realty

We've Been There and Done That!



Joanne Robertson, CD
Military Relocation Specialist



Eldren Thuen, BA, CD
Military Relocation Specialist

Let us help you buy or sell your home in Winnipeg and across Canada

www.judylindsay.com
204-925-2900 1-877-262-7072

MAXIMUM Realty Ltd. Serving Winnipeg & Surrounding Areas
Residential - New Homes - Condos - Relocation - Referrals



Lee Wren
(204) 781-4487
leewren@mts.net



Eva Bessas
(204) 470-3332
ebessas@mts.net



Brendan McGurry
(204) 799-3022
mcgurry@mts.net

ARE YOU PLANNING ON RELOCATING?

AS A QUALIFIED RELOCATION SPECIALIST WITH BROOKFIELD, IT WOULD BE MY PLEASURE TO WORK WITH YOU!



Sherri Baldwin, REALTOR®

(204) 979-7650 (C) | (204) 947-9800 (O)
sherribaldwin@remax.net | www.SherriBaldwin.com



Trudy M Johnson, B.A.



Hall of Fame
Relocation Specialist
Lifetime Achievement Award

Cell: 204.981.1529
Email: trudyj@mts.net
www.trudyj.com

40th year of Professional Success in the Winnipeg Real Estate Market



Joanne Gebauer

RE/MAX executives realty

(204) 889-9500

Award Winning Service



Proud to Assist Military Families Relocation Specialist

30 Years Experience in the Winnipeg Real Estate Market

www.joannegebauer.com
joanne@joannegebauer.com
Toll Free: 1-877-778-3388

