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## Weather Helps WComd Challenge Attract Record Numbers



Members of 17 Wing/AFTC, 1 Canadian Air Division, 2 Canadian Air Division, and 38 CBG round the first corner for the 7th annual 17 Wing Commander's Challenge. For more, see page 2.  
Photo by: MCpl Colin Aitken

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# WComd Challenge Attracts Record Numbers

By Bruce Tulloch  
Voxair Photojournalist

Like Whos to the Whoville town square on Christmas morning, bikers, runners, and skaters descended on Building 21 for the 2014 Wing Commander's Challenge - a 5 km run/walk or a 10 km bike/rollerblade around the base. Though the event is timed, the distance falls 0.7 kms short of the official race length and so times are not official.

"But feel free to go around the gym twice to make up for the missing point-seven kilometres," joked 17 Wing/AFTC Commander Colonel Joel Roy as he addressed the crowd of more than 1,100.

"This is my third year doing this and this is the most people I have seen," commented 2 CAD Commander,

Brigadier-General Bruce Ploughman as he prepared for the run with the other runners.

"It's great to see," he added. "It means that the message is getting out that fitness is important and that life-style is important."

There were runners and walkers, retro ten-speeds and recumbent bikes; there were bunny ears on heads and photographers on tandem bikes; and smiles on every face.

"It was nice," said Captain Miller, A-1 Ops Admin, after the event. "This was the first time I actually took out the bike and talked to someone while doing it."

Her biking partner, Lieutenant Christina Brine, emphasized making fitness a priority. "Everybody should be active earlier," she said. "It should be a life activity

that you should be doing all the time from when you're very little until the day you die."

After the challenge, Col Roy glowed as he praised organizers and participants.

"PSP does a fantastic job. I couldn't believe it. They said it was over 1100 people there," he said. "And of course, this is all people working here. And again, it was beautifully handled. It was another great success on the Wing. It was the perfect weather. I'm putting an order in for that weather for the next RCAF Run."

BGen Ploughman succinctly put the event into a military context: "The fitter you are, the better you are able to withstand the rigours of operations in combat."

Immediately upon completing the challenge, BGen Ploughman jogged back to work.



Members of 17 Wing/AFTC, 1&2 Canadian Air Division and 38 CBG cycle out of the start gate and around the first corner for the 7th annual 17 Wing Commander's Challenge. Photo: MCpl Colin Aitken



Members of 17 Wing/AFTC, 1&2 Canadian Air Division and 38 CBG catch their breath and enjoy some refreshments after the 7th annual 17 Wing Commander's Challenge. Photo: MCpl Colin Aitken

## Correction



In our last issue (#11, June 4, 2014), in the article *Remembering Burma: 435 Sqn Hosts 70th Anniversary Reunion for Vets* we incorrectly identified Major Mark Hickey, standing to the left of MGen Pierre St-Amand in a photo. We apologize for this error and thank our readers for bringing it to our attention.

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# Word from the Wing Commander

By Col Joel Roy  
17 Wing / AFTC Commander



17 Wing/AFTC Commander  
Col Joel Roy

Although we all had our eyes on a busy month of May, since last October we were also watching the fast approaching 1st of July. Not only for the pleasures that summer weather brings and the chance to take some leave, but also because the Air Expeditionary Wing (AEW) had to be ready... and it is.

As I write this, we are finalizing the DAG (Departure Assistance Group) and preparing all involved to join the NATO Reassurance Mission; a tremendous experience that will challenge

the concept for this 1st RCAF AEW, which is only possible because of the support you all provided to make this happen. Some will have noticed that we are putting more personnel through the DAG process; this provides contingency and planning flexibility to the Command – and ensures some family time can be taken by those deploying before they depart.

With a large number of personnel leaving very soon, of course this puts a strain on our ability to maintain the same level of activity on the Wing. We are actively examining the latest pressure points, and counter measures we can put in place to mitigate their effect. We will maintain our services to the families; so as you prepare to take some leave or look for activities for the kids, take the time to consider the wide breadth of opportunities and activities offered by the Wing.

Leave, posting and summer activities all have a natural secondary effect of reduced focus at work. I truly wish that you fully enjoy your summer, and if you are moving, that you can appropriately prepare for it. I nevertheless ask that we all remain very conscious of the

strong mentorship and supervision needed at all ranks, as the level of experience on the Wing decreases and several key players deploy with the AEW.

On June 26th the Air Force Training Centre portion of the Wing comprised of CFSSAT, CFSAS, CFSSAR, 1CFFTS and 402 Sqn will be transferred to the Command of Colonel Yve Thomson at 16 Wing Borden; the units will become lodger units of 17 Wing. This will see the realization of a long standing plan for 2 Canadian Air Division to have its training units all under one Command. You are all invited to attend this Change of Command which will be held on the parade square just by the Wing HQ, at 09h45.

Enjoy the beautiful summer, and please no one complain it is too warm!! As for myself clearly, the 1st Wing Commander's golf tournament in Carmen demonstrated I need some practice... or a change of activity!! Fortunately 17 Wing's golf course is in great shape; I might have to spare some time to get out there, before my wife tees-off further than me!!

## 17 Wing Annual SISIP FS Volunteer Appreciation Party Looks to the Stars

By Bruce Tulloch  
Voxair Photojournalist

It wasn't Woodstock, but there were stars in the afternoon at the 17 Wing SISIP Volunteer Appreciation event, which was held at the Manitoba Museum's Science Centre and Planetarium, Saturday June 7th.

"Our volunteers are our brightest stars!" Proclaimed co-organizer Barbara Thuen of the MFRC, to the more than 70 volunteers and family members in attendance.

As a show of appreciation, volunteers were treated to a day at the museum, beginning with a light buffet of little sandwiches, fruit, heavenly desserts, and of course cake. A number of lucky volunteers received an extra helping of icing on the cake, winning Goldeyes and Bombers tickets or gift cards in a random draw.

Before the well-fed volunteers and sugary treat-filled kids were unleashed on the museum, the event's organizers and the Wing Commander took a few minutes to tell the volunteers what they really thought of them.

Channeling her inner Neil DeGrasse-Tyson, Thuen segued from talking about the star qualities of celestial bodies to the star qualities of the 17 Wing volunteers.

"Stars are useful in many ways; their light helps

show us the way, plus our calendar is based on the earth's local star, the Sun."

And one of the major star qualities of volunteers is resourcefulness, as they are "part detective, part researcher, and part negotiator," said Thuen. "Volunteers figure out what to do, where to go, who to talk to, to get the job done."

SISIP Branch Manager John Clarey pointed out that in the past five years, over 25,000 Member and family volunteers have participated in 250 events, raising over \$600,000.

Community Recreation Director and event co-organizer Tina Bailey's remarks were short and succinct, "You have incredible positive influence on the team, and we say thank you."

She also thanked the families of the volunteers because "we know it is because you are willing to share them with us that we have such wonderful volunteers."

An enthusiastic 17 Wing Commander Colonel Joel Roy was effusive in his gratitude of what the volunteers do.

"What we all need are more people like you

that think 'we', not 'me'. People that commit to making things better for all of us. That's what you do, and we all benefit from that"

Col Roy expressed his gratitude not only to the volunteers, but also to their families.

"When you're giving us your time, you're not with your family. So thank you for being the stars you are. Thank you for thinking 'we', thank you not thinking 'me'."

And with his final words, everyone walked a little taller through the exhibits and galleries.



Volunteers enjoy the buffet in their honour. Photo: Bruce Tulloch



Col Joel Roy (center), Commander 17 Wing/AFTC, Tina Bailey (l), Community Recreation Director, and Barbara Thuen (r), MFRC Volunteer Coordinator cut the cake honouring 17 Wing Community Volunteers. Photo: Bruce Tulloch

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# RCAF Band Releases '4 Shades of Blue'

By Sgt Bill McLeod  
Wing Public Affairs Photojournalist

On Friday, June 6, 2014, The Royal Canadian Air Force Band released a CD at a reception in their band room at 17 Wing Winnipeg. The CD is the first the band has released in its modern configuration of multiple ensembles playing music that ranges from classical to contemporary yet still includes traditional military music for formal events.

'4 Shades of Blue' consists of four distinct sounds from the different ensembles of the RCAF Band: modern, big band, brass quintet, and pipes and drums/Celtic music.

At the same as the CD dropped the band also released a single on YouTube. 'Comin' Home' (Momma Its Your Boy) was penned by Sergeant Mike Hall and is about a military member from eastern Canada returning home.

"This launch of the CD is unique and special," said Major-General St-Amand, 1 Canadian Air Division Commander, at the reception. "As a recognition of your talents, it's great."

"At the same time it's an opportunity for me to say goodbye. I'm on my way to Colorado Springs and if there was a way for me to pack you up in my suitcase and take you with me I would," MGen St-Amand added to a roar of applause.

"But seriously I'm even thinking of looking at the 17 Wing Commander here and paying for a trip to Colorado Springs for you," he added. "You're that good."

In 2009, under the leadership of the Captain John Fullerton, the band went from being a traditional military brass band into multiple ensembles performing styles that include: Rock, Pop, Country, Disco, R&B, Big Band, Jazz, Swing, Dixie, Latin, Pop, Celtic, and traditional bagpipe music. All of these styles were added to the usual playlist of military bands like marches and national anthems.

'Jetstream' is a 20 piece show band capable of playing all modern styles. It features a full rhythm section, vocals and up to 12 horns. The ensemble can play Rock, Pop, Country, Disco and Rhythm and Blues and have entertained audiences in Canada and around the world.

'Jetliners' is an 18 piece big band whose repertoire spans the big band era including the Swing of Glenn Miller and Tommy Dorsey to the more modern styles of Buddy Rich, Maynard Ferguson, and Gordon Goodwin.

'Command Brass' is a brass quintet that performs at traditional events like receptions, formal dinners, and government functions. It has a large repertoire of classical music but also can perform Jazz, Swing, C Dixie, Latin and Pop arrangements.

The Pipes and Drums is the first and only full time complement of pipers and drummers in the history of the Canadian Armed Forces. They perform at military tattoos, parades, graduations and other military events. Recently members of The Pipes and Drums created a Celtic Ensemble to showcase their diverse talents and further represent the RCAF and the Canadian Armed Forces.

Two years ago the RCAF Band put together the group 'Supersonic' for the glee competition 'Canada Sings' on Global TV and won \$25,000 for the Support Our Troops

Fund when they won.

Captain John Fullerton used the reception to thank the members of the RCAF Band.

"I'm incredibly proud of your dedication and commitment to this project. Certainly without your musicianship none of this would have been possible," he said. "As your director I stand on the stand but nothing happens until you see it to realization. The music comes from you and you should all be extremely proud of what we put on this CD."

The entire band also said thank you in the liner notes of their CD: "This CD is a musical tribute to our colleagues, the men and women of the Canadian Armed Forces. We stand proudly alongside saluting your sacrifice and service. We send a very special thanks to our friends and family for their never-ending support while we proudly represent the Royal Canadian Air Force."



The RCAF band's Commanding Officer Capt John Fullerton (left) speaks with 1CAD Commander MGen Pierre St Amand (right) at the RCAF Band's CD release on June 6, 2014 at building 90. Photo: Cpl Justin Ancelin

## Local Player Recognized at CAF Volleyball Championship

By Jen Seipp  
CFMWS

For MWO Heidi Twellmann, sports have been the key to making the most out of the military lifestyle. She has participated in the Canadian Armed Forces (CAF) Sports Program for 18 years, first playing fastball at the regional and national levels, and then moving on to excel as a player, manager and coach of CAF women's volleyball teams.

Adding to her many sports accomplishments, at this year's CAF National Volleyball Championships MWO

Twellmann was honoured with the Sportsmanship Award. To recognize her success, we asked MWO Twellmann about her dedication to the CAF Sports Program, and the contribution sports have made to her military career.

Building community through sport

While sports may be focused on athletic achievement, for MWO Twellmann, the connections and sense of community between athletes have had the most lasting impact.

"I have had the opportunity to compete with women in varying careers and varying ranks," she notes. "They have invited me into their world, shared their experiences with me, mentored me, cried with me, comforted me, supported me, encouraged me. They are my extended family and it warms my heart that no matter where I get posted, I will likely know someone, due to my involvement in CAF Sports. It is of great comfort to me to know that I have friends all over Canada."

The friendships formed on the volleyball court have, in turn, created a valuable professional network for MWO Twellmann.

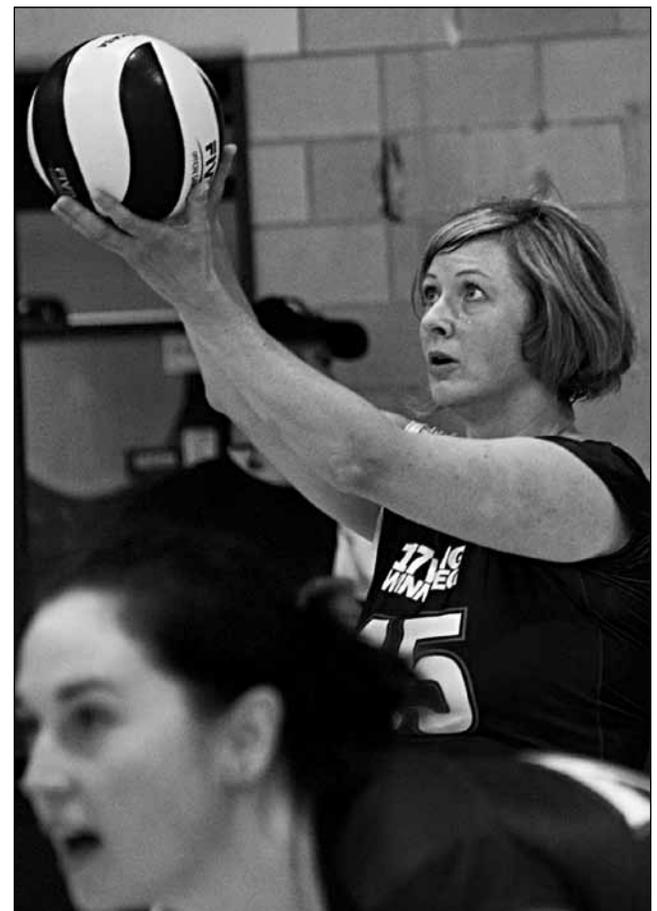
"When I have any questions regarding work issues, I have so many valuable resources that I can call for advice, in all three elements."

Expanding athletic horizons

Naturally, the CAF Sports Program has also given MWO Twellmann the chance to grow as a player, manager and coach. She has participated in every CAF Regional Volleyball Championship since 1999, and has competed for all five regions throughout her military career. She also spent six years competing at the international level on the CISM Women's Volleyball team from 2003-2009.

"CAF Sports have provided me the inspiration to push myself as an athlete and make fitness a priority in my life," she says. "The Program has also afforded me experiences that I would never have had as

a civilian, such as international competition as a CISM athlete. There is nothing that can replace the feeling of marching with your teammates in your CAF uniform, representing your country. It's the closest experience I'll ever have to the Olympics; it's our military Olympics."



MWO Heidi Twellmann on the volleyball court. Photo: Cpl Alexandre Paquin

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# WComd Talks About Success of RCAF Run

By Mike Sherby  
Voxair Manager

For 17 Wing/AFTC Commander Colonel Joël Roy, the RCAF Run is all about community. It's a chance for the men and women who work at 17 Wing Winnipeg to be able to show their families and neighbours what we're all about.

With the number of people participating in the event swelling to over 2,000 people this year, the RCAF Run is more than simply a race, it's a banner event for the RCAF in this city.

"We want to create a community event where we connect with our neighbours," says Col Roy. "We want to let our neighbours and the community see who we are and what we do, and to give them the opportunity to have good access to the Wing."

As with any annual event, there were several changes to the RCAF Run this year, one of the biggest being the addition of an expanded family village; a challenge initiated by Col Roy, as part of his larger vision for 17 Wing.

"It is a push that goes beyond the RCAF Run, it goes for everything that we do. We want to involve the families and make this Wing become a home for the families where everyone truly know they're a part of something special."

Of course, none of this would be possible without the tireless work of the RCAF Run Committee, and the countless volunteers who work behind the scenes to make this possible. Col Roy says that he appreciates the effort that everyone puts into making the run work, and that he's tasked staff with looking at ways to recognize

everyone's participation and contribution.

"It's easy to underestimate how much work this all is. You can't do it without a strong team. It's not the Wing Commander; I get the fun part at the end, it's the guys working behind the scenes to make it all work so smoothly. I think it's underestimated how much effort goes into making this a fun, safe event."

With this being his first RCAF Run, Col Roy says that he relied heavily on the team to tell him what was and wasn't possible. And he says that the race team really picked up the ball and ran with it when he asked them to expand the RCAF Run into a more family oriented event.

"I wanted to involve the families, without jeopardizing the incredible event it already was," he says.

To this effect, the event saw an expanded family zone that included face painting, bounce castles, and even visits by players of the Winnipeg Blue Bombers, who ended up staying far longer than was expected. All of these events helped to redefine what the RCAF Run means, and where it will go in the future.

Still, it wouldn't be the RCAF Run without the actual running, and on that side of things Col Roy says he was blown away by what he saw.

"I see them at the starting line, and like wow, they're going for a half marathon, we'll see them in a couple of hours. And some of them came back in about an hour and a half, that's faster over a long distance than I can run, period."

But for Col Roy, it all does come back to that feeling of community, family, and of course, fun.

"There were some guys who showed up in bunny rab-

bit ears for the run, and it was great. We need to have fun at these things. And some of the small kids who wanted to walk the whole way and look at the airplanes; I'm inspired by things like that. We are therefore already looking at next year's, and engaging our precious partners and sponsors to develop another great event for everyone. Keep in shape ☺"



17 Wing/AFTC Comd Col Joel Roy salutes and stands at attention during the playing of the national anthem at the start of the RCAF Run on 20 May 2014. Photo: Sgt Bill McLeod

## PGA Tour Canada Offers Opportunity to Attend PGA Golf Clinic

The PGA Tour Canada has partnered with Canadian Forces Morale and Welfare Services to provide free access to all upcoming tour events across Canada. The Player's Cup is being held at the Pine Ridge Golf Club in Winnipeg from 7 to 13 July, 2014. Free admission is extended to all currently serving members (Regular and Reserve), all Veterans and the families of current and former CAF members from Thursday, 10 July through Sunday, 13 July 2014 provided they have a NDI or CFOne card.

A free one-hour golf clinic will be available, taught by PGA Tour Canada players on Monday, 7 July 2014 at 1000 hrs or 1300 hrs exclusive to currently serving members (Regular and Reserve). In order to secure your spot in one of the golf clinics, please forward your name and contact info to Chris Merrithew, 17 Wing Sports Coordinator at [Chris.Merrithew@forces.gc.ca](mailto:Chris.Merrithew@forces.gc.ca) or telephone 204-833-2500 local 5511 before 25 June. Register early as these clinics will fill up quickly and are available on a first-come, first serve basis.

Note that this is not TD. Participants are not entitled to claim any part of this outing and therefore are responsible for all expenses incurred.

More information regarding the PGA Tour Canada events and volunteer opportunities can be found at:

<http://www.cfappreciation.ca/en/discounts/pages/pga-tour-canada.aspx>



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# Operation Overlord: D-Day Remembered

## From RCAF Public Affairs

With files from *The Memory Project, Veterans Affairs Canada, Major Brendan Bond and Lieutenant-Commander Alain Blondin.*

Seventy years ago today, the largest military invasion in history took place. The D-Day assault was a huge and complex undertaking – a multinational, combined operation involving hundreds of thousands of sailors, soldiers and airmen whose mission was to deliver freedom to Nazi-occupied Europe.

It began before dawn on June 6, 1944 when more than 23,000 paratroopers – including more than 450 Canadians – leapt into the night skies over Normandy.

A few hours later, some 14,000 Canadian troops began coming ashore at a beach code-named “Juno”. The Canadian mission was to establish a beachhead along an eight-kilometre stretch in front of the villages of Courseulles-sur-Mer, Bernières-sur-Mer and Saint Aubin-sur-Mer. Once secure, the troops were to push on to Caen.

By day’s end, the Canadians on Juno Beach lost 340 killed, 574 wounded, with 47 taken prisoner. But of all the divisions that landed on June 6, the Canadians had gained the most ground by sundown.

Canadian airmen were among the first into action. Royal Canadian Air Force (RCAF) squadrons belonging to Bomber Command’s No. 6 Group had already been involved for several months in bombing key enemy targets in the invasion area: roads, bridges, railways, airfields, and command and communications centres. As the moment to launch the invasion neared, Allied bombers dropped thousands of tons of explosives on German coastal defences – approximately 6,000 tons in just the last few hours before the invasion.

On June 6, under overcast skies, RCAF fighter and fighter-bomber pilots flew with 171 Allied squadrons to protect the soldiers on the beach from the Luftwaffe and to attack German formations on the ground.

No. 441, No. 442 and No. 443 Squadrons of the RCAF became the first allied aircraft to operate over France since 1940. They continued to support the Allied offensive throughout the campaign that followed, helping open the way to victory.

According to historians Hugh Halliday and Brereton Greenhous in Canada’s Air Forces 1914-1944, “the Luftwaffe could do little to counter the overwhelming mass of Allied aircraft supporting the invasion. Only about 300 aircraft of all types were available to meet the 11,000

that the Allies deployed on 6 June 1944.”

During the day on June 6, only two RCAF squadrons – 442 and 401 – reported contact with the enemy. On D+1 – June 7 – German air reinforcements began to arrive, however, and the battle for air supremacy became more challenging in the days that followed.

In all, the Royal Canadian Air Force had 42 operational squadrons overseas on D-Day; 37 of them supported the invasion, although not all of them saw action and others were carrying out activities far from the beaches. They flew as part of 2nd Tactical Air Force (Fighter Command), Bomber Command, Coastal Command and the Air Defence of Great Britain organization. Many more Canadians flew with Royal Air Force Squadrons.

Seven RCAF aircraft were lost, and 20 RCAF members were killed during operations in support of the landings.

## An eyewitness account

Ivor Williams, a Spitfire pilot with 443 Squadron, assisted in patrolling Juno Beach on D-Day, warding off enemy fighters and providing cover for ships.

“I flew the last patrol at night on June the 5th [1944], and we were, in the south of England, and in five minutes we were over the [English] Channel,” he told The Memory Project in an interview that is available on their website. “It was the most fantastic sight that I will ever see, all these boats coming out of little harbours and around the south coast of England and they were in formation.

“And we saw this, all these little arrow heads coming over the Channel, we knew that the beach invasion was on, and so we were not allowed to go over the German lines, because obviously reasons, but we had the aircraft were painted with black and white stripes at that point, so that there were no mistaking the Allied aircraft. And we did a recce and returned late at night, and then had a few hours’ sleep and took off the next morning, that was, and then we knew the invasion was on.

“And the sky was full of airplanes of course. We were circling back and forth over the beachhead, we didn’t go back, we were making sure that the German aircraft didn’t get to strafe our own troops, so it was a recce to make sure the sky was kept clear of enemy aircraft. We were back and forth, we could see there was fighting on the ground, we could see tanks blazing and trucks, we really knew the invasion was on at that time.”

## Operation Overlord

Overall command of Operation Overlord – the in-

vasion of Normandy – belonged to American General Dwight D. Eisenhower, a commander known for his conciliatory nature who united the extreme personalities making up the senior Allied command structure in England. British General Bernard L. Montgomery was appointed as the ground forces commander.

As a testament to Canada’s war effort, Supreme Allied Command tasked the Canadians the responsibility of their own invasion beach, the only nation other than the United States and Britain accorded this honour.

The five beaches—Gold and Sword for the British, Utah and Omaha for the Americans, and Juno for the Canadians—were well defended and had been beefed up under the supervision of the superb Afrikakorps commander, Field Marshall Erwin Rommel. Backing Field Marshall Rommel’s forces and the German “Atlantic Wall” were 10 panzer-grenadier divisions, all in operation by the end of June 6.

The volume of men and materiel involved in the Normandy invasion was astounding: three airborne divisions, along with five infantry divisions, supported by armoured units from three nations to be landed on five separate beaches. Thousands of aircraft and 7,000 vessels had to be coordinated to move those personnel from Britain to assault the Nazi defenses.



Leading Aircraftman Stan Rivers (on the wing) and Leading Aircraftman Ken Allenby of 402 “Bear” Squadron, paint D-Day markings on an Allied aircraft. Photo: DND

## 17 Wing Runner Medals at 2014 National Running Championships

### By Bruce Tulloch Voxair Photojournalist

It was a different sort of running than Ottawa is used to, with over 48,000 people participating in the Tamarack Ottawa Race (TOR) weekend held on the 24th-25th of May. And the strong CAF Member presence there had everything to do with the 2014 CAF Nationals Running Championships being held in conjunction with the TOR Weekend. Members ran in the TOR, with their times counting for both the TOR and the CAF Nationals, so it was like running two races in one.

17 Wing was represented on and off the track with Captain Yves Forget, who placed second in the Male Masters (40-47) Class for the Half Marathon with a time of 1:25:47.2.

Meanwhile, MWO Claude Faucher kept the event running smoothly as the run’s Chief Official, a job with more duties than you might expect from one person.

“Normally, the list of my responsibilities would be pretty long,” explained MWO Faucher. “Not having to deal with a regional championship to select our runners makes my job simpler. Using the Ottawa Race Venue for our National Running Championship also helps ease my job, as they provide all the trained and qualified officials for the event.”

Which is not to say there weren’t any fires to put out.

“In one case, an athlete was unable to attend an official certified race to qualify for the Championship, due to being deployed in Afghanistan. As a result, I was asked to review the time she had done on a local race, while deployed, and rule in her favour, based on interpretation of the CF National Sports Rulebook.”

As mentioned, members’ times counted for both races, and in addition to their victories in the CAF Championship, several members placed in the top ten in civilian competition: Capt Craig Fettes - 2nd overall in the 5km; Maj Joseph Boland - 4th overall in the 5km; Capt Matt Setlack - 5th overall in the 5km; LS Mary McGregor - 4th overall in the women’s 5km; Capt Georgette Mike - 5th overall in the women’s 5km; Capt Joel Maley - 9th overall in the half marathon.



Running Patron Brigadier-General Alain Pelletier awards the silver medal to Captain Yves Forget of 2 Canadian Air Division, Winnipeg, Manitoba for his run time of 1:25:47.2 during the Tamarack Ottawa Race Weekend, Scotia Bank Marathon at City Hall in Ottawa, Ontario on the 25th of May 2014. Photo: Corporal Alana Morin

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# Det Dundurn Member Hits Hard in WWCFL

By Bruce Tulloch  
Voxair Photojournalist

Wham! Bam! Thank you, ma'am! First and Ten! That's the sound of the Western Women's Canadian Football League (WWCFL), the first all-women's inter-provincial tackle football league in Western Canada and worlds away from the Lingerie Football League; this is full equipment, full contact, smash mouth football.

The WWCFL began in 2011 with eight teams from Alberta, Saskatchewan, and Manitoba, and one member of 17 Wing Det Dundurn is front and centre at the team, Corporal Phelycia Black.

For MCpl Black, who plays Defensive Back for the Regina Riot, sports and the military have always been a big part of her life.

"I grew up playing sports and I joined the primary reserves as a MSE Op at the age of 16," she said. "When

I was 20 I signed my Regular Force papers and was posted to Wainwright."

However playing sports and having a military career is easier said than done when your game of choice is football and your team practices 230 kilometers away.

"The demands of working for the military in itself is a huge commitment, but to join a team like the Regina Riot shows the lengths that I will go to achieve new goals," she said. "I travel down for as many practices as I can and have attended every game."

That includes the 7-hour road trip to Winnipeg. But it's about more than just football.

"I was born and raised in Regina and had a rare chance to be close to my family again so I took the opportunity and joined the team."

Divided into Western and Prairie Conferences, there is a 4-game regular season with the Conference winners meeting in the Championship game. This year's final takes place July 5th in Saskatoon. The Saskatoon Valkyries have been the class of the league since its inception, having lost only a single regular season game en route to three WWCFL Championship Titles.

That lone blemish came at the hands of their provincial rivals and MCpl Black's team, the Regina Riot.

Prior to the league's formation, several teams had organized on their own, holding regular practices with inter-squad scrimmages.

Being from Regina, you might figure that MCpl Black's blood runs green, but football was a new experience for the Mobile Support Equipment Operator who participated in slo-pitch and hockey with the military.

"I attended a skill

camp in the fall at Mosaic Stadium and fell in love with the sport and the team. Now I am a typical rookie who had absolutely no idea of how the game was played."

MCpl Black is not only aware of her off-the-field responsibilities, but relishes them as part of the game, and a brighter future.

"We not only are strong athletes, but role models and we hold that image with pride. We encourage young women athletes to participate in sport and conquer their dreams."

Although she may be a football rookie, MCpl Black is already a fixture in the WWCFL, and is even helping to recruit the next generation of players.

"Early in the spring we toured south Saskatchewan, we travelled to Moose Jaw, Estevan, and Weyburn," she said. "We opened the doors to girls and women of all ages to participate in our skill camps."

After dispatching the Winnipeg Nomads 27-13 in the Prairie Conference Playoff, The Regina Riot take on the Saskatoon Valkyries who obliterated the Manitoba Fearless 48-6 in the Prairie Conference Final.

The winner of that game will face the Western Conference winners, Lethbridge Steel or Edmonton Storm, for the League Championship in Saskatoon on Sunday, July 5th.



MCpl Phelycia Black in action on the field. Photo: Supplied

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# Important AEW Deployment Information

## AEW to deploy to Romania on OP Reassurance

By Sgt Bill McLeod  
17 Wing Photojournalist

Lieutenant-Colonel Jay Nelles, 17 Wing Operations Officer, informed an audience of military members and families on 11 June at the Base Theatre that the Air Expeditionary Wing, originally scheduled to enter a year of high readiness on Canada Day, would instead be quickly finishing training and preparations so elements of it could immediately deploy to Romania on OP REASSURANCE.

"The original plan was July 1st and on July 1st we would enter a period of liability for one year," said Lieutenant-Colonel Nelles. "During that period of liability we would remain prepared but with no named mission, no place to go, we would just remain at that prepared state."

"Once a mission is identified, mission specific training occurs and that's effectively what we're doing right now," he added. "If this mission wasn't ongoing we would be in this state of readiness until 31 June next year."

"All of that mission identification, all of that mission specific training and aspect of deployment has smashed into our last month of training," Lieutenant-Colonel Nelles said.

The briefing at the theatre was held to give the AEW members and their families the latest information avail-

able about the mission. At the time of the briefing last week higher headquarters were still determining the requirements and Lieutenant-Colonel Nelles expected to know the exact requirements for personnel within 24-48 hours after the briefing.

Specifics of the mission aside LCol Nelles was able to tell the military families that the AEW would be stationed at Câmpia Turzii in Romania. Although an air base, the location will be considered semi-austere and low threat.

LCol Nelles also told the audience that they should be preparing for a six month deployment with an expected return around Christmas 2014 and the strategic objective of the mission was to demonstrate a commitment to the collective defence of our NATO allies and to promote security and stability in Central and Eastern Europe. Romania has been a member of NATO since 2004.

"At the highest level of the Air Force the Commander has three top priorities," said LCol Nelles. "The first priority is commitment to operations. Those are ongoing across the world and the Air Force is involved in many."

"Following that is families. Recognizing and understanding the importance of families to the success of the Air Force at large," he added. "In the past families had not received that level of recognition, but understand this is one of the Commander's priorities now."

"The third priority is force-generation and everybody in this room right now represents all three of those priorities," said LCol Nelles.

Following the information provided by LCol Nelles, briefings were given by Leading Seaman Vatour from the 17 Wing Tasking Cell, Dana Glover, the Deployment Coordinator from the Military Resource Family Centre, John Clarey and Cliff Kitchen from Service Income Security Insurance Plan (SISIP) Financial Services, Chaplain Captains Laudenorio and Won, and Lieutenant (N) Nina Han of the Assistant Judge Advocate General's office.

After the formal presentations, Colonel Joël Roy, Commander 17 Wing and the Air Force Training Centre spoke about supporting the families and being vigilant about security and rumours and then opened the floor for questions. There were a couple of questions from military members concerned about their spouses and families while they would be deployed.

## Air Task Force 14-01



Members of Canadian Air Task Force's Construction and Engineering team prepare a MX-28 tent on 3 June 2014 in Câmpia Turzii, Romania, where Canadian Air Task Force is participating in NATO reassurance measures. Photo: LS Alex Roy



Air Expeditionary Wing Commander, Lieutenant-Colonel Jay Nelles, briefs his personnel as they begin Exercise MAPLE RESOLVE at 4 Wing Cold Lake, Alberta on May 14, 2014. Photo: Cpl J.W.S. Houck

### Mission Context

**16 April 2014** - NATO agreed and began to implement a series of military measures to reinforce NATO's collective defence to demonstrate the strength of allied solidarity in response to the Russian aggression and provocation against Ukraine. These measures are based on the principles of defence, deterrence and de-escalation.

**17 April 2014** - Canadian Armed Forces assets were offered to NATO as a part of allied reassurance measures.

**29 April 2014** - the CAF deployed an Air Task Force comprised of six CF-188 Hornets from 425 Tactical Fighter Squadron, based at 3 Wing Bagotville. The ATF is comprised of approximately 220 personnel consisting of command and control elements and various operational support personnel from Wings across Canada.

**30 April 2014** - HMCS REGINA was committed to support NATO reassurance measures and has moved to the region.

**3 May 2014** - the CAF deployed a platoon-sized force consisting of Canadian Army soldiers of the 3rd Battalion of the Princess Patricia's Cana-

dian Light Infantry based in Edmonton, Alberta, to Poland to train alongside Polish and American forces.

**13 May 2014** - HMCS REGINA entered the Mediterranean Sea to conduct patrols in support of the reassurance measures.

### What is an Air Task Force?

An ATF is a temporary grouping of RCAF operational/tactical formations, squadrons, units or detachments formed for the purpose of carrying out a specific operation, mission or task.

An ATF consists of two main components. First, the ATF commander and HQ, normally operating at the operational level, provide the command and control of RCAF forces. Second is an Air Expeditionary Wing (AEW), consisting of a command element, operational support element (OSE), mission support element (MSE) and air detachments, both flying and non-flying.

17 Wing had been scheduled since last year to produce the AEW with a date of 1 July to be at high readiness but due to the NATO commitment the process has begun to speed up with mission specific training to deploy to Romania.

This ATF is conducting training with NATO allies. It is stationed in Câmpia Turzii, Romania and includes:

- The six CF-188 Hornets
- A command and control element
- A mission support element providing logistical support including lodging, food services, supply, transportation, and construction, mechanical and electrical engineering.



- An operational support element providing operational support to air assets including force protection, intelligence, aerospace management and maintenance coordination.

- An air movements detachment that coordinates the movement of personnel and material in and out of the deployed location.

### Canada and NATO

Canada is a strong supporter of NATO and is committed to doing its part to support partner nations. The Canadian Armed Forces are committed to promoting global security and maintaining transatlantic partnerships by providing modern, deployable capabilities and highly trained personnel to allied efforts.

The CAF have been a major contributor to NATO operations and exercises since its founding 65 years ago and is committed to transatlantic unity, security, and stability. Canada continues to provide modern, deployable capabilities to allied missions and highly trained personnel to its command structure. In recent years, Canada has been an active participant in NATO-led missions in Afghanistan, the Balkans, and Libya.

# ation for Members and Their Families

## Family Supports at 17 Wing

By Sgt Bill McLeod  
17 Wing Photojournalist

"If you're like me some of this stuff is really hard to remember; which phone number was that again or what child care program name I need," said Colonel Joël Roy, Commander 17 Wing and the Air Force Training Centre, at a family oriented briefing at the Wing Theatre on the evening of 11 June 2014.

"You don't need to remember who to call. Any of our services here...call anyone; their job is to point you in the right door," said Colonel Roy.

"In case of doubt, if that doesn't happen, you have the Chief and I."

Air Expeditionary Wing members and their families received briefings from the Tasking Cell, the Deputy Judge Advocate, the Military Family Resource Centre (MFRC), SISIP Financial Services, Preventative Medicine, and Colonel Roy at the briefing last week.

The MFRC Deployment Coordinator, Dana Glover,

was giving out comprehensive information packages to all of the military members that signed in with her. On Friday, 13 June, she mentioned that some of the members hadn't received their packages.

"If any of the members haven't received their packages they can drop by and see us or give me a call," she said.

She also wanted to remind the families that the MFRC is looking at increasing child care spaces for deployed families.

Also of interest to deployed families is the Canadian Forces Morale and Welfare Service's Support Our Troops Program. They are offering grants to deployed families sending kids to accredited summer camps. Please see this issue of the Voxair (page 5) for information or get full details at: <https://www.cfmws.com/en/SupportOurTroops/Programs/Camps/Pages/National-Program.aspx>

Every member also has a unit sponsor to help the families with military support.

"One of the things that I mandated to every boss, to all of the chains of command here, that was led by the Wing Chief and all of the Chiefs in every unit, is the re-institution of a very strong buddy-buddy system," said Col Roy. "All of you deploying are supposed to have a buddy to make sure that nothing here is in trouble."

"I don't care if it's about watering your plants, or if it's about bringing your kid to hockey school," said Col Roy. "We're there to that extent."

### Canadian Forces Family Covenant

"We recognize the important role families play in enabling the operational effectiveness of the Canadian Armed Forces and we acknowledge the unique nature of military life. We honour the inherent resilience of families and we pay tribute to the sacrifices of families made in support of Canada. We pledge to work in partnership with the families and communities in which they live. We commit to enhancing military life."

### Family Support Information

Family Information Line-1-800-866-

4546

Confidential, personal, and bilingual assistance. Recorded messages about deployed operations and confirmation of news releases, information on incidents, and periodic situation reports.

[www.familyforce.ca](http://www.familyforce.ca)

Counselors moderate an online forum to help you learn about services available.

**Wing Operator-204-833-2500**

Can look up a phone number for you.

**Military Family Resource Centre-ext. 4500**

**MFRC Social Worker- ext. 4512**

**MFRC Deployment Program Coordinator - Dana Glover - ext. 4507**

**MFRC Emergency Childcare Services-204-949-5090**

**Wing Chaplain-ext. 5087**

**Military Police-204-833-2633**



Lieutenant-Colonel Jay Nelles (right), 17 Wing Operations Officer, gives an update on the latest information for the military personnel and family members on Air Task Force 14-01 at a briefing in Base Theatre on 11 June. Captain Erika Black acts as the master of ceremonies. Photo: Sgt Bill McLeod

## Romania: History & Information

Transylvania. In the English speaking world there is only one thing that comes to mind when you hear the word; the Count made famous in Bram Stoker's 'Dracula'.

The name Transylvania comes from medieval Latin for either 'beyond the forest' or 'the other side of the woods' which seems to relate to the fact that the traditional area is bordered on the east and south by the Carpathian Mountains, home to the largest area of virgin forests left in Europe and 60% of the European brown bears still remaining.

Câmpia Turzii, presently home to Air Task Force 14-01, is located in Cluj County, in the middle of traditional Transylvania. The county seat is the city of Cluj-Napoca, located about 40 km from Câmpia Turzii, the second largest city in Romania after Bucharest. Cluj-Napoca has a population of around 420,000 and a history that goes back over a thousand years.

The Romanian Air Force (RoAF) 71st Air Base is host to ATF 14-01 at Câmpia Turzii. The Romanian Air Force was reorganized in 2002 and flies the MIG-21 LanceR at the base. The MIG-21 LanceRs are due to be replaced by twelve F-16s, purchased from Portugal, in a deal finalized around the same time planning began for 17 Wing to produce the AEW.

Romanian land forces actively participated

as our allies in the War in Afghanistan.

Romania has a continental climate. Summers are generally very warm to hot (18 to 35C) and winters are quite cold, although not for Winnipeggers (3 to -15C).

Precipitation is generally modest, with the exception of the western slopes of the mountains which has created an extensive skiing industry.

The Romanian currency is the leu. Runaway inflation in the 90's made the government remove 4 zeros from the leu to create the new leu, also called the ron. At the time of writing this article the 3 ron=1 Canadian dollar. Romania joined the European Union in 2007 and is required to replace the leu with the Euro as part of the convergence but the last date set for this was 2019.

For things to see in the region, European tourists flock to Romania for two main reasons: the wild areas and the medieval castles and structures in the cities.

Romania, according to Bloomberg ranking, has the fifth fastest internet in the world. Canada ranked 20th.

So, you won't need to pack wooden stakes or garlic, but if you get an opportunity prepare to enjoy the country for it's visible history and wild forested mountains.



View of Canadian Air Task Force Facilities on 04 June 2014 in Câmpia Turzii, Romania where members of Canadian Air Task Force are participating in NATO Reassurance Measures. Photo: LS Alex Roy

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# The Wait is Over for Health Care in Manitoba

By Bruce Tulloch  
Voxair Photojournalist

Waiting is the hardest part. Especially if it's about peace of mind regarding your health coverage.

"This is a big deal for families that might need medical support shortly after a posting," said David Elias, DND Public Affairs Officer.

As of May 14, 2013, the 90-day wait period for military families to be eligible for provincial health insurance has been waived.

While Members were never left without coverage, the waiting period to transition over to their new province did create some difficulties and delays.

Previously members from Quebec would be reimbursed the cost, but were initially responsible for their own healthcare expenses during the 90-day period.

"This initiative has already been in place for a number of years in other Provinces," said Dana Glover from MFRC's Deployment & Community Outreach Services, "but it will impact members coming to Manitoba from Quebec."

By the end of 2013, all provinces and the Northwest Territories agreed to grant same-day access to health care services for military families upon relocation. Nunavut is the lone exception, however Military Family Services personnel are working with the territorial government to ensure that families station there are provided with health coverage.

There is also something new for Manitobans who are not covered by any health provider - Family Doctor Finder online. The Manitoba Government has added a website to their Family Doctor Finder phone service. That service is still available by phoning 204-786-7111 or toll-free 1-866-690-8260. For more information or to access the service online visit [gov.mb.ca/health/familydoctorfinder](http://gov.mb.ca/health/familydoctorfinder).

Military families are encouraged to apply for health insurance coverage in their province or territory of residence as soon as possible when they relocate, and they should receive health insurance coverage on the day they apply for it.

For information about how to apply for provincial health insurance, contact the provincial or territorial ministry of health office closest to you. Contact information can be found online at [hc-sc.gc.ca/hcs-sss/delivery-prestation/ptrole/index-eng.php](http://hc-sc.gc.ca/hcs-sss/delivery-prestation/ptrole/index-eng.php).

For more information on family health care options at 17 Wing contact the Winnipeg MFRC at 204-833-2500 ext. 4500, online at [familyforce.ca](http://familyforce.ca), or the Family Information Line at 1-800-866-4546.



Image courtesy of ananikml / FreeDigitalPhotos.net

## Philatelist's Corner with Alf Brooks

### The Most-Expensive Stamp

This month the unique 1856 British Guiana 1 cent black on magenta postage stamp will be sold at auction. It last changed hands in 1980 for approximately \$1 million; the estimated price this time is between \$10 million and \$20 million.

The stamp was found in 1873 by a school boy, who sold it to another collector for six schillings.



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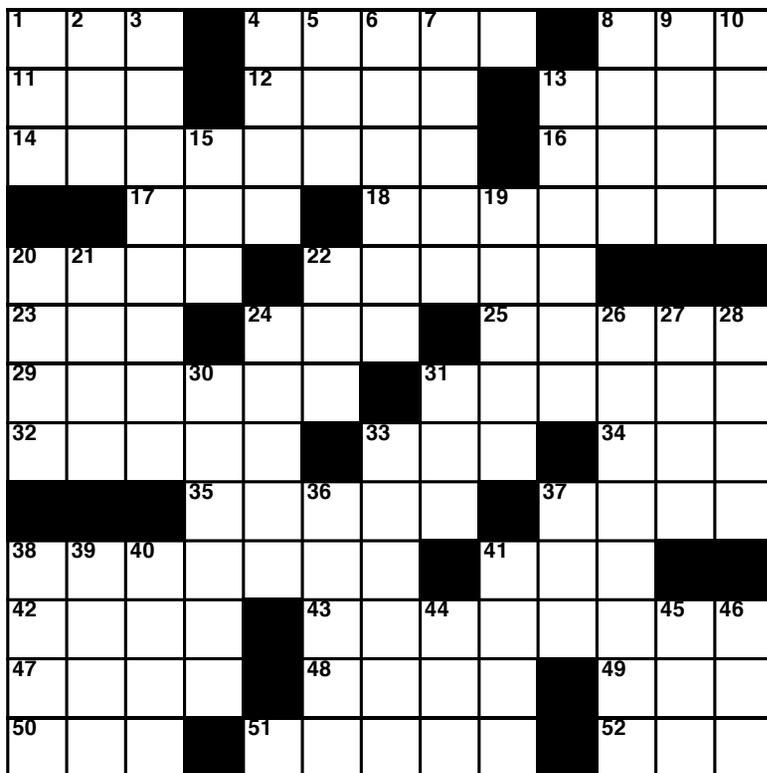
By Bernice Rosella and James Kilner

### ACROSS

- 1 Distress sig.
- 4 Lamb output
- 8 Sea in St Foy
- 11 Baker Finch, for one
- 12 Water bird
- 13 Walking stick
- 14 Car produced in New Brunswick 1971 to 1975
- 16 Soothing herb
- 17 Neg's opposite
- 18 Manitoba town or Canadian-made car
- 20 Duplicate
- 22 Chart again
- 23 Japanese garment
- 24 Ms West
- 25 Brownish grey
- 29 With Six, Canadian-made car
- 31 Exchange
- 32 Tidal bore
- 33 Remit
- 34 Heart doctor's acronym
- 35 German cars
- 37 Signs
- 38 Sir Walter Scott classic or Canadian-made car
- 41 Alright
- 42 Sun up
- 43 Great lake or Canadian-made car
- 47 Beloved, in Bonsecours
- 48 Press, in a way
- 49 Southeast asian
- 50 GPS for example
- 51 Photos
- 52 Religious fig.

### DOWN

- 1 Bro or sis



- 2 Propeller, of sorts
- 3 Lopping
- 4 Fraternal lodge
- 5 Sun, to some
- 6 Party in Paris
- 7 Per \_\_\_\_\_
- 8 Masculine
- 9 Organic compound
- 10 Creel item
- 13 Biblical king
- 15 Demure
- 19 Thai food
- 20 Soda pop
- 21 Wind instrument
- 22 Dashed
- 24 Grammatical sequence
- 26 Kitchen things
- 27 A measure of trouble or a Canadian-made car
- 28 Energy units
- 30 Hockey legend Marcel
- 31 College letters
- 33 Pulmonary membrane
- 36 Coal tar
- 37 Lank or crank chaser
- 38 Muslim cleric
- 39 Nothingness
- 40 Limbs
- 41 Urges
- 44 Explode
- 45 Cereal grain
- 46 Caviar

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Confessions The sacrament of reconciliation is offered 20 minutes before mass and by appointment. Contact the chaplain's office.

Baptisms We recommend that you contact the chaplain's office for an appointment prior to the birth of your child.

Marriages Six months' notice is required for marriages, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required.

Catholic Women's League meets in the Chapel Annex the third Monday of each month at 1830hrs.

### PROTESTANT

#### CHAPLAINS

**Padre Jack Barrett (Wing Chaplain)**  
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**Padre Christopher Donnelly**  
(United Church) Office 833-2500 ext 4885

**Padre Darryl Levy**  
(Baptist) Office 833-2500 ext 5785

**Padre Charles Baxter**  
(Ukrainian Orthodox) Det. Dundurn. Office 306-492-2153 ext. 4299

**Sunday Services (English Only) 0900 hrs**

**Sunday School** is held during the service for children ages 3 to 12, except on the last Sunday of each month. Childcare is provided on an as-required basis for children under 3 years of age.

**Marriages** Contact the chaplain at least six months in advance. A marriage preparation course is a requirement.

**Baptisms:** 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** meets the first Sunday of the month at 1900 hrs in the Chapel Annex. All women are welcome.

#### FOOD BANK

The Food Bank is a joint undertaking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.

#### EMERGENCY CHAPLAIN

After normal working hours, the Emergency Chaplain can be reached through WOps Duty Centre, 833-2700.

#### OTHER PHONE NUMBERS:

For your convenience, a phone number has been set up to provide callers with info on service times and contact with the chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts. Those with access to the DIN visit the chaplains' Web Site at <http://17wing.winnipeg.mil.ca/main>, then click on 'Services'.

### Crossword Answers

E	I	S		S	P	V	N	S		S	D	M		
O	V	T		N	O	R	I			E	W	I	V	
R	O	I	R	E	P	E	S			N	R	O	M	
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R	E	M		Y	V	S	S	E		S	O	S		

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## Health & Wellness Challenge – The End Has Come!



Way to go Winnipeg! Over 480 of you registered for the Health & Wellness Challenge brought to you by Health Promotion, the most at any location in the CAF for the 2nd year in a row! One choice at a time, the Challenge made participants more aware of the choices they were making through the month of May.

Many participants enjoyed the private accountability and ability to track the decisions they were making. It either highlighted behaviours they were already engaging in, or illustrated areas they could make changes to, should they so choose! It was encouraging hearing the comments about how the challenge provided them with a tool to use on leave or TD to keep healthy behaviours in check!

Now this wouldn't be a Challenge without some friendly competition! We received responses from 33% of challenge participants! Our Health Promotion statisticians have been locked away and when they came out, the winners were (from percent participation):

Units: WCompt and for the 2nd year in a row, 1CFFTS!

Honourable mention to the W Admin Br, WOPS and 23 HSvcs for a strong showing in the challenge!

Prizes generously donated by: SISIP, CANEX, and PSP Recreation. Thank you to those of you who were up for the Challenge!

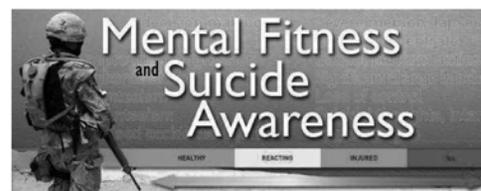
For more information on the Challenge or for ideas to stay active through the summer months, please contact us at (204)833-2500 ext 4150 or HealthPromo@forces.gc.ca

Participants who submitted their tracking sheets or books were entered to win prizes; winners are:

- **Hydration Pack:**  
Capt Yves Forget – 2 CAD  
Cpl Ibrahim Kamara – Wcompt  
James Follette - PSP
- **Magic Bullet:**  
Carla Barth - PSP  
2Lt Jean-Phillip Doucet - 1CFFTS  
WO Kelly Hancock - WCompt
- **iPod Shuffle:**  
Capt Audrey Jordan – 1CFFTS  
Kendra Pennell - WSup  
2Lt Brittani Jeans – 1CFFTS
- **HP Backpack:**  
WO Dean Parsons – 1CFFTS
- **\$25 Canex giftcard:**  
MCpl Jenny Gallant – 23 Health Svcs  
Cpl Ariel Remillard - FGH  
Cpl Richard Monzon – RCAF Band
- **Participation Kit:**  
MWO Jim Leamy – RCSU
- **Sports Equipment:**  
Susan Rosjer – Food Svcs
- **GoIdeyes Tickets:**  
Leona Hladiuk



Winners of the Health & Wellness Challenge collect their prizes on June 16th, 2014. Back L-R: Captain Yves Forget, Leona Hladiuk, Susan Rosjer, Carla Barth. Front L-R: Rick Harris, Warrant Officer Dean Parsons, Corporal Ibrahim Kamara, Captain Audrey Jordan. Photo: Bruce Tulloch



**It's one thing to look after your body. Just don't forget about your mind.**

### Mental Fitness and Suicide Awareness: Supervisor Training

*This course is course coded!*

**16 July 2014**

**0800 – 1600 hrs**

For more information or to register, contact Health Promotion at local 4150

### Sensibilisation à la santé mentale et au suicide :

#### Formation du superviseur

*Il s'agit d'un cours auquel on a attribué un code!*

**16 juillet 2014**

**8 h à 16 h**

Pour plus d'information ou pour vous inscrire, appelez le Bureau de promotion de la santé, au 4150

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



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



### Alcohol, Other Drugs and Gambling: Supervisor's Training

**26 June (0800 - 1600 hrs) and  
27 June (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**

**26 juin (8 h à 16 h) et  
27 juin (8 h à 12 h)**

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

Ces compétences seront bientôt obligatoires pour tous les militaires qui ont des fonctions de supervision. Ce cours aura un code. DOAD 5019-7

To register, contact Health Promotion at local 4150

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204-833-2500 extension / poste 4500

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[www.facebook.com/WinnipegMFRC](http://www.facebook.com/WinnipegMFRC) [www.facebook.com/WinnipegMFRCYouth](http://www.facebook.com/WinnipegMFRCYouth)

## Kidventures Summer Day Camps

The staff of the MFRC Kidventures Summer Day Camp welcome you to join us as we race around this great country of ours! The Amazing Race Canada will be 8 fun filled weeks of learning, seeing and experiencing this place we call home! If this sounds like something your children would enjoy then you are in luck! We encourage you to register starting Tuesday, 1 April 2014.

To register, visit the MFRC at 102 Comet St, Monday to Friday between 8:30 and 4:30pm.

For more information please call 204-833-2500 ext. 4500

### Camp Participants

Kidventures is open to children 6-12 years old. No exceptions. *Children must be finished kindergarten and be entering grade 1 in the Fall.*

### Camp Fees

Defence Team: \$120 per child per week  
\$96 for 4 day week \$72 for 3 day week

Civilian: \$135 per child per week  
\$108 for 4 day week \$81 for 3 day week

*A non-refundable deposit of \$25 per child per week is due at the time of registration.*

*The balance is to be paid on or before June 13, 2014. Post-dated cheques are accepted.*

### Camp Hours

09:00 - 4:00. Extended Care is available from 7:15 - 9:00am & 4:00 - 5:00 (Cost included in camp fees). \$5.00 dollars per 15 minutes will be charged for late pick up.

### Camp Location

Westwin Children's Centre in the Westwin Community Centre - 680 Wihuri Road.

### CAMP THEMES

#### July 2 - 4: The Pacific Playground

British Columbia is Canada's westernmost province and one of North America's most mountainous regions. Along with the peaks of the Rocky Mountains in Alberta there's sure to be lots to explore!

#### July 7 - 11: The Prairies

A prairie sky... moves and shifts and changes like it's a breathing, living thing. With it's deep, cold winters that alternate with brief, bright summers the prairies give us so much to explore!

#### July 14 - 18: Canada's Heartland

The five Great Lakes, Niagara Falls and Canada's capital of Ottawa is sure to make for an engaging visit!

#### July 21 - 25: True White North

It's only when you embark north to the Yukon, Northwest Territories or to Nunavut that you know for certain you've left mainstream North American life behind!

#### July 28 - August 1: La Belle Province

The largest of Canada's provinces and being the only French-speaking society in North America make Quebec distinct from the rest of the continent.

#### August 5 - 8: The Atlantic Playground

Dominated by the sea, with long, jagged coastlines and punctured by picturesque bays, sandy beaches and towering cliffs. these are all places where we play this week!

#### August 11 - 15: The Garden Province

A land of rich, red earth, gently rolling farmland and neat villages. Let's spend some time in Canada's smallest province!

#### August 18- 22: The Rock

Natural and historic charms are considerable! Learn about whale-watching at Bay of Bulls, the lighthouses of Cape Spear and the East Coast Trail.



Shannon Bisson, Board Chair of the MFRC, accepts a donation from Dave Meister, owner of Papa Murphy's Take n' Bake pizza. Mr. Meister donated proceeds collected during his grand opening celebrations.



# Upcoming MFRC Programs and Events

## MFRC SUMMER BBQS

The next BBQ will take place on  
**THURSDAY, JUNE 26, 2014!**

BBQs begin at 11:30, in the grassy area  
at the NORTH parking lot of the MFRC.  
Come out for a tasty lunch break, and visit  
with friends and co-workers!

Please note that our BBQ day has  
changed – BBQs will take place on  
alternate Thursdays:

June 12 and 26,

July 10 and 24

August 14 and 28

Be sure to mark your calendars  
and join us!

### MFRC BBQ PRICES

Hamburger & Drink	\$5.00
Smokie and Drink	\$4.00
Hot Dog and Drink	\$3.00
Drinks	\$1.00
Chips	\$1.00

## New program!

### The Newcomer Network

If you're new to the city and would like to be paired up with a volunteer who has been here for a while and who can give you tips and ideas of things to do and help you settle into your new community, send an email to [sheila.booker@forces.gc.ca](mailto:sheila.booker@forces.gc.ca) and I can arrange to have one of our great volunteers contact you.

### Community Coffee Break

The MFRC Community Coffee Break takes place the first Thursday of every month. It provides a chance to meet informally with the staff and Board members of the MFRC, our military families and volunteers. As well, many members of our military and civilian communities regularly attend our Community Coffee Breaks. The food and fellowship are always outstanding, and you will even have a chance to win a door prize! Please join us on Thursday, July 3, 2014, from 10:00 to 11:00 a.m. at the MFRC.

### NURSERY SCHOOL

Monday, Wednesday, Friday  
English: 9:00 to 11:30 am  
French Immersion: 1:00 to 3:30 pm  
Westwin Children's Centre  
\$60.00 per month & \$15.00 annual registration fee.  
Please call 204-833-2500 ext 2491 to see if space is

available. Registration is now being taken for the 2014-15 term.

This program is for children ages 3 and 4. It offers a play based program paying attention to all areas of child development. It is offered in English and French Immersion. Children must be toilet trained and 3 years old by Dec 31/13 to enrol.

### KIDS CARE

Hours: Tuesdays and Thursdays

June 3, 5, 10, 12, 17, 19, 24, 26

9:00 a.m. to 12:00 p.m. ~ 9:00 a.m. to 4:00 p.m.

~ 1:00 to 4:00 p.m. ~ Hourly

Fees: Children under 2 years: \$12/3 hours; \$28/7 hours.

Children 2-5 years: \$10/3 hours; \$24/7 hours. Hourly fee \$5.00 per hour, per child.

Ask about our family rates.

Location: 630 Wihuri Rd.

The MFRC offers child care on a casual basis for children 6 months - 5 years old.

Register by calling 204-833-2500 ext 2491 a minimum of 24 hours in advance.

This program provides care for your children while you attend appointments, work out, run errands, etc. Peanut free snacks and diaper supplies (if required) should be sent.

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- Complete Mens Air Force Mess Kit. Jacket, Pants, Shirt, Vest, bow tie, Suspenders. Size 50. Asking \$400  
- Ladies Air Force Mess Kit Skirt, size 12-14. Asking \$20  
- Call (204) 221-0225

## FOR RENT:

Spacious **3-bedroom** condo available for rent located on Apple Lane. Close to all levels of schools and Unicity Mall with bus stops located nearby. Space is fully renovated and **furnished**. Large master bedroom with walk-in closet, 1½ bathrooms, kitchen with stainless steel appliances, open concept living/dining room and finished basement with in-suite laundry. It also includes a small fenced backyard. Rent is **\$1600** plus utilities, which includes: one parking space, alarm system and access to the condo swimming pool. Sublet from July 2014 – July 2015. No pets, no smoking please. Contact Brenda at [brenda.watts32@gmail.com](mailto:brenda.watts32@gmail.com) for more information.

## FOR SALE:

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3 Wood Big Blast (15 D Loft)  
5 Wood Nike (19 D Loft)  
4 Wood Jazz (16 D Loft)  
7 Wood Maltby (22 D loft)  
Titanium Driver (10.5 D Loft)  
All regripped 1 year ago and have hardly been used, also an umbrella.  
Asking \$200.00 but will entertain offers. Contact # 204-504-5026.

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# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** Celebrate your good fortune. Open your home to friends and family. Trust your gut. If you sense that someone has a hidden agenda, believe it. Children surprise you. If you can't sleep due to frustration, fury or excitement, get up and do something to burn off your excess energy.

**Taurus (April 20 – May 20):** Deal with whatever is upsetting you instead of brooding about it. Others may not realize you have a talent for dealing with difficult people but they'll soon see you in action. Think about how you can free yourself from limitations. Live by your own rules.

**Gemini (May 21 – June 21):** You know what you want but you may not believe it is possible. The mind can convince itself of almost anything though. Focus on what is right for you and allow things to fall into place naturally. Look for common sense ways of managing your finances and physical wellbeing.

**Cancer (June 22 – July 22):** While talking about future plans you may be surprised to find that some of your assumptions are false. Get beneath the surface of things. Even if a few "inconvenient truths" are uncovered it will be worth it. Ask the hard questions and you'll get a better understanding of others.

**Leo (July 23 – August 22):** Don't try and dominate others. Use what you've learned about how to relate to people. State your case but do so in a respectful way. Someone is relying on you. Don't disappoint them by being careless in your commitment. Love unconditionally and it will come back to you.

**Virgo (August 23 – September 22):** Expect big changes. Hopefully you've not ignored the signs and have been preparing. Your efforts are paying off. Agreements are reached. You'll feel like a winner. A radical shift in your circumstances gives you a chance to really enjoy all you've worked for.

**Libra (September 23 – October 23):** Though you can reclaim what was lost it may not be worth it. Is what you had really that good? You'll work to get what you really want either way. Someone's ill-humor about your success may result in some sketchy behavior and tricky social situations. Avoid gossiping.

**Scorpio (October 24 – November 21):** Trying to hide your glee about something until it's confirmed will be very difficult. Still, stay focused on your goal. Follow sound life-management practices every day. Improvise where you have a little leeway. Invest in your future. Get together with loved ones more often.

**Sagittarius (November 22 – December 21):** If you're not happy with the results of what you started, this is a wake-up call. Think before you act or speak in future. If possible make amends or give a sincere apology. If it's not possible, so be it. Often when we hurt someone we also hurt ourselves and vice versa.

**Capricorn (December 22 – January 19):** Talking about an experience can help you in processing your feelings. Reconnecting with someone could be challenging if they want to blame you for something you didn't do. Pay attention to their body language as well as their words. Be pro-active not reactive.

**Aquarius (January 20 – February 18):** Good timing often ensures success. Still sometimes no matter what you do, things don't work out. This may be a sign that it's just not meant to be. Do you have a sense of your own purpose? If so this will get you through the ups and downs of life. The journey is everything.

**Pisces (February 19 – March 20):** You may feel like you need to learn more or prepare more but you're as ready as you'll ever be. You have the perfect combination of skills and knowledge needed for a job or project that opens up. Throw your hat in the ring with confidence.

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# Long-standing warm relations between Canada and France continue to grow

**By Captain Wright Eruebi  
Public Affairs Officer,  
1CAD and Canadian NORAD Region**

French Air Force Chief of Staff, General Denis Mercier on a visit to Canada at the invitation of Lieutenant-General Yvan Blondin, Commander of the Royal Canadian Air Force, toured the offices and facilities of 1 Canadian Air Division and Canadian NORAD Region Headquarters (1 CAD/CANR) on Friday 30 May 2014.

Major-General Pierre St-Amand, Commander 1 CAD/CANR, and Chief Warrant Officer Michael Scarcella, Chief Warrant Officer of 1 CAD/CANR warmly welcomed General Mercier and Lieutenant-General Blondin to the Canadian NORAD Headquarters before the tour of the 1 CAD/CANR facilities.

Earlier, in Ottawa, The Governor General of Canada His Excellency the Right Honourable David Johnston received and welcomed General Mercier to Canada before the French general flew to 8 Wing at Canadian Forces Base Trenton in Ontario to get a glimpse of the RCAF's hub of air mobility.

Last year, during the French forces' mission to stabilize the security situation in Mali in response to United

Nations Security Council resolution 2085, the RCAF provided the French Air Force with airlift support to help France in their effort. Later in 2013, France invited Canada to participate in SERPENTEX 13, the premiere annual multi-national military exercise which was held in French Corsica, involving France, Belgium, Italy, the United Kingdom, and the U.S.A. The increased cooperation led to Lieutenant-General Blondin visiting France last year and was guest of General Mercier. The Commander Royal Canadian Air Force familiarization visit to France was successful, and Lieutenant-General Blondin found opportunity for a befitting reciprocal hospitality in May 2014 to host General Mercier. General Denis Mercier has since returned to France.

Meanwhile, about 200 Canadian Army soldiers from the 1st Battalion, Royal 22e Regiment and more than 400 French Navy members on board the French Amphibious assault ship and helicopter carrier, The Mistral are conducting a joint exercise; Exercise LION MISTRAL with members of the Royal Canadian Air Force, in and around the Gulf of St. Lawrence and the St. Lawrence River from 16 to 23 June 2014.



General Denis Mercier signs the guest book at 1CAD in Winnipeg. LGen Yvan Blondin stands to the left, and MGen Pierre St-Amand stands to the right. Photo: MCpl Colin Aitken

# CAF Represents at Red River Ex

Canadian Armed Forces members, firefighters, and police will all be honoured by the Red River Exhibition on 19 June 2014, with free admission upon showing identification. This year the Red River Ex takes place from 13 June until 22 June.

Canadian Armed Forces members will be on hand to talk to exhibition goers about their jobs and show some of their equipment. All three elements; sea, land and air, will be represented. Recruiters will also be available to discuss all the different jobs available in the Forces.



2Lt Justine Denoncourt rolls up the side of a modular tent on the grounds of the Red River Exhibition just prior to the gates opening on June 13. Photo: Sgt Bill McLeod



Sgt David Szczerzski prepares a recruiting display at the Red River Exhibition. Photo: Sgt Bill McLeod

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