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THE VOXAIR

The 17 Wing Community news source since 1952

WCWO/Public Service Slo-Pitch Tournament and BBQ a Hit



Wing Chief Warrant Officer (WCWO) Jerome Rossignol bats the opening pitch to start the WCWO/Public Service Slo-Pitch Tournament and BBQ on June 15, 2018, at 17 Wing. Please see more photos on page 8. Full stories will follow in our next issue.
Photo: Cpl Brian Lindgren

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Doors Opened Wide at the 17 Wing Community Chapel



Padres Capt Laura Coxworth, Maj Hope Winfield, and Capt Paul Gemmiti welcome the community to the Chapel for Doors Open 2018. Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

For the first time ever, the 17 Wing Community Chapel was on the list of buildings for the 15th Annual Doors Open Winnipeg, sponsored by Heritage Winnipeg, on Saturday, May 26.

Captain Paul Gemmiti, who was the OPI for the

day, said this was the first time that the Chapel community had participated in the Doors Open event. 17 Wing Chaplain Major Hope Winfield and Lieutenant Laura Coxworth were also greeting visitors along with chapel volunteers assisting.

"This mid-century modern chapel was built in 1956 by architect and engineer, Duncan N. McIntosh, with a surface of 707 square metres," said a pamphlet. "It was originally known as Our Lady of the Airways, then St Marguerite Bourgeoys RC Chapel. This chapel is the last remaining structure of six military chapels that once served Winnipeg service members and their families. It contains historic stained-glass windows collected from the earlier buildings, as well as some recent commemorations.

"Along with its attached annex and recent addition of an indigenous sweat lodge, it now serves two Christian faith communities, a Defence Aboriginal Advisory Group, and many other units and groups related to the Wing."

"Held annually on the last weekend of May, Doors Open Winnipeg is a FREE city-wide celebration of Winnipeg's distinct spaces, outstanding architecture and vibrant history," says the Doors Open Winnipeg website. "Each year, visitors are encouraged to explore Winnipeg's past at over 90 unique events and tours located throughout the city."

With his black professional grade Canon camera in hand, visitor Brian Stefaniuk focussed on a particular stained-glass window installed on the east side of the sanctuary in the 17 Wing Military Community Chapel.

After taking his picture Mr. Stefaniuk sauntered down the red carpeted aisle to check out other windows that were either decorated with symbols of Christianity or Royal Canadian Air Force historical illustrations.

There were even four windows that each contained a silhouette of a particular RCAF aircraft, including a CF-18 Hornet fighter jet.

The tetrad was entitled "An Act of Remembrance." It was crafted by On the Edge Glass Studio in 2002.

Mr. Stefaniuk, who lives in the area, said he had never been in the Chapel before. He first became interested in stained-glass windows during of a tour of historic Westminster United Church (745 Westminster Avenue) with his photography group.

"I ended up focussing on stained-glass windows," Mr. Stefaniuk said. "The stained-glass in here is in extremely good shape. I'm learning about the history of the military through the stained-glass windows. What I like about this is that I'm able to take my time without being shuffled through. I'm also planning to take in other churches and historical sites today."

Meanwhile, long time chapel congregants and volunteers Shirley Sullivan, Julia MacDonald and Ken MacLeod, were chatting over coffee in the annex, next to the kitchen.

Ms. Sullivan, whose late husband, Robert "Sully" Sullivan, was the "handyman" for the chapel, commented that she has been attending the chapel on a regular basis since 1959, just three years after it was built.

"I have cleaned the alter linens for many years," she said. "I couldn't live without this place. Ever since we came to Winnipeg, this is where my spiritual life has been. We're a tight family here. I just come on Sunday except if there's a requirement of any kind."

Ms. Sullivan added that it's sad to see the padres go to a new posting every two or three years because you get attached to them.

"They become part of the family," she said.

Padre Gemmiti observed that the chapel continues in its original purpose, but is also currently broadened to provide for present serving military and DND civilians and their respective families/loved ones, as well as retired military and their spouses, and various Wing/Base groups. For example, he pointed out that the U.S. families on base hold their social events at the chapel.

Fueling the Fire: 435 Sqn Delivers

by Capt Mike Wolter, 435 Transport and Rescue Squadron

435 Transport and Rescue Squadron (Sqn) are celebrating 25 years of operational Air to Air Refuelling (AAR) on the CC130HT tanker aircraft this year.

As proud refuelers for more than a quarter of a century, 435 AAR crews have seen the world through myriad different exercises and operations, delivering a critical enabling capability for Canadian and allied fighter jets.

By the end of 1992, the Royal Canadian Air Force (RCAF) had taken delivery of five new CC130H Hercules aircraft. At Northwest Industries Limited in Ed-



A CC-130 Hercules tanker fuels a CF-18 squadron over Fort Jefferson in the Florida Keys. Submitted.

monton, Alberta, they were converted to the CC130HT tanker configuration. Combining a fuselage tank capable of carrying 24,000 pounds of jet fuel, new fuel lines and drogue-style air refueling pods, CC130HTs provided the RCAF with a flexible AAR asset for its probe equipped fighters.

The first aircraft modified was 130339; the initial aircrew course was completed in 1993. Shortly thereafter, 435 Sqn achieved its first operational AAR mission. On February 11, 1993, 435 Sqn assisted in the intercept of a high-jacked Lufthansa Airbus A310 off the East Coast of North America in conjunction with the United States Air Force.

During their first few years of operations, AAR crews from 435 Sqn participated in numerous operations and exercises as aircrew and technicians alike quickly became educated on their new equipment and role.

In these early years, strategic AAR operations were conducted in Europe and northern Canada as well as AAR exercises in the Netherlands and the United States. In 1998, 435 Sqn deployed to Kuwait as part of Operation Southern Watch. There, 435 Sqn CC130HT tankers helped allied fighters enforce Iraqi compliance

with the United Nations Security Council Resolution following the Gulf War.

In 1999, 435 Sqn participated in a 79-day NATO operation named Operation Allied Force, an air campaign conducted over the former republic of Yugoslavia. CC130HT aircraft provided refueling to CF18 Hornets flying air strike missions from Aviano, Italy.

Since the September 11, 2001 terrorist attacks, the Sqn has been continuously engaged in Operation Noble Eagle, providing AAR support in the defence of North American Airspace, often from forward operating locations in Canada's far north.

435 Sqn AAR crews also deployed in 2011 to Sicily, Italy as part of Operation Mobile, helping fighter jets tasked to enforce the no-fly zone over Libya during the Libyan Civil War.

435's AAR crews and technicians continue to support yearly exercises with Canadian CF18s and fighter jets from allied countries around the world. In recent years, the Sqn has played a small but critical role at such exercises as Maple Flag in Cold Lake, Alberta, Red Flag in Alaska and Nevada, Cougar South in California and Alouette Mobile in Louisiana. More globally, the Sqn has supported Exercise Pitch Black in Australia and Arctic Challenge in Finland as the sole RCAF envoy.

As Canada's only tactical aerial refuelling aircraft, the CC130HT provides the RCAF with a flexible and global AAR capacity which has been extensively used since its operational introduction in 1993. With the CC130HT AAR capability slated for retirement in 2020, this anniversary year provides an opportunity to reflect on a proud history earned from over twenty five years fueling the fire.

There is no doubt that 435 Sqn's professional and flexible AAR crews will continue to get the mission accomplished, striving to uphold the Sqn's motto of "Determined on Delivery" until the last successful "poke" is complete.

THE VOXAIR

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ICCMC Rabbi Visits 17 Wing Sports Trivia



Rabbi Dr. Reuben P. Bulka, of the Interfaith Committee on Canadian Military Chaplaincy, visited 17 Wing from May 27-28. He visited the IPSC, the Chaplaincy Team, the flight line, the 1 Canadian Air Division Chaplain, and The Voxair for a brief interview. Photo: Bill McLeod, Voxair Manager.

by Martin Zeilig, Voxair Photojournalist

Some years ago, Rabbi Dr. Reuven P. Bulka was approached by a couple of individuals involved in the Canadian Armed Forces Chaplain Service.

"They wanted to know if I'd be the representative from the Jewish community in the committee that would develop a broader based chaplaincy in the CAF," said Rabbi Bulka. "I asked them, 'Do you have enough Jews to justify that type of representation?' They said, 'No. But, that's what we want to build, to have the military attractive to all religions and faiths. If we have the chaplaincy, then we hope the people will come.'"

Rabbi Bulka visited the Chaplain Team, the Military Family Resource Centre, the Integrated Personnel Support Centre, the flight line, and the 1 Canadian Air Division Chaplain while at 17 Wing Winnipeg on May 27-28.

Rabbi Bulka, who's Rabbi Emeritus of Congregation Machzikei Hadas in Ottawa, is a member of the Interfaith Committee on Canadian Military Chaplaincy (ICCMC). The ICCMC supports the Royal Canadian Chaplain Service in its mission in the unique context of the Canadian Armed Forces (CAF), notes a Government of Canada website.

Rabbi Bulka CM was born June 6, 1944 in London, England. He is a writer, broadcaster, activist, and former co-president of the Canadian Jewish Congress, notes his biography. He received his rabbinic ordination from the Rabbi Jacob Joseph Rabbinical Seminary in New York City, and his Ph.D. degree from the University of Ottawa in 1971, concentrating on the Logotherapy of Viktor Frankl. He has been the Rabbi of Congregation Machzikei Hadas since 1967.

Rabbi Bulka was the founder and editor of the Journal of Psychology and Judaism, says the online information. He has contributed scholarly and popular articles to various journals.

"He was a regular columnist for the Ottawa Citizen's 'Ask the Religion Experts' feature, says his bio, which also notes that he's the author and/or editor of over 35 books, including his most auto-biographical work, Turning Grief into Gratitude. He is a recipient of the 125th Anniversary of the Confederation of Canada Medal (January 1993) as well as the Beryl Plumtre Award of Excellence from the Kidney Foundation of Canada, Eastern Ontario Branch (1998). On June 28, 2013, Rabbi Bulka was appointed to the Order of Canada.

Rabbi Bulka observed that his first exposure to the military was in 1991 when he was asked to become chaplain of the Royal Canadian Legion.

"It's been a love affair since with the military," he said. "I love what the military is doing. I've experienced the slow, steady incremental increase in appreciation

for the military by the Canadian public as whole."

As an example, he observed that tens of thousands of people show every year up at the Remembrance Day Ceremony in Ottawa. He has regularly appeared during nationally televised observations of Remembrance Day services at the National War Memorial.

"It's important to realize that we are here because of the blood, sweat, toil and tears, the sacrifices, of others during war," emphasized Rabbi Bulka, who pointed out that during the Second World War, "when the chips were down and you had to be counted", the volunteer rate of Canadian Jews was the highest of all faiths on a percentage basis. "What we're doing now is having the military as a career choice. The Jewish Chaplains in the CAF are available to all faiths. They can minister to the spiritual and religious needs of all religions. The level of inter-religion cooperation and togetherness in the military is a sight to behold. It's one of the best kept secrets in Canadian society."

He also added that diversity is built into the CAF, to have all religions respected.

"It's a Made in Canada policy," Rabbi Bulka said. "What's really impressive, and the public needs to know this, is that when you're in the CAF, it's like a family with wall to wall coverage. The chaplaincy is fiercely dedicated to the welfare of every single member and their families. It's important for people to realize that this is a career that's dedicated to the values we cherish-- freedom, dignity, respectfulness and a world of tranquility and peace."

But, when people who have fought in wars and battles become traumatized, then the chaplaincy is available to provide universal caring for the members and their families, he stressed.

"What I've seen here is the depth of dedication of the people involved," Rabbi Bulka said. "Everyone says 'We could do more, and we want to do more.' I've come away with a greater admiration for the passion and compassion of those who look after the spiritual and psychological needs of our military personnel."

Because of the ongoing changes that are occurring in the CAF and the enrolment of different ethnic members, the Chaplain General, Father Guy Chapdelaine, who served at 17 Wing in the early 2000s, authorized the visit of the Rabbi "so that he could find out first-hand what it is that the military does with their ill and injured, and what type of support they are receiving from the Wing and the communities at large," Frank Emond, Services Manager, Integrated Personnel Support Centre Winnipeg, wrote in an email to the Voxair.

"As this was his first stop, we provided him with input as to what exactly it is that we do for those who serve and have served; and to their families who are, or have been, the ones keeping the family together while the spouse is deployed and has returned as, with what appears to be, a possibly 'different' person than he was when he left," he said, noting that they "had the pleasure" of meeting with the Rabbi at the request of Wing Padre Major Hope Winfield. "I have to admit that it was very nice meeting him, and for him to assist us in comprehending how different it would be, for example, to deal with a Jewish funeral. Our exchange of information proved to be very valuable. We hope that he got more out of us that he had expected."

Sports Trivia

Sports Nicknames

by Stephen Stone

All sports have players with nicknames. Here is the player, team (if necessary), and sport. Can you give the nickname?

1. Ty Cobb – Baseball – Detroit Tigers.
2. Harold "Red" Grange – Football – Chicago Bears.
3. Emile Francis – Hockey – New York Rangers.
4. Dale Earnhardt, Sr. – NASCAR.
5. Jack Tatum – Football – Oakland Raiders.
6. Willie Stargell – Baseball – Pittsburgh Pirates.
7. Juan Rodriguez – Golf.
8. Jay Dean, and his brother Paul Dean – Baseball – St. Louis Cardinals.
9. Edward Ford – Baseball – New York Yankees.
10. Ron Cey – Baseball – LA Dodgers, Chicago Cubs.
11. Dennis Rodman – Basketball – Detroit Pistons.
12. Charles Barkley – Basketball – Philadelphia 76ers.
13. Walter Smith, Jr. – Boxing – First to be called this sweet nickname...
14. Pete Maravich – Basketball – LSU in NCAA; and NBA teams Atlanta, New Orleans, Utah and Boston.
15. George Herman Ruth – Baseball – Boston Red Sox, New York Yankees, and Boston Braves.
16. Frank Thomas – Baseball – Chicago White Sox.
17. Pete Rose – Baseball – mostly Cincinnati Reds.
18. Fred McGriff – Baseball – Toronto Blue Jays and Atlanta Braves.
19. Julius Erving – Basketball – Philadelphia 76ers.
20. James Braddock – Boxing – Heavyweight Champion of the World.

Sports Trivia Answers on page 14

CORRECTION:

The article titled "Disposing Household Hazardous Waste in Winnipeg" that appeared in the last issue was mistakenly attributed to being written by the 17 Wing Environment Officer, Mark Dettman, when it was actually written by the 17 Wing Hazmat Officer, Dave O'Donnell. Dave served 32 years in the CAF retiring as an MWO in 2011. After retirement, Dave also worked in the Alberta oil & gas industry for a number of years.



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Interactive Display Unveiled at Aviation Museum

by Bill McLeod and Capt Mike Wolter

435 Transport and Rescue Squadron Honorary Colonel Helen Halliday, also the President of the Royal Aviation Museum of Western Canada, and Lieutenant-Colonel Kevin Kozak unveiled a new interactive educational display at the museum in recognition of the 25th Anniversary of tactical air to air refueling on May 31.

The exhibit centrepiece is a loaned CC130HT AAR refueling pod. Weighing almost 3,000 pounds and measuring over 14 feet in length, the Cobham Mk 32B-751 air refueling pod developed by Cobham in the United Kingdom, is attached under the CC130 wing in order to deliver fuel from the aircraft fuel system to a receiver aircraft. Incorporating a hose and drogue that at full trail extends 78 feet, the refueling pod is designed to transfer fuel at rates up to 1,136 litres per minute, permitting the timely provision of airborne fuel from tanker to receiving fighter. For the foreseeable future, museum guests will have the opportunity to learn about AAR in general, and 435 Sqn's role in over twenty five years of fueling the fire.

Prior to the unveiling and the events of the evening which included a dinner some of the pilots reminisced



435 Sqn CO, LCol Kevin Kozak and 435 Sqn Honorary Colonel Helen Halliday, unveil the Air to Air refueling display during the 435 (T&R) Sqn 25th Anniversary of AAR at Royal Aviation Museum, Winnipeg on May 31, 2018. Photo: Cpl Justin Ancelin, 17 Wing Imaging

about AAR.

Major Jeff Edwards, a former RAF pilot who came to Canada in 1989, talked briefly about AAR.

"It is bittersweet for everyone involved in AAR over

the years," he said, mentioning that AAR with the Hercules would be done in two years. "People have fallen in love with the role. It's challenging, interesting and enjoyable."

"When you go away with the air to air it's a whole team effort," he said.

Although 435 Sqn is geographically located at 17 Wing Winnipeg, the Sqn reports directly to the 19 Wing Commander Colonel Mike Atkins.

"Due to the distance and time I have been unable to spend as much time at 435 Sqn as I would have liked but I have been continually impressed with the dedication and performance of the Chinthes," said Col Atkins. "Without our history and heritage we are nothing."

LCol Kozak, with the assistance of Capt Mike Wolters acting as the voice of a United States Marine Corps fighter pilot and flight engineer, and Warrant Officer Ron Demchuk as an observer, relayed a story from a Pacific Ocean refuelling mission.

To see the interactive AAR display please visit the Royal Aviation Museum of Western Canada at 958 Ferry Road. To learn more about the museum please visit their website at royalaviationmuseum.com

220 'Red River' RCACS Celebrates 75th Anniversary with Special Alumnus



The reviewing officer, Deputy Minister of Veterans Affairs General (Ret'd) Walter Natynczyk, inspects the parade during the 75th Annual Ceremonial Review at Royal Canadian Museum of Western Canada, Winnipeg on June 2, 2018. Photo: Cpl Justin Ancelin, 17 Wing Imaging

by Bill McLeod, Voxair Manager

On Saturday, June 2, 220 'Red River' Royal Canadian Air Cadet Squadron celebrated their 75th Anniversary with a parade and dinner in a special location with a very special reviewing officer.

The Sqn commemorated their anniversary among the historic aircraft at the Royal Aviation Museum of Western Canada and with alumni Deputy Minister of Veterans Affairs General (Ret'd) Walter Natynczyk, also a former Chief of Defence Staff (2008-2012) and head of the Canadian Space Agency (2013-2014).

Following the marching out of the troops and the general salute, the Deputy Minister Gen (Ret'd) Natynczyk reviewed the cadets.

Annual awards and promotions followed.

Deputy Minister Natynczyk addressed the cadets following the presentations.

"When you think back 75 years ago, when you think about when this hangar was built during the war and that this country was at war and they didn't know how long it would go and who would win, this country needed to invest in the youth so we were ready for a long war," said DM Natynczyk. "As a result, the cadet program has flourished and has been so successful ever since then, forming the leaders of communities, the leaders in the air industry, and the leaders in the Canadian Armed Forces. It's a remarkable feat that over

half of all commercial pilots in our country came from air cadets."

Corporal Erik Zaporozhets was presented The Barry Rempel Trophy for exemplifying the mission of the Air Cadet Program through outstanding community involvement, extensive participation in Squadron Sponsoring Committee activities, and exemplary fundraising efforts towards the squadron.

Flight Sergeant Ahmed, FSgt Carlson, and FSgt Valliani were all promoted from Sergeant by former 220 Air Cadet Captain Joey Yorke.

Warrant Officer Second Class Boulton and WOII Spielman were promoted to that rank from Flight Sergeant by the Deputy Minister.

The Commanding Officer Commendation was presented at the meet and greet by Capt Judy Undiks to cadets who demonstrated extraordinary dedication and commitment to the operations of the Squadron and have been recognized by the Commanding Officer and 220 staff for surpassing expectations in carrying out their duties. The cadets recognized on June 2 were:

FSgt Malik Ahmed; Cpl Betiel Ghebremicael; WOII Arden Spielman; FSgt Khaled Valliani; and Cpl Joshua Yeoman.

Top Level Trophies presented at the meet and greet by Capt Bruce-Smith to the cadet within each training level for excellent attendance, participation in all training, maintaining uniform standards, a positive attitude towards the program, and good teamwork and cooperation. Cpl Matthew Koop-Level One, Flight Corporal Ethan Patzer-Level 2, FCpl Thomas Fonseca-Level 3, Sgt Jakob Carlson-Level 4, and WOII Cody Boulton-Level 5.

The Range Participation Trophy was presented to Cpl Erik Zaporozhets by Capt Tom Bambrick for demonstrating excellent marksmanship, commendable teamwork, coaching skills and exemplifying dedication to the Air Cadet Marksmanship Program.

The St James Legion Trophy was presented to Sgt Miguel Sapitan by Mr. Vern Toews to the Junior NCO for displaying outstanding effort towards air cadet training, demonstrating self-discipline, and instilling teamwork through the training year.

The Officer Cadet John W. Kerr Trophy was presented to WOII Bryce Wells by former 220 Air Cadet Capt Joe Yorke to recognize strong motivational skills, enthusiasm throughout training, and a commitment

towards the air cadet program.

The J.M. Koper Trophy was presented to WOII El-Shaddai Nyakilu by Deputy Mayor Mike Pagtakhon to the top NCO who, in amongst their peers showed: outstanding co-operation and consistent participation to the air cadet program, contributed effectively to the squadron's activities and standing in the community, and demonstrated a high standard of competency in all areas of cadet training including technical knowledge, instructional skills and leadership

The WO1 Robert Hansen Memorial Trophy, dedicated to the memory of OCdt Robert Hansen, was presented to FCpl Thomas Fonseca. This trophy is presented to the Junior Cadet who: showed outstanding cooperation, demonstrated effective participation in all mandatory and optional training and exhibited personal dedication to 220 Squadron.

The Mr. Alen T Hansen Trophy, dedicated to a strong supporter of the Air Cadet Program, was presented to WOII Gabrielle Hebert, the parade commander, by Ms. Jo Hansen. The trophy is presented to the cadet who best personifies the following qualities that are representative of Mr. Hansen: exhibits influential leadership in all air cadet activities; instils esprit de corps amongst fellow air cadets, and inspires others' efforts towards the air cadet program.

The Most Proficient NCO/General Natynczyk Trophy was presented to WOI Sayge Tremblay by one of 220's esteemed alumnus, General Walter Natynczyk, CMM, MSC, CD (Ret'd). The trophy goes to the senior cadet who demonstrated exceptional leadership, showed outstanding performance in carrying out their duties, and displayed commitment and flexibility in delivering the Mandatory Training Program.

The Air Cadet League was officially incorporated in 1941, a voluntary organization working in partnership with the Royal Canadian Air Force to sponsor young men as future aircrew. In 1942, a charter for a new squadron was issued for 220 Lord Selkirk Squadron. In 1944, the sponsorship was assumed by a civilian committee and was moved to the Winnipeg Badminton Club on River Road. The squadron was changed to 220 'Red River' RCACS at that time. Since that time the squadron has moved to Minto Armouries and finally the St James Legion where it still resides. Presently the main sponsor of the squadron is the Winnipeg Airports Authority, led by President, CEO, and RCAF Honorary Colonel Barry Rempel.

17 Wing Shows Appreciation to its Volunteers



Winnipeg Canex Manager Rhonda Porteous presents a cheque for the Volunteer Celebration to PSP Community Recreation Coordinator Ashley McGraw, PSP Fitness, Sports, and Recreation Manager Chris Merrithew, and Winnipeg Military Family Resource Volunteer Coordinator Julie Fisher. Photo: Bill McLeod, Voxair Manager

by Bill McLeod, Voxair Manager

17 Wing organizations thanked the volunteers that help support military members and their families by treating them to a beautiful sunny hot day at the Assiniboine Park Zoo on June 10.

The volunteers were treated to admission to the zoo, a lunch served near the McFeetors Heavy Horse Centre in the Zoo, and a guided tour of the Journey to Churchill exhibit. Members of the Winnipeg Military Family Resource Centre and Personnel Support Programs organized the event and served the volunteers.

Funding for the Volunteer Celebration was provided by the Winnipeg Canex, part of the commercial division of Canadian Forces Morale and Welfare Services.

Volunteers help out at a number of places on 17 Wing. The Winnipeg Military Family Resource Centre is one of the organizations that benefits from their service.

"The volunteer program is our number one program at the MFRC," said Winnipeg MFRC Executive Director Joel Roy. "Not only do volunteers contribute strongly to our ability to deliver programs and services, they are a direct demonstration and example of community building. I thank each and every one for their commitment."

The 17 Wing Chapel also enjoys the support of community volunteers.

"The family friendly volunteer appreciation event at the Zoo was a wonderful way to connect

all the volunteers that support various programs and initiatives at 17 Wing," said 17 Wing Chaplain Major Hope Winfield. "Without the support and efforts of these volunteers many of our Chapel, PSP, and MFRC programs would not be possible."

The 17 Wing Senior Manager of Personnel Support Programs agreed. "The

17 Wing Volunteer Appreciation event held this year at the Zoo is a way for us to thank all of our volunteers and to recognize the contribution they make to the PSP programs and activities," said Rick Harris. "Without the commitment of our volunteers, our recreation clubs would not exist, and many of our programs would not be held and others would be severely limited. We depend on these volunteers and I would like, on behalf of the 17 Wing PSP Team, to thank the many volunteers for their contribution to the Winnipeg military community."

For more information about volunteering please contact either Julie Fisher, the Volunteer Coordinator at the MFRC, or the Wing Chapel, or Ashley McGraw the PSP Community Recreation Coordinator. www.cafconnection.ca/Winnipeg



Winnipeg Military Family Resource Centre Executive Director Joel Roy and Senior Manager Personnel Support Programs Rick Harris express their appreciation to the volunteers at 17 Wing. Photo: Bill McLeod, Voxair Manager

Summer Fun in the Sun for 17 Wing



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

by Ashley Demers, Voxair Photojournalist

The official start of the summer season is a fun time for everyone. People can ditch the jackets and winter boots, don some shorts, a cute summer dress, or a swimsuit, and enjoy their days off work at the beach. Additionally, students of all ages are getting out of school, and can enjoy the freedom from textbooks, tests, and assignments.

This year, like all years, 17 Wing Recreation is hosting several summer camps for children and teens.

For young children ages six to 13, there is the Summer Sports Day Camp. Running from July 3 until Aug. 4, weekly activities include recreational sports for the kids, exciting field trips, and a hot lunch on Thursdays. Each week also has the theme – for example ball week, water week, triathlon week, and many others. Field trips include places like Oak Hammock Marsh, the beach, and Sky Zone.

"It's all recreation sports, not competitive," said Community Recreation Coordinator, Colleen Pres-

ton. "Typical day before care is 7:30 to 9 a.m., semi-programmed. 9 a.m. to 12 p.m. is the sport, or sports. Sometimes there's two to three depending on what the theme is. Half the afternoons are swimming, and the other half are activities that the staff have planned."

In addition to the Summer Sports Day Camp, there is the lifeguard camp for 10 to 14 year olds. The Junior Lifeguard Camp is a program through the Life Saving Society. The camp takes place from 9 a.m. to 4 p.m. each day. Half of the day is spent in the pool, and the other is on land, learning techniques like CPR.

The final youth camp being offered is the Recreation Leader Training Program. It is a two-tiered camp, two and four weeks long, and once again from 9 a.m. to 4 p.m.

The first tier is for 15 year olds.

"The first week – half of it – is learning theory things to do with leadership itself. The other half of it is receiving certifications that come along with leadership. They get Emergency First Aid and CPR-B, and then they get some swimming certifications."

In the second week, the teens are assigned to a group of children with their rec. leader, and they assist with things, including caring for the children, setting up, and execution of activities.

The second tier of the camp is for 16 year olds, and includes much more theory, and several certifications. In fact, they can come out of their second week with up to six different certifications (High Five, CPR-C, coaching certifications, and more).

In the third and fourth week, they work with children like the 15 year olds do, however they eventually act as the assistant, and then official, rec. leaders.

"This is a program I've made up," said Preston. "In the end, the idea is for them to come out of the four weeks to be able to apply for a job, and come in with experience and certifications."

The summer fun isn't limited to children and teens.

The Outdoor Adventure Program – which was introduced last year, and entails outdoorsy activities such as hiking and canoeing for adults – will also be running again this year. Trips will be occurring on Saturdays, and people are encouraged to register by the Tuesday prior to the trip.

Anyone interested in any of the above camps can register through Book King, by calling Bldg Fitness and Recreation reception desk at ext. 5139, or by visiting in person. For more information, visit www.cafconnection.ca/winnipeg.

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Det Dundurn Running Team's Work Pays Off at RCAF Run

by Corporal Gonçalves D.F.M & Cpl J.S.A Lessard, Det Dundurn

Commencing in the spring of 2018, 17 Wing Detachment Dundurn established a military running team to represent the Detachment and Saskatchewan for the first time in the 10th Annual Air Force Run. The race featured various events from 5km, 10km and the Half Marathon. The team initiated a training plan to strengthen each runner individually, running three to five days a week at distances ranging from 4km to 18km. The team implemented the training, fundraising and coaching initiatives pushing each other countless times to reach their goals. They even took it a step forward and designed and produced unique team singlets in partnership with PSP Staff to further represent the Detachment.

Competing in the Half Marathon, Cpl Daniel Gonçalves achieved a remarkable time of 1 hr 35 minutes, and 5th place overall. Following closely behind, Cpl Jean-Simon Lessard achieved a time of 1 hr 41 min and Cpl Alex Rousseau finished with a time of 1 hr 55 min. Also competing in the Half Marathon was Sgt Brian Walters.

Competing in the 10km was our only female team member Sgt Karine Jeandroz with a time of 55 min. Cpl Neil Mannion ran a 26 min 5km race followed by Cpl John Lavoie with a time of 33 min. The Detachment running team made an outstanding representation at this event and showed their colours for this 2018 Running Season. The Detachment Commanding Officer Stéphane Morency also participated in the training as well as supported the team in the Family Fun walk, organizing the team's training and cooperation with the day to day productivity on the Detachment.

The team will continue to train and demonstrate their dedication and determination to fitness, health and well-being at future races and Sgt Jeandroz is passing on the torch to Cpl Gonçalves to continue to push for excellence and continue to bring the team

along with future members to compete in events to come. We will strive to grow as a detachment and make Saskatchewan and the detachment proud.

À compter du printemps 2018, le Détachement Dundurn de la 17e Escadre a mis sur pied une équipe de course militaire pour représenter le Détachement et la Saskatchewan pour la première fois lors de la 10e Course annuelle de la Force aérienne. La course est composée de divers événements; le 5 km, 10 km et le semi-marathon. L'équipe a mis en place un plan d'entraînement pour renforcer chaque coureur individuellement, courant de trois à cinq jours par semaine sur des distances allant de 4 km à 18 km. Tout en s'entraînant, l'équipe de course du Détachement Dundurn a fait une collecte de fonds et ils se sont encadrés lors des nombreuses pratiques afin de se pousser à atteindre leurs objectifs. Ils ont même fait un pas vers l'avant et ont conçu et produit des chandails d'équipe uniques en partenariat avec le personnel des PSP pour représenter le détachement.

En compétition au semi-marathon, le Cpl Gonçalves a réalisé un temps remarquable d'une heure et 35 minutes et une 5e place au classement général. Suivant de près le Cpl Jean-Simon Lessard a réalisé un temps de 1 h 41 min et le Cpl Alex Rousseau a terminé avec un temps de 1 h 55 min. Le Sgt Brian Walters participait également au semi-marathon.

En compétition dans le 10 km était la seule femme de l'équipe, Sgt Karine Jeandroz avec un temps de 55 min. Pour le 5km, Le Cpl Neil Mannion a complété la course en 26 min, suivi du Cpl John Lavoie avec un temps de 33 min. L'équipe du détachement Dundurn a fait une excellente représentation lors de cet événement et a montré ses couleurs pour cette première course de 2018. Le commandant du détachement, Stéphane Morency, a également participé à l'événement ainsi qu'appuyé l'équipe lors de la marche de la famille. Il a aidé avec l'organisation ainsi que l'entraînement de

l'équipe tout en assurant que les besoins du détachement étaient maintenus.

L'équipe continuera de s'entraîner et de démontrer son dévouement et sa détermination à la forme, à la santé et au bien-être lors des prochaines courses. Le Sgt Jeandroz passe le flambeau au Cpl Gonçalves pour continuer à promouvoir l'excellence et continuer à amener l'équipe à participer dans les événements à venir. Nous nous efforcerons de grandir en tant que détachement et de rendre la Saskatchewan et le détachement fiers.



Team Photo: Back row left to right; Cpl Lessard, Sgt Jeandroz (IC), Maj Morency, Cpl Lavoie, Cpl Gonçalves(2IC), Sgt Walters. Front row; Cpl Mannion, Cpl Rousseau; team members not present/extras; Avr Berkert, Cpl Sabourin, Cpl Killoran. Photo: Submitted

Balancing Stones to Create Mindfulness



Artist Kent Avery with one of his creations by the Pacific Ocean. No glue, no wire, no strings, just perfect balance. Photo: Supplied

by Martin Zeilig, Voxair Photojournalist

In the short documentary film, *A Life in Balance*, Kent Avery admits that balancing stones has helped him "balance my own life in a world, I feel, is out of balance."

It is, indeed, a fine balance for the Vancouver based artist and photographer.

Avery, 67, who was born in Winnipeg and moved to the West Coast in 1984, is here for part of the summer visiting long-time friends.

He took part in the Health Promotion Wellness Day on May 30, and will be the presenter at an HP sponsored Lunch and Learn, entitled *Mindfulness: A Life in Balance*, on Wednesday, June 27 at 1200 hours in Room 220, Bldg.

"The beauty of his photography is amazing," Diane Brine, Manager, Health Promotion, said during an interview.

She added that Avery's presentation on June 27 will

be an opportunity for people to discover that mindfulness is something anyone can engage in.

"Mindfulness is being present today, in the moment, and not worrying about the past or anticipating the future," Brine explained.

Her colleague, Deanne Bennett, BESS HP Specialist, said Avery's rock balancing is an example of active mindfulness.

"There's no way he could do that if he wasn't present in the moment," she emphasized.

Being aware of the present in a nonjudgmental way, or having mindfulness, can help us to reduce stress, have greater self-control, objectivity, concentration and mental clarity, emotional intelligence and the ability to relate to others and one's self with kindness, acceptance and compassion, says information supplied by Avery.

"When I first saw someone else balancing stones years ago at English Bay (in Vancouver), it was a totally different experience," said Avery on May 23rd. "I'd never seen anything like that before. What caught my attention was the beauty of the stones standing, the shapes of them, and the balancing aspect of it. So, I spoke to the guy doing it. For about two years, it was percolating in the back of my mind that I'd like to try it."

One day he went down to the Capilano River, opposite Stanley Park, and started balancing stones.

"It fell into the place pretty quickly," the very soft spoken Avery observed. "What I felt right away was that it felt peaceful. There was a little bit of mystery to it, to all the beauty. All those things pulled me in right away. I started going every weekend in the spring, summer and fall. It just evolved and grew. People liked it. Eventually, I started doing greeting cards. I left a guestbook for people to put their comments down. It just grew from there."

Many people over the years have written comments and inner responses, which often contain wisdom and knowledge that resonates in my heart, he noted in that

earlier interview, adding that, as with all of life, there are contrasts and opposites.

One person, Linda Hollier, made the following observations in the guestbook:

The balanced stones appeared to defy gravity and filled me with awe. They seemed to whisper a tale of centeredness and groundedness in the present moment, but at the same time the aura of stillness around them seemed to connect to other times and other places.

"Balancing stones has been a magical art form that is able to express what I believe art and creating is all about," Avery has stated previously. "It is a process that, since the first time I had seen it done, the stones have continued to call to me to create my pillars of stones that stand in perfect harmony with the moment. In the act of creating I am able to share precious moments of life and seeing the world in new ways with new light."

Photography has been another gift of creativity and a long apprenticeship of being in the moment, he said. He formally studied photography for a time.

"My work seeks to capture my awe of the world and share its beauty and magic," maintained Avery, who said that a practitioner of Japanese Zen Buddhism labelled his work "Zen stone balancing" a few years ago. "How fascinating it was to not photograph the stones for the first five years. I was so into the balancing, that the thought of photographing them eluded me completely. It was the suggestion from a dear friend that made the obvious clear to me that the stones were a subject of wondrous artistic expression."

He also mentioned that "another beauty" of the balanced stones is their temporary nature.

"They're there one day and you come back the next day and they're scattered on the ground," said Avery.

It's a precise and delicate balance in art and life.

435 Sqn Training Includes Lieutenant Governor



Lieutenant Governor of Manitoba, the Honourable Janice C. Filmon, acts as a spotter in a CC-130 Hercules during a search and rescue training exercise with 435 Transport and Rescue Squadron on June 14. Photo: Pte Hugo Montpetit

by Bill McLeod, Voxair Manager

"You're going to have an educational day," said Captain Joel Bouchard, the Aircraft Commander (AC) of the Search and Rescue (SAR) CC-130 Hercules to Her Honour the Honourable Janice C. Filmon, Lieutenant Governor of Manitoba and His Honour the Honourable Gary Filmon, former Premier of Manitoba. Their Honours were the squadron guests to observe and participate in a SAR training scenario over Gimli on the morning of June 14.

The day began with Their Honours arriving at 16 Hangar where they were met by the Acting Wing Commander Lieutenant-Colonel (LCol) Genevieve Lehoux, 435 Transport and Rescue Squadron (Sqn) Commanding Officer Kevin Kozak, and Sqn Chief Warrant Officer Paul Nolan. They immediately went out to the Hercules and were introduced to the air crew which included: Capt Joel Bouchard, AC; Capt Curt Smolinski, Pilot; Capt Melissa Couturier, Air Combat Systems Officer (ACSO); Capt Kevin Mitchell, ACSO; Capt Rob Orme, ACSO; Sergeant (Sgt) Jacques Remillard, Loadmaster; Master Corporal (MCpl) Pat Lachance, Flight Engineer; and Sgt Darcy Keating and MCpl Chris Griffiths, SAR Technicians.

After crew introductions Capt Bouchard told the guests and aircrew that he had just been notified of a simulated emergency that required their assistance. A personal watercraft had collided with a small boat in the Gimli harbor. While the boat had recovered one injured person, there was no sight of another individual who remained likely adrift.

"What we are doing today is demonstrating a simple SAR scenario," Capt Bouchard said. "In addition to providing exposure, we are conducting necessary training and carrying out check rides on some of our crew members."

While the aircrew prepared the Hercules, SAR Tech Sgt Darcy Keating gave a detailed briefing to Their Honours on SAR in Canada, the different Wings and aircraft operated across Canada, and the different regions and challenges of operating in those regions.

Sgt Keating briefly mentioned a few of the operational SAR missions that the sqn had recently been involved in and then showed some of the equipment used in C130 SAR. He explained how some of the equipment could be dropped to people on the ground or water like the message bundle, a food and water bundle, a complete camp bundle, a 250 gallon a minute marine pump, and toboggans. The Lieutenant Governor immediately picked up on the need for high visibility orange on the SAR Techs and their equipment to be able to be spotted from the air.

By the time Sgt Keating finished the briefing on SAR equipment the guests were able to board the running CC-130. Once in the air, the dignitaries assumed position in the spotter seats, were briefed on their responsibilities as spotters and began searching for the accident scene on Lake Winnipeg.

Once the site was located, the SAR Techs got into their full gear and jumped from 3000 ft above the water.

It was then that Their Honours witnessed a rare occurrence as Sgt Darcy Keating experienced a problem with his main parachute and had to perform a cutaway. Despite the problem, Sgt Keating landed safely with his reserve.

"What you saw today was exceptional," said Capt Bouchard to the guests after landing in Gimli. "Having to do a cutaway is not normal. When they are jumping at 3000 ft, they have seconds to make that decision."

When Sgt Keating reboarded the aircraft in Gimli he talked to the Lieutenant Governor.

"My heart was beating a little faster," he said. "We train all the time for things like this," he added. "We don't normally like to show people this (incidents during a demonstration) but things happen."

Following the return to 17 Wing, Lieutenant Governor Janice Filmon discussed some of her takeaways from the day.

"What most impressed me was the choices these young men and women make to do the jobs they do," she said. "The training, the discipline, and the teamwork we witnessed was exceptional; everyone is doing their own jobs but also checking each other's safety equipment."

"You have to want to do this, to have the passion, to save another human being," she added. "This has easily been one of my best experiences as Lieutenant-Governor."

LCol Kozak mentioned that for him what is perhaps most impressive is that "All of the skills the SAR Techs need to have, the scuba, the mountaineering, the parachuting, each of those are just the means to get to an injured person," he said. "They still have to be able to provide extremely advanced medical care once they get to the incident. These are extremely bright individuals who do an exceedingly demanding job."



Sgt Darcy Keating, Her Honour the Honourable Janice C. Filmon, Lieutenant Governor of Manitoba, His Honour the Honourable Gary Filmon, and LCol Kevin Kozak pose for a photo following their SAR training flight. Photo by Pte Hugo Montpetit.




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Around The Wing



Members enjoy a barbeque at the end of the Wing Chief Warrant Officer's Slow Pitch Tournament, on June 15, 2018, at 17 Wing Winnipeg. Please see the next issue of the Voxair for more photos and the full story. Photo: Cpl Brian Lindgren



Juno award winning William Prince played the Wing Chief Warrant Officer's Slow Pitch Tournament, on June 15, 2018, at 17 Wing Winnipeg. Please see the next issue of the Voxair for more photos and the full story. Photo: Cpl Brian Lindgren



LCol Bill Snyder from RCAF Barker College serves coffee on Camp Day at the Tim Hortons at Ness and Mount Royal. Photo: Bill McLeod



Vic Lee demonstrates how to build a planter at a lunch and learn held by Health Promotion on June 13. Photo: Bill McLeod



17 Wing Chaplain Major Hope Winfield poses with volunteers at Assiniboine Park Zoo for the Volunteer Celebration on June 10. Photo: Bill McLeod



Sgt Darcy Keating and MCpl Chris Griffiths check streamers during training on June 14.



We now have proof that Frank Emond is a "dinosaur" as he just happened to have found his mate in the parking lot at Timmy's on 6 June which is the Timmy's Camp day fundraising day. Photo: Submitted



Brigadier-General Sean Boyle, Deputy Commander 1 Canadian Air Division, inspects the public duty personnel at Stevenson Parade Square, 17 Wing Winnipeg, MB, on 8 June 2018. Selected members of the Royal Canadian Air Force (RCAF) from across Canada attended a training camp at 17 Wing Winnipeg. They will be deploying as a contingent to perform public duties for Her Majesty Queen Elizabeth II in the United Kingdom. Photo: Sgt Daren Kraus



17 Wing members enjoy a Wing Commander's Coffee Break hosted by PSP at the Jr Ranks' Mess on June 13. Photo: Bill McLeod



MFRC BBQs started for the summer on June 14. They are scheduled for June 28, July 12 and 26, and August 9 and 23. Photo: Bill McLeod



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First let's give the barbecue an inspection.

You should make a point of doing this every time you change a propane tank as well.

1. Spray soapy water on the connections, and supply lines. If you see bubbles, turn off the tank, and try re-connecting. If it still bubbles, then gas is still leaking. Shut off the tank and get the leaky part replaced.

2. Remove the grates and lava rocks (if you still use them), and check out the burner. If it looks good visually, then fire it up and make sure that you have an even flame throughout. If not, then replace it. Most burners only last 1 or 2 seasons, depending on how much you use your barbecue.

Since you already have the lava rocks out, why not clean out all the ash and grease that's accumulated at the bottom of the barbecue? While you're cleaning, check the unit for rust, and any signs of deterioration.

3. Don't forget to check and clean out the venturi tubes that deliver the gas to the burner. If they get plugged up, the gas will get diverted elsewhere, and could pose a hazard.

Whenever you barbecue...

Make sure that the barbecue is at least 10 feet (3 meters) from the house, or any other material that could catch fire.

Only open your propane tank a quarter to one-half turn. That's all the gas your barbecue needs to operate, and if you have a problem, then it's much easier to shut off.

Always open the barbecue lid before you light it. If it doesn't fire up the first time you try it, then shut it down, and try it again in about 5 minutes.

From the time you light the barbecue, till you're finished cooking, stay with your BBQ. Accidents can happen when you leave a barbecue unattended.

Safety First!

Always make sure that the barbecue is in a safe place, where kids and pets won't touch or bump into it. Keep in mind that the barbecue will still be hot after you finish cooking, and anyone contacting the barbecue could be burned.

If you use a barbecue lighter, make sure you don't leave it lying around where the kids can access it. It won't take long for them to figure out how to use it.

When you're finished barbecuing, always make sure that you not only shut off the barbecue, but shut off the propane tank as well.

Always store propane tanks outside, in a well-ventilated area.

A few tips for charcoal grillers

- Never use gasoline to get the coals going. Instead, use charcoal lighting fluid.

- Let the lighter fluid soak into the coals for a minute or so before lighting it. That gives the explosive vapours a chance to dissipate.

- Stand back from the coals when you ignite them, and make sure you didn't accidentally spill any fluid on yourself, or on any area surrounding the grill.

- Before you light the coals, make sure that you put the lighter fluid at a safe distance away from the fire.

- If the coals start to die out on you, don't spray lighter fluid on the hot coals. You could end up with explosive results.

- Always extinguish the coals when you're finished barbecuing. Here's a safe way to do it. Wearing oven mitts, take the coals out of the barbecue with tongs, and submerge them in a metal pail of water.

- Always make sure that you keep your fire safe from children.

Let's all have an enjoyable and safe barbecuing season.

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Improving RCAF Training and Education



Training experts discussing and proposing solutions to improve RCAF training and education. Submitted.

by Lieutenant-Commander James Cantafio, 2 CAD

Training Development Officers (TDO) and training development support staff from across the RCAF converged in Winnipeg, Manitoba to attend a three day Air Force Training and Education Systems Working Group (AFTEMS WG) held at 17 Wing.

Hosted by 2 Canadian Air Division (2 CAD), the event was held at Barker College, formally known as the Canadian Forces School of Aerospace Studies (CFSAS) from May 23rd to 25th, 2018. The aim of this working group was to bring together experts and stakeholder in one place from various training establishments and operational training squadrons from across Canada. The focus of effort was to seek practical ways to improve the quality of training, education, and learning support services across 2 CAD and the RCAF.

Over 50 TDOs, Standards staff, and other training related specialist and stakeholders participated in a variety of collaborative, interactive, and virtual based learning and development activities. Working group activities included break-out sessions, guided discussions, and briefings on training systems. Training experts had the opportunity to discuss and exchange experience, best practices, and lessons learned. Effective networking was a bi-product of the process. Practical outcomes of the working group included updates to orders and new directives designed to provide better guidance and direction to the greater air force community. Participants also had the opportunity to gain some hands-on training themselves. They had the opportunity to explore computer based learning tools offered through the Defence Learning Network (DLN) and to make use of the modern simulation lab located at Barker College.

The Director of Air Force Training, Colonel Ron Walker, was present to kick-off this important initiative. In his introductory briefing to the working group, Colonel Walker emphasized the need to provide responsive and effective training solutions, needed to meet the operational needs of a modern air force. Lieutenant-Colonel George McLeod, the Senior Staff Officer Training Support at 2 CAD, further stated that "we need to develop and make use of the tools in our toolbox to tackle problems and improve training to better meet the operational needs of today and tomorrow. Learning and improvement is a continuous process".

The close of this working group session does not mark the end of AFTEMS improvement process. The intent of the AFTEMS WG is for the participants and others to continue to make use of the skills and knowledge they recently acquired during the working group. The plan forward is for the group to reconvene virtually online, complemented by annual meetings held in person. The overall goal is to advance the process, products, and value of AFTEMS for the RCAF. Through effective collaboration and networking, the AFTEMS WG has contributed to some learning along the way, while making the changes today needed to overcome the challenges of tomorrow.

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5 & 6 July 2018
0830 - 1600 hrs

Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

Le stress: Ça se combat!

5 et 6 juillet 2018
08h30 à 16h00

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

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

Summer
SPORTS DAY CAMP
17 WING COMMUNITY RECREATION

SPORTS · GAMES · SWIMMING · MOVIES · TRIPS · HOT LUNCH & MORE!

JOIN US FOR A WEEK OF FUN, FITNESS & FRIENDSHIP!

TUES JULY 3 - FRI AUGUST 24

COST:
With Membership \$130 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
Children need to be 4 yrs old on the start date of camp. Special considerations for military dependants born in the latter half of 2012.

VARSITY 9 & 10 YRS OLD
ELITE 11, 12 & 13 YRS OLD

CAMP DAY
9 AM - 4 PM

SUPPORT CARE 7:30 am - 9 am
AFTER CARE 4 pm - 5:30 pm

FIELD TRIPS MAY INCLUDE: MIDONAN WATERF ARK · OAK HAMMOCK MARSH · DRAGON BOAT/KAYAKING · ACADEMY LANES · STEINBACH AQUATIC CENTRE

REGISTRATION OPENS:
MEMBERSHIP & MILITARY - TUES, APRIL 10 • NON-MEMBERSHIP - TUES, APRIL 24
To Register: www.cafconnection.ca/winnipeg • Info: 204-833-2500 ext. 5139 or 2057

Alcohol, Other Drugs and Gambling: Supervisor's Training

8 & 9 August 2018
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

8 et 9 août 2018
8h00—16h00 & 8h00—12h00

Reconnaitre les premiers symptômes et savoir y réagir. Apprendre à faire des entretiens efficaces.

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

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

TOP FUEL
for Top Performance

BOUFFE-SANTÉ
pour un rendement assuré

15 & 16 August
0830-1600 hrs

15 et 16 août
08 h 30 - 16 h 00

- Evaluate your eating patterns - Évaluez vos habitudes alimentaires
- Learn to read food labels to make better choices - Apprenez à lire les étiquettes des produits
- Plan and prepare for training and competition - Sachez vous préparer en vue d'un entraînement ou d'une compétition
- Learn how to adjust your eating to lose weight or bulk up - Apprenez à modifier votre alimentation et vos exercices pour perdre du poids ou augmenter votre masse musculaire

Free to Military members, DND/NPF Employees and adult family members! For more information or to register call Health Promotion at (204) 833-2500 ext.4150 Or email healthpromo@forces.gc.ca

Gratuit pour les membres militaires, de leurs familles et les employés du DND ! Pour plus d'informations ou pour vous inscrire, composez promotion de la santé au (204) 833-2500 4150. Ou par courriel health.promo@forces.gc.ca

THE VOXAIR

Give us a call:
204-833-2500 ext. 4120

Find out the benefits of advertising with us

Respect in the CAF Workshop
-Respect dans les FAC-

25 July, 2018 – le 25 juillet, 2018
0800-1600 hrs/ 08h00 – 16h00

The "Respect in the CAF" workshop is intended to promote respect in the CAF through awareness and understanding, to empower CAF members to take a stand against sexual misconduct and to support victims.

L'atelier « Respect dans les FAC » vise à promouvoir le respect au sein des FAC en favorisant la prise de conscience et la compréhension pour encourager les membres à lutter contre l'inconduite sexuelle et à soutenir les victimes.

This course is Coded!
Il s'agit d'un cours auquel on a attribué un code!

For more information or to register please contact Health Promotion at local 4150 or healthpromo@forces.gc.ca

Operation HONOUR

Health Promotion in the Canadian Forces
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Promotion de la santé dans les Forces canadiennes

Canada

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!
19 July 2018
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!
19 juillet 2018
8h00 – 16h00

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

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



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

BLADDER MATTERS AND PELVIC HEALTH WITH JAMIE WHEATON, B.A. BMR(PT) @ MATURE WOMEN'S GROUP

When you laugh so hard, do you pee your pants? Avoiding aerobics class because 'it just might happen'? Do things hurt and you don't know why? This informal session with Jamie Wheaton, B.A., BMR(PT) for women is about all things "down there." Jaime has years of experience and specialized training to be able to answer all of your questions or find the answers for you. There will be the opportunity for anonymous questions to be answered about all things pelvic!

Come get some answers at this FREE session on Monday, June 25, from 7 pm – 9 pm at the MFRC 102 Comet St. Registration requested. OPEN TO WOMEN OF ALL AGES

INTERNATIONAL MUD DAY

Playing in mud isn't only fun, research shows that it helps to reduce anxiety and stress and builds creativity. Join us for our first International Mud Day Celebration. Get ready to get messy! Thursday June 28, 4:00

– 6:00 pm FREE. Popsicles will be served. Please wear appropriate clothing for getting messy and MUDDY! ALL AGES EVENT!

FINDING EVERY DAY JOY WITH "THE HAPPINESS PROJECT"

Based on the international best seller 'The Happiness Project', participants will discuss and share practical ways to make their lives more joyful and fulfilling. As you require a copy of the book for reading and reflection, you can preorder them for \$15. Next session is July 16 Please register by July 11.

SMOOTHING WELCOME HOME "BUMPS"

This is a must attend session for people who have a loved one returning from a deployment in the near future, or someone who has recently returned. Topics covered include: how to reintegrate the military member back into the family, how to handle the stress and expectations of the member being home and what the military member might be experiencing. Wednesday, July 11, 5:30 pm FREE DROP IN

LEARN TO...RESTORATIVE YOGA

Breathe. Move. Relax. Come out to the MFRC and try restorative Yoga and learn the benefits of this gentle style of moving, stretching and relaxing. We will be focusing on body awareness and breathing. Wednesday, July 18 7:30 – 9:00 Register by July 13 \$5.

REPORT TO OUR COMMUNITY

Please join us for our Annual General Meeting on Tuesday, June 26 at 5 pm when our Board of Directors reports back to YOU, our community. All members of CFB Winnipeg and their families are invited to attend. We always want to hear from you Come out and share your opinion, guide our programming and participate in the election of our Board of Directors for 2018-2019. There will be free child care and door prizes. RSVP by June 23.

Call 204-833-2500 ext 4500 to register for programs or for more information

2018
MFRC CRFM
Summer BBQs d'été
COME OUT FOR A TASTY LUNCH BREAK AND VISIT WITH FRIENDS AND CO-WORKERS!
SORTEZ POUR UNE DÉLICIEUSE PAUSE-REPAS ET PROFITEZ-EN POUR PASSER UN BON MOMENT AVEC DES AMIS ET COLLÈGUES!

THURSDAYS from 1130-1300 hrs
LES JEUDIS suivants de 11 h 30 à 13 h

JUNE - JUIN 14 &/ET 28
JULY - JUILLET 12 &/ET 26
AUGUST - AOÛT 9 &/ET 23

BE SURE TO MARK YOUR CALENDARS & JOIN US!
NOTEZ LES DATES À VOTRE CALENDRIER ET SOYEZ DES NÔTRES!

WE ARE PLEASED TO OFFER A CHOICE OF:
Hamburgers, Smokies, Chicken Burgers, Hot Dogs, a vegetarian option, water, soft drinks & chips.

NOUS SOMMES HEUREUX DE VOUS OFFRIR :
Hamburgers, sandwich à la saucisse fumée, hamburger au poulet, hot-dogs, une option végétarienne, de l'eau et boissons gazeuses et des croustilles.

WE LOOK FORWARD TO SEEING YOU THROUGHOUT THE SUMMER!
NOUS AVONS BIEN HÂTE DE VOUS VOIR RÉGULIÈREMENT TOUT AU LONG DE L'ÉTÉ!

PREPARE TO GET MUDDY!

INTERNATIONAL MUD DAY

Thursday June 28 1600-1800
Behind the MRFC
102 Comet Street

CÉLÉBRONS LA JOURNÉE INTERNATIONALE DE LA BOUE

Jeudi 28 juin 16 h - 18 h
à l'arrière du CRFM
102, rue comet

PRÉPAREZ-VOUS À VOUS SAÛIR!

RESTORATIVE YOGA
RELAX AND UNWIND WITH GENTLE MOVEMENT AND STRETCHING
102 COMET ST.

WEDNESDAY, JULY 18 7:30 - 9 PM
\$5 REGISTER BY JULY 13
204-833-2500 EXT 4500

MFRC CRFM
MILITARY FAMILY RESOURCE CENTRE
CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES

MFRC
MILITARY FAMILY RESOURCE CENTRE
CRFM
CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES
WINNIPEG

Report to our Community
Annual General Meeting
Tuesday, June 26, 5 pm
Winnipeg MFRC
102 Comet Street
RSVP June 23, 204-833-2500 ext 4500
Free Pizza, Child Care and Door Prizes

MFRC
MILITARY FAMILY RESOURCE CENTRE
CRFM
CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES
WINNIPEG

Sports Trivia Answers

1. The Georgia Peach.
2. The Galloping Ghost.
3. The Cat.
4. The Intimidator.
5. The Assassin.
6. Pops.
7. Chi Chi.
8. Dizzy and Daffy.
9. Whitey; The Chairman of the Board.
10. The Penguin.
11. The Worm.
12. The Round Mound of Rebound.
13. Sugar Ray Robinson
– although Ray Leonard was also called Sugar.
14. Pistol Pete.
15. Babe, the Sultan of Swat.
16. The Big Hurt.
17. Charlie Hustle.
18. The Crime Dog.
19. Dr. J.
20. The Cinderella Man.

PERSONAL CLASSIFIEDS

1 BDR APARTMENT FOR SUBLET

3063 Portage Ave. 5 mins to 17 Wing. \$940. Utilities included. Parking is available. Private balcony. Available July 15.

FOR MORE INFO CALL CAPT ZENG AT LOCAL 4352

FOR SALE: AIR FORCE MESS KIT

Jacket 40-42" chest; pants 32" waist. Includes cummerbund, bow tie, shirt, suspenders, and cuff links. \$175.

CALL OR TEXT 204-960-5867

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1000sq ft bungalow. 2 bed / 2 bath. \$1750/mo + utilities. No smoking / no pets. 5 mins to 17 Wing. Available Aug 1.

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

CHASE THE KING & 50/50

Every Thursday @ 5:30 PM • Draw @ approx 7:00 PM

HAPPY HOUR

Every Friday & Saturday 4:00 PM — 7:00 PM

MEAT DRAWS

Friday Night — 7:00 PM • Saturday Afternoon — 3:30 PM

JUNE 29 & 30 – The Covers
JUNE 29 & 30 – Bryan James Band
CANADA DAY
Sunday, JULY 1 – Bryan James Band
 6:00 pm - 10:00 pm
JULY 6 & 7 – Vintage Groove



Sunday, July 1st
 9:00 am - 10:00 pm
EVENTS FOR THE DAY

- Pancake Breakfast ~ 9:00 am - 11:00 am
- Silent Auction ~ Tickets Available All Day
- Children's Games ~ 10:00 am till Noon
- Pipe Band ~ 1:00 pm
- Canada Day Cake
- Beer Garden ~ Noon - 8:00 pm
- Fun Sports ~ 1:30 pm - 3:00 pm
- Donkey Races ~ 3:30 pm

All times Subject to change

Like Us on Facebook: ANAVETS – Rockwood 303
 www.303rockwood.com

Taroscopes

BY NANCY

Aries (March 21 – April 19): Rest and meditate. Focus on how you feel. See yourself in a new way. It's time for a fresh start with a new, optimistic attitude. See life as an adventure. Expect your energy to improve radically as your perspective shifts. You are strong and smart. You can rise above adversity.

Taurus (April 20 – May 20): Be open to inspiration and creative ideas will flow. Brainstorm with others. Discuss alternative options and solutions. Write a 5-year plan. Work on one item now. What do you want to see, do, accomplish, and enjoy? Take active-living style breaks to burn off pent up energy and stress.

Gemini (May 21 – June 21): Living a life full of joy does require some work. Share what you are considering so that others can offer insights and information. Consider the pros and cons of taking on a partner. Seek out circumstances where you are more likely to meet like-minded people. Aim for wellness.

Cancer (June 22 – July 22): Consider why you are entangled in some people's emotional dramas and why you feel disconnected from others you love. Setting a good example is the best way to teach someone how to navigate life's challenges. Patience pays off. Time your actions for the greatest success.

Leo (July 23 – August 22): You'll be feeling decisive, proud and determined. You're no longer living in limbo. You want to do something dramatic and awe inspiring and you want others to pay more attention. Don't let anyone prod you into acting too quickly. Go at your own pace. You know your strengths.

Virgo (August 23 – September 22): Be patient. You can accomplish more if you pace yourself. Leave behind what no longer serves you. Clear out emotional baggage as well as the stuff that triggers bad memories. Time for a new you. Reflect on the gifts you have and how much you do for others.

Libra (September 23 – October 23): Let people know what you want. Don't send mixed signals. Let someone know you'd like to get together. Hang out with friends to relax and rejuvenate. Trying to please everyone is impossible and exhausting and you can lose sight of yourself. Reconnect to your bliss.

Scorpio (October 24 – November 21): Someone you can trust has your back and will deal with the chores when you're not around. This is a good time to return home or look for a new home. You know what you want. Trust your instincts to know where to go next and where a welcome will be found. Travel light.

Sagittarius (November 22 – December 21): You want to come across as decisive and sure of your course, yet you're of two minds. Don't make things more work than they need to be. Sometimes putting in more effort won't bring the desired results. Doing more of what you enjoy will feel more rewarding in the end.

Capricorn (December 22 – January 19): Collaborate on projects to finish them faster. Some conflicts and power struggles can't be avoided. Still, practice good communication skills, cooperation and compromise. Get things in writing. Don't assume anything. Let others talk to find out what makes them tick.

Aquarius (January 20 – February 18): In theory, if you are a realist there should be no surprises. But people can be illogical at times. Some people's standards are not as high as yours. That's not your problem. Give your best at all times. Work related travel inspires you. Accept and enjoy new challenges.

Pisces (February 19 – March 20): Drifting along is comfortable and familiar but this is a time to take firm control of where your life is going. Set your intentions. Reward yourself for small successes along the way. If you miss-step or take a wrong turn, be patient and kind with yourself. Then get back on track.

FOR APPOINTMENTS with NANCY CALL 204-775-8368

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 Winnipeg, Manitoba

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 Monday 6 pm

TEXAS HOLD 'EM
 Tuesday 7 pm

ZUMBA
 Tuesday/Thursday 10-11 am

LINE DANCING
 Wednesday 1 pm & 7 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

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Your 17 Wing Chaplain Team



Chaplain's Corner

The Memories We Create

There is a verse in the Bible that, when I first read it, I had to back up and read it again. I had never heard that said about anyone's life.

The book of the Bible called 2 Chronicles is almost completely the recording of the lives of the kings that were the sons of David. The pattern is fairly similar: the beginning of their reign, something of their time as king, and their death. A few chapters only summarize the full life of some, and for others, only a few verses say more than enough. Jehoram was one of the latter examples. For him, only one verse said all that needed to be said.

It reads this way: "Jehoram had become king at the age of thirty-two and had ruled in Jerusalem for eight years. Nobody was sorry when he died. They buried him in David's City, but not in the royal tombs" (2 Chron.21:20).

It is hard to imagine a more calamitous conclusion to a life. He died, another translation reads, "to no one's regret." He was only forty when he died, so his mother, and siblings may have been alive yet. His wife, and children were still around. Yet, no one was sorry to see him go. What an awkward eulogy! What could he do when they buried him alone, away from the other kings?

I was told the story of

a man who died in Saskatchewan, and the new pastor, having just arrived was asked to lead the funeral service. He agreed, assuming everything was taken care of. After his impromptu little sermon, it was time for the eulogy, so he asked if there was, "someone who could say something nice about the man." Silence. He

asked again, if anyone could put in a good word for the dead man. Crickets. The new pastor persevered, and asked one more time. Then someone from the back of the chapel stood up and said, "His brother was worse!" and sat down.

Jehoram was one of those guys. He lived in such a way that everyone was better off when he was gone, and no one was worse off when he died. He lived for himself, at the expense of everyone around him. In fact, I don't think I would be wrong in guessing that he was so self-centered that even if you tried to explain to him that this was so, he would not say that he did not care, but rather he would look at you like you were speaking a language that he did not understand.

This is one of those verses in the Bible that I have never been able to get out of my head. I ask myself, "What will people say about me when there is no longer any consequence to them telling the truth? When I am not there to defend myself, and never will be again, what will they say as they munch on sandwiches my estate paid for?" Will they see me as someone who lived for himself, or also for others? Did I enrich the lives of those around me, or did I seek to rob them?



Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE: (English Only) 1100 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 Wednesday of the month at 1300 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

Padre Lesley Fox
(United Church)
- Protestant Faith
Community Coordinator
ext 5272

Padre Laura Coxworth
(Pentecostal)
ext 5785

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

JEWISH

CHAPLAIN

Padre Noteh Glogauer
(Rabbi)
ext 6914



**17 Wing Military
Community Chapel**
2235 Silver Ave
(west off
Whytewold/
Wihuri Road)

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

SUNDAY MASS: (Bilingual) 1600 hrs

CHAPLAINS

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

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

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

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 Gemmitti.

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
Administrative Assistant
204-833-2500 ext. 5087
Building 64,
Lower Level, North End.

EMERGENCY DUTY CHAPLAIN
Contact MP Dispatch ext 2633.

INFO PHONE NUMBER
For chaplaincy services and related information, phone ext 6800 and follow the prompts.

WEBSITE
Those with access to the DIN can visit 17Wing.winnipeg.mil.ca, then click '17 Wing', then 'Services'.

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

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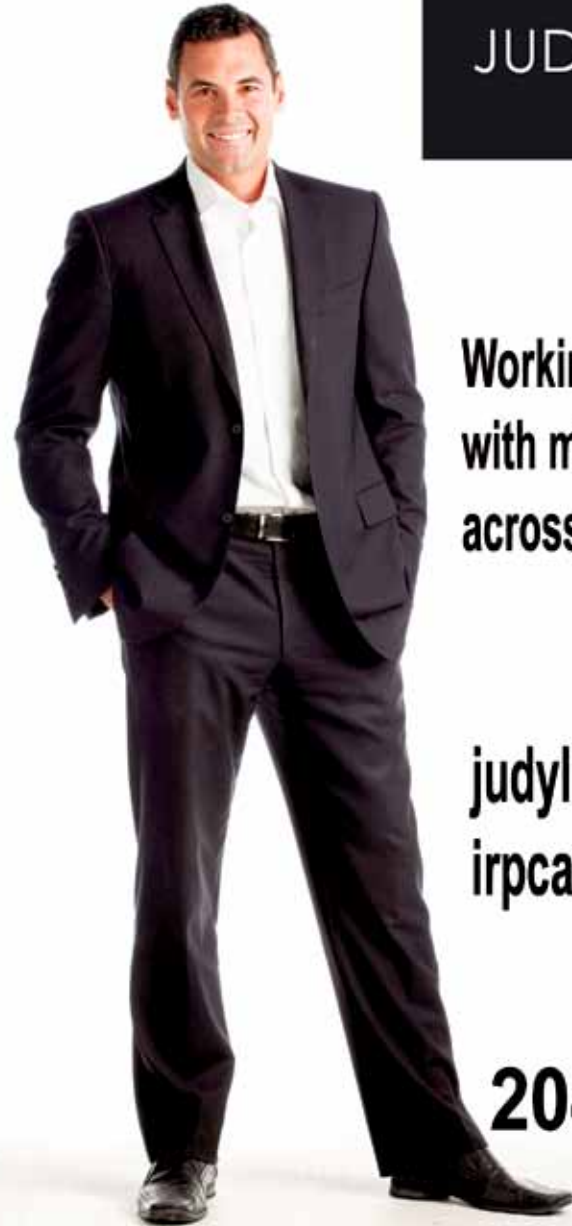
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