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THE VOXAIR

The Winnipeg Military Community News Source Since 1952

D-Day Commemorated in Winnipeg



Commander Colin Stewart, Commander of HMCS Chippawa, Petty Officer 1st Class Robert Verhoef and Harry Tucker, World War II Veteran, lay a wreath during the 75th D Day Anniversary Commemoration Ceremony at Vimy Ridge Memorial Park, Winnipeg, MB, on June 8, 2019.

Photo: Sgt Daren Kraus

Wing Commander Challenges Wing to Keep Fit

Page 2

RCAF Commander Holds Town Hall at 17 Wing

Page 3

D-Day Veterans Remembered in Winnipeg

Page 4

Around The Wing in Photos

Page 6

Be Aware of the New Drone Regulations as of June 1

Page 11

Advice on Preparing for a New Posting from the Chaplains

Page 15

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Wing Commander Challenges 17 Wing to Keep Fit



Lieutenant-Colonel Kenneth Mills, Commander of Mission Support Squadron, and Lieutenant Colonel Lonnie Fleischhacker, Commander of Operations Support Squadron, complete the Wing Commander's Challenge, 17 Wing, Winnipeg, on June 5, 2019. Photo: Sgt Daren Kraus

by Martin Zeilig, Voxair Photojournalist

"We've got great weather and smiling people," 17 Wing Commander Colonel Eric Charron said after the participants at the 11th Annual Wing Commander's Challenge had been put through an intense five minute warmup prior to the event on June 5 by Acting 17 Wing Sports Coordinator, Dawn Redahl.

He was waiting for the sharp blast of the air horn to announce the start of the 5k portion of the race.

Col Charron joked that the warmup made everybody realize "how uncoordinated we are compared" to the high energy Redahl.

"Lining up at the start are the runners and the inline skaters and following behind will be the rest of us

doing the 5K walk or run showing the world that 17 Wing military and civilians are fit," he offered before starting out on his run around the base.

The Wing Commander's Challenge is held annually in support of the 17 Wing Health and Wellness Challenge, which this year has partnered with Participaction's Community Better Challenge. As well, this year Deputy Wing Commander Lieutenant-Colonel Brian Quick decided to add on a GCWCC aspect to the Wing Commander Challenge by asking participants to donate new/unopened toothbrushes and toothpaste.

"My involvement this past year with United Way of Winnipeg has laid bare the many needs out in our Winnipeg community with hygiene items being in specific demand," LCol Quick said. "Recent trends suggest more families than ever are struggling, and they would benefit

from some of the simple items that we at 17 Wing/CFB Winnipeg take for granted as we enjoy and embrace a healthy and balanced lifestyle."

"With the support of Hillary Gair and Melissa Burgess of United Way of Winnipeg, (who arrived on Base at 0700 to set up, then stayed with us for the entire event), we collected one and one half large containers of toothbrushes and toothpaste," he added. "The generosity of those who donated today will see these much needed personal hygiene items distributed to United Way agency partners as they strive to create positive change in our Winnipeg community.

Rowena Bersamin-Claudio, who works at 2 Cana-

dian Air Division, was walking the 5k portion with her colleagues, fellow 2 CAD employee Jacquie Dalke and Bill Dalke, who works at 17 MSS Supply.

"Today is fun," commented Bersamin-Claudio, noting that she does the boot camp noon hour session regularly for fitness in Building 90 Recreation and Sport Centre.

"This is great," Bill Dalke, who recently retired after a long career in the CAF, said. "I was at the very first Wing Commander's Challenge and at the first RCAF Run. The weather is fantastic. We've had some wet and chilly days."

Chief Warrant Officer Miina Piir, who works at 2 CAD, and her colleague, Lieutenant Aimie Mavrimac were also taking advantage of the beautiful day.

"We're having a nice walk," said CWO Piir.

When mention was made of the Grumpy Cat T-Shirt she was wearing, CWO Piir said because of the cat's grumpy look and demeanour people liked to make fun of her. She observed that Grumpy Cat, who became a pet internet and media celebrity seven years ago and died on May 14 in Morristown, Arizona, always made fun of the positive.

"What better shirt to wear because a CWO has a right to be a curmudgeon especially when she has grey hair," CWO Piir, who's been in the CAF for about 35 years, said with a good natured laugh.

Healthy snacks and refreshments-- including fresh fruit and yogurt, bagels and cream cheese, Tim Horton's coffee and other beverages-- were provided after the event in Building 21.

Also in Building 21 were a number of displays and booths with information about PSP, the MFRC, and other services.

Several hundred military and civilian personnel took part in the Challenge on the beautiful sunny morning. The event, which helps kick off Health Promotion's Health and Wellness Challenge, included the choice of an approximate 5k walk/run event and an approximate 10 km bike/inline skate.

D-Day Commemorated at Vimy Ridge Park

by Martin Zeilig, Voxair Photojournalist

"In the first half of 1944 the end of Hitler's Third Reich is in sight," Colonel (Ret'd) Robert Poirier said as Master of Ceremonies at the The Royal Winnipeg Rifles (RWR) Association Commemoration of the D Day 75th Anniversary on June 8 at the RWR Memorial in Vimy Ridge Park.

"The military might of the Soviet Union has pushed the German armed forces--the Wehrmacht-- from most Soviet territory. The western allies are fighting north through Italy, and include 50,000 Canadians. Rome falls on the 5th of June. There is still a huge Allied army in

England and in the United States yet to be committed."

This enormous Allied army was put into action 75 years ago on June 6, Col (Ret'd) Poirier continued to the 200 people in attendance on this breezy, dreary day.

"We owe a lot to the Canadians, mostly young men, who faced down the Wehrmacht that day," he said. "Theirs was a crusade for good against evil, as clearly as any such things can be, and they waged their crusade with intelligence, drive, good spirit, and above all courage. Today, we thank them for their service and their sacrifice."

The commemoration ceremony was organized by Major (Ret'd) Richard Desjardins, CD, RWRA.

Representatives from the three levels of government, including Cathy Cox, the Manitoba Minister of Sport, Heritage and Culture, were present, as was Anita Cenerini, the 2018 National Silver Cross Mother, as well as a number of veterans, a representative of Veteran's Affairs Canada, the Royal Winnipeg Rifles (D Day Landing Unit), members of the Fort Garry Horse (D Day Landing Unit, 402 Squadron - The Royal Canadian Air Force - (carries Normandy as a Battle Honour), The Royal Canadian Navy (part of the largest seaborne landing in history), among others.

"This is a traditional memorial we do every D-Day," Maj (Ret'd) Desjardins said following the ceremony. "Today we turned it into a joint venture recognizing the Army, Navy and Air Force, the medics, padres-- all those who made it possible. There were so many people involved in D-Day. We honoured those who landed on that beach or contributed to that landing."

Second World War veteran Harry Tucker, 93, who served with the Royal Canadian Navy, laid a wreath at the ceremony.

"During the war I was in the North Atlantic for two and a half years away," he said. "Today was very good ceremony, and people really understood what it meant and they know what happened. I was 16 when I joined up."

During her brief prayer reading, Major Hope Win-

field, 17 Wing Chaplain, honoured those who went abroad to serve a greater purpose to protect our freedom and fight against tyranny, "our fallen heroes" as they stormed the beaches of Normandy.

"We wish to thank our brave allies who fought alongside us," she said. "Let their bravery, courage and sacrifice never be forgotten. Let us work towards increased peace and increased tolerance for all."

Military historian Captain (Ret'd) Gord Crossley, formerly with the Fort Garry Horse and now with the FGH Museum, said the entire ceremony was excellent.

"It was well organized with very good words from the MC," he added. "He presented some important information on what actually happened 75 years ago last Thursday. It's nice for people to come and see this monument which most of us just drive by all the time."

Robert-Falcon Ouellette MP Winnipeg Centre, who has been in the Royal Canadian Navy for 23 years, both Regular Forces and Reserves, beat a traditional First Nations hand drum and sang an Indigenous song during the ceremony.

He said it was heartening to see the people of Winnipeg come together to honour the veterans who gave their lives or were wounded during D-Day.

"They put their lives on the line for democracy," Mr. Ouellette said afterwards "It was the darkest days for the world, trying to free Europe from the shackles of totalitarianism, this dictatorship that had descended, and to ensure that Nazism and Fascism would no longer reign supreme on the continent."

There were also a lot of Indigenous veterans, he added

"Many died on the beaches and many served with great courage as well," Mr. Ouellette continued. "At the end of the day blood is red and we are all brothers."

17 Wing Commander Colonel Eric Charron, who, along with Wing Chief Warrant Officer Darling laid a wreath at the ceremony, noted that this summer he and wife and children are going on a vacation to Europe with time in France, which will include a visit to Juno Beach.

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RCAF Commander Speaks With 17 Wing Members

by Martin Zeilig, Voxair Photojournalist

Lieutenant-General Al Meinzinger, Commander of the Royal Canadian Air Force, and RCAF Chief Warrant Officer Denis Gaudreault spoke with about 500 military and civilian personnel in attendance at a town hall meeting on May 27 at Building 21.

LGen Meinzinger touched on a number of issues during his informal presentation at the town hall. He also fielded questions from members of the audience. He had participated in the 5 kilometre event at the 11th Annual RCAF Run the day before.

"He's somebody who really believes in a people first approach," said 17 Wing Commander Colonel Eric Charon, who was also the Master of Ceremonies at the town hall. "No question is forbidden. The General is interested in getting to the root of the issue."

LGen Meinzinger enrolled in the Canadian Armed Forces in 1985, notes information in his official biography. In 2006, he assumed command of 403 Helicopter Operational Training Squadron. In 2011, he deployed to Kandahar, Afghanistan, to command Canada's Joint Task Force-Afghanistan Air Wing, overseeing the final phase of Air Wing support to combat operations. In July 2013, he took command of Royal Military College of Canada in Kingston, Ontario and upon promotion to Major-General in May 2015, he was appointed deputy commander of the RCAF. In March 2017, he was appointed as director of staff, Strategic Joint Staff. He was promoted to his current rank on April 20, 2018.

LGen Meinzinger talked about the big picture at the town hall; the budget and current capabilities of the RCAF and future capabilities.

"I see fantastic leadership that is a characteristic that makes us a great organization at all levels of the RCAF," LGen Meinzinger, who spoke in both official languages, said.

He praised the charitable activities conducted by the RCAF. He commented on the significance of Barker College being named after a "great aviator and an Amazing Ace during the First World War" and the first Commander of the RCAF.

"I wanted to talk a little bit about how I see the RCAF today," LGen Meinzinger said. "It's great to hang out with the Chief and others in Ottawa. I see tremendous leadership throughout our Divisional level. We have two great Divisional Commanders here today, Brigadier-General Mario Leblanc at 2 CAD and Major-General Alain Pelletier at 1 CAD, and on down to the NCM level. How committed and dedicated you all are."

He pointed out that he and CWO Gaudreault were over in Romania last year to see the RCAF doing work with a NATO ally.

He called the mission difficult and challenging but rewarding.

"When I look at the Air Force today, I see our institutional credibility. The space we had in Ottawa to move issues is a direct consequence of the great work done at the tactical level," LGen Meinzinger said. "We often get thanked for the work that gets done on deployed operations, although all those elements aren't always under the direct command of the Air Force, the Air Force generates them. The Combined Air Operations Centre in some cases might command them."

He made reference to the new training simulator at 402 City of Winnipeg Squadron.

"It's setting the conditions for those AESOPS (Airborne Electronic Systems Operators) and ACSOs (Air Combat Systems Operators) to hit the ground running when they get to their operational training units," LGen Meinzinger emphasized. "It's just wonderful to see. We're a global reach Air Force only because we have got the air mobility team on our side. It's not lost on me how busy they are."

The Search and Rescue Technicians at 435 Transport and Rescue Squadron were lauded too.

"I probably had one of the best SAR Tech briefs this morning," LGen Meinzinger said. "I get all of the updates every single day. That's about 1000 missions deployed a year by our SAR enterprise. That's incredibly



Lieutenant General Al Meinzinger, Commander of the Royal Canadian Air Force (RCAF), discusses upcoming changes to plans and policies within the Air Force during the RCAF Commander's Town Hall, 17 Wing, Winnipeg, on May 27, 2019. Photo: Sgt Daren Kraus

impressive. We've set ourselves up for a very important SAR transition here in the next 12 months or so. That will be a major muscle movement for the Air Force. It will take a lot of nimbleness."

He dealt too with Canada's defence policy – Strong, Secure, Engaged, which will provide Canada with an agile, multi-purpose combat-ready military, operated by highly trained, well-equipped women and men, secure in the knowledge that they have the full support of their government and their fellow Canadians, the Government of Canada website says.

"It's an authoritative document," LGen Meinzinger said.

"Air and space power is enshrined in a very big way. That's good for the Air Force. A lot of the new dollars that the government has booked into the fiscal framework for the next 20 years, about 60 percent, is for underwriting air and space power which I think is quite profound. The policy is a key document for us."

17 Wing Member Wins Gold at Canadian Open Judo



MCpl Brent Thompson won the Gold Medal in the Master's Category at the Canadian Open Judo Nationals in Edmonton in May 2019. Photo: Submitted.

by Martin Zeilig, Voxair Photojournalist

Master Corporal Brent Thompson, 17 Mission Support Squadron, Royal Canadian Electrical and Mechanical Engineers, won all four of his matches to capture gold in the 30 and over -81 kilogram division at the 2019 Canadian Open Judo Championships in Edmonton, Alberta, May 16-19.

The event, which was held at the University of Alberta's Butterdome, featured Canadian provincial judo teams in the U16, U18, U21, plus the Senior, and Veteran male athletes, notes information on the Judo Alberta website.

The word judo, which originates from the Japanese language, means "the gentle way".

MCpl Thompson, who first started in Judo at age seven in his hometown of Thompson, Manitoba, has ascended the national championship podium previously. He won the gold medal in the under 100 kilogram weight category in the Master's Division at the 2017 Canadian National Open Judo Championships in Calgary, Alberta at the Olympic Oval, and at the 2011 Judo Nationals in Edmonton in the Master's Category for Team Alberta, when he was posted at CFB Edmonton, noted a previous Voxair article.

MCpl Thompson, who was one of 13 members on Team Manitoba at the recent Canadian Open, trains with the Nakamura Judo Club, which is headed by Airton Nakamura, at 1000 Notre Dame Avenue.

"There were six competitors in my division," MCpl Thompson said. "There were two pools of three each. You had to have at least one win to get out of your pool and into the semi-final. I won both my matches in the preliminaries. Then, I won the semi-final and moved onto the gold medal match."

He defeated Chris Smiley from British Columbia in that final bout.

"It was a tactical match," MCpl Thompson, who stands 5'10" and weighs a solid 81.19 kilos, said. "I threw him for half a point, and then continued with a pin to win the match. He said to me afterwards that his game plan 'went out the window' when we first gripped because I had an answer for everything he did."

In preparation for the Nationals, he did a lot of running, sport specific weight training and practising his judo moves and holds.

Besides training at his home club, MCpl Thompson, who's a third degree black belt in judo, also trained with other members of the Provincial Team under head coach

and former Olympian Mark Berger at the University of Manitoba.

"Winning gold is a reward for all the hard work that I've put in over the years," he emphasized. "It's a passion with rewards of doing well in a sport I love."

MCpl Thompson, who's the military co-chair of the Defence Aboriginal Advisory Committee, also expressed thanks to his Chain of Command for being so supportive of his athletic pursuits.

"This was a stepping stone for participation in the 2020 World Masters Judo Championship in Brazil," he said.

MCpl Thompson mentioned that one of the other highlights in Edmonton was meeting Wilton Littlechild Ph.D., a Cree chief, residential school survivor, and lawyer who has worked both nationally and internationally including with the United Nations to advance Indigenous rights and Treaties, says his online bio.

Chief Littlechild, who has been a member of parliament, has been inducted into seven Sports Halls of Fame.

"He has been awarded the Order of Canada and in 1993, the Canadian government awarded Chief Littlechild the Canada 125 Medal," states the bio. "He is a 2015 Laureate of the Inspire Awards and was recently honoured with the Alberta Award of Excellence."

"We got to talk for a bit," said MCpl Thompson, noting that Chief Littlechild has twice won the Tom Longboat Award-- which recognizes Aboriginal athletes "for their outstanding contributions to sport in Canada," says the TLA website.



Meet Your Winnipeg D-Day Veterans

by Bill Zuk, Aviation Historian

When war came, they signed up, mostly fresh from high school or in their early 20s. They worked in shops, factories, and on prairie farms but they became the airmen, soldiers, and seamen who would decide the fate of the Allied effort on a small beach in a backwater on the Normandy coast. The military designation was JUNO and the date of the cross-channel invasion was June 6, 1944, an element of "Operation Overlord", familiarly known as "D-Day".

Two young men from Manitoba were already confronting the enemy face-to-face in France. Born in Switzerland, but raised in Winnipeg, John Hippolyte Wickey was able to speak French and German, and had transferred from The Fort Garry Horse to the Special Operations Executive (SOE). Wickey parachuted into France near Le Mans, late in May 1944. His task was to conduct espionage, sabotage and reconnaissance in occupied Europe.

Born in Vestfold, Manitoba, Flying Officer Harold "Canada" Freeman, after training in the British Commonwealth Air Training Plan in Canada, was in RAF 198 Squadron in the Second Tactical Air Force, flew a Hawker Typhoon fighter-bomber.

"... just before D-Day ...", 27-year-old F/O Freeman was recommended for the Victoria Cross, the citation read, "... for his gallantry during a rocket attack on a radar station in the Normandy area." The VC was denied. In a letter to Freeman's parents, it was noted, "He had such fine determination, ardour and skill, and he always threw his whole heart into the job he was doing with the one object in mind, to get the job finished and get home to those he loved." Freeman would not return home; he died in a fiery mid-air collision and was buried in France.

Twenty-one year-old Private Wesley William Shwaluk, from Oakburn, Manitoba was a member of the 1st Canadian Parachute Battalion. Dropped behind enemy lines, paratroopers would be the first to go into battle.

At 24 years old, Squadron Leader Geoffrey Wilson "Jeff" Northcott from Minnedosa, had taken command of 402 "City of Winnipeg" Fighter Squadron, flying Supermarine Spitfire Mk, VBs. Northcott with seven air-to-air victories, one shared and eight damaged, would fly on low-level, close cover fighter sweeps over the beaches

Lieutenant William Dalton "Bill" Little in The Fort Garry Horse was only 24 but was the commander of a Sherman tank. Not an ordinary tank, it was called a "DD" and was one of "Hobart's Funnies"; at high tide, it could float and drive up the beach.

Winnipegger Corporal Jim Parks, was only 15 years old when he tried to enlist, but persevered to join the Royal Winnipeg Rifles, the "Little Black Devils" named by the enemy they faced.

Rifleman Andrew Galoway Mutch lived in McCreary and was just 22 when he became one of the "Winnipeggers".

Acting Major Hugh Clifford "Cliff" Chadderton, at 25, was scarcely older than the men he commanded as a platoon commander with the Royal Winnipeg Rifles. He had lived most of his life in Winnipeg and enlisted as soon as war was declared; so had most of his class at

Kelvin High School.

Others from Winnipeg were to be there. Sub-Lieutenant William Cooper Gardner had joined the Royal Canadian Navy at 18, and was in command of a large Landing Craft (LCT) that would convey tanks of the "Garrys" to the beachhead in Normandy.

Winnipegger Signalman Len Van Roon at 21, had an important job. He was the assistant to the artillery fire commander for the 19th Canadian Army Field Regiment Royal Canadian Artillery troops who would storm Juno Beach in Normandy, France.

Although he was born in Winnipeg, 21-year-old Pilot

Captain in the field, Little made it ashore with two DD tanks. Major Chadderton, Corporal Parks and Signalman van Roon also made it off the beaches.

In the air, Squadron Leader Northcott flew two combat patrols over Juno but encountered no enemy aircraft. Pilot Officer Pedan made a bomb run near where Warrant Officer Mynarski's Lancaster bomber was operating. Mynarski would figure once more in the events surrounding D-Day.

On June 13, 1944, over France, with his Avro Lancaster bomber on fire, "Andy" Mynarski, desperately tried to free a trapped comrade in the jammed tail-gun turret. For precious moments, he struggled with the turret doors while the fire that consumed his clothes and parachute, sealed the fate of the bomber and its crew.

Avro Lancaster VR-A, from 419 RCAF "Moose" Squadron was shot down on the evening of June 12/13, 1944, over Northern France, one of the many aircraft lost in the bombing raids following the Normandy landings. Only one of the crew died that day. Although the aircraft was on fire, "Andy" Mynarski's valiant efforts to save Flying Officer "Pat" Brophy, the tail-gunner, were in vain. Forced to retreat through the blazing bomber, he stood to attention at the exit and saluted his trapped comrade, before falling to a fiery death.

Brophy miraculously survived the subsequent crash, later recounting the bravery of his friend. His account resulted in the posthumous award of the Victoria Cross to Andrew Mynarski in 1946, the last award of its kind presented after the Second World War to a Canadian.

A number of D Day veterans are still residing in Winnipeg. To learn more about these remarkable individuals, contact Pamela Shaw (Veterans Affairs Canada), Program Advisor, Manitoba, Saskatchewan and Alberta

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The Manitoba Chapter of the Canadian Aviation Historical Society is planning an event that will be part of D Day 75 Canada in Winnipeg program. This commemorative program honours the men and women who served, fought and gave the ultimate sacrifice on June 6, 1944 and beyond, at the D-Day and Normandy landings.

Winnipeggers were there, with three military units, The Fort Garry Horse, The Royal Winnipeg Rifles and No. 402 "City of Winnipeg" Royal Canadian Air Force (RCAF) Squadron. On the 75th Anniversary of D-Day, a unique commemoration will begin days of remembrance in Winnipeg.



John Stoyka of Winnipeg, Manitoba, is one of 37 D-Day veterans is attending commemorative events in Normandy, France, with The Right Honourable Julie Payette, Governor General of Canada. The photo of Mr. Stoyka with Her Excellency was taken June 4, at a commemorative ceremony in Chambois, France. Photo: Sgt Johanie Maheu, OSGG

Officer David Murray Peden considered himself a resident of Portage la Prairie where he was raised. Posted as a bomber pilot to No. 214 Squadron, Royal Air Force Bomber Command, he flew on bombing raids in the run up to D-Day.

At age 27, Winnipegger Warrant Officer Andrew Charles Mynarski was the "old man" in 419 Royal Canadian Air Force (RCAF) Squadron. His squadron would be tasked to bomb railway marshalling yards that would prevent enemy reinforcements to the beaches.

In the end, armadas of 7,000 ships and 10,000 aircraft were assembled in secret with nearly 15,000 Canadians on sea, in the air and on the beaches, undertaking a significant role in the attack.

Rifleman Andrew Mutch may well have been the first to fall on Juno Beach. Crammed into a small LCA with 40 soldiers, he was a large wave swept him into the sea. Mutch, weighted down by his equipment, sank without a trace. Three days later in the liberation of Ranville, France, near Caen, Private Shwaluk was killed during an attack on a strongpoint.

Other Manitobans would be more fortunate. In France, John Wickey's mission to spread false rumours about the Allied invasion of Europe and report on German troop movements was carried out. Sub-Lieutenant Gardner's LCT, already loaded with The Fort Garry Horse tanks, was maneuvered close to the shore, unloading the specially-modified DD Tanks. Promoted to

Second World War Amputee Veteran Reflects on D-Day 75th Anniversary

from War Amps Canada

On June 6, 1944, Toronto's Allan Bacon was one of thousands of Canadians to arrive by boat on the shores of Juno Beach in Normandy, France. As this year marks the 75th anniversary of D-Day, 99-year-old Bacon is reflecting on that pivotal event.

Bacon enlisted with the Royal Regiment of Canada in 1940 and was later transferred to the Canadian Scottish Regiment. When his tour of duty took him to Normandy, his role was in the mortar platoon. "That was because I had difficulty opening one eye at a time, which was required to operate a rifle," he recalls.

On June 17, 1944, Bacon was based in a barn, anticipating an attack that never came. He went into a nearby

shed to disarm the grenades when one exploded, resulting in the loss of his right arm.

When Bacon realized he'd lost his arm, his first thought was, "This will break my mother's heart." Bacon recovered at a hospital in England where he learned to use his left arm through exercises like washing windows.

On returning to Canada, he became a member of The War Amps, an Association started by amputee veterans returning from the First World War to help each other adapt to their new reality. Today, Bacon continues to be active with The War Amps Toronto Branch.

Bacon's daughter, Deborah Sliwinski, says, "In our family, we see my father as a hero. He talks about how

losing his arm was the best thing that ever happened to him because it gave him the courage to try new things."

When asked what he thinks of being called a hero, Bacon says that he didn't do anything out of the ordinary, adding that at the time, men and women enlisted with the goal of protecting the country and he wanted to do the same.

Through the years, he along with his fellow War Amps members, have made it a goal to remember and commemorate their fallen comrades, and to educate youth about the horrors of war. "In Normandy, many Canadians died or suffered wounds that they had to carry for the rest of their lives," says Bacon. "On anniversaries like D-Day, it's important that we never forget."

Canadian Launch for Voices of Liberation

from Canadian War Graves Commission

To mark the 75th anniversary of some of the most momentous battles in history, the Commonwealth War Graves Commission (CWGC) is recording the voices of veterans, relatives and pilgrims for a unique online sound resource that explains why the Commission's war graves, cemeteries and memorials are as poignant today as when they were first built.

From the beaches of Normandy to the hills of Kohima, to the mountains of Manipur, Voices of Liberation is a global project that will cover the sacrifice and contribution of Commonwealth forces who paid so high a price for the liberty we enjoy today.

Of the 1.7 million people CWGC commemorates more than 100,000 died in these pivotal battles during 1944. Commonwealth servicemen and women are commemorated in CWGC war cemeteries and memorials across the world and today, these iconic sites of remembrance remain places of pilgrimage for veterans and descendants. The archive aims to pay tribute to those who gave their lives and shine a light upon these places of remembrance.

The public will be able to explore the archive online and discover a wealth of recordings, from firsthand accounts from veterans about losing comrades to testimony from family pilgrimages to the battlefields.

The recordings capture the voices of veterans who served in infamous battles during the war, such as Victor Gregg. Gregg served with the Parachute Regiment and in 1944 found himself at the Battle of Arnhem, where he was captured by the Germans. Victor now 99 years old, recorded his story to be part of the archive.

CWGC is now calling on the Canadian public to record their stories and feelings, relating to the Second World War and its sites of remembrance. The stories will reinforce these sites as unique places of memory and create a resource that is both a moment in history and a fitting tribute to those who died. CWGC has also approached the Canadian institutions such as Library and Archives Canada and the Canadian Broadcasting Corporation about possible collaboration on unique Canadian content.

Andrew Fetherston, Chief Archivist at the Commonwealth War Graves Com-

mission, said

"We believe that by capturing these stories from the Canadian public we are creating an archive of international importance and a lasting legacy for those who died for our today. We want people to share their connections to the war and our cemeteries to ensure that as Commonwealth nations we have not forgotten their sacrifice"

Alongside the sound archive the CWGC has launched its new podcast series "Legacy of Liberation", the six-part series explores the key moments of the Second World War conflict, and the historic cemeteries and memorials which commemorate those who fought and died. Historian Dr Glyn Pryor and heritage expert Dr Lucy Kellett explore the unique experience of visiting these sites of memory and mourning, taking a fresh look at events which have become almost legendary, and examining the artistic, architectural and social legacies of these iconic places.

*You can contribute to Voices of Liberation and listen to the podcast here: liberation.cwgc.org

June is Recreation Month!

PLAY, your way! Make healthy, active, better living, fun and easy!

Every Saturday morning the Dow family strap on their helmets and go for a bike ride. For 5-year-old Kaylee and 6 year-old Nathan the fun is all in the race against Dad to the next corner, but for Mom Kerry-Ann it's part of their commitment to being physically active as a family.

"Being fit is important, not only to my husband's career but to us as well," she says. "We want to teach the kids to move more and we want to offer healthier options for playtimes. Recreational activities like biking and martial arts keep the heart pumping and our kids moving."

The Personnel Support Programs (PSP) Recreation Program plays a key role in developing military communities that are active and families that are supportive of CAF members' fitness. PSP Recreation offers military families a variety of opportunities to be physically active and to participate in programs that meet their needs and interests.

"By reinforcing a more complete integration of families through recreational programming, there is a profound impact on the CAF's operational capability," says Dr. Michael Spivock. "A family that is committed to physical activity will have a stronger influence on the individual CAF member's lifestyle, choices and commitment to fitness training."

The Canadian Physical Activity Guidelines recommends at least 60 minutes of daily physical activity for children, and at least 150 minutes per week for adults. While that may not sound like much, only about 11% of children and 15% of adults currently meet that standard.

PSP Recreation celebrates Recreation Month every June by drawing attention to the many benefits of participating in recreational activities. The 2019 theme, "PLAY, your way", highlights how PSP accessible recreational activities and facilities allow you to find what you need, when you need it.

"We love how many options there are," says Kerry-Ann. "From participating in classes, to using the facilities, to renting a canoe so we can be active over the weekend. PSP is a great resource to have on base."

Visit www.cafconnection.ca/JRM to learn more about how you can participate in June is Recreation Month celebrations. Find local events and be sure to enter the National contest for a chance to win a Grand Prize outdoor adventure package valued at \$2,500!!

Juin, le mois des loisirs!

À vous de jouer! Simplifiez l'adoption d'un mode de vie sain et actif axé sur le plaisir.

Tous les samedis matin, les membres de la famille Dow attachent leur casque de vélo et partent en randonnée. Pour Kaylee et Nathan, âgés de 5 et 6 ans, il n'y a rien de plus amusant que de courser contre papa jusqu'au prochain coin de rue. Kerry-Ann, la maman, indique toutefois que cette habitude s'inscrit dans l'engagement d'être une famille physiquement active.

« Être en forme est important pour nous tous, pas seulement pour mon mari dans le cadre de son travail, dit-elle. Nous voulons inciter nos enfants à bouger et leur proposer des options de jeu saines. Les activités récréatives comme le vélo et les arts martiaux sont bonnes pour le cardio et gardent nos enfants actifs. »

Le programme de loisirs des Programmes de soutien du personnel (PSP) joue un rôle essentiel dans la création de communautés militaires actives dont les familles appuient la mise en forme des Forces armées canadiennes (FAC). En ce sens, les services de loisirs des PSP donnent aux familles des militaires de nombreux moyens de s'adonner à des activités physiques et de participer à des programmes qui répondent à leurs besoins et à leurs intérêts.

« En favorisant davantage l'intégration des familles à l'aide des programmes de loisirs, on influence grandement la capacité opérationnelle des FAC, explique le Dr Michael Spivock. Une famille qui a à cœur l'activité physique aura une plus grande influence sur le mode de vie du membre des FAC, sur ses choix et sur son engagement envers le conditionnement physique. »

Les lignes directrices canadiennes en matière d'activité physique recommandent au moins 60 minutes d'activité physique quotidienne pour les enfants, et au moins 150 minutes par semaine pour les adultes. Bien que cela ne semble que très peu, seulement environ 11 % des enfants et 15 % des adultes atteignent cette norme actuelle.

Les services de loisirs des PSP célèbrent le mois des loisirs chaque juin en attirant l'attention sur les nombreux avantages de participer à des activités récréatives. En 2019, le thème « À vous de jouer » indique que l'accessibilité des activités et des installations de loisirs des PSP vous permet de trouver ce dont vous avez besoin, au moment voulu.

« Nous aimons la grande variété de possibilités, dit Kerry-Ann. Nous pouvons participer à des cours, utiliser les installations ou même louer un canot pour nos activités de fin de semaine. Les PSP sont une superbe ressource à avoir sur la base. »

Visitez la page « Juin, le mois des loisirs » du site ConnexionFAC.ca pour en apprendre davantage sur les moyens de participer aux célébrations. Trouvez des événements locaux et assurez-vous de vous inscrire au concours national pour courir la chance de remporter le grand prix : une trousse plein air d'une valeur de 2 500 \$!

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PSP Recognition of Service



Bruce Ploughman, Snr VP for PSP, with Chris Merrithew, FS&R Manager, presents a Recognition of Service to Sports and Fitness Instructor Marc Lavallee, on May 27 at Building 90. All Photos: Bill McLeod, Voxair Manager, except where noted.



Bruce Ploughman, Snr VP for PSP, presents a Recognition of Service to Voxair Photojournalist Martin Zeilig with Bill McLeod, Voxair Manager, on May 27 at Building 90. Photo: Rick Harris, 17 Wing Snr Manager PSP



Bruce Ploughman, Snr VP for PSP, presents a Recognition of Service to 17 Wing Deputy Manager PSP Kathy Prokopowich with Rick Harris, 17 Wing Snr Manager PSP, on May 27 at Building 90.



Bruce Ploughman, Senior Vice President for Personnel Support Programs, presents Rick Harris, Senior Manager 17 Wing PSP, his retirement certificate at a gathering at the Combined Mess on May 30, 2019.

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College Corner



2019 RCAF Unit Command Team Orientation Program

From 27 to 31 May 2019, the RCAF Barker College hosted the 2019 RCAF Unit Command Team Orientation Program also known as RUCTOP. RUCTOP is an annual training event that hosts senior non-commissioned officers and senior officers who will be taking command of units throughout the Canadian Armed Forces. This year, Barker College hosted 90 attendees. These attendees are preparing to perform the duties of a unit command team. The command team comprises a commanding officer (CO) and a unit/squadron warrant officer (SWO). Despite the years of experience these people bring to their new position, working as a command team is unique and understanding their roles and relationship is critical to a successful team.

RUCTOP hosted nearly 50 briefers, all of whom brought incredible expertise to the event. For five days, attendees were briefed on a range of topics from the care and administration of Regular Force, Reserve Force, and civilian personnel to financial obligations to safety of operations. The briefers comprised experts in human resources, law, and public affairs. Lieutenant-General Meinzinger, Commander of the RCAF and Chief Warrant Officer Gaudreault RCAF Chief Warrant Officer joined RUCTOP on the first day. While they spoke on a variety of aspects of command, there was a common theme of the importance of caring for people. This message of people first was prevalent throughout RUCTOP. As important as it is for the command teams to care for the people in their unit, the message of caring for your family was strongly reinforced.

The RCAF Barker Colleges wishes all command teams the best of luck in their future postings.

RCAF Barker College News



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Around The Wing



Rick Harris, Snr Manager PSP, was surprised with a decorated golf cart on the occasion of his retirement at the Wing Commander's Golf Tournament in Carman, MB, on Friday, May 31. Photo: Dawn Redahl



Gloria Kelly from 17 Wing Public Affairs received a Certificate of Appreciation from the Canadian Forces Liaison Council in recognition of her extraordinary support to the Executrek visit on 30 April 2019. Photo: Supplied



Colonel Eric Charron, Commander of 17 Wing Winnipeg, and Teraya Valdez, Wing Ground Safety Officer Administrative Support, sign her acceptance offer for a fulltime position at 17 Wing Winnipeg, MB, on May 29, 2019. Photo: Sgt Daren Kraus



Acting Wing Commander, LCol John Schwindt, teed off at the Wing Commander's Golf Tournament held in Carman, MB, on Friday, May 31. Participation in the tournament was high, with 129 members signing up. Please check on the PSP page in the Voxair for upcoming tournaments. Photo: Dawn Redahl



17 Wing Commander, Col Eric Charron leads the pack at the start of the 2019 Wing Commander's Challenge on 5 June, 2019 at 17 Wing. Photo: MCpl Justin Ancelin, 17 OSS/Imaging



City Councillor Shawn Nason, Transcona, who is also the Military Liaison for the city, attended the Winnipeg Military Family Resource Centre monthly coffee break on June 6 and spoke a few words of remembrance on the date of the D-Day invasion in Normandy. Photo: Bill McLeod, Voxair Manager

Around The Wing



Colonel Eric Charron, Commander of 17 Wing Winnipeg, and Chief Warrant Officer (CWO) Lee Darling, Acting 17 Wing CWO, speak with a Red River College Stevenson Campus student during the Aerospace and Aviation in Manitoba Day, Red River College, Stevenson Campus, Winnipeg, on May 31, 2019. Photo: Sgt Daren Kraus



The 2019 Badminton National was filled with fierce competition and ever-present comradery. The most competitive military players from all over Canada partook in the event, at CFLRS in St-Jean from 13-17 May 2019, to represent their respective region. Amongst the 10 members representing the Canada West team, three came from 17 Wg: Avr William Liu, 2Lt Siting Chang and Lt Franck Ah-Kane. 2Lt Chang demonstrated vast improvement over the course of the event from adhering to persistent coaching by her peers. Ultimately, her effort paid off when she earned the gold in the Women's doubles category. Avr Liu also competed marvellously and secured the gold in the Men's doubles category. All in all, the Badminton National was a fantastic opportunity to encourage teamwork, leadership and team cohesion. Photo: Avr Zamir Muminjar



Captain Bryan Aubin, 402 Squadron Air Combat System Officer Instructor, briefs students on the roles and capabilities of the CT-142 Dash 8 aircraft during Aerospace and Aviation in Manitoba Day, Red River College, Stevenson Campus, Winnipeg, on May 31, 2019. Photo: Sgt Daren Kraus



Colonel Eric Charron, Commander of 17 Wing Winnipeg, and Chief Warrant Officer (CWO) Lee Darling, Acting 17 Wing CWO, lay a wreath during the 75th D Day Anniversary Commemoration Ceremony at Vimy Ridge Memorial Park, Winnipeg, MB, on June 8, 2019. Photo: Sgt Daren Kraus



The beautiful weather meant that a lot of families came out for the 6th Annual Free Family BBQ and Play event on June 6. The food was sponsored by Baldwinson's Insurance and prepared by Smoken Bobs and the prizes for the kids were sponsored by Canadian Tire. Photo: Bill McLeod, Voxair Manager



Water games were popular with the children at the 6th Annual Free BBQ and Play event at Building 90 on June 6. Photo: Bill McLeod, Voxair Manager

Around The Wing



(L-R) Sgt Cindy Scott, Sgt David Grenon, and WO Larry Bjornson on bass, members of the Royal Canadian Air Force Band ensemble Jetstream, entertain the crowd at the Pride Parade in Winnipeg on June 2nd, 2019. Photo: Cpl Bryce Cooper, 17 Wing Imaging



Members of the Canadian Forces and support attending the Pride Parade at Winnipeg, Manitoba on June 2nd, 2019. Photo: Corporal Bryce Cooper, 17 Wing Imaging

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Sports Trivia

THE NEED FOR SPEED

by Stephen Stone

1. Which team has won the greatest number of Stanley Cup championships?
2. Who was the first driver to break the thousand km/h speed record?
3. Who is the current land speed record holder?
4. Who was the first to record an outright speed record with a three-wheeled vehicle?
5. Who is the current speed record holder for wheel-driven cars?
6. Who held the first recognized speed record for a motorcycle?
7. Who was the first driver to set the land speed record of over 200 m.p.h.?
8. In 1962, 1966 and 1967, he set speed records for motorcycles of under 1,000 cc. Who was this Indian rider?
9. Who holds the speed record for bicycling down a volcano on a production mountain bike?
10. Motor pacing is a type of human-powered record where a pace vehicle is modified by adding a tail fairing to keep the wind off the cyclist who is riding behind it. Who holds the un-paced speed record for a bicycle?
11. The hour record for bicycles is the record for the longest distance cycled in one hour on a bicycle. On June 8, 2015, who set the Union Cycliste Internationale record of 54.526 km?
12. Who set the women's human powered vehicle land distance record of 1,011.99 km in 24 hours on a recumbent bicycle at Klettwitz, Germany, on July 12, 2015?
13. Who set the current outdoor track record at 555.273 miles in Wensleydale, Victoria, Australia on March 30, 2018?
14. On July 11, 2017, who set a new fastest completion of 100,000 miles by bicycle record, doing so in 423 days?
15. To earn the record as the fastest car in the world, the speed demon has to be from the 2018 model year or newer, currently be in production, and be street legal. Which is the current fastest production car?
16. Who is the fastest man going downhill on skis?
17. Who is the fastest woman going downhill on skis?
18. The Blue Riband is an unofficial accolade given to the single hull passenger liner crossing the Atlantic Ocean in regular service with the record highest speed in a westbound direction, i.e. against the Gulf Stream. The holder of the Blue Riband was intended to be a steam ship. Who is the current holder of the Blue Riband for a westerly voyage?
19. Which Cunard Liner won the Blue Riband eight consecutive times?
20. Who set the record for the first solo circumnavigation of the globe in a sail boat?
21. On Dec. 17, 2017, who broke Thomas Colville's record for fastest solo circumnavigation of the globe?

Sports Trivia Answers on page 14

233-ALLÔ

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- 20 juin • BBQ de l'École Roméo-Dallaire • Roméo-Dallaire
- 22-23 juin • Fête de la Saint-Jean-Baptiste à la Broquerie
- 21 au 29 juin • Saint-Boniface célèbre
- 21 juin • Célébration du 175e des Sœurs Grises • Archidiocèse de Saint-Boniface
- 24 juin • Fête de la Saint-Jean-Baptiste à Saint-Boniface • CCFM/Pluri-elles
- 25 juin • AGA de la FPM et BBQ du CRÉE • FPM/CRÉE

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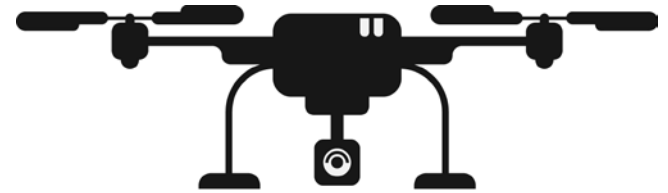
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Learn the New Drone Rules for Everyone's Safety



by Maj Marc-André Asselin, 17 WFSO

I was invited for dinner at a friend's house a few weeks ago and one of the other guests started showing videos he had taken from his brand new drone. The footage was showing the lights of Winnipeg as seen from 400 metres over the town of Niverville, located 30 km south of Winnipeg. He then showed me his drone. Folded in a bag that looks like a lunch box, the machine was the size of a common brick, and weighed roughly 2 kilograms.

The drone was ready to launch in a matter of seconds after unfolding the four rotor booms. The machine is operated by a remote control attached to a common cell phone which provides a user interface. After take-off, it is flown by simply touching on a map to direct the drone where you want it to go within an 8 km radius. The software also has preloaded routes around selected objects to capture the perfect images. From my vantage point, I lost visual with the machine in about 20 seconds, since it was travelling at 72km/h. So I looked back at the screen which said 400, which I thought meant 400 feet, but he pointed out it was 400 meters. I was shocked, and immediately asked the operator to demonstrate the auto-land features. In under a minute, I had witnessed the violation of several drone rules laid out by Transport Canada. These include:

- Must fly below 122 metres (400 feet)
- 30 metres from bystanders and vehicles
- You must have visual with the drone at all times
- Must be 5.6 km away from airports
- Operators need a licence
- Drones need to be registered in Canada if it weighs more than 250g

After the demonstration, I steered the conversation towards the new set of drone rules Transport Canada put in effect 1 June 2019. It became very clear to me that the operator was not aware of the rules he was breaking. He simply purchased the drone from an electronics store and thought he was being responsible since the manufacturer states the software included will not allow operators to fly in active airspace.

According to market research done by Tractica, in 2015, 6.4 million drones were purchased worldwide, and that number is forecast to be up to 67.9 million by 2021. In the US, 2.5 million drones were sold in 2016, forecast to climb to 7 million per year by 2020. That is a lot of flying bricks!

Unfortunately, as aviators, there is not a whole lot we can do from the cockpit. These contraptions are small, heavy, difficult to see, and most importantly, their presence is nearly impossible to predict. Transport Canada is doing a lot of work to educate consumers of the risk these gadgets pose to aviation. But as Flight Safety advocates, we should all do our part to pass on the information. Report any drone sighting that seems illegal or dangerous to any law enforcement agency, including your friendly neighbourhood Flight Safety Officer.

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www.cafconnection.ca/winnipeg

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Membership & Military - begins Wednesday, April 10 • Non-membership - begins Wednesday, April 24

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Join us for a coffee and chat in French. This is a perfect opportunity to practice your French. Wednesdays 930 - 1130. First and Second Wed. at MFRC. Fourth Wed. École Roméo Dallaire. Drop-in.

FRENCH LUNCH 'N CHAT

Bring your lunch to the MFRC and enjoy French conversation. For ALL levels. Thursdays 1230 - 1315. Drop-in.

CRAFT DROP-IN NIGHT + POPPY BLANKET

We have a child free place with 8 ft tables for you to work on your craft project. Mon., June 17 1830 - 2030. Drop-in.

SOUTH SIDE COFFEE

French or English, parent or not, kids at home or empty nest...everyone is welcome! Wed., June 19, 0930 - 1100. Drop-in.

CRAFT DROP-IN AFTERNOON

Are you a knitter, scrap-booker, card maker or other crafter? Pack up your supplies and work on it in our space, in the company of other crafters. We have 8 ft. tables. You have room to work! Wed., June 19, 1330 - 1500. Drop-in.

EXCEPTIONAL FUN

A fun and games night for people with exceptional needs age 16 - 30 years. Must arrive by 1900. Thurs., June 13, 1830 - 2030. Drop in.

SPECIAL NEEDS DISCUSSION GROUP

Meet with others in our community to discuss challenges and rewards of managing special needs, as well as networking and sharing information about services and resources. Thurs., June 20, 1800 - 2000. Register by June 13.

MATURE WOMEN'S GROUP

- Last one before Summer

Join us for an evening of coffee and conversation as we discuss topics geared to midlife. If you're a 45+ woman this is a great way to meet others while sharing your wisdom and expertise about navigating life's journey. Mon., June 24, 1900 - 2100. Drop-in.

LEARN TO ... WOOD SIGNS

Back by popular demand. Make a one of kind sign for your home, yard or as a gift. Wed. June 26. 1830 - 2030. \$15. Register by June 19

PREPARING FOR DEPLOYMENT

Workshop to building skills to make time apart easier. Thurs., June 27, 1730 - 1930 Register by June 21

CHILDREN & YOUTH PROGRAMS

OCCASIONAL CHILD CARE

Casual child care for 6 months - 12 yrs. Call 204-833-2500 ext. 2491 for cost, hours and to register. MFRC Occasional Child Care Centre, 630 Wihuri Rd.

CREATIVE TOTS

Facilitated play group at our 'South Side'. Parents

are required to stay. Bilingual. South Side Youth Centre, 347 Doncaster St. Tues. and Thurs. 0900 - 1100. Drop-in. LAST DAY IS JUNE 13

KIDS CLUB

Drop-in care for children 18 months to 5 years. \$2 per child per session, with PSP membership. Please send along a nut/peanut snack and diapering supplies if required. Tues. & Thurs. 1630 - 1900, Sat. 0915 - 1130. LAST DAY IS JUNE 13

PARENT & FAMILY PROGRAMS

A PARENT COMMUNITY

A 'community' of parents will discuss topics related to parenting children of all ages. Fridays 0930 - 1130. Drop-in

A PARENT GROUP

Join us for parenting discussions and networking. Wed, 1800 - 2000 June 12 & 26. Drop-in.

PARENTING TOGETHER AT NIGHT

Join us for a parenting group in the evening. Wed., June 19, 1830 - 2030. Drop-in.

SPECIAL NEEDS CONVERSATION GROUP

Come and discuss the challenges and rewards of managing special needs, as well as networking and sharing information about services and resources. Thurs., June 20, 1900 - 2100. Register by: June 13

DEPLOYMENT ACTIVITY: BUILDING A DEPLOYMENT WALL

A family activity to prepare for an upcoming deployment or count down to the end of a current one. Sat., June 22, 1000 - 1130. \$10 per family Register by June 17

DEPLOYMENT DINNER DATE

If you have a loved one preparing to deploy or is currently deployed or has recently returned from a deployment, allow us to organize dinner for you and your family. Tues. June 25 1700 - 1900. \$5 per adult and \$3 per child (5-12), under 4 with a max \$20 per family. Register by June 21.

NEW RECRUITS PARENT CAFÉ

Are you the parent of a new military member? Come learn about the services the MFRC can offer you and your family. Light refreshments will be served. Sat. June 29, 1100 - 1200. Drop-in.



PRESCHOOL SUMMER CAMP

FOR 3 - 5 YEAR OLDS

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10:00 AM - 3:00 PM

extended supervision offered
9:00 AM - 10:00 AM and 3:00 PM - 4:00 PM

July 8-12, July 15-19, July 22-26,
July 29-August 2, August 6-9, August 12-16
August 19-23

\$100 a week per child for program.
\$5 per child for before care and
\$5 per child for after care.
August 6-9 is \$80 per child.

Call 204-833-2500 ext. 2491 to register.
Registration deadline is two weeks prior to
Monday of each week




2019 MFRC CRFM Summer BBQs d'été

COME OUT FOR A TASTY LUNCH BREAK AND VISIT WITH FRIENDS AND CO-WORKERS!
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THURSDAYS from 1130-1300 hrs
LES JEUDIS suivants de 11 h 30 à 13 h

JUNE - JUIN 13 &/ET 27
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AUGUST - AOÛT 8 &/ET 22

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,
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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!



BUILD YOUR OWN DEPLOYMENT WALL

Is your loved one away or about to be away? Some families do a countdown, some do a "count up." Some families have a clock to show the time where the deployed family member is. Other families post a world map with pins in all the places they have visited.

A Deployment Wall is an area of your home where all of these things come together.

June 22 - 1000 - 1130
\$10 per family - RSVP by June 17
Kids of all ages included as this is a family activity :)



SPECIAL NEEDS CONVERSATION GROUP

Whether you are managing their needs, or your own, join us. Everyone welcome.

Thursdays, May 23, 1800-2000 | RSVP by May 16
Thursdays, June 20 | RSVP by June 13



Sports Trivia Answers

1. At Bonneville Salt Flats on Oct. 23, 1970, Gary Gabelich's rocket-powered Blue Flame peaked at 1,014.656 km/h, the first to exceed 1,000 km/h.
2. At Nevada's Black Rock Desert, the UK's Andy Green and his ferociously fast Thrust SSC. In 1997, he zipped across the earth in a twin turbopfan jet-powered car at 1,227.986 km/h to notch the first ever supersonic land speed record.
3. Craig Breedlove and his jet-powered Spirit Of America 'car' changed everything at Bonneville in 1963, when he recorded a new outright land speed record...on three wheels.
4. In August 2018, Danny Thompson scored a new record for wheel-driven cars in a refurbished version of the 50-year-old Challenger 2, the car in which his dad, Mickey, made a record-breaking attempt in 1968 in the same location. The new fastest speed for a wheel-driven, piston-powered car now stands at a not inconsiderable 722.1 km/h.
5. Gene Walker's ride on an Indian at Daytona Beach on April 14, 1920, was officially recognized as having the motorcycle land speed record
6. Major Henry O'Neal de Hane Segrave drove the 1000 HP Sunbeam at 203.792 mph recorded as a two-way average for the flying mile at Daytona in March 1927
7. Burt Munro of New Zealand.
8. Markus "Max" Stockl. In 2017 set a new world record in the Atacama region of Chile with a speed of 167.6 km/h on a mountain bike
9. Todd Reichert drove his recumbent bike 139.45 km/h on Sept. 19, 2015.
10. Bradley Wiggins of Great Britain.
11. Petra von Fintel
12. Dr. Mitchell Anderson
13. Amanda Coker, at 24 years old. Coker's record was 77 days faster than Tommy Godwin's prior record of 500 days from May 1940. The record was certified by the Guinness Book of Records and the Ultra Marathon Cycling Association (now the WUCA).
14. The Bugatti Chiron Sport has a manufacturer's claim of 261 mph at a cost of US\$2.61 million.
15. Ivan Origone of Italy went 254.958 km/h under France Ski de Vitesse rules at Vars, France on March 26, 2016
16. Valentina Greggio of Italy went 247.083 km/h under France Ski de Vitesse rules at Vars, France, on March 26, 2016
17. The United States liner "United States" crossed from Bishop Rock to Ambrose Light, 2,906 nautical miles, in 3 days, 12 hours and 12 minutes, averaging a speed of 34.51 knots in 1952. In 1986, British entrepreneur Richard Branson and his high-speed motor vessel, Virgin Atlantic Challenger, despite having to stop to refuel on several occasions, shaved two hours off the record, increasing the average speed to 36.4 knots. However, as Virgin Atlantic Challenger was not a passenger vessel, the New York Maritime Museum refused to part with the Hales Trophy
18. Mauritania, going east.
19. Joshua Slocum of Nova Scotia in the Spray in 1898.
20. Francois Gabart sailed solo around the world in 42 days and 16 hours.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Express your feelings in a constructive, proactive way. Don't hold stuff in until you explode. If you over-react, those around you will start hiding things from you. Be authentic and allow others to be as well. Build bridges not walls. Look at things from another's perspective. Dig deeper.

Taurus (April 20 – May 20): Once you have a goal you just have to figure out how to reach it. Use what you have and what you know. Don't let a lack of knowledge be an excuse to wait. Network and connect with those who can help you. Your confidence encourages others to trust that you can get the job done.

Gemini (May 21 – June 21): Resist the urge to rush into things. Assess the level of risk and reward. Be very clear on your desired outcomes and what you wish to accomplish. Set time limits. Start slowly but don't procrastinate. "The journey of a thousand miles starts with one step." Live each moment fully.

Cancer (June 22 – July 22): You are capable of doing what needs to be done. You'll gain a sense of power and joy when you decide to go after what you want. You've reached goals you set before. You can do it again. Life is a series of challenges and victories with learning experiences thrown in along the way.

Leo (July 23 – August 22): Empower and educate by being a teacher or mentor. Be willing to learn as well. When you are impartial you gain respect. Mental discipline is required. Others opinions vary depending on their experiences with you. Look at the part you play in creating relationship dynamics.

Virgo (August 23 – September 22): Be kind to yourself and others and realistic in your expectations. Is what you want a good fit? Be discerning and avoid getting caught up in comparisons. Perfection is an illusion. Appreciate what you have. Think about what you say and how you say it. People will remember.

Libra (September 23 – October 23): Fight if you must. Walk away if it's wiser. Deal with inner struggles head on. You can overcome a sense of futility when you see that you are stronger than you realize. So persevere until you see good results. Respect yourself enough to say no to what isn't working for you.

Scorpio (October 24 – November 21): You can't believe everything you hear. Watch out for people who manipulate with words and play mind games. If you're getting the message that it's, "my way or the highway," take the next exit. Life feels right when you are being authentic and do it your own way.

Sagittarius (November 22 – December 21): Your passion and commitment are evident. You make things happen. Maximize your efforts by fine tuning your sense of timing and teamwork. Your creativity, inspiration and flair know no bounds. Roadblocks disappear. Get support to make things even easier.

Capricorn (December 22 – January 19): You're determination and focus are intense but also watch what is happening around you. Be prepared for all eventualities. Watch for hidden agendas and underlying issues with a situation. Reach for the stars but keep your feet on the ground. Be mindful of your words.

Aquarius (January 20 – February 18): To trust that things will work out is great but you also need to work at attaining what you want. Be judicious in how you spend your time. Learn the cues that tell you when to go with the flow and when to push. Think positive and be pro-active. Use your time wisely.

Pisces (February 19 – March 20): You can move forwards more effectively when you make a game plan and set higher goals for yourself. When you do things that show you love yourself it's easier to do things for others. You can maintain boundaries and still nurture those you care about. Model authentic living.

FOR APPOINTMENTS with NANCY CALL 204-775-8368

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- Buffy Sainte-Marie, Singer/Activist

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Every Saturday 7-11 pm

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Friday 5-7 pm

Saturday 2-5 pm



Chaplain's Corner

Preparing for Posting

by Padre Laura Coxworth

Take a moment and think of your favourite wise character who helps guide the heroes to the end of their quest.

Perhaps it's Yoda, maybe Gandalf, Glaldriel, or Heimdall the Guardian of Asgard. Can you see them standing before an epic vista ready to deliver their deepest wisdom? Can you see the sweeping cinematic picture with deep suspenseful music in the background? Are you sitting on the edge of your seat, awaiting the profound declaration from the mountaintop? Listen carefully, what are they saying?

CHANGE IS COMING!!

It's posting season! Change is upon us. Though it can seem as though the only constant in our lives as military members is change, we can forget the fact that no matter the change, there is stress, upheaval and uncertainty.

Whether this year you are still waiting on a message, had been hoping to be posted and are staying one more year, or saying goodbye to your friends, colleagues and neighbors again, change is difficult. There have been seasons in my own life when I find myself off-kilter leading up to or just following a major change. No matter the quality of the change, there is a process of leaving things behind and embracing new things. Even when the change is desired and perhaps even the best possible move (promotion, or leaving a difficult environment), we still need to leave things behind in order to embrace what is coming.

Tips for navigating this season (even if you aren't the one moving):

1) Get enough sleep: Change is exhausting. Getting to

know new work colleagues, finding your way around a new city, different supervisors and new routines are all big changes. When day to day life isn't routine, it requires your brain to work harder and change is stressful which depletes us physically. Work hard to listen to your body and do what it takes to get good quality sleep.

2) Listen to the emotions: your kids may be feeling the stress of the changes around them and their behavior may change. Your patience level, your interactions with your spouse, and your own resilience are all warning signs of stress. Even when we may not feel stressed, these changes in emotions can signal that stress is affecting you and those around you.

3) Be aware of new aches and pains: Listen to your body. You may not realize how stressed you are until your back acts up or your stomach isn't its usual self. The stress from change can release cortisol which can lead to a compromised immune system. Be aware of these signs that you or your loved ones may be more stressed than you think.

4) Say goodbye well: Since we travel so much, and spend so much time away, it can be easy to protect ourselves from the deep emotion of hard goodbyes. It is easier to "not make a big deal" and just disappear into the dark night. When you are posted and leaving friends and colleagues, take the time to say a real goodbye. Encourage your family members and your children to mark this occasion in a tangible way. It's not easy but it is worth it in the long run.

5) Engage resources: The Road to Mental Readiness is a program designed to assist with Members' resilience.

The R2MR app is available and with it you can track changes in yours and your family's mental wellness in six key areas. Chaplains are available as well to talk about your challenges. The MFRC has information and activities for those who need to connect.

6) Don't forget the beautiful things: engage in activities which support your Spiritual Resilience. Spiritual activities can include walking in nature, art, religious engagement or any number of activities. The act of reclaiming time for spiritual things can be a step in the right direction of focusing on your most healthy life.

A fond farewell to all those posted out. Wishing you beautiful travels, happy new memories and clear paths ahead. To all those posted in.... WELCOME to this new chapter of your journey!



Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE: (English Only) 900 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 Laura Coxworth
(Pentecostal)
- Protestant Faith
Community Coordinator
ext 5785

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

TBD
ext 6914

JEWISH

CHAPLAIN

Padre Noteh Glogauer
(Rabbi)
ext 5272



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

CATHOLIC

STE MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

SUNDAY MASS: (Bilingual)

Spring/Summer Liturgy Timings: 1100 hrs
(Sunday after Easter - Thanksgiving Weekend)

Autumn/Winter Liturgy Timings: 1600 hrs
(Sunday after Thanksgiving to Easter Sunday)

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
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.

POSTED?

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