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Celebrating 65 years as the 17 Wing Community news source 1952 - 2017

17 Wing and Canada celebrated the 150th birthday of the country. Clockwise from top: A Happy Birthday display where people could leave messages about how they feel about Canada at Building 90 during the celebration at the Wing on June 28; the Winnipeg MFRC created little pieces of Canada to send to deployed members so they could have them on July 1; the RCAF Band plays at Assiniboine Park on Canada Day; Wing Commander Colonel Andy Cook throws a bean bag during the Canada 150 event; a little person gets temporary tattoo at the Canada 150 event; and PSP Health Promotion provide refreshment at the Canada 150 event at 17 Wing. See the story on the Canada 150 event on page 2. Photos by Martin Zeilig, Sgt Daren Kraus, and Winnipeg MFRC.



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Canada Day 150 Celebrated at 17 Wing

by Martin Zeilig, Voxair Photojournalist

Long lines of people moved at a steady pace at the Poutine King and Bridge Drive Inn food trucks, which were both parked on the sidewalk outside the entrance to Building 90 Fitness and Recreation Centre at the 17 Wing Canada Day 150 Celebration on June 28.

It's not surprising. People worked up an appetite during the afternoon/early evening activities-- both inside and outside of Building 90-- to mark Canada's 150th Birthday on July 1.

The day was organized and funded by Personnel Support Programs in partnership with the Military Family Resource Centre.

"The event was to highlight Canada," said Tina Bailey, Manager, Fitness Sports and Recreation, adding that the obstacle course, set up on the gym floor, represented outdoor activities which included fishing rod, sleeping bags, tents and rain gear. "It was a good team effort."

A Refreshments table, with lemonade slushies, bottled water and fresh fruit was provided and staffed by PSP Health Promotion staff and volunteers in the lobby. A colourful cardboard "Happy Birthday Canada" box, in which one could pen greetings to mark the sesquicentennial, was set up on a nearby table.

"It was an exciting event. Everyone was happy, and we were happy," said Derek Collins, executive chef/owner operator of Poutine King. "We enjoy working with the Canadian Forces. We do a few events a year on the base."

Over 400 military and civilian personnel, many ac-

companied by family members and friends, took part in the festivities, said Tina Bailey.

Participants also had their choice in the gym of such non-competitive sports as volleyball using a pickle net and a beach ball; Splat the Rat-- the objective being to hit the rag rat as it emerges after sliding down a tube (dropped down the tube by different people at various times while standing on a ladder); an egg and spoon race and a 3 legged race; lacrosse and hockey shot accuracy; plus a couple of other fun games set up on different parts of the gym floor.

"I'm happy to be with members of the military community and their families to start our celebration of Canada's 150th birthday," said Wing Commander Colonel Andy Cook, who, along with Wing Chief Warrant Officer Jerome Rossignol, had just participated in a beach ball-volleyball game with a couple of PSP members.

WCWO Rossignol reinforced Col Cook's comment. He observed that the afternoon's activities were a "really important connection" for military people and the upcoming Canada Day.

"This is a fantastic way of celebrating with some sports and food trucks," he said.

A horse drawn cart provided rides around the base. Meanwhile, downstairs in Multipurpose Room 1, numerous children were having their faces painted throughout the afternoon, by staff and volunteers, with cartoon characters and other fantasy creations as well as having their arms and hands tattooed with Canadian

flags, among other symbols-- all courtesy of Glitterbug Family Entertainment. There was even a balloon twisting demonstration to a group of enthralled youngsters.

First Nations representatives, Ed and Madelain Nebeau, also gave a presentation in the Multipurpose Room.

"We're here to celebrate 150 years but to us Canada is older than 150 years," Ed Nebeau said to The Voxair, just prior to their talk before about 25 people. "So, we're here to share with others."

Towards the close of activities, as the sun's rays sliced through the grey rain clouds, the MFRC Choir sang a number of songs, including some from Frozen, as a group of children sang and danced spontaneously.

For Captain Audrey Jordan, the day was bittersweet. It was her last major social/recreational event at 17 Wing.

"I am posted to Ottawa on July 14, where a new chapter of my life will unfold," she said.

"I am sad to leave, and one of the things I will miss the most is PSP and MFRC. I cannot count how many activities I have taken part in during my six years in Winnipeg. "Thanks for all the wonderful activities I have attended. Ottawa is a great city, but with military personnel spread throughout the NCR (National Capital Region), I don't think the same support level will be available.

Keeping Our Kids Safe in the Summertime

by Bill McLeod, Voxair Manager
Getting Lost

It's very easy for young children to become disoriented and get lost in unfamiliar locations. An area that would not confuse an adult looks different to a child.

If you go camping, hiking, or walking through the woods, or even a mall or market, one of the best things a child can have is a loud whistle on a cord to carry around their necks. Teaching a child to pick a distinctive tree and stay by it will keep them in one place and sound carries a long distance outdoors.

A preselected meeting place in a campground or outdoor event is also a good idea.

Instead of carrying a photo of their child, it's a great idea to take a photo on the parents' smart phone at the event, so that they will have a photo of what their child is wearing that day. Also, write parents' phone numbers on the child's hand and cover with liquid bandage... it's like a temporary tattoo.

Tell a child that if they are alone and need to approach someone for help, look for a mother who is with

children.

Staying Alert

Not all experts agree on teaching children about strangers but the Canadian Centre for Child Protection has seven root safety strategies that can be taught to children:

Shout No! Run-Tell Someone - If someone asks you to do something that makes you feel confused, uncomfortable or sad, leave the situation as soon as you can and tell a safe adult

Keep and Speak Secrets - KEEP Secrets have endings. They don't hurt or make you feel mixed-up. They have an ending, like a surprise birthday party. SPEAK Secrets do not have an ending. All secrets about touching are SPEAK Secrets. They need to be told to a safe adult.

The Buddy System - There is safety in numbers. Bring a buddy with you when you go places.

Trust Your Instincts - Your instincts are the feelings inside of you that warn you of danger. Pay attention to your body's alarm.

Dignity and Respect - All people deserve to be treated with dignity and respect. Everybody is equal regardless of where they come from, or the experiences they have had. You need to recognize your own self-worth and expect to be treated well.

If Asked to Go and Your Parents Don't Know, Shout No! - Always ask your parents/guardians before going anywhere. No matter who asks you to go, say "No" if you haven't asked your parents/guardians first. Your parents/guardians must know before you go!

If Asked to Share and Your Parents Aren't Aware, Say No! - Always ask your parents/guardians before sharing or accepting treats or gifts from someone. Your parents/guardians must be aware before you share online, too!

Home Alone

The Manitoba Parent Zone on the provincial government website reminds us that the Child and Family Services Act states that a child under the age of 12 is in need of protection.

This means that police and child and family services agencies consider children under the age of 12 as needing supervision; they cannot legally stay home alone.

After a child is 12 years old whether a child can be left alone is up to the parents. Some children are mature enough at 12, some are not.

To protect your kids when you do decide to leave your child at home, consider the following safety tips:

- Spend time explaining your expectations for any time that your child is unsupervised.
- Consider the use of smart technology to help act as your eyes and ears.
- For older children, establish rules about friends coming over to visit. You should not allow other children in your home unsupervised.
- Create a first aid kit. Teach your child how to use it.
- Establish a list of emergency phone contacts and keep it by the phone or program it in a cell phone.
- Identify "safe neighbours" with your children and instruct them to call or go to the neighbours in an emergency. Check with these neighbours to be sure that they are available.
- Store alcohol and medication in a location that is completely inaccessible.
- Consider getting a cordless, landline phone that children have access to inside the home. Emergency services can determine the address more quickly from a landline than from a mobile phone.
- Talk with your children about whether or not they should answer the phone. If they do answer, teach those ways to respond to a caller without saying that they are home alone.

17 Wing Personnel Support Programs and the Winnipeg Military Family Resource Centre both run programs for children during the summer. The MFRC still has openings in the Kidventures Summer Camp for ages 6-12 years old and PSP also has openings in their Sports Summer Camps which can take Rookies (6-8 years old), Varsity (9-10 years old), and Elite (11-13 years old) which put an emphasis on healthy activity.

The MFRC will be presenting Ready, Set, Solo! - A workshop for children ages 11 or older and their parents on September 16, 2017, from 9:00 am - 12:00pm. This workshop covers the basics of staying home alone, including basic home safety, walking alone and dealing with unexpected situations. Pre-registration, including payment of registration fee, will be required.

The Military Police Child Find program is a good way to ensure quick access to information that would help law enforcement in the event of an emergency. According to Sgt Healy, Patrol Section IC of 17 MP Flight, the MPs will be running the program at the 17 Wing Fall Fair so newcomers to the Wing can get their kids identification done then.

http://www.smartstrongsafe.ca/pdfs/KIK_7RootSafetyStrategies_en.pdf
<https://protectchildren.ca/app/en/>

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17 Wing Initiates First Sweat at New Sweat Lodge



Corporal Devin Quinlan (Left), a first time sweat lodge participant, with traditional fire-keepers Nathan Guiboche (Centre) and Preston Mitchell (Right). Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

After about 45 minutes a group of 20 mostly military participants emerged into the fresh air and sunshine looking physically and spiritually rejuvenated at the inauguration of the 17 Wing Sweat Lodge on June 30.

They were just one third of the way through the ceremony, but they needed to take a break from the intense heat.

The 20 foot diameter, low slung, dome shaped Sweat Lodge, which is set up in a chain link enclosure beside the Community Chapel, was constructed in the last week of May by members of the 17 Wing Defence Aboriginal Advisory Group. It was done under the supervision of Elder Mike Calder, Director of Indigenous Services at the Behavioural Health Foundation.

Two fire keepers, Warrant Officer Nathan Guiboche and Preston Mitchell, kept a watchful eye on the sacred fire where "the grandmothers and grandfathers" were being heated just outside the entrance to the Sweat Lodge. Those very hot rocks were later transferred, by the use of a pitchfork, into a shallow pit inside the Sweat Lodge. Mr. Devin Beaudry assisted the fire keepers.

Warrant Officer Sheldon Quinn, a member of the 2nd Battalion Princess Patricia's Canadian Light Infantry at CFB Shilo, also was in attendance at the ceremony.

Participants began by circling the Sweat Lodge behind Elder Calder, and, then, entering on the left side. Using their left hand, they tossed an offering of tobacco, a traditional herb, into the fire.

Many Indigenous cultures on Turtle Island (North America) have traditionally used the sweat lodge for purification, cleansing and healing of mind, body, emotions and spirit, according to the website, Many Good Teachings Niibowa Mino Gikinoo' amaaage. The sweat lodge has been called "the most powerful structure in the world."

"Sweats vary from purification and cleansing to healing sweats," says the online material. "The ancestors envisioned the sweat lodge as a gift from The Creator to help in healing, purification, and connection to the spirit world."

"Today was a great day," said Master Corporal Brent Thompson, a member of the DAAG and a participant in the sweat lodge ceremony. "This day came to fruition only because everybody worked together to make it happen. Today represented a lot of pride for me, not only

as a member of the CAF but also an Indigenous person. This was one of my best days being a soldier. It's a new beginning."

"It's perfect to do this before Canada Day," Wing Commander Colonel Andy Cook, one of the participants, said at the conclusion of the ceremony. "It was an incredibly demanding physical experience, but full of great wisdom and great teaching from North Wind Bear (Elder Mike Calder). It's completely dark and allows you to reflect. It's an experience for everyone. I look forward to the next one."

He also added that it's only by understanding other cultures that we can truly reconcile.

"I want to thank everybody for the sweat today," Col Cook continued. "It was a very enlightening experience and spiritual event."

Later, during the catered lunch inside the Chapel, Elder Calder presented Col Cook and Chief Warrant Officer Mike Robertson, the immediate past Wing CWO, with framed Eagle feathers as a gesture of appreciation for their support in having a Sweat Lodge built at 17 Wing.

CWO Robertson remarked that it was like having a Campaign Medal pinned to your chest.

"It's a huge honour," he said, adding that he'd do another such ceremony. "It's pitch black (inside the Sweat Lodge) and very reflective. You listen to what's being said. It gives you time to think."

Another participant, Major Hope Winfield, Wing Chaplain, observed that she had previously taken part in Sweat Lodge ceremonies at CFB Edmonton and CFB Wainwright.

"This first sweat supports religious diversity at 17 Wing," she said.

On a similar note, Natalie Fondren-Gasc, a civilian employee and former chair of the DAAG, said the ceremony was about religious accommodation in the military.

Aboriginals within the DND community are now openly celebrating their spirituality and beginning to see their languages and cultures acknowledged and accommodated, she added, mentioning that she, as a Metis woman, has never experienced any prejudice/racism during her 22 years working at 17 Wing.

If anyone wants to be involved in a Sweat Lodge Ceremony, contact either the DAAG or the Chaplains Office, added MCpl Thompson.

Sports Trivia

MLB All-Star Game

by Stephen Stone and Tom Thomson

1. Where and when was the first All-Star game played?
2. Which team won?
3. Who was the winning pitcher?
4. Who hit the first home run in an All-Star game?
5. Also in the first All-Star game, who caught a Chick Hafey shot by reaching over the right field fence, robbing the National League of a chance to tie the game?
6. Who hit the first National League home run in an All-Star game?
7. Who were the managers in the first All-Star game?
8. In what years did MLB play two All-Star games?
9. Which player holds the record for most All-Star game appearances?
10. Who has the second most appearances?
11. What career All-Star records do Willie Mays and Stan Musial share?
12. Get out the rye bread and the mustard Grandma! Who hit the only grand salami in All-Star history?
13. Who hustled around the bases for the only inside-the-park home run in All-Star history?
14. Who holds or is tied for the greatest number of hitting records in single All-Star games?
15. Which pitcher has won the most All-Star games?
16. Who holds, or is tied for the greatest number of career All-Star pitching records?
17. Who was the first MVP in an All-Star game?
18. Who are the only father and son to be named MVP in the All-Star game?
19. What do these 5 All-Star game players have in common: Gary Carter, Steve Garvey, Willie Mays, Cal Ripken Jr, and Mike Trout?
20. How many All-Star games have ended in a tie?

Sports Trivia Answers on page 14

NOTE: The Voxair is on Summer Publishing Schedule - content for August 23 issue due August 16. Normal Publishing Schedule resumes September 6 issue with content due August 30.



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402 Sqn Grizzly Challenge Honours Afghanistan Losses

by Cpl Becky Major, 402 Squadron

One of the best parts about being a member of the Canadian Armed Forces is the comradery that is ingrained in us from day one of Basic Training. Nothing compares to the satisfaction of completing a challenge you once thought to be insurmountable by working together as a team. This esprit de corps lies at the heart of The Grizzly Challenge, an annual cycling ride which commemorates Canadian Armed Forces members lost during the conflict in Afghanistan. This year's ride, held on June 9th at Birds Hill Park, had a total of 37 participants of all riding abilities. It was a perfect demonstration of this teamwork in action.

The Grizzly Challenge first began in 2010 when co-founders Sgt Renee Emond, Sgt Olle Fritsch and MCpl John Erwin decided to create an event where they could share their love for distance cycling with members of the local community. They wanted to choose a cause that was important to them as military members and decided to honour the Canadian soldiers lost in Afghanistan. They would ride 1km for every soldier, a total distance of 158km, and raise money for a military charity. "We have always promoted the idea that anyone can come out and ride," explained MCpl Erwin, "You don't have to be a professional cyclist to participate."

In fact, MCpl Erwin says the organizers' favourite thing is to convert commuter cyclists into long-distance enthusiasts. Every year there are training rides leading up to the event where members of all abilities can come together and learn about endurance riding. These rides take members along trails all around Winnipeg, gradually increasing their distance up to an impressive 90km. Although the cyclists do learn about nutrition and pacing, most riders are there for the team bonding. "Some days were really tough with the wind," says Avr

Cailé Rice, a first time participant, "But being in a group makes the trip a lot easier." The wind, known as the "mountains of the prairies," is another important factor that riders learn about during the training rides.

On the day of the ride, participants arrived bright and early to get a good start on the course before the

eled was 2951.62km. Three riders completed the entire 158km solo and 15 riders completed over 100km. The "Banana Award", which is given to the last riders on the course, was awarded to Capt Bryan Aubin and Capt Sansal Guven who completed 13 laps for a total of 147km each in 7 hours 40 minutes. Although the number of riders in Winnipeg was 37, this was not the total number of participants in The Grizzly Challenge this year. There were two other rides that took place on either end of the country by past participants of the Winnipeg challenge. Sgt Emond, a former member of 402 Sqn and co-founder of The Grizzly Challenge, completed 158km at 19 Wing in Comox, BC and former 435 Sqn member Sgt Shawn Smith and his wife Tami Smith completed 75km each at 14 Wing in Greenwood, Nova Scotia. This demonstrates the special sense of comradery fostered by this event which extends across the country.

Thank you to everyone who donated to Wounded Warriors Canada. This is an important foundation that supports injured and ill Canadian Armed Forces members, Veterans, First Responders and their fami-

lies. Of course, The Grizzly Challenge would not have been a success without the assistance of many volunteers. Thank you to the following people for their help: Celeste Odon, Event Photographer; Cpl Chris Hiebert, Support Driver/Training Ride Photographer; Sgt John Scott, Support Driver/Bike Mechanic; Sgt Dave Demers, Registration; MCpl Stan Cross, Logistic support; Maj Roberto Furletti, Food prep; and Cpl Dwayne Olson for his timing services. Thank you also to the volunteers responsible for the Memorial Display of names, MCpl Ryan Cameron, Cpl Kasmara Savard and Avr Chaz McParland. Finally, a big thank you to everyone who donated items or money towards the training rides and the day of the event, it was thanks to your generosity that The Grizzly Challenge was a success!



Grizzly Challenge participants looking fresh before starting their rides. Photo: Celeste Odon

weather heated up. Time was also a factor as some members would need up to 8 hours to complete their desired distances. After a quick brief, the group had a moment of silence to honour the fallen soldiers for whom they were riding. Volunteers also put up signs along the side of the course with the names of each of these soldiers which riders would pass on every lap. During the day many participants chose to ride together in packs or pairs to encourage one another. There was a great sense of community as volunteers on the side lines cheered for the riders and kept track of their individual laps. Co-founders Sgt Fritsch and MCpl Erwin also completed a few laps in reverse to check on the riders along the course and make sure everyone was still in good spirits.

At the end of a long day, the total distance trav-

402 Squadron's Pilots Complete Mountain Trainer



Capt Matthew Smook, Capt Marc Boudreau and Capt Mathieu Beaumier prior to takeoff in Victoria, BC. Photo: Supplied.

by Cpl Becky Major, 402 Squadron

The pilots at 402 Squadron spend most of their days taking off and landing the CT-142 in Winnipeg. Their main role at the squadron is to support the training flights for Air Combat Systems Officer and Airborne Electronic Sensor Operator students which require day trips around Manitoba. However, the pilots will occasionally complete their own training flights which allow them to hone their skills outside of the local area. This was the case from June 20th- 21st when three pilots from 402 Sqn flew to Victoria, BC for a Long-Range Mountain Trainer flight. The trip was a requirement for Capt Matthew Smook who is working on an upgrade from First Officer (FO) to Aircraft Commander (AC). During the trip, Capt Smook was the Acting AC, assisting him was Capt Mathieu Beaumier as his FO, and Capt Marc Boudreau filled the role of Training Pilot. Although these pilot trips are not frequent, their training benefits cannot be underestimated; they give pilots the opportunity to learn to adjust to last minute changes,

exercise underutilized skills and practice problem solving during a flight.

A pilot spends many hours preparing for unexpected changes so they can be ready for any situation. During their descent into Victoria, Capt Smook and Capt Beaumier had a first-hand opportunity to test their abilities to adjust to last minute changes. The pilots had prepared an approach based on the Automatic Terminal Information Service (ATIS) from the Victoria International Airport. The ATIS provides an automatic recording of current, routine information to arriving and departing aircraft from an airport including which runway to use for landing. However, the ATIS information they received was incorrect and when they were 12 miles out, they were suddenly instructed to use a different runway. This meant the pilots had to think and act quickly to enter the new approach information into the Flight Management System (FMS) while also managing their speed and altitude during descent. Thanks to the excellent communication and teamwork between the two pilots, they were able to land the aircraft smoothly and safely on the correct runway.

Another benefit of these trips is a chance to exercise underutilized skills. Normally when preparing for takeoff the pilots would start the aircraft's engines using a ground power unit (GPU). However, the GPU provided in Victoria was not able to provide enough power, so Capt Smook made the decision to complete a battery engine start instead by using the aircraft's own batteries. Although the pilots have to do this type of procedure during their initial unit training, it is rarely done at their home airport in Winnipeg. While Capt Smook and Capt Beaumier were completing the battery engine start there were other aircraft waiting for the CT-142 to taxi out of the way, which added another level of stress. Capt Smook was able to stay calm and focused, and the aircraft took off without any delays. As Capt Boudreau explained, "Pilots can sometimes become complacent doing the same trips out of the same airport week after week. It's really important to have these training mis-

sions to help our pilots stay sharp and continuously improve their skills."

Finally, these trips give the pilots an opportunity to practice working through problems during a flight. On the return trip to Winnipeg, the main problem was a developing thunderstorm over Winnipeg. Before leaving Victoria, Capt Smook and Capt Beaumier researched the weather forecast around Winnipeg to estimate what conditions would be like at the time of arrival. Then, throughout the flight, they kept a visual lookout for thunder clouds developing on the horizon. When they reached the first thunder clouds over Brandon, Capt Boudreau showed the pilots what to look for on the weather radar as they headed into Winnipeg. The three pilots discussed the possibility of a down draft, wind shear and what they would do if they were unable to land. As the aircraft descended into Winnipeg, the storm moved east over the city leaving the airport relatively clear. Although there was plenty of rain on the runway, Capt Smook and Capt Beaumier were able to come in for a smooth landing on the first try.

The pilot training flights at 402 Squadron are indispensable when it comes to advancing the skills of their pilots. Capt Smook and Capt Beaumier were able to experience an unexpected runway change, practice doing a battery engine start and complete a landing during a thunderstorm. Thanks to flights like this one, 402 Sqn pilots are able to break out of their regular routines and strengthen vital skills.

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CFSAS Welcomes New Commandant at Change of Command



LCol Bill Snyder, incoming Commandant of CFSAS, 17 Wing Commander Col Andy Cook, and LCol Pierre Viens, outgoing Commandant of CFSAS, sign the command scrolls at the CFSAS Change of Command Ceremony held at 17 Wing on June 10, 2017. All Photos: Cpl Paul Shapka

by Martin Zeilig, Voxair Photojournalist

Lieutenant-Colonel William (Bill) Snyder, the new Commandant at the Canadian Forces School of Aerospace Studies, conceded that he has known about CFSAS since 1999 when he was at the Canadian Forces Air Navigation School studying Basic Navigation Training.

“Little did I know at the time that I would return eight years later to take the Aerospace Systems Course,” he said. “Even further from my mind was that I would eventually return as Commandant.”

His comments were made before about 100 military personnel and civilian employees and family members at the Change of Command Ceremony for CFSAS on July 10 at the Officers’ Mess. LCol Snyder replaces LCol Pierre Viens, the outgoing Commandant.

LCol Viens, who has a Bachelor’s Degree in Computer Engineering from the Royal Military College in Kingston, and two masters’ degrees, has been posted to the Canadian Defence Academy Headquarters in Kingston as Senior Staff Officer for Professional Development.

Wing Commander Colonel Andy Cook commented that LCol Snyder brings a wealth of experience and expertise to the position.

“He will serve to advance the RCAF’s professional development agenda admirably,” Col Cook said following the concise formal ceremony.

CFSAS has a dynamic history.

The mission of CFSAS is to provide the RCAF with education and training in the areas of aerospace capability development, aerospace capability employment and

professional development to support excellence in operations, notes the Change of Command program.

CFSAS was formed July 6, 1987 under the direction of its first Commandant, Lieutenant-Colonel G.E. “Joe” Sharpe, but the heritage of CFSAS dates back to 1948 when the first Specialist Navigation (SpecN) course was run by the Air Navigation School to study advancing technology in the field of aircraft navigation. In 1963, the SpecN course was renamed the Aerospace Systems Course (ASC) and offered to pilots, navigators and engineering officers to meet a broader requirement for technological education.

With the rapid evolution of technology, Air Force professional education had grown beyond the mandate of the Air Navigation School and CFSAS was formed to continue the Aerospace Systems and Electronic Warfare programs.

Over the years there have been many additions and changes due to technological advancements. In 1990 training in space systems theory and applications began. Officer professional development was enhanced in 1992 with the addition of the Air Force Staff Course. A computer simulations teaching laboratory was added, along with a mini-UAV in support of ASC training. A larger UAV was acquired in 2011 with increased capabilities and in 2016 two video walls were installed in the computer simulation lab and video teleconferencing capabilities were increased in the Air Commodore Leonard J. Birchall Theatre.

A partnership was established with the University of Manitoba in 2010, giving ASP 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). ASP students not taking a Master’s Program are now able to complete a PAPM as part of their regular course load.

LCol Snyder, who joined the CAF in 1992 and graduated with a Bachelor of Science in Computer Science from the University of Calgary in 1998, said he was honoured to accept this appointment at CFSAS.

“I could never have made it here without the support of many people in my life and I would be remiss if I didn’t take some time to say thank you to them,” he continued, acknowledging his parents, Cheryl and Dave Snyder, who served for 32 years in the RCAF, his grand-

father, Bill Edgson, “who spent 37 years in the RCAF”, his “beautiful wife, Dorothy” and daughter Kanissa.

“I’ve also been fortunate to have many positive influences...during my career,” said LCol Snyder, who was at CFB Trenton as Senior Staff Officer electronic warfare with 1 CAD prior to being posted to CFSAS.

In particular, he thanked Brigadier General David Cochrane, Commander 2 Canadian Air Division, for being a “great mentor” to him.

“As a major, he completed my first check ride at 426 Squadron granting me operational status on the CC-130 (Hercules),” LCol Snyder said. “Then, as 420 Squadron Commandant, he convinced me to take the Aerospace Systems Course. Again, as 8 Wing Commander, he provided me the opportunities and challenges to expand my abilities and knowledge. Thanks to you, Sir, and all of those who have helped me to get to this point in my career.

“I know as Commandant I will be leading a very capable and dedicated team of people both military and civilian, who make up the CFSAS family. Over the next two years and beyond, we will be faced with challenges and, as always, through dedicated teamwork we will find innovative solutions. Whether it’s the never ending evolution of the AFOD program or updating and enhancing EW training or ASP, you have always proven to be up to the most difficult tasks.”

He’s continuing in the tradition of strong forward thinking leadership at CFSAS and throughout the RCAF.



LCol Pierre Viens receives a gift from LCol Denis Letellier at the CFSAS Change of Command Ceremony.

Injured Veteran Golfs for Canada at Invictus Games

by Martin Zeilig, Voxair Photojournalist

Jayson Nickol admits that initially he felt bad about applying to be a participant in the 2017 Invictus Games, September 23-30 in Toronto, because “there are people worse off than me.”

Good thing he listened to his wife, Stacey.

“She said go ahead (and apply),” said Nickol, 31, a former Canadian Armed Forces member and native of Winnipeg, who will be competing in golf for Canada at the Games. Jayson and Stacey have 2 small children at home.

The Invictus Games are an international sporting event for wounded, ill and injured military personnel, both currently serving and veterans, says their website. The Games use the power of sport to inspire recovery, support rehabilitation and generate a wider understanding of and respect for those who serve their country.

“The word Invictus is Latin for unconquered,” notes the web page. “It embodies the fighting spirit of the wounded, injured and ill service personnel and what these tenacious men and women can achieve, post-injury.”

“The inaugural Invictus Games took place in London in the fall of 2014 and attracted more than 400 competitors from 13 nations. The second Invictus Games took place in May 2016 in Orlando, Florida, and built on the excitement of the London Games with more than 500 competitors from 14 nations. The Invictus Games demonstrate soldiers’ and veterans’ indefatigable drive to overcome and the power of sport on their journey to recovery.”

The Invictus Games Toronto 2017 will feature more than 550 competitors from 17 participating allied nations.

“We are excited for the addition of Romania and

Ukraine as the new participating nations in Toronto,” says the Game’s website.

The games will feature a dozen adaptive sports, including archery, athletics, indoor rowing, powerlifting, cycling, sitting volleyball, swimming, wheelchair basketball, wheelchair rugby, wheelchair tennis, plus the new addition of golf. All competitions will take place in state-of-the-art sport venues. Prince Harry, a former member of the British Armed Forces, is a major proponent of the Invictus Games.

After he sent in his application earlier this year, Nickol, who served with the Royal Winnipeg Rifles and 2nd Battalion Princess Patricia’s Canadian Light Infantry, received an email saying he’d been selected for the IG team.

“We had our first training camp on Vancouver Island, April 3-7,” he said.

Nickol, who works in home renovations now, credits his maternal grandfather with teaching him how to play golf at the Falcon Lake Golf Course – 152 kilometres east of Winnipeg in Whiteshell Provincial Park.

“I learned to golf at a young age,” he offered. “I played a lot of sports as a younger person. When I joined the Army there was no sports for three or four years because of all the training we did.”

Then, as he explained, he got injured when a round from an enemy AK47 snapped his right femur in two places in June 2008 after his unit was ambushed by the enemy in “a firefight” during an operation in Afghanistan.

It took Nickol several months to “really walk again” without using a cane or crutches.

“I still do physiotherapy, but now to curb the pain and not make it worse,” he continued. “I want to stay on top of it. So, golf was the only sport I could do once I got

back (to Winnipeg). So, I’d take my clubs and go in a cart and just drive the ball, then crutch over to it and hit it, and get back in the cart and keep going. I wouldn’t putt because I worried about damaging the greens with my crutches.”

For about a year after the injury all he did was physio, said Nickol.

“I was still in the CAF then, but then I got told about my release,” he said. “So, I kept trying to get pain free. I went off my meds after my hospitalization. It hurt to golf again. But, recovery through sports definitely helps because it makes you feel normal again. I couldn’t play any of the higher level sports, so I stuck to golf.” He was medically released in 2013.

He’ll be one of 14 men and women on the IG golf team.

Nickol explained that the golf will be played in a modified Stableford.

“Rather than counting the total number of strokes taken, as in stroke play, it involves scoring points based on the number of strokes taken at each hole,” says Wikipedia.

“I’ll be playing against my teammates and 16 other nations,” the lean 5’10’, 160 pound Nickol added, mentioning that he also tried out, but wasn’t chosen, for the Jaguar Land Rover Driving Challenge. “I’ve always been a competitive guy. I want to do very well in the games. Just to compete is great, and to meet other guys who have had similar experiences with the CAF. I share a bond with Canadians.”

He even hopes to compete in track and field-- one of the sports he participated in as a high school student-- at future Invictus Games.

“It gives you another goal to try out for,” Nickol said.

170 Royal Canadian Air Cadet Squadron 75th Anniversary



Press Release

The Royal Canadian Air Cadets is a youth organization that focuses on the development of leadership, self-discipline and self-confidence through citizenship, fitness, survival, music, first-aid, marksmanship and aviation training. The Air Cadet program is offered through a partnership between the Department of National Defence and the Air Cadet League.

In 1942 a group of local businessmen agreed to sponsor an Air Cadet Squadron in the St. James area as requested by the Air Cadet League of Canada, Manitoba branch. No 170 City of St. James Air Cadet Squadron received its charter on October 1st 1942. Sponsorship was transferred to the St. James Kiwanis Club in 1946, which sponsored the squadron for the next 40 years. In 1996 a parents committee took over sponsorship of the squadron. In 2002 the squadron name was changed to 170 St. James Squadron. 170 Squadron parades out of Building 21 at 17 Wing Winnipeg.

A group of alumni along with the Commanding Officer, Captain Ryan Tardi, have planned a 75th Anniversary Reunion for the weekend of September 29th to October 1st 2017. The weekend will consist of a Meet and Greet at the 17 Wing Officers Mess on the evening

of Friday the 29th. On Saturday the 30th there will be a parade and open house at Building 21 in the afternoon with an alumni band jam session, followed by a dinner and dance at the Officers Mess. On Sunday October 1st there will be a brunch at the Officers Mess followed by a floor hockey game at Building 21. There will be a professional photographer at the events, as well as a glider at Building 21 for photo ops. Long-time Commanding Officer Major (Ret'd) Dave Odell will be there as Reviewing Officer. We are expecting alumni from all across Canada and the US.

For ticket information and pricing please email us at 170rcacs75th@gmail.com or go to <https://www.eventbrite.ca/e/170-rcacs-75th-anniversary-reunion-tickets-32819272327?aff=es2>.

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Around The Wing



On Tuesday, 27 June 2017, an energetic group photo of 1 Canadian Air Division with the Invictus Games flag in front of 1 Canadian Air Division headquarters at 17 Wing, Winnipeg, Manitoba.

Photo: Sgt Daren Kraus



Outgoing 1 CAD CWO Michael Scarcella addresses all the guests in attendance during the 1 Canadian Air Division Chief Warrant Officer Change of Appointment Ceremony on June 30, 2017 in 1 CAD, 17 Wing, Winnipeg, Manitoba. In the background incoming 1 CAD CWO Jacques Boucher and MGen Christian Drouin, Commander 1 CAD, listen to CWO Scarcella. Photo: Cpl Justin Ancelin, 17 Wing Imaging



17 Wing Commander Colonel Andy Cook, Wing Chief Warrant Officer Jerome Rossignol, Wendy Gabel, a member of the Wood Hobby Club, and Warrant Officer Paul Marcotte, the President of the Club, have a discussion during the Wood Hobby Club's Open House on June 28. Photo: Rick Harris, Snr PSP Mngr



On Monday, 26 June 2017, 435 Squadron conducted search and rescue training in the Gimli and Lake Winnipeg area. Master Corporal Eve Boyce, 435 Squadron Search and Rescue (SAR) technician, observes through the SAR door in the CC130 Hercules aircraft.

Photo: Sgt Daren Kraus

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Around The Wing



On Saturday, 17 June 2017, Master Corporal Jonathan Boudreau, 17 Wing Fire Services, (red lane) competes in the Fire Fit competition during the Red River Exhibition, Winnipeg, MB. Photo: Sgt Daren Kraus



On Saturday, 17 June 2017, Brigadier-General Dave Cochrane, 2 Canadian Air Division Commander, spoke with Corporal Sang Shin, 38 Service Battalion, Corporal Sean Helgeson, 38 Service Battalion, and Corporal Jerome Chouinard, Royal Winnipeg Rifles, at the weapons display during the Red River Exhibition, Winnipeg, MB. Photo: Sgt Daren Kraus



Master Warrant Officer Robert Valenti, Canadian Forces School of Survival and Aeromedical Training, and Master Corporal Eve Boyce, 435 Squadron Search and Rescue Technician, hold the Invictus Games flag on the ramp of the CC130 Hercules aircraft just prior to a static line jump on Monday, 26 June 2017. Photo: Sgt Daren Kraus



1 CAD Commander, MGen Christian Drouin (Left) presents the 1 CAD CWO Appointment Certificate to incoming 1 CAD CWO Jacques Boucher (Right) during the 1 Canadian Air Division Change of Appointment Ceremony on June 30, 2017 in 1 CAD, 17 Wing, Winnipeg, Manitoba. Photo: Cpl Justin Ancelin, 17 Wing Imaging

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On Monday, 26 June 2017, 435 Squadron conducted search and rescue training in the Gimli and Lake Winnipeg area. Master Corporal Eve Boyce, 435 Squadron Search and Rescue (SAR) technician, and Sergeant Colm Canavan, 435 Squadron Loadmaster, deploy the pump can from the ramp of CC130 Hercules aircraft. The pump can is deployed to boats taking on water and it contains a pump, hoses and fuel. Photo: Sgt Daren Kraus

435 Sqn Challenged by the Chilkoot Trail

by Capt Edwards, 435 Squadron

Members of 435 Sqn just returned from a challenging mountaineering expedition on the West Coast. Exercise CHILKOOT CHALLENGE saw 7 personnel (a mixture of aircrew, SARTechs and technicians) successfully complete the Chilkoot Trail.



435 Sqn members trudge through mountainside snow on the Chilkoot Trail. Photo: MWO Reynolds

The Chilkoot Trail is a 53 km trail through the Coast Mountains that leads from Dyea, Alaska to Bennett, BC. The Klondike Gold Rush (1896–1899) transformed the Chilkoot Trail into a mainstream transportation route to Canada's interior. Now a national park, the trail follows in the footsteps of the intrepid men and women on their way to gain their fortune in the north. The trail runs through coastal rainforest, then through a high alpine zone and finally through boreal forest. All along can be seen the remnants and castoffs of the thousands who took their supplies and equipment through during the Rush. The crux of the trail is the so called "Golden

Stairs" – the steep rocky climb up to the Chilkoot Pass itself.

Leaving Winnipeg on 16 June the team travelled via Whitehorse to Skagway, Alaska and started the trail on the following day. The initial 2 days were spent travelling through an undulating and damp forest environment via Canyon City Camp to Sheep Camp where all hikers receive a safety brief before proceeding through



435 Sqn members encounter undulating terrain on the Chilkoot Trail. Photo: MWO Reynolds

the Pass.

Day 3 presented the team with the challenge of the climb to the Pass followed by a trudge through snow fields and over snow bridges to the so called Happy Camp which, by the state of most of the inhabitants and constant rain was not that happy at all! Notwithstanding, the team members always had extremely high morale which when coupled with a positive attitude proved to be infectious with other hikers.

Although planned to camp at Bare Loon the next day, the team elected to continue through to Bennett on

the advice of one of the Rangers. This was a long day of 20+ km but the excellent weather made it one of the most outstanding days of the hike with fantastic views of the mountains and history literally littered around. The hike culminated with a train ride back to Skagway followed by travel back to Whitehorse before flying back to Winnipeg.

As an international expedition, the planning and execution proved to be complex and problematic for the planning team. In the end, the expedition went as expected with only plenty of blisters and stories to take home. Entirely self-sufficient the members carried extremely heavy packs for the duration of the route and when not recovering from the days' efforts the team benefited from mountaineering training from the leaders. All in all, much gained in good humour.



435 Sqn members left to right front row: Cpl Burley, Capt Edwards, Sgt Blake, Sgt Cossette, MWO Reynolds. Rear row: Cpl Nacinovich, Capt DeGagne at the summit of Chilkoot Pass. Photo Sgt Blake

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Home Fire Escape Plans

They can make the difference between life and death

Developing and practicing a home fire escape plan that everyone understands can mean the difference between life and death. Fire can grow and spread through your home very quickly. It's important that you be prepared to react as soon as the smoke alarm sounds. These tips can help you put together—and practice – an effective home fire escape plan.

- Pull together everyone in your household and make a plan. Draw a floor plan of your home, showing two ways out of each room, including windows. Be sure to mark the location of each smoke alarm.
- Test all smoke alarms monthly to ensure that they work. Replace batteries as needed.
- Make sure that everyone understands the escape plan. Are the escape routes clear? Can doors and windows be opened easily?
- If windows or doors in your home have security bars, make sure that the bars have quick-release mechanisms so that they can be opened immediately in an emergency. Quick-release mechanisms won't compromise your security – but they will increase your chances of safely escaping a home fire.
- Practice the escape plan at least twice a year, making sure that everyone is involved – from kids to grandparents. If there are infants or family members with mobility limitations, make sure that someone is assigned to assist them.
- Agree on an outside meeting place where everyone can meet after they've escaped. Remember to get out first, and then call for help. Never go back inside until the fire department gives the OK.
- Have everyone memorize the emergency phone number of the fire department. That way any member of the household can call from a cellular phone or a neighbour's home.
- Be fully prepared for a real fire: when a smoke alarm sounds, get out immediately. And once you're out, stay out – leave firefighting to the professionals!
- If you live in an apartment building, make sure that you're familiar with the building's evacuation plan. In case of a fire, use the stairs, not the elevator.
- Tell guests or visitors to your home about your family's fire escape plan. When visiting other people's homes, ask about their escape plan. If they don't have a plan in place, offer to help them make one.

Aiming for Cooperation on the Range



Adrian Robertson, Match Director for the 2017 Western Canada F Class Championship held at St Charles Range from June 30-July 2, welcomes the (front row) 17 Wing Command Team of Wing Chief Warrant Officer Jerome Rossignol and 17 Wing Commander Colonel Andy Cook and their spouses to the awards presentation at the end of the match. John Chapman, Life Governor of the Manitoba Provincial Rifle Association stands at the podium. Photo: Bill McLeod, Voxair Manager

by Bill McLeod, Voxair Manager

A day after the celebration of Canada's 150th birthday the 17 Wing Command Team of Colonel Andy Cook and Wing Chief Warrant Officer Jerome Rossignol were invited to present awards to the winners of the 2017 Western Canada F- Class Championship at the St Charles Range. It was only fitting that they were because this year marks the 145th year of civil-military cooperation in shooting sports in Manitoba.

The 2017 Western Canada F- Class Match was held at the St Charles Range with practice beginning June 29 and the Match taking place June 30-July 2. F - Class Target Rifle consists of .308 and .223 calibre single shot bolt action rifles which may include bipods and any type of sighting system while F - Class Open includes any bullet up to 8 mm and both a front mechanical rest and rear support may be used.

Each provincial rifle association takes turns in hosting the Western Canada F - Class Matches. The match is a long range competition shot at 800, 900, and 1000 yards.

Shooting sports began in Canada one year after Confederation in 1868 with the formation of the Dominion of Canada Rifle Association. At the time the British garrisons were leaving the country and the Fenian Raids

were still fresh in minds of the citizens. The DCRA President, with two exceptions over the 149 years, has been a serving Regular Force or militia officer or a retired Army officer.

The DCRA, since the turn of the century, has had a small bore Winter Postal Programme which has included a programme specifically for cadet units across Canada. The DCRA is composed of 10 provincial rifle associations and a Yukon Rifle Association and National Capital Region Rifle Association.

The Manitoba Provincial Rifle Association was formed in 1872 for the express purpose of encouraging rifle shooting among the militia and inhabitants of Manitoba. The MPRA points out on their website that in 1870 Manitoba, Winnipeg was a village with a population thought to be between 200-250 people. At the formation of the MPRA some of the notable executive members included the Lieutenant-Governor of the province and the Honourable D.A. Smith, more recognizable to military people with his later title, Lord Strathcona.

The MPRA has changed ranges many times over the life of the association due to the constant expansion of the city of Winnipeg from a village of 200 to a city of 663,000. In one instance the range had to relocate due to the arrival of the Canadian Pacific Railway, but in most of the other five moves it was to make room for the city.

The MPRA has operated out of the St Charles Range since it was built in 1911. The membership is a mixture of civilian and ex-military and it continues to work closely with cadets throughout the province.

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Being Active in the Summer Months

The sun is a fantastic motivator to get outside and relish in all of the fun activities summer has to offer but don't forget to protect yourself! This summer keep the following guidelines in mind:

What to wear?

Whether you are an active participant or watching from the sidelines, it is important to dress for the heat and the sun.

- Wear lightweight, light-coloured, loose-fitting shorts and shirts made of breathable fabrics.
- To protect from prolonged exposure to the sun, you may want to wear a long sleeve shirt.
- Apply sunscreen to all exposed areas of your body and reapply as directed.
- Wear a wide-brimmed hat to protect your head, ears, neck & shoulders.
- Try to schedule your activity outside of the sun's peak hours of 10am – 3pm.

Fluids:

- Drink at least 8 cups of water each day – even more will be required when being active in the heat
- You should drink before, during & after physical activity.
- If you are thirsty, it is an indicator that you are already dehydrated.
- Sports drinks can help you replenish the fluids, electrolytes and minerals lost through sweat.

Heat & Humidity:

- When the temperature rises, try to get your physical activity in before it gets too hot. Schedule activities early in the morning or later in the evening when things have cooled off.
- Don't forget to take regular breaks. Allow for 10 minutes of rest for every hour of activity.
- Listen to your body! If it tells you to slow down— slow down.

Be on the lookout for symptoms of heat exhaustion:

- Thirst, fatigue, disorientation, vision problems, a rapid pulse, headaches, dizziness or weakness.
- If you experience any of these symptoms:
- Stop activity
- Drink fluids (preferably water)
- Find a cool place to rest
- Seek medical attention if you don't start feeling better very quickly. Heat exhaustion can lead to heat stroke if not treated.

Heat stroke is a medical emergency!

- Don't let the weather, smog or insects deter you from enjoying physical activity.
- If the elements are too difficult, why not take your favourite activities indoors? Try a few laps in a swimming pool or head to a gym for a walk on the treadmill.

This information is brought to you by the Director Force Health Protection and Strengthening the Forces. Our feature webpage called Summertime Living delivers tasty recipes, tips for hosting your next BBQ, having safe summer fun, and more. On the DWAN Visit: <http://cmp-cpm.mil.ca/en/health/caf-members/summertime-living.page>

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MFRC Nursery School Robbed

by Martin Zeilig, Voxair Photojournalist

It is the kind of event that can erode trust in the wider community, according to Joël Roy, Executive Director, Military Family Resource Centre.

He was referring to some items that were stolen during the first week of July from the MFRC Nursery School.

The nursery school had a small "mud-kitchen" in the playground, allowing toys to be cleaned, Roy said in an email to The Voxair.

"Made with wooden pallets with sinks, this little kitchen was very useful for the children," he noted.

"There was a pile of tree stumps outside of the nursery school playground on Tuesday morning, July 4th, along with the mud kitchen that one of my staff, Cortney Ritsema, had been working on for a few weeks," Meagan Noonan, Children's Program Coordinator MFRC, wrote in an email. "The mud kitchen was sitting outside of the fence because we still needed to find a way to fasten the sink on so that it would be safe for the children to play with."

When she came into work on the Wednesday morning of July 5, everything was gone, she said.

"We immediately verified if these could not have been

taken away by mistake locally, with negative results," Roy said. "While the MPs are now investigating this issue, the MFRC posted the information on social media, counting on the community to assist us. I prefer to think that integrity and honour remain at the core of who we are."

The missing items were donated to the nursery school, Noonan noted.

"Staff were really excited when we saw the donation initially," she said. "It was a huge disappointment when we returned to find everything gone. We have been waiting a year for this donation and to find pallets and a sink that would fit our budget. Thankfully, the kids are off for the summer so we didn't have to explain this to the children."

"It's really disappointing that someone would take something without inquiring about the items first. Especially in such a tight knit community. I'm hoping that it was a mistake and that we don't have to worry about the children's outdoor equipment going missing from our playground."

Roy remarked that he, personally, cut and delivered the wood stumps with Kristine, so that the children would have seats while playing outside.

"If someone had asked, I would have been happy to deliver another load for them," he continued. "I acquired a new chain saw and as Kristine could attest, was happy to use it. Fortunately, we have a strong community supporting the military families that will not allow the children to pay for the shameful act of one."

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Today's Trivia Answers

1. Comiskey Park, Chicago - July 6, 1933.
2. American League - 4-2.
3. Lefty Gomez - New York Yankees.
4. Babe Ruth - New York Yankees, a two-run shot in the bottom of the third inning in the first All-Star game.
5. Babe Ruth.
6. Frankie Frisch - St Louis Cardinals, a two-run shot in the top of the sixth in the first All-Star game.
7. National League: John McGraw - New York Giants. American League: Cornelius McGillicuddy better known as Connie Mack - Philadelphia Athletics.
8. 1959, 1960, 1961, 1962.
9. Hank Aaron - Milwaukee/Atlanta Braves - 25.
10. Willie Mays - New York/San Francisco Giants and Stan Musial - St Louis Cardinals - 24 each.
11. Extra base hits - 8; and total bases - 40.
12. Fred Lynn - California Angels - 1983.
13. Ichiro Suzuki - Seattle Mariners - 2007.
14. Ted Williams - Boston Red Sox: RBI's - 5, runs - 4, hits - 4, home runs - 2, total bases - 10. Williams also holds career records for RBI's with 12 and walks with 11.
15. Lefty Gomez - 3.
16. Don Drysdale - Brooklyn/Los Angeles Dodgers - innings pitched - 19 1/3, batters faced - 69, strikeouts - 19, games started - 5.
17. Maury Wills - Los Angeles Dodgers - 1962.
18. Ken Griffey Sr - Cincinnati Reds - 1980 and Ken Griffey Jr - Seattle Mariners - 1992.
19. All are two-time All-Star MVP's.
20. 2 - July 31, 1961 and July 9, 2002.

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BY
NANCY

Aries (March 21 – April 19): Money you'd saved for something special is suddenly needed to cover an unexpected expense. Non-constructive coping behavior can be triggered by your frustration so be vigilant not to slide into a habitual, negative response. It feels great at first, but it will create a bigger problem.

Taurus (April 20 – May 20): If someone breaks something you value, hold onto your temper. A caring response will be remembered for a lot longer than the life span of the broken object. Knowing when something is worth fixing and maintaining and when something is disposable saves time and money.

Gemini (May 21 – June 21): Make lists to stay on track. Your usual fantastic memory seems to be on vacation. Expect news that requires prompt action. You'll need to deal with some strong emotions that have been brewing for a while. Don't bottle up your feelings. Discuss the issue honestly and respectfully.

Cancer (June 22 – July 22): Respecting boundaries, your own and other people's, takes work. Healthy communication skills can be time consuming to learn and challenging to practice but it's worth it. Still, give yourself some leeway. No one is perfect. Learn techniques that can help you let go and move on.

Leo (July 23 – August 22): Your skills are in high demand. Your work history gives you an edge in your field. If you've benefited from another's assistance, pay it forward. Set an example for others. Consider the power of your words and how you can be encouraging. Work at maintaining positive relationships.

Virgo (August 23 – September 22): When someone breaks their promise to you, you can feel frustrated and exhausted or you can do something to take charge of the situation. Fixing another's problem isn't your responsibility. Model creative problem solving skills so they can learn to help themselves.

Libra (September 23 – October 23): Clutter is stressful. Donate or share excess stuff and fix or toss anything broken. To improve communications use paraphrasing. Repeat what you think someone has said and ask them to tell you what they heard you say. Doing this will help alleviate miscommunication.

Scorpio (October 24 – November 21): Be careful not to get carried away and make sweeping changes. Exercise caution in word and deed at this time. Read correspondence and contracts carefully. Maintain records. Submit applications. Teach people how to fend for themselves. Further education is indicated.

Sagittarius (November 22 – December 21): You have a vivid and highly creative imagination which is great when you're bouncing around new ideas. If you get caught up in worrying – act promptly. Taking one small step or completing a task can be calming. Researching options gives you peace of mind.

Capricorn (December 22 – January 19): Sometimes you don't get the time you expect to do all that you'd hoped would be possible. Sudden changes take you by surprise. This is a wake-up call. Make every day count. Be a leader not a follower. Gossip can be wrong so don't allow your beliefs to be shaped by it.

Aquarius (January 20 – February 18): Double-check assumptions. Consider creative ways to solve a problem. Others care about you. You're not in this alone, though it can feel that way sometimes. Something you thought was impossible could actually work with a few adjustments. Dare to be different.

Pisces (February 19 – March 20): Look at a problem from another angle and the solution will be obvious. Push yourself to reach goals but revise your action plan if necessary. You can't change the past so stop ruminating about what is no longer an option. Letting go of things frees you to accept something new.

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Chaplain's Corner

Four Ways To Ruin Morale

by Padre (Maj) Hope Winfield

This might be seen as a “way out there question”, but seriously what gives you sense of longing, purpose, perhaps even happiness? When was the last time you felt joy? I joined the CAF as a “baby Padre” at the age of 24 and I can honestly say over the years I have seen the good and bad and the downright ugly. While my calling as a military Chaplain gives me a huge sense of happiness and fulfillment, I enjoy most walking along side others as they face the joys and challenges of this world. The following, while not an exhaustive list nor in any particular order, have been the fundamental issues of the heart (some might use the term Spirit or Soul) that have required Spiritual Accompaniment, and spans rank, gender, race, ethnicity, and religion. All of these can ruin morale.

1 - Sense of Belonging

The military life is continually giving us opportunities to “fit in” and connect with people at various postings. Exploring new social groups as an individual or family, at times, redefining our role in the household after stints away from home is all part of military life. As humans we are communal beings and our identity and self-worth is closely tied with the people we are around daily. Whether in the school yard, home or at work, when people don't feel they are a respected part of the team, morale erodes and we long to go back to where we sensed belonging. Trying to recreate the past rarely works and ruins the possibilities of today. What effort do I make to “fit in” or readjust? Do I make an effort to make others feel they belong?

2 - Being Loved

One of our greatest challenges in life is to try and love people unconditionally (love that cannot be earned

or bought). Reality is, as humans, pride, jealousy, or selfishness can cloud our ability to provide love or even be happy for others. Being able to find resolution (sometimes even forgiveness) to past hurts in order to move to a place where we can risk again takes time. We also need to be aware that longing to be loved and yearning to belong can keep someone in an unhealthy situation. Everyone deserves to be treated with dignity and respect. For those not receiving this, they need to be supported.

3 - Purpose and Meaning

All of us have talents, skills and a personal mission. Whether it is a calling to serve our country, endeavour to be a certain profession, to start a family, to care for others, to make a difference by being involved in social projects ...we all have a purpose and meaning in our lives. Whether striving for success or looking for new opportunity, we are all designed with a desire to move forward. If a person's perception is that they feel undervalued, no longer advancing or not the “right fit”-morale plummets.

4 - Appreciation

It's one word but means a great deal. As leaders, friends, family, do we take the time to appreciate the efforts of others? Did someone risk stepping up or self-sacrificed to achieve something? I have noticed those who repeatedly give of themselves without being noticed eventually burn-out, become bitter that they have to carry the load of others who seem unappreciative, or reach a point where they will stop any extra effort and do the minimum.

All these areas are essential to good morale (both at work and in our personal life) since it is at the very core of what makes us who we are. If you would like to speak with a Chaplain, please contact your assigned unit chaplain or me at 17 Wing HQ (ex 5417).

Faith and Life

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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) - *Faith Community Coordinator*
ext 5785

Padre Kevin Olive
(Pentecostal)
ext 5272

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

17 Wing
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Administrative Assistant
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Padre Hope Winfield
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- *Wing Chaplain*
ext 5417

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

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

Padre Frederic Lamarre
(Roman Catholic Pastoral Associate)
ext 6914

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COMMUNITY SERVICES

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

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

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

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

MAIN OFFICES
Building 64,
Lower Level, North End.

EMERGENCY DUTY CHAPLAIN
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 <http://17Wing.winnipeg.mil.ca>, then click 17 Wing, then Services.

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From left to right:
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Capt Paul Gemmiti,
Capt Greg Girard,
Maj Hope Winfield,
Capt Emanuelle Dompierre,
Capt Kevin Olive,
Lt (N) Frederic Lamarre



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