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# THE VOXAIR

The 17 Wing Community news source since 1952



The Honourable Harjit S. Sajjan, Minister of National Defence, speaks to the assembled Chiefs and indigenous people of the Treaty One First Nations at an Agreement in Principle signing ceremony for Kapyong Barracks, held at Assiniboia Downs on April 11, 2018. Please see page 2 for complete story. Photo: Sgt Daren Kraus

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CANADIAN  
HERO

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# CFSAS Renamed to Honour Famous Canadian War Hero



W/C William G. Barker VC Aerospace College Commandant, Lieutenant Colonel William Snyder and Deputy Commander Royal Canadian Air Force, Major General Blaise Frawley sign the change of name scroll during the renaming ceremony for the W/C William G. Barker VC Aerospace College on April 12th, 2018 at the Royal Aviation Museum of Western Canada, Winnipeg. Photo: Cpl Bryce Cooper, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

The RCAF renamed the Canadian Forces School of Aerospace Studies after the most decorated war hero in Canadian history, the British Empire, and the Commonwealth of Nations at a military parade and ceremony at the Royal Aviation Museum of Western Canada on April 12.

Over 150 people, both military and civilian, attended the event.

The school's new title is "The RCAF W/C William G. Barker VC Aerospace College."

Major-General Blaise Frawley, Deputy Commander RCAF, 17 Wing Commander Colonel Andy Cook, Lieutenant-Colonel William Snyder, Commandant, RCAF W/C William G. Barker VC Aerospace College, Wing Chief Warrant Officer Jerome Rossignol, and family members of W/C William Barker, VC, among other dignitaries, took part in the ceremony.

Two plaques were also unveiled, each telling the story of WC Barker.

The plaques will be placed in the Manitoba Legislative Building and at the RCAF W/C William G. Barker VC Aerospace College, respectively.

Renaming the school of William G. Barker, VC helps link the RCAF's proud history with the advanced education and training needed to deliver airpower capabilities today and into the future.

It also supports the RCAF's strong ties to Manitoba, Wing Commander Barker's birthplace.

"I am proud to be the first Commandant of the RCAF W/C William G. Barker VC Aerospace College and I know I speak for all of my staff here today when I say that we will continue the legacy of this great Manitoban, Canadian and RCAF pioneer," said LCol Snyder, who also was the Commandant of the school under its previous name. "There is no doubt that Barker was an innovator. Having grown up on a farm near Dauphin Manitoba, he was quite comfortable using his hands and enjoyed tinkering with machinery. This was evident when his flying career began. We can guarantee that W/C Barker's influence on the RCAF will continue, supported by having his name associated with an innovative, forward thinking unit, manned by the best personnel in the RCAF."

"Wing Commander William George Barker, VC (1894-1930) was awarded the Victoria Cross, the Distinguished Service Order (twice), Military Cross (three times), mentioned in Dispatches (three times), Medaglia D'argento Al Valor Militare (Italy, twice) and the Croix de Guerre (France). Born in a log cabin in Manitoba in 1894, he entered the Great War as a simple soldier," according to biographical information on the Government of Canada website. He soon joined the Royal Flying Corps, first as an observer, then as a pilot. He rose in rank and fame and, when the RCAF formed in 1924, he was appointed Acting Director until a permanent Director (equivalent to today's Commander of the RCAF) was identified.

"Wing Commander Barker retired from the RCAF in 1926 and returned to civilian employment, including a term as the first President of the Toronto Maple Leafs. He died in a flying accident in 1930 and is interred in Toronto's Mount Pleasant Cemetery, where a memorial was raised in his memory in 2011."

The Canadian Forces School of Aerospace Studies (CFSAS) was formed 6 July 1987 under the direction of its first Commandant, LCol G.E. Joe Sharpe. It was de-

signed "to meet the professional development needs" of the Royal Canadian Air Force (RCAF), and now offers advanced education and training to some 800 officers and non-commissioned members annually.

The RCAF W/C William G. Barker VC Aerospace College provides education in both aerospace technology and Air Force officer professional development. The school has developed, and continues to perfect, the Aerospace Systems Course, Basic and Advanced Electronic Warfare Courses, the Space Applications and Space Operations Courses.

The school "is continually adapting to the transformational needs of the RCAF," according to information provided by the school.

"A ground-breaking partnership with the University of Manitoba was established in 2010 which provides students an option to complete a Masters in Arts or in Engineering. In 2013 that partnership was enhanced with the introduction of the Post Baccalaureate in Aerospace Program Management (PAPM). The ceremony marks the last day of the Canadian Forces School of Aerospace Studies (CFSAS) and first day of W/C William G. Barker VC Aerospace College."

For MGen Frawley, recognizing and learning from our past leaders is essential to the RCAF's capability "to train and prepare for our future."

"By linking this state-of-the-art learning institution to Wing Commander Barker, we recognize the tremendous achievements of this iconic leader and commemorate his contributions to our success," he said during his brief speech. "Associating his name with this school will inspire generations of our personnel who pass through its doors for years to come."

Meanwhile, a statement issued by WC Barker's three grandchildren, Alec, Ian and David Mackenzie, all of whom flew in for the ceremony from their homes in Vancouver, BC, said their grandfather's career coincided with the rapid rise of military aviation.

"During and after the First World War, he developed and advocated new tactics and technologies, therefore we are proud to see his name attached to an institution that pursues those goals," it added.

# Milestone Reached Between Canada and Treaty One First Nations

by Bill McLeod, Voxair Manager

Canada and Treaty One First Nations signed an Agreement in Principle for the former Kapyong Barracks property in Winnipeg at a signing ceremony held at Assiniboia Downs on April 11. The property has been empty since the 2nd Battalion of the Princess Patricia's Canadian Light Infantry (PPCLI) moved to Shilo, MB,

in 2004.

The Government of Canada, in a press release, says the signing of the agreement is a milestone on the road to reconciliation and renewed relationships with Indigenous peoples and recognizes the importance of the Kapyong Barracks property to Treaty One First Nations.

The press release also says that DND and Treaty One Nations will now work together to develop a Final Settlement Agreement.

Present at the ceremony were Minister of National Defence Harjit S. Sajjan and Minister of Natural Resources Jim Carr from the government and Chief Dennis Meeches, Long Plain First Nation; Chief Jim Bear, Brokenhead Ojibway Nation; Chief Glenn Hudson, Peguis First Nation; Chief Craig Alexander, Roseau River Anishinabe First Nation; Chief Derrick Henderson, Sagkeeng First Nation; Chief Lance Roulette, Sandy Bay First Nation; and Chief Francine Meeches, Swan Lake First Nation.

"I am grateful that we are taking one more step forward in our journey toward reconciliation," said Minister Harjit S. Sajjan. "This agreement in principle is the result of many years of negotiation and dialogue, and is an important milestone in transferring the Kapyong Barracks lands."

"Kapyong represents a bright future for all Indigenous people and in the spirit of Treaty One, we will undertake to make sure, as we have always done, to protect our treaty relationship with the Crown," said Chief Dennis Meeches, Treaty One First Nations Spokesperson, Long Plain First Nation.

Kapyong Barracks was formerly part of Canadian Forces Base/17 Wing Winnipeg. It was declared surplus in 2001 and was vacated by 2 PPCLI in 2004.

The buildings on the site are no longer usable for

a variety of reasons. The buildings have been unoccupied and not maintained for over a decade. Some of the buildings have experienced flooding, mould, and asbestos contamination. All hazardous building materials and conditions have been identified during past site surveys and descriptions of work for tenders that went out in July last year included the need for appropriate removal and safe disposal of hazardous materials.

The Kapyong Barracks site is located in south Winnipeg between the River Heights and Tuxedo neighborhoods.

Demolition of the buildings is scheduled to be completed in two phases. The first phase should begin in spring of this year and is not expected to cause any traffic disruptions although there will be increased traffic to and from the site as building materials are hauled away for disposal.



An Indigenous drum group plays during the agreement in principle signing ceremony for Kapyong Barracks lands between Minister National Defence and Treaty One First Nations Chiefs, at Assiniboia Downs in Winnipeg, on April 11, 2018. Photo: Sgt Daren Kraus

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# 1 CAD Artist and Pilot Designs CF-18 Demo



Royal Canadian Air Force 2018 Demonstration Jet (CF188776) unveiling the 60 years of North American Aerospace Defense Command paint scheme at Hangar 7, 4 Wing Cold Lake, Alberta on April 3, 2018. Photo: MCpl HJL MacRae

by Martin Zeilig, Voxair Photojournalist

Captain Jeff Chester says working on the design for the special CF-18 NORAD 60 air demonstration plane was both a challenge and an honour.

The RCAF selects a theme for each year for its CF-18 Air Demonstration Team and 2018 will feature the 60th Anniversary of NORAD.

Throughout the year, NORAD will hold several events aimed at highlighting the importance of honouring the past, guarding the present, and protecting the future.

"As the Commander of the Canadian NORAD Region, I am thrilled to have the opportunity to showcase the important NORAD mission and our important bi-national partnership through the 2018 National CF-18 Demonstration program," said Major-General Christian Drouin, the commander of 1 Canadian Air Division/Canadian NORAD Region, quoted on the RCAF website. "The men and women of NORAD work diligently to keep watch over our countries and to protect the air sovereignty of North America. Twenty four hours a day, seven days a week, no matter what - we have the watch."

Capt Chester, a helicopter pilot by trade and a trained artist, was approached last December by Major Jennifer Jones, the Public Affairs Officer at 1CAD, after she had seen a display of his art in the Winnipeg Art Gallery gift shop. She asked him if he'd consider designing the special demo plane.

"Then, coincidentally, a couple of months later, they were looking for somebody to do this job (demo plane design) internally," said Capt Chester, noting that civilian graphic artist Jim Belliveau, who had worked for 410 Squadron and had designed previous themes for the CF-18 Demo program, had retired. "Major Jones knew I had an artistic background, and so she approached me (after seeing his show at the WAG). I said 'Yes.'

"It's totally different than what I usually do as an artist."

Capt Chester is presently a reservist but is a former regular force member who works at 1 Canadian Air Division. He has a degree in biological sciences and fine arts from the University of Guelph. His

paintings are on display in galleries in Houston, Texas and Vancouver. The next exhibition of his art work will be May 9- June 23, 2018 at the Mennonite Heritage Centre Gallery (600 Shaftesbury Blvd.).

The colour elements of the demo aircraft are all based on the NORAD logo. There are lightning bolts on the vertical and horizontal stabilizers, feather like paint applications on the wings, which resemble the Northern Lights, swords thrusting through a stylized Maple Leaf and Star combination on the vertical stabilizers; with an overall colour scheme of red, white and blue in honour of the Canadian and U.S. flags, said Capt Chester. He noted that "60 Years" is written on both wings.

This was different than painting on a two dimensional canvas, as he usually does in his studio at home, said Capt Chester.

"I needed help from Jim Belliveau to transform the canvas into something that would look good on the jet," he said. "He helped guide me through the process. We had a respectful relationship."

Within two months of beginning the process, Capt Chester and Mr. Belliveau had the final scheme, which then had to be approved by Lieutenant-General Michael J. Hood, the current Commander of the Royal Canadian Air Force and Chief of the Air Force Staff.

"I started with pencil and paper sketches," said Capt Chester. "Once I had some ideas, I began drawing in Photoshop and did over 65 different versions before arriving at the final design. It was all drawn from the NORAD logo and my imagination."

"I think it looks great. I was at the reveal at CFB Cold Lake when the demo CF-18 had been painted. I thought the paint crew had done a great job. It exceeded my expectations. I felt proud, for sure, for having made a contribution to this significant anniversary."

## Sports Trivia

### Sports Potpourri

by Stephen Stone

1. Before he was The Rifleman, this Boston Celtic (1946) was reputed to be the first professional basketball player to shatter a backboard.
2. Running barefoot in the marathon at the 1960 Olympics in Rome where he won gold, he successfully defended in Tokyo while wearing Puma running shoes and breaking his record from 1960.
3. Who was the East German Marathoner who became the second runner to successfully defend his gold medal?
4. Who was the youngest player to skate in an NHL game. He played for the Bruins in a 3-1 loss versus the Maple Leafs on November 12, 1942?
5. The Rocket was the first to score 50 goals in an NHL season. Who was the second?
6. Who were the members of the Sabres "French Connection"?
7. Who set the record for most penalty minutes by a 500 goal scorer in the NHL?
8. During the 1989-90 season this Maple Leaf scored 51 goals. The most he scored in the following years was 18. Who is this Leaf who retired in 1997?
9. Who was the first player to score multiple 50 goal seasons with two different teams?
10. Who was the youngest unanimous MVP winner in Major League Baseball?
11. When he retired in 2012 at 49 years old, he was the oldest pitcher to record a win in MLB.
12. Who holds the officially recognized (by The Billiard Congress of America) record of 526 consecutive balls sunk in a straight pool exhibition using the then standard 4x8 table?
13. What is considered to be the Ryder Cup of 9-ball pool and has been contested by teams from Europe and the United States since its inception in 1994?
14. Who is the current MVP of the Mosconi Cup won by Europe in December 2017?
15. Who was the first to throw a nine dart finish during a World Darts Championship sponsored by the Professional Darts Corporation?
16. Who has made the greatest number of final appearances in World Darts Championships, winning 14 and coming 2nd five times?
17. He holds the record for the most 180s in a single Championship tournament with 71.
18. Four players have won both the PDC and the BDO championships. Who was the first?
19. Where is The Derby run?
20. Which horse was the last to win Britain's triple crown: The 2000 guineas, The Derby, and the St. Leger?

Sports Trivia Answers on page 14

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# Long-time MFRC Coordinator Retiring



Lieutenant-Colonel John Schwindt, Acting Wing Commander, presents Barbara Thuen with a Wing Commanders Commendation for her dedication to the military families for over a decade during her tenure at the MFRC, 17 Wing, on April 05, 2018. Photo: Sgt Daren Kraus

by Martin Zeilig, Voxair Photojournalist

Barb Thuen, a long-time employee at the Military Family Resource Centre, was awarded a Wing Commander's Commendation at the MFRC monthly coffee break on April 5th.

Thuen is retiring after a decade as the MFRC's Coordinator of Volunteers.

The large framed certificate, which was signed by 17 Wing Commander Colonel Andy Cook, extolls her

"exceptional dedication" to the Military Families.

"For over a decade at the MFRC, Ms. Thuen has had a very positive impact on the families of 17 Wing and Lodger Units. Her heartfelt approach to services and programs benefitted countless families," says the certificate. "Her professionalism towards the volunteers program has enhanced the security of children and youth accessing the MFRC services, provided tremendous opportunities for meaningful community involvement, and generated innovative support throughout Winnipeg for the Military Community. Ms. Thuen is leaving a lasting and exemplary legacy at the MFRC, reflecting positively on 17 Wing and our community."

Prior to being hired at the MFRC, Thuen worked as a volunteer for almost a decade at the organization.

"It's just time," Thuen said about her decision to retire, with her last day of work being at the end of April. "You never know what life has around the corner. I'm sure there are more things for me to do. But, it wasn't an easy decision for me to make because the MFRC and the volunteers are like family."

She added that her husband, retired CAF member Eldren Thuen, an Honorary Colonel at 402 Squadron, has been very supportive over the years.

"There are so many good things that happened," Thuen said, remarking that she was happy to be part of the working group for the new Veteran Family Program at the MFRC (announced at the April 5 coffee break), as well as helping with the Family Sponsored Programs--a pilot project that is now mandatory across the RCAF.

Thuen observed that she and Eldren will be spend-

ing more time with their two adult children and three grandchildren.

"It was a riot, a great ride," she said of her years at the MFRC, noting that Julie Fisher will be taking over from her as Coordinator of Volunteers. "Working as the Coordinator of Volunteers for the Winnipeg MFRC has been my dream job, and it's been incredible. I've met amazing people who've left their imprint on my heart.

"My co-workers at the MFRC have become a second family, and they have taught me so much. We've grown and developed as a team, and learned to hold the rope. It's very hard to say goodbye to them, and to know that I won't be seeing them every day."

She also mentioned her "mentor," Don Brennan, the previous executive director at the MFRC.

"He gave me many opportunities to develop leadership and organizational skills," Thuen said. "He had great confidence in me, which inspired me to become more confident in the jobs and duties assigned to me. I have been fortunate to meet and interact with many military families in my years at the MFRC. They are also a very inspiring group, and I've learned much from them as we shared our journey."

She also called the MFRC volunteers an amazing group of people.

"They made it very easy to do my job," Thuen emphasized. "They always made me look good. I will miss them so much, but I'm confident they will continue their awesome work with the MFRC.

"I consider that my time with the MFRC has definitely been a success."

# The Saga of EP 120 and Geoff Northcott



Geoff Northcott in his Supermarine Spitfire LF Mk 50b, EP 120. Photo: Supplied

by Bill Zuk, Canadian Aviation Historical Society

A recent news article featured Mary Ellis, the last surviving female pilot from the Second World War. The 101-year-old had joined the Air Transport Auxiliary and was responsible for delivering Supermarine Spitfire fighters and other warplanes to the front lines. The BBC article showed Ellis standing in front of a Spitfire that bore the markings of No. 402 RCAF Squadron during wartime.

The Supermarine Spitfire LF Mk 5b in the photograph had a fascinating story of its own. EP120 was built at the Vickers Supermarine Castle Bromwich factory in August 1941 and taken on charge by the RAF in May 1942 with 45 MU at Kinloss, Scotland. Assigned to No. 501 Squadron the following month, EP120 was flown by Wing Commander Patrick Gibbs when he destroyed a Dornier Do 217 bomber over Dieppe, France.

Following a ground collision and repair at Castle Bromwich, EP120 was first rotated to No. 19 Squadron in Cornwall before being taken on charge in April 1943 with No. 402 Squadron "City of Winnipeg" RCAF, coded AE-A to become the personal mount of Squadron Leader Geoffrey Northcott, DSO, DFC and Bar. Northcott, the commanding officer, scored six victories (three Messerschmitt Bf 109s and three Focke Wulf Fw 190s)

while flying the aircraft.

After another ground collision and subsequent repair, in June 1944, EP120 was reassigned to training with 33 MU, Lyneham and 53 OTU at Kirton in Lindsey. Following a period as a ground instructional airframe, like many other postwar Spitfires, EP120 served as gate guardian at a number of RAF stations until 1967. In that year, the Battle of Britain film production staff had it removed to serve as static "set dressing" for the epic film.

EP120 was again requested to serve as a gate guardian at RAF Wattisham until 1989 when along with the rest of the authentic Spitfires serving in that role, the redoubtable ancient warrior was transported to St. Athan for storage. In 1993, EP120 was purchased and became part of The Fighter Collection fleet, and based at the Imperial

War Museum, Duxford, Cambridgeshire.

After a full restoration by Historic Flying, EP120, displaying seven confirmed victory tallies, the highest score recorded by any surviving Spitfire, took to the skies once again in September 1995. EP120 has again appeared on the screen, in Pearl Harbor (2001) and continues to fly as an air show performer, proudly wearing its wartime No. 402 livery as Squadron Leader Northcott's favourite mount.

Geoffrey Wilson "Geoff" Northcott (November 20,



Display in the 402 Squadron Library and Archives, 17 Wing. Photo: Supplied

1920–October 2, 1978) was born in 1920 at a farm near Rapid City, Manitoba, before moving at an early age to Minnedosa, Manitoba. Northcott enlisted in the RCAF on June 3, 1940 and after completing flight training in Canada, he was posted to No. 401 "Ram" Squadron in June 1941, completing 95 sorties flying Hawker Hurricanes.

On his second tour of duty, Northcott was in No. 603 "City of Edinburgh" Squadron at Malta where he achieved two victories with numerous other enemy aircraft damaged. After September 1942, Northcott was posted to No. 53 OTU, a training squadron where he logged almost 300 hours on Spitfires.

In May 1943, Northcott was promoted to Squadron Leader and posted to the 402 "City of Winnipeg" Squadron. It was during this time that he would score seven victories and be awarded the Distinguished Flying Cross (DFC) in August 1943 and then the Bar for his DFC in December 1943.

After his command of the No. 402 Squadron, Northcott was promoted to Wing Commander, and at war's end, flew as a pilot with Trans-Canada Airlines and remained active in the RCAF reserves until his retirement from the air force as a Group Captain in May 1955.

Northcott became General Manager of Transair Limited based at Winnipeg and later served as Vice-President of survey operations for Spartan Air Services. He died in October 1978 at Vancouver. His uniform and military medals are displayed in the library and archives of No. 402 Squadron in Winnipeg, and his log books are at the Commonwealth Air Training Plan Museum in Brandon, Manitoba.



Centenarian Mary Ellis, the last surviving Second World War female pilot with EP120. Photo: Supplied

# Combat Plans Becomes Compassionate Plans



1 CAD members volunteered to work at Siloam Mission and Winnipeg Harvest. (Left to Right): Sgt C'Bas Lapointe, MWO Glenn Gallant, TSgt Cherish Barthel, Lt Joe McCaig and MWO Glenn Steele. Photo: Supplied

by TSgt Barthel and MCpl Coleman

Members of Combat Plans Division, from 1 Canadian Air Division's Combined Air Operation Center (CAOC), recently volunteered at Drop-In and Donation Centers at Siloam Mission on February 26th and Winnipeg Harvest on March 7th.

Siloam Mission is a non-profit Christian Humanitarian organization that mitigates misfortune and provides opportunities for change for those affected by homelessness. It allows members to come in and fill their hearts by filling their bellies but the Mission is more than just feeding the homeless. Siloam Mission helps people get back on their feet and see a future past their current situation. They also provide health care, secure social services to transition to permanent housing, education, work, and clothing needs. The Mission feeds about 423 members per meal and the emergency shelter has 110 beds total that averages to approximately 86 beds for men and 24 women every

night of the year. During our time at Siloam Mission, Jess, Volunteer Coordinator kindly took the time to educate our team on the history, purpose and mission of Siloam Mission before we started our day off by working in the drop-in center with Josephine, an amazing, bright, and spirited individual, who connected with the members to brighten their day. To end our day, we worked in the donation center, sorting clothes and assorted items with Lisa, another dedicated, enthusiastic and supportive individual working with the Siloam Mission.

Technical Sergeant Cherish Barthel, who coordinated the Combat Plans contribution, has been helping in homeless shelters around the world for about 15 years and summed up the team's experience, "The members that we helped out today can find themselves in this situation for many reasons outside their control; our goal is to help them get past this time of need. It is a wonderful feeling to be able to work as a team to help those in need and maybe improve their situation." In the words from Jan Schakowsky, "there is a lot that happens around the world we cannot control. We cannot stop earthquakes, we cannot prevent all conflict, but when we know where the hungry, the homeless and the sick exist, then we can help."

The Winnipeg Harvest is a non-profit organization that collects and shares surplus food with persons in need, as well as over 400 agencies. They are a founding member of Food Banks Canada and the Manitoba Association of Food Banks (MAFB). Winnipeg Harvest also offers training opportunities in order to help people step out of poverty. The Winnipeg Harvest was founded in 1984 and opened on July 1st 1985. In 2016, Winnipeg Harvest fed nearly 62,000 people in Manitoba on a monthly basis. Of that number, nearly 43% were children. Since opening its doors, Winnipeg Harvest has distributed more than 13.2 million pounds of food

to approximately 400 food distribution agencies across Manitoba, including food banks, soup kitchens, youth programs and drop-in-centres.

Upon arrival, our team was warmly greeted by Roy, one of the volunteers. He proceeded to give us a tour of the facilities, whilst explaining the core values and mission of the organization. Following this, we were given our task, which consisted of sorting through breads and baked goods, as well as sorting and filling bags of onions and potatoes. Winnipeg Harvest relies heavily on volunteers and it was rewarding to assist the organization in being able to provide nutritious meals to those in need.

Master Corporal Marie-Eve Coleman, who coordinated the Combat Plans contribution, said, "It was extremely gratifying to be able to have a hand in helping someone in need. It got me greatly interested in volunteering on a regular basis, and I think it would be something wonderful to do with my entire family."

Combat Plans Division began an initiative last year to volunteer services once a quarter towards community support. So far they've championed a Habitat for Humanity build day, the Siloam Mission and Winnipeg Harvest causes. It's not just about dropping their pens and heading out for the day to volunteer. They have to get ahead in their workload to find the time to do these sessions and put in the extra hours to catch up after volunteering. "We've been fortunate to have the support of our chain of command for these initiatives," added MWO Gallant, Chief for the section.

Squadron Leader Rich Cooke, RAF, the UK exchange officer who leads Combat Plans Division added, "The world can be a volatile place and Canadian Forces are out on operations, preserving innocent lives and promoting Canadian values, every day of the week. We get fantastic support from the community for the job we do and this is our chance to support those communities at home. I consider myself incredibly lucky to lead a team that have passion for the job they do, and compassion for the community that supports them."

For anyone wishing to find out more, or interested in volunteering support, more information can be found at: <https://siloam.ca/> and [www.winnipeg Harvest.org](http://www.winnipeg Harvest.org).

## Mortgage Assistance Now Available on 17 Wing

by Martin Zeilig, Voxair Photojournalist

A new Bank of Montreal-Canadian Defence Community Banking-SISIP Financial engagement pilot program designed to support the home financing and the "unique financial needs" of service members and their families right where they live and work on their base/wing/unit has a new face at 17 Wing; Magdalena Weber, Mobile Mortgage Specialist, BMO.

The pilot program was started in December 2017, said John Clarey, Manager SISIP Financial at 17 Wing.

Besides CFB Winnipeg, the program is also being piloted at CFB Edmonton, CFB Halifax, CFSU-Ottawa, CFB Petawawa, CFB, and, CFB Valcartier.

"Designed specifically for the Defence Community, CDCB offers cost-effective banking plans with unique features tailored to the military lifestyle and needs," says information from Canadian Forces Morale and Welfare. "This Chief of Defence Staff authorized program with contracted delivery by BMO Bank of Montreal is maintained to provide members of the Defence Community with enhanced banking services. CDCB is delivered in a non-public property framework through the Canadian Forces Morale and Welfare Serves.

"CDCB features discounted banking plans, competitive mortgage rates, special benefits such as the Integrated Relocation Mortgage Offer and the BMO Support Our Troops MasterCard which directly benefits Canadian Forces morale and welfare programs."

When it comes to mortgages, Magdalena Weber notes that CDCB customers save \$1,010.04 each year on a 25 year amortization period--\$250,000-- five year Fixed (closed) term mortgage.

"Also, if you relocate afterwards, then through the integrated relocation program you have the flexibility to move or break your mortgage with no pre-payment

charge," she said. "Typically, when you break your mortgage in the middle of a term, there's an interest charge you have to pay to break it early. But, if you relocate, you can avoid that as long as you have a relocation manager."

Aside from mortgage options, there are great banking alternatives within BMO's performance plan, including unlimited electronic transfers, five free non-BMO ATM withdrawals per month, free banking for children, and up to 20 accounts in the performance plan, said Weber.

"It's certainly a good program to allow our people to become more mortgage aware than in the past," said SISIP Financial Manager John Clarey. "The key is the relationship between BMO mortgage specialists and ourselves. Most people when they come into our office are looking to purchase a house, and are looking to acquire a mortgage. So, we have a referral process in place where we contact Magdalena, and she works with them."

He also pointed out that the main premise of the program to have the mortgage specialist "embedded" with SISIP Financial and the base as a whole.

"We're working now to establish a permanent location for Magdalena to have an office, so she can be here several times a week," Clarey said.

Weber, who was born in Warsaw, Poland, but has lived in Winnipeg for 30 years, said she loves helping people.

"I want to be part of their success down the road," she observed. "Mortgages are very confusing, and it's such a help having someone available to explain the process. I do all the worrying and organizing for you. I'm always available to help even if people want to reach out to me for a second opinion."



Magdalena Weber, Mobile Mortgage Specialist for the Bank of Montreal Canadian Defence Community Banking at 17 Wing Winnipeg. Photo: Supplied

For further information, contact Weber at 204-229-0310; email: [magdalena.weber@bmo.com](mailto:magdalena.weber@bmo.com); SISIP Financial at 204-765-7121, or, email: [clarey.john@cfmws.com](mailto:clarey.john@cfmws.com)

# NORAD Celebrates 60 Years of Guarding the Continent



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by Martin Zeilig, Voxair Photojournalist

The North American Aerospace Defense Command (NORAD) will celebrate its 60th anniversary on 12 May 2018.

On that date in 1958, the US and Canada, recognizing that it made more sense to defend the air and later aerospace approaches to North America together rather than separately, signed the first NORAD Agreement, said Andrea Charron, PhD, Associate Professor, Political Studies, Director, Centre for Defence and Security Studies (CDSS), University of Manitoba, in an email to the Voxair.

Charron will be a featured speaker at the NORAD 60 anniversary on May 24 2018 at the Royal Aviation Museum of Western Canada. The event is being sponsored by the Defence Engagement Grant - DND, Winnipeg Airport Authority, Southport, CANLAN, CIC Winnipeg, Conference of Defence Associations Institute, Royal Military Institute of Manitoba, Manitoba Chair of Global Governance, 2 CAD, 17 Wing, 1 CAD, GoodLife, Magellan Aerospace, the University of Manitoba and its CDSS.

For 60 years NORAD has had "the Watch," and "I am immensely proud of the work all members of NORAD, military and civilian, Canadian and American to maintain the safety and security of our Nations," General Lori J. Robinson Commander NORAD & U.S. Northern Command writes on the NORAD website.

"The success of NORAD is due to all of you and the thousands of men and women over the past 60 years

who dedicated themselves to the service of defending Canada and the United States," she says. "This important anniversary provides us the opportunity to look back and reflect on all of those who have executed the NORAD missions since the first NORAD agreement in 1958, to look inward at the work we do each day and to look to the future of NORAD and the defence of North America."

Following more than a decade of bilateral air defence cooperation between Canada and the U.S, the creation of NORAD made infinite sense during the Cold War when both states were threatened by the Soviet Union and its bear bombers and intercontinental ballistic missiles, Charron contends.

"As the world has changed so have the threats facing North America, including threats emanating from within North America that resulted in 9/11 requiring NORAD to adapt," she says, noting that Canada and the U.S. have been partners in the command since the beginning.

Indeed, the Agreement requires that the NORAD Commander be chosen from one country and the Deputy-Commander from the other, Charron notes.

"The NORAD Commander has always been a US officer and the Deputy-Commander Canadian by convention; but Canada must agree to the US choice of NORAD Commander before that nomination is sent to the US Senate to approve his/her appointment," she says.

This speaks to the truly remarkable nature of the binational agreement, Charron maintains.

"NORAD is charged with the combined defence of both the US and Canada and the Commander of NORAD is responsible to the highest levels of both governments via the Secretary of Defense and President on the US side and Chief of Defence Staff, Minister of Defence and Prime Minister on the Canadian side," she says. "What is more, a Canadian may find him or herself responsible for the air defence of both states during a crisis as was the case when Major General (at the time) Eric "Rick" Findley of the Royal Canadian Air Force was on watch as Director of Operations with Canadian and US personnel [in NORAD's Cheyenne Mountain Operations Center] on 11 September 2001."

She points out that Canada's contribution also

includes its NORAD region headquarters based in Winnipeg, co-located with 1 Canadian Air Division, maintenance of the North Warning System in the Arctic (which provides vital aerospace surveillance information), a picture of maritime activity approaching North America and fighter jets to intercept potential threats.

"There is much that Canada's smaller military force (including approximately 150 at the NORAD HQ's in Colorado Springs) contributes to NORAD," Charron adds. "The difficulty is that this contribution is not well known, nor is the importance of NORAD to both countries fully appreciated. NORAD today is largely out-of-sight and out-of-mind, best known as the organization that 'tracks Santa.'"

"NORAD, however, has evolved, adapted and modernized providing aid to drug interdiction missions in the 1980s and adding a maritime warning and control missions in 2006 to its aerospace warning and control missions."

Both countries reflexively point to NORAD as proof of excellent Canada-US relations, she notes. And yet, few outside of NORAD "grasp the significant changes" that have taken place and will need to be made in the very near future if NORAD is to continue to "deter, detect and defeat" threats to North America.

"First, threats can originate from multiple domains: air, maritime, cyber, aerospace, land and space to threaten North America. Does a Command with responsibility in only three of the domains (air, aerospace and maritime) still make sense?" Charron writes. "Second, is NORAD currently organized optimally to react to threats? Third, does NORAD have the right information at the right time to make decisions? And fourth, what might be the future of NORAD in another sixty years' time? Will Mexico be invited to join? Will Greenland play a greater role? Might NORAD become a multi-domain, multi-partner, multi-mission North American defense command dropping reference to "aerospace" all together?"

No organization "is more focused on all of these questions than NORAD" but what about Canadian and US governments or Canadians and Americans?

"Such an important binational agreement, coupled with potentially significant changes in the future, merits all of our attention," says Charron.

## Chipotle and Bacon Roasted Corn Chowder with Avocado Crème Fraiche and Sugared Julienne Tortilla

Due to an overwhelming number of requests, 17 MSS Food Services chefs MCpl Fraser Ashmead and Cpl Paul Heatherington have graciously provided The Voxair with their award-winning recipe.



17 MSS Food Services chefs MCpl Fraser Ashmead and Cpl Paul Heatherington dish out soup and prepare another batch at the 6th Annual Stone Soup Competition in the main floor gallery of the Manitoba Hydro Building. Their Chipotle and Bacon Roasted Corn Chowder won the People's Choice Award. The event is a fundraiser for The Child Nutrition Council of Manitoba in support of child nutrition programs across the province.

Photo: Martin Zeilig, Voxair Photojournalist

### Ingredients:

1 cup Butter  
1 cup Bacon  
1.5 Cups Flour  
1 Chipotle Peppers  
3 cups Corn Roasted  
2 Onion  
4 Stalks Celery  
4 Potatoes  
1 Red Pepper  
1 Avocado  
3 Tbsp. Sour Cream

### Yield: 2.5L

500ml Cream  
Tt Salt & Pepper  
1 Tbsp. Garlic  
1.5L Roasted Vegetable Stock  
1 Tsp. Sugar  
1 Tsp. Cinnamon  
½ Tsp. Cayenne  
4 Tri-Color Tortilla  
1 cup Cilantro  
1 Tsp. Lemon juice

### Method:

Sweat Bacon until rendered and remove half for garnish. Add butter and sweat vegetables except corn and potatoes then add all spices. Add flour to make roux and cook out then add corn and vegetable stock. Bring to boil then simmer and add potatoes cook for approximately 20 minutes. Adjust seasoning and add cream to finish.

For Crème Fraiche, puree Avocado until smooth and add sour cream and seasonings, cayenne, Salt and Pepper, garlic powder, lemon juice and cilantro.

For tortilla, cut in to thin Julienne strips and fry until crisp, then toss in cinnamon, sugar and cayenne mixture for garnish

Crumble reserved Bacon for garnish and have cilantro chopped fine as well.



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# Psychological Drama Examines PTSD



Daniel Thau-Eleff spoke to the Voxair about his play *Deserter*, a psychological drama about about a soldier's moral quandary and the effects on him. Photo: Submitted

*Deserter* is a new play by award-winning Winnipeg playwright Daniel Thau-Eleff, inspired by the soldiers who deserted the Iraq war and came to Canada.

The play, which is produced by Moving Target Theatre and will be directed by Arne MacPherson, runs May 17-27 at the Rachel Browne Theatre 211 Bannatyne Ave.

The playwright is offering special pricing for military members. Until May 1, early bird tickets will be \$20 plus taxes and fees, but after May 1 military members will still be eligible for the early bird fee of \$20 plus taxes and fees.

*Deserter* follows Curtis Colby, a fictional war-deserter who is detained for using a fake passport, says advance promotional material. Colby finds himself in a tug-of-war between a holding cell in the present-day, his time in Iraq, and a small town in Manitoba, where he and his wife Jessica are desperately trying to lead a normal life.

During a recent interview with *The Voxair*, Thau-Eleff explained that *Deserter* explores moral behaviour in a complex world, raising questions about the relationship between civilians and soldiers in countries with volunteer armies: When should a soldier say no? What morality can we hope for in war? And what is the role of ordinary citizens?

Thau-Eleff emphasized that his play is viewed through the lens of Post Traumatic Stress Disorder-- a topic that has been featured in *The Voxair* a number of

times over the past three years.

PTSD is a form of Operational Stress.

"Operational stress is a concept rather than a medical term," says information on the Operational Stress Injury Clinic at Deer Lodge Centre website. "The term was devised by the Canadian Forces to describe the range of negative health effects caused by military service. It is the same as the term combat stress, and it encompasses a range of health problems.

Veterans Affairs Canada defines an OSI as "any persistent psychological difficulty resulting from operational duties performed while serving in the Canadian military. It is used to describe a broad range of problems which include diagnosed medical conditions such as anxiety disorders, depression and post traumatic stress disorder (PTSD) as well as other conditions that may be less severe, but still interfere with daily functioning," explains the online material.

"The play is a psychological drama," Thau-Eleff said. "In some ways, it's a PTSD nightmare as well as a bureaucratic nightmare. If you oppose war, then why don't you support soldiers? If you support soldiers, then why don't you oppose war?"

He added that the play's protagonist, played by actor Jeff Strome, is caught in a moral quandary between a good person or following orders.

Thau-Eleff said his main "go to" to learn about PTSD was *Slaughterhouse-Five*, or *The Children's Crusade: A Duty-Dance with Death* (1969), a science fiction-infused anti-war novel by Kurt Vonnegut about the World War II experiences and journeys through time of Billy Pilgrim, from his time as an American soldier and chaplain's assistant, to postwar and early years, notes Wikipedia.

He added that his other main source material to learn about PTSD was the book, *Achilles in Vietnam: Combat Trauma and the Undoing of Character* by Jonathan Shay.

Jonathan Shay (born 1941) is a doctor and clinical psychiatrist. He holds a B.A. from Harvard (1963) and an M.D. (1971) and a Ph.D. (1972) from the University of Pennsylvania, says Wikipedia, which notes that he is best known for his publications comparing the experiences of Vietnam veterans with the descriptions of war and homecoming in Homer's *Iliad* and *Odyssey*

"Shay is a passionate advocate of improved mental health treatment for soldiers and of more vigorous efforts to prevent PTSD, in addition to structural reform of the ways the U.S. armed forces are organized, trained, and counselled," says the online information.

Shay is respected in military circles, having conducted the Commandant of the Marine Corps Trust

Study (1999-2000); serving as Visiting Scholar-at-Large at the U.S. Naval War College (2001); Chair of Ethics, Leadership, and Personnel Policy in the Office of the U.S. Army Deputy Chief of Staff for Personnel; and was Omar Bradley Chair of Strategic Leadership at the US Army War College and Dickinson College (2008-2009).

"In 2007 he received a MacArthur "Genius" Grant fellowship. In 2010 he was awarded the Salem Award for Human Rights and Social Justice for "building public awareness and acceptance of post-traumatic stress disorder as a serious and bona fide war injury."

Thau-Eleff maintains that his role is that of a storyteller.

"I'm not a psychologist," he said. "My role is not to heal anybody. However, stories can be healing."

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BY DANIEL THAU-ELEFF

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Deputy Commander Royal Canadian Air Force, Major General Blaise Frawley inspects the parade during the renaming ceremony for the W/C William G. Barker VC Aerospace College on April 12th, 2018 at the Royal Aviation Museum of Western Canada, Winnipeg. Photo: Cpl Bryce Cooper, 17 Wing Imaging

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# Around The Wing



The Honourable Harjit Singh Sajjan, Minister of National Defence, speaks to children at the Military Family Resource Centre (MFRC) on April 11, 2018 at 17 Wing. Photo: Cpl Darry Hepner, 17 Wing Imaging



17 Wing Personnel Support Programs Fitness and Recreation staff express their support for Humboldt on April 12 at the gym on the Wing. Photo: Bill McLeod, Voxair Manager

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The Honourable Harjit Singh Sajjan, Minister of National Defence, listens to Cpl Bert Briem of 402 Sqn during Month of the Military Child at the Military Family Resource Centre (MFRC) on April 11, 2018 at 17 Wing Winnipeg. Photo: Cpl Darry Hepner, 17 Wing Imaging

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# Special Hunters Shares Healing Stories of Another War



Mia Sally Correia (Left) presents her book, *Special Hunters*, about her father Pedro Correia's (Centre) experiences in Angola, as part of the Veteran's Family Program at the Military Family Resource Centre, 17 Wing Winnipeg, on April 05, 2018. Photo: Sgt Daren Kraus

"Sometimes reality is too complex. Stories give it form."  
— Jean Luc Godard, film director, screen writer, critic  
by Martin Zeilig, Voxair Photojournalist

Mia Sally Correia knows the value of storytelling in all of its many manifestations.

She is the author of *Special Hunters*, a self-published soft cover true story, illustrated with photographs, about her father, Pedro Correia, a former member of the Portuguese Armed Forces, who was a "Special Hunter" during the Portuguese Colonial War in Angola for three years, 1963-1966.

"Sharing stories is healing," Ms. Correia said during an interview which included her father. "Stories are a way to heal trauma even if it's not your own, and this has come through an intergenerational process. We all have a story to tell. There are no victims, only heroes to whom bad things occasionally happen."

Pedro immigrated to Canada in 1968 with his family and lives with the ongoing challenge of Post-Traumatic Stress Disorder, notes information on the back cover of *Special Hunters*.

"Over the years, he has been telling his stories to his daughter, who is sharing them in the fictionalized voice of Nurse Mae Rosa Negra, in the role of the psychiatrist chronicling battle fatigue— now called PTSD, and providing the author with poetic licence to protect the living and the dead," says the brief synopsis.

Ms. Correia, a former civil servant with the Province of Manitoba, has a Master's Degree in cultural anthropology from the University of Manitoba. She now operates Navegante Cultural, an independent publishing and consulting business.

"If Canadian veterans read this book, they'll learn a lesson," Pedro Correia, 74, a retired painter, said. "We have to share our stories, then we could work together to deal with PTSD."

Correia, who is President of the Nucleus of the League of Combatants in Winnipeg, also mentioned that he will be visiting Portugal this summer where he'll be, among other things, participating in the Circle of Trust with other members of the League of Combatants.

"It's a sharing circle, where we get our anxieties off our chest," Correia explained, noting that the Circle of Trust is led by a psychiatrist in Lisbon, the capital city of Portugal.

Pedro Correia's close association with 17 Wing goes back several years.

It began when Colonel (Ret) Joel Roy, now Executive Director of the Military Family Resource Centre, was 17 Wing Commander (2013-2015), Pedro Correia commented.

"I used to invite (previous) 17 Wing Commanders to the dinner of the League of Combatants," he said.

"After he (Col Roy) retired, he became a member of the League of Combatants," he said, "and, we invited him to become the President of the League."

That closeness to 17 Wing continues to this day.

General Joaquim Chito Rodrigues, the head of the

League of Combatants, says the book is "a true call to attention," of a problem that affects many combatants, and consequently, their families as well.

"(T)his deserves attention and support from our government institutions, and of those institutions devoted to social solidarity," he writes in the Preface.

Ms. Correia said she wrote the book for two main reasons.

"I wanted to share a story that brought some relief to the trauma that my father had and which was passed onto me, the intergenerational trauma," she offered. "My father always wanted grandchildren. But, I made a conscious decision not to have children because I wanted the chain of trauma to stop with me. I was willing to take the chance. It's a hero's journey. I've been hearing this story since childhood."

*Special Hunters* is available through the website, [www.naveganteculturalnavigator.com](http://www.naveganteculturalnavigator.com)



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## 17 WING FIRE CHIEF'S CORNER



### Kidde recalls Dual-Sensor (Photoelectric and Ionization) Smoke Alarms

Starting date: March 21, 2018

Posting date: March 21, 2018

Type of communication: Consumer Product Recall

Subcategory: Household Items

Source of recall: Health Canada

Issue: Product Safety

Audience: General Public

Identification number: RA-66226

Joint recall with Health Canada, the United States Consumer Product Safety Commission (US CPSC) and Kidde

**Affected products: Kidde Dual-Sensor (Photoelectric and Ionization) Smoke Alarms – Models PI2010CA and PI9010CA**

**Product description:** This recall involves two models (PI2010CA and PI9010CA) of Kidde dual-sensor (photoelectric and ionization) smoke alarms manufactured between September 10, 2016 and October 13, 2017. The model number and date code are located on the back of the unit. The affected smoke alarms have a pill shaped design on the front of the unit. The affected models have a yellow cap visible through the opening on the side of the alarm.

To identify the presence of the yellow sensor cap:

1. Consumers should remove the alarm from the wall/ceiling and visually inspect.
2. Consumers should check the brand name and look for the unique design of the PI2010CA and PI9010CA smoke alarm.
3. Consumers should then locate the locking tab on the back of the alarm, turn the alarm on its side and look at the opening closest to the locking tab.
4. If a yellow cap can be seen in the opening the unit is affected and must be replaced. Consumers should not attempt to take apart the alarm, open the casing, or otherwise remove the yellow cap themselves.
5. If no yellow cap is present, consumers should reinstall the smoke alarm and no further action is needed.

**Hazard identified:** A yellow cap can cover one of the two smoke sensors, which compromises the smoke alarms' ability to detect smoke.

As of March 7, 2018 the company has received no reports of incidents or injuries in Canada or the United States. There has been one report from a consumer who identified the yellow protective cap before installing the smoke alarm.

**Number sold:** Approximately 40,000 units of the affected products were sold in Canada and approximately 452,000 units were sold in the United States.

**Time period sold:** The recalled products were sold from November 1, 2016 to January 25, 2018.

**Place of origin:** Manufactured in China.

**Companies:** Walter Kidde Portable Equipment Company Inc., Mebane, North Carolina UNITED STATES

**What you should do:**

Consumers should immediately contact Kidde to receive instructions on how to identify the presence of the yellow sensor cap and request a free replacement smoke alarm if their smoke alarm contains the yellow cap. They should remove and discard the affected smoke alarm only after they receive and install the replacement alarm.

Consumers may contact Kidde toll-free at 1-833-551-7739 from 8:30 a.m. to 5 p.m. ET Monday through Friday, and Saturday and Sunday from 9 a.m. to 3 p.m., or online.

Please note that the Canada Consumer Product Safety Act prohibits recalled products from being re-distributed, sold or even given away in Canada.



Major Stuart Gullen was presented the third clasp to the Canadian Forces' Decoration, representing 42 years of service to the country, on April 12, 2018, at 17 Wing Winnipeg. (L-R) 17 Wing Commander Colonel Andy Cook, Maj Gullen, Corporal Brenda Gullen, and Wing Chief Warrant Officer Jerome Rossignol. Photo: Sgt Daren Kraus

### Spring Cleaning & Getting your yard ready Tips from the Community Health Nurse 17 Wing, Winnipeg



- **Fact:** The warm weather is upon us as are spring cleaning activities. Despite experiencing a sense of accomplishment after getting your yard and garden ready for the summer, spring clean-up can lead to injuries e.g. via use of sharp tools, machinery; and expose individuals to infections such as Tetanus (lockjaw), Lyme Disease and Hantavirus. The following tips are provided to help you reduce the risks of injury and exposure to infections potentially associated with spring cleaning activities.
- **Injury prevention tips:**
  - Wear protective clothing and equipment e.g. sturdy boots or shoes, gloves, long pants, goggles to protect against flying debris, insects and chemicals
  - Read and follow the instructions of gardening tools, equipment or chemicals. Keep tools, equipment or chemicals out of children's reach.
  - Keep hydrated: Pace yourself and drink plenty of fluids, especially water.
  - Reduce your risks of getting sunburned: Use sunscreen according to label instructions.
- **Infection prevention tips:**
  - Use insect repellent and wear light-coloured protective clothing: e.g. long-sleeve shirt, long pants when mosquitoes are most active (dawn & dusk) or where ticks are likely to be present (near the ground, brush, edge of lawn, tall grass). Note: Light-coloured clothing is less attractive to mosquitoes and also allows you to easily identify and remove ticks.
  - Tuck your shirt in your pants, and your pant bottom into your socks or boots to prevent tick bites.
  - Avoid contact with rodents and their droppings. Treat their droppings as potentially harmful. Learn the steps about how to properly and safely clean a rodent affected areas e.g. shed, barn, cabin where rodents may be present.
  - Get vaccinated against tetanus (lockjaw) if you are not up to date. Tetanus can live in the soil (dirt) and enter your body when the skin is broken. Tetanus booster (needle or shot) is recommended every 10 years for adults.
  - Routinely wash your hands with soap & warm water when your hands are visibly dirty.

For detailed information and prevention tips about the above topics, consult the following websites:

Health Canada. It's Your Health

- Garden Safety: <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/life-vie/garden-jardin-eng.php>

Manitoba Health:

- Hantavirus <http://www.gov.mb.ca/health/publichealth/factsheets/Hantavirusfs.pdf>
- Lyme Disease: <http://www.gov.mb.ca/health/publichealth/diseases/lyme.html>

Public Health Agency of Canada:

- Tetanus: <https://www.canada.ca/en/public-health/services/immunization/vaccine-preventable-diseases/tetanus.html>



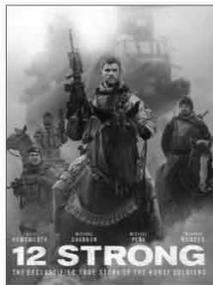
# cafconnection.ca/winnipeg



## 2018 Free! MOVIE NIGHTS

BUILDING 90 - THEATRE

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**APRIL 25**  
Rated 14+ yrs



WEDNESDAY  
**MAY 23**  
Rated R



WEDNESDAY  
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### YOGA for active living

SUN April 8 to June 24 • 1330 - 1430 hrs

**NEW LOCATION!**

**SOUTH SIDE COMMUNITY CENTRE**

A variety of restorative (Yin) and more active (Hatha) classes.

Come and experience the many benefits of yoga. \*No class May 27

**FREE for Military and Family Members 16+ yrs, Retired Military, DND Employees, Community Rec Memberships and Fit Pass**

Spring session card holders.

### YOGA pour la vie active

dimanche, le 8 avril au 24 juin • 13 h 30-14 h 30 h

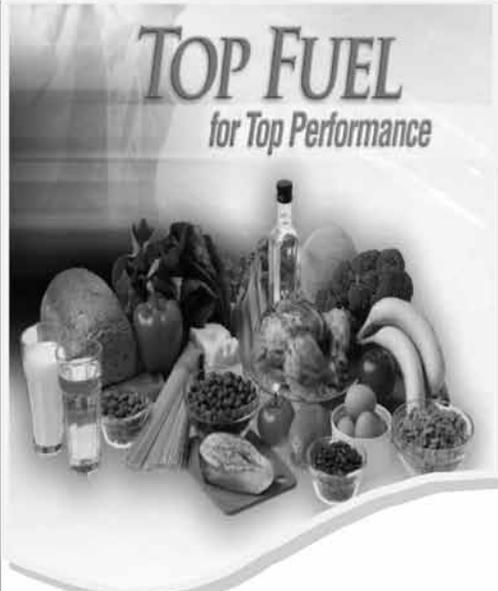
**NOUVEAU LOCALE!**

**CENTRE COMMUNAUTAIRE SOUTH SIDE**

Une variété de cours réparateurs (Yin) et des cours plus actifs (Hatha)

Venez profiter des bienfaits multiples de yoga. \*Pas de cours le 27 mai

**GRATUIT pour les Militaires et les Membres de Leurs Familles de 16 ans +, les militaires retraités, les employés du MDN, les adhérents aux Loisirs Communautaires et les détenteurs d'un laissez-passer pour la session de printemps.**



### BOUFFE-SANTÉ

pour un rendement assuré

**26 & 27 April**

0830-1600 hrs

**26 et 27**

**avril**

08 h 30 - 16 h 00

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

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

**Gratuit** pour les membres militaires, de leurs familles et les employés du DND !

Pour plus d'informations ou pour vous inscrire, composez promotion de la santé au (204) 833-2500 4150, Ou par courriel [health.promo@forces.gc.ca](mailto:health.promo@forces.gc.ca)



## CFB Winnipeg Golf Club

The CFB Winnipeg Golf Club is set to open on 28 April 2018!  
Check our website for further updates: [www.17wingwpggolf.ca](http://www.17wingwpggolf.ca)

2018 Golf Club membership fees are very reasonable and are as follows:

Regular Membership: \$360  
Ordinary Membership: \$380  
Associate Membership: \$405  
Spouse Membership: \$210  
Junior Membership: \$100  
(All pricing includes taxes)

If you were not a member of the CFB Winnipeg Golf Club in 2017 and you take out a 2018 membership, you will receive a 10% discount on your membership fees.

If you were a Golf Club member in 2017 and renew your membership in 2018 and you bring in a new member (not a member in 2017) to the Golf Club you will receive a 10% discount on your 2018 membership fees for every new member you bring in (up to a maximum discount of 50%).

Family membership rates and Junior memberships are also an attractive option.

Come out early to take advantage of payment plan options, which allows you to spread your membership fees over the period between June and September.

For more information about obtaining a golf club membership, payment options, and any other questions you may have regarding the Club, please contact the Golf Club Manager at local 6909 or 204.832.8436.



## Connect with us:

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

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

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

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

# Upcoming MFRC Programs and Events



APRIL IS MONTH OF THE MILITARY CHILD

MONTH OF THE  
**MILITARY CHILD  
CELEBRATION!**

Military children are resilient, unique & deserve to be celebrated.

SATURDAY **DATE CHANGE  
JUNE 16** 2018

10am-1pm

642 Wihuri Rd \* Bldg. 33 - Parking Lot

Join us for music,  
games, crafts,  
face painting &  
so much more!!

**FREE!**

PRESENTED BY **MFRC**  
MILITARY FAMILY RESOURCE CENTRE  
WINNIPEG

REGISTER BY 10 APRIL \* MFRC - 833-2500 EXT. 4575

**ANATOMY OF A CANADIAN MILITARY CHILD**

**INDEPENDENT**  
Canadian military children face challenges like walking up the stairs of a new school alone, or into a brand new classroom of their peers, each time their military family is relocated. Moving regularly provides children the opportunity to develop qualities like self-reliance and self-respect.

**ADAPTABLE**  
Learning to live in the moment is a trait of the adaptable military child. Military children learn to say goodbye to all they know and develop the skills to create new lives for themselves at school and in their new communities. Their flexibility allows them to adapt to their ever changing landscape.

**COURAGEOUS**  
When operational requirements take military members away from their families for periods of time military children learn to be courageous in the face of separation. When the training requirements of the military member are dangerous military children become aware of the risks involved and face their fears with bravery beyond their years.

**SOCIAL**  
When faced with ever changing circumstances military children build their social skills by joining new sports teams, bands and clubs every time they relocate to a new community. Over time military children learn how to thrive in challenging social circumstances using keen observation and relying on life experiences.

Follow us on our social media platforms for information about our national programs and services available to Canadian military families and more!

Facebook: @MFCwin, Twitter: @MFCwin, YouTube: @MFCwin, Instagram: @MFCwin



AVRIL EST LE MOIS DE L'ENFANT DE MILITAIRES

**CÉLÉBRONS  
LE MOIS DE  
L'ENFANT DE MILITAIRES!**

Les enfants issus d'une famille militaire sont résilients, uniques et méritent d'être célébrés.

SAMEDI **CHANGEMENT DE DATE  
16 JUIN** 2018

de 10 h à 13 h

642, ch. Wihuri \* Stationnement du bât. 33

Rejoignez-nous  
pour de la musique,  
de l'artisanat,  
de la nourriture, et  
du plaisir!

**GRATUIT!**

PRÉSENTÉ PAR **CRFM**  
CENTRE DES RESSOURCES POUR  
LES FAMILLES DE MILITAIRES  
WINNIPEG

INSCRIVEZ-VOUS AVANT LE 10 AVRIL \* CRFM - 833-2500 POSTE 4575

**PROFIL D'UN ENFANT DE MILITAIRE**

**INDÉPENDANCE**  
Lors d'une réinstallation, les enfants des militaires canadiens doivent relever de nombreux défis : franchir seul la porte d'une nouvelle école ou s'intégrer à un nouveau groupe de camarades de classe. Du fait de fréquents déménagements, les enfants ont l'occasion d'accroître leur résilience et l'estime de soi.

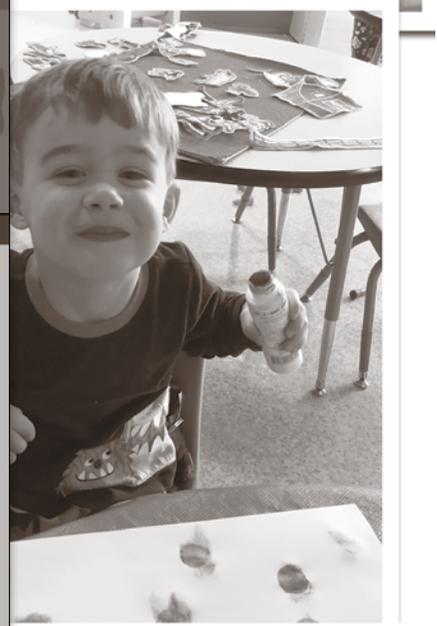
**ADAPTABILITÉ**  
L'enfant de militaire qui sait s'adapter apprend notamment à vivre l'instant présent. Les enfants des militaires apprennent à laisser derrière eux tout ce qui est familier pour acquérir les compétences par lesquelles ils pourront se façonner une nouvelle vie à l'école et dans leur nouvelle communauté. Grâce à leur souplesse, ils peuvent s'adapter au nouvel environnement.

**COURAGE**  
Les militaires doivent s'absenter de leur famille pendant de longues périodes pour répondre à des exigences opérationnelles; leurs enfants deviennent plus courageux en raison de la séparation qui leur est imposée. Les enfants des militaires sont conscients du danger que comporte parfois l'entraînement militaire et font preuve d'un courage au-delà de leur âge pour surmonter leurs peurs.

**SOCIABILITÉ**  
Pour s'adapter aux circonstances en constante évolution, les enfants des militaires forment de nouvelles compétences en joignant une équipe sportive, un groupe de musique ou un club lors de chaque réinstallation dans une nouvelle communauté. Au fil du temps, les enfants des militaires apprennent à s'épanouir malgré les défis que représentent certaines situations sociales difficiles grâce à un sens vif d'observation et à leurs expériences de vie.

Suivez-nous sur les médias sociaux pour vous informer sur nos programmes et services nationaux offerts aux familles des militaires canadiennes!

Facebook: @MFRCwin, Twitter: @MFRCwin, YouTube: @MFRCwin, Instagram: @MFRCwin



## Sports Trivia Answers

1. Chuck Connors.
2. Abebe Bikila of Ethiopia.
3. Waldemar Cierpinski, 1976 and 1980 Marathon winner.
4. Armand 'Bep' Guidolin, age 16 years 11 months 3 days.
5. Bernie "Boom-Boom" Geoffrion scored his fifty goals in the 1960-61 season.
6. Gilbert Perreault, Richard Martin, and Rene Robert counted 1179 goals.
7. Pat Verbeek with 2905 minutes.
8. Gary Leeman.
9. Pavel Bure – 3 seasons with 50 or more with the Canucks and 2 seasons with the Panthers.
10. Bryce Harper at 22 years 353 days old in 2015 when he was selected MVP.
11. Jamie Moyer.
12. Willie Mosconi set the record in Springfield, Ohio on March 19-20, 1954.
13. The Mosconi Cup.
14. Joshua Filler of Germany.
15. Raymond van Barneveld in the 2009 quarter final beating fellow countryman Jelle Klaasan of The Netherlands.
16. Phil Taylor of England with 25 appearances.
17. Gary Anderson of Scotland in 2017.
18. Dennis Priestly won the BDO in 1991 and the PDC in 1994 ( Phil Taylor, John Part of Canada, and Raymond van Barneveld have also won both).
19. Epsom Downs racecourse in Surrey, England on the first Saturday in June. It is the Original Derby although other races may have "Derby" in their name such as the Kentucky Derby. The Derby is always written with a Capital "T" while the others are not unless "The" begins a sentence.
20. Nijinski (son of Northern Dancer) was the last to win the English Triple Crown, in 1970.

# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** Listen when others remind you of what you once enjoyed. Are these activities still fun? Notice what gets you motivated and excited these days. Another's story can help your brainstorming process. Listen to your body. It will tell you what you're up for and what you are not.

**Taurus (April 20 – May 20):** Get your work done first then plan for fun. You'll have more time and can take on more responsibilities now. Determine what efforts will show the greatest return. Don't rush the assessment process. When chatting with another, listen to what they say, but also listen to yourself.

**Gemini (May 21 – June 21):** You are coping and managing but it feels like you are in limbo. The best course of action is to go on an inner journey of self-discovery. Determine what you truly want and then head in that direction. Once you have a goal, things become easier. Step by step you'll see progress.

**Cancer (June 22 – July 22):** Determine what you need to do to be ready for the spring and summer months. If you don't schedule in activities the time will slip away. Tackle the toughest stuff when your energy is high. Be flexible in your planning. Make adjustments when last minute opportunities come up.

**Leo (July 23 – August 22):** Someone you care about is facing a challenging time and may request your assistance. Put your own needs and plans on hold to be there for them. A cycle is ending. Information surfaces that alters a situation radically. Do not presume that you can fix everything through force of will.

**Virgo (August 23 – September 22):** You've reached a significant point in your efforts to reach a goal. Take a break. Create a financial plan that includes money for some work you've put off doing. Find people who can work for you. You can't do everything yourself right now. Plan for the unexpected.

**Libra (September 23 – October 23):** You would like to just relax and enjoy leisure time but this might not be the best thing to do right now. Be practical. There are things that need to be done. The best thing is to determine where you want to be in a year and then outline the steps to get you there. The time will fly by.

**Scorpio (October 24 – November 21):** You can muddle through challenges if you wish. Being reactive instead of proactive is exhausting though. Better to be organized and honest about what you really can do. Determine where you can be most effective and focus your energy there. You'll get further faster then.

**Sagittarius (November 22 – December 21):** You are blessed with good friends. Work on your relationships and they will stay strong. When caught up in your own life's work and play you may lose track of the time passing. Regularly check in with loved ones to see what's happening in their lives.

**Capricorn (December 22 – January 19):** Independence is good, up to a point. Ask for help if needed. You may feel isolated and frustrated when others don't understand. Commit to trying to connect in meaningful ways. This is essential when a major shake-up in your plans leaves you needing emotional support.

**Aquarius (January 20 – February 18):** Schedule time with friends and family you want to see. Set up a basic plan for getting things done then tweak it when necessary. Challenging conversations can fuel creativity and inventiveness. A break from work is not a waste of time. You get more done after a rest.

**Pisces (February 19 – March 20):** When you're not sure what to do, ask someone with experience. Then take a step back. Become the observer. Weight up your options. Assess whether the outcome will bring you closer to a personal goal. Put the bulk of your energy towards your own priorities. Trust yourself.

FOR APPOINTMENTS with NANCY CALL 204-775-8368

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

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

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**May 4 & 5 – Woody and The Wild Ones**  
**May 11 & 12 – The Otherside**

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**DANCE TO LIVE BANDS**  
Friday 8pm-1am June-August  
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## Your 17 Wing Chaplain Team



# Chaplain's Corner

## What's In A Name? CFSAS Blooms into Barker



in our country's history. The school became the RCAF Wing Commander William G. Barker VC Aerospace College (Barker College), honouring this Canadian First World War flying hero.

It is worthwhile to draw a parallel to our scriptures wherein, a well known personality in the Old Testament, also a war hero, had his name changed albeit under very different circumstances.

Of the 12 leaders sent to Israel to help prepare the people for their imminent entry into the Holy Land, only Joshua (Yehoshua in Hebrew) is previously known to us. He was Chief of Staff during the Jewish people's first war, when the Amalekite nation attacked the women and children of Israel soon after the Exodus from Egypt.

Joshua was not just a great military man, although these traits made him a most appropriate leader of the Jewish people when they eventually did enter the land of Israel. He was, in truth, a spiritual giant, accompanying Moses at Mount Sinai. "And Moses and his aide Joshua set out, and Moses ascended God's mountain" (Exodus 23:13). He was also there forty days later, ready to assist Moses as he descended from Sinai to the sight of the golden calf. Presumably, it was these displays of leadership that led to a name change (in the footsteps of Abraham, Sarah and Jacob), with one letter being added to his original name, Hoshea. Our Sages, in fact, declared that the one Hebrew letter, a yud that was taken from the end of Sarai's name when it was changed to Sarah was the "same yud" that was added to the beginning of Yehoshua. Abraham and Sarah began

Jewish history by leaving their homeland and going to the land of Israel; Yehoshua was the one to lead their

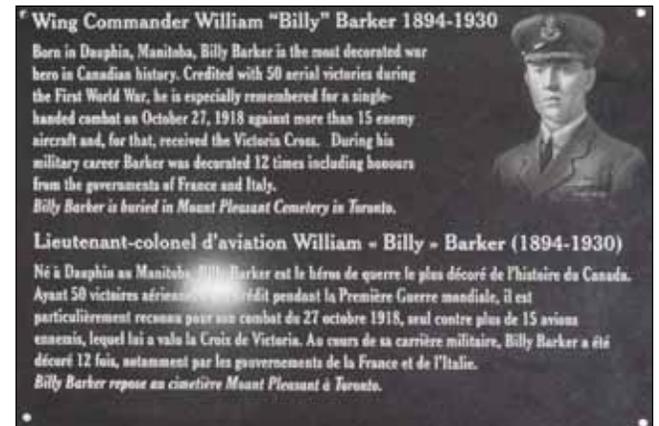
descendants, as a nation, back home.

In Jewish tradition, a person's Hebrew name is their life-force, and therefore has a tremendous influence on that individual. The Kabbalists explain that when a child is born, a spirit of prophecy rests on the parents, giving them foresight into what name they should give their child. This is because a name is intrinsically connected with the essence of the person, and is a critical feature of that individual's temperament.

So too, with the name change of the RCAF Barker College. The characteristics of this Canadian hero will imbue the leadership, instructors and students of the school with his legacy of valour. May our students be blessed to draw from the courage and bravery of their school's new namesake, Wing Commander William G. Barker VC and grow from Strength through Knowledge.

by Rabbi Noteh Glogauer

Last week, the Canadian Forces School of Aerospace Studies was renamed after the most decorated war hero



## Faith and Life

### PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

**SUNDAY SERVICE:** (English Only) 1100 hrs

#### COMMUNITY SERVICES:

**Sunday School:** It is held during the service for children ages 3 to 12. Childcare is provided on an as-required basis for children under 3 years of age.

**Marriage:** Contact the chaplain at least six months in advance if possible. A marriage preparation course is a requirement. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

**Baptism:** The Sacrament of Holy Baptism is available by contacting a Chaplain. Baptism Preparation is a requirement. *Please contact the Chaplain before setting the date for the baptism or arranging family travel.*

**Protestant Chapel Guild:** It meets the first Wednesday of the month at 1300 hrs in the Chapel Annex. All women are welcome.

#### CHAPLAINS

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

**Padre Laura Coxworth**  
(Pentecostal)  
ext 5785

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

### JEWISH

#### CHAPLAIN

**Padre Noteh Glogauer**  
(Rabbi)  
ext 6914



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

### CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

**SUNDAY MASS:** (Bilingual) 1600 hrs

#### CHAPLAINS

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

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

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

#### COMMUNITY SERVICES:

**Religious Education:** Classes can be available to children from Preschool to Grade 6.

**Sacrament of Reconciliation:** It is available by request and at special times of the year. Contact Padre Gemmitti.

**Baptism:** We recommend that you contact the chaplain's office for an appointment six months in advance. *Please contact the Chaplain before setting the date for the Baptism or arranging family travel.*

**Marriage:** Six months notice (1 year preferred) is required for weddings, as counselling is necessary to prepare couples for Christian marriage. A marriage preparation course is also required. *Please contact the Chaplain before setting the date for the wedding or arranging family travel.*

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

**EMERGENCY DUTY CHAPLAIN**  
Contact MP Dispatch ext 2633.

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

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

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