



THE VOXAIR

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FREE

A Royal Visit



Her Majesty Queen Elizabeth II, along with the Honourable Anita K. Lee, inspects the Honour Guard on the tarmac of 17 Wing Winnipeg on the way to their aircraft. See more photos on page 8.

Photo: Colin Aitken

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PER ARDUA AD ASTRA "THROUGH ADVERSITY TO THE STARS"

Steven Fletcher,
Member of Parliament
Charleswood-St. James-Assiniboia

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Fax: 204-984-6451
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Here Come The Puppets

Lesley Craig

Puppets are the answer, decided Lieutenant Donna Riguidel, 17 Wing Winnipeg's heritage officer. Sitting at a conference for military museum managers, listening to a discussion about young people and their lack of interest in military history, Lt Riguidel started wondering what she could do to change that.

"I started thinking, 'What about puppets?'" she says. "I am not a ventriloquist; I don't throw my voice. I'm not particularly gifted in the puppet world, but kids don't care if your lips are moving when the puppets are talking."

Once she had settled on puppets as a way to introduce military history to elementary school children, she started looking around for a story that would be appropriate for her audience. In her research, she came across Glen Mitchell's book, *A Bad Penny Always Comes Back*, which tells the tale of Bad Penny, a Lancaster bomber, crewed by Canadians, that flew the first Operation Manna mission to drop food into The Netherlands just before the end of the Second World War.

First, she wanted to tell the story from the point of view of the plane but that idea fizzled because, she admits ruefully "there's not a big market for Lancaster bomber puppets." Instead, she purchased a soldier puppet online and, after begging some scraps of CADPAT fabric from Clothing Stores, she took the newly christened Lt Amy and the fabric to a tailor who sewed Lt Amy a CF uniform.

When Lt Riguidel goes into a classroom, she takes Lt Amy and a large inflatable globe with her. "The way I look at it, when you tell a story about military history, the two most important things to get through are when it happened and where it happened," she says. The globe helps the children visualise where the story happened in relation to Canada, and is useful when they ask questions about Afghanistan or Haïti.

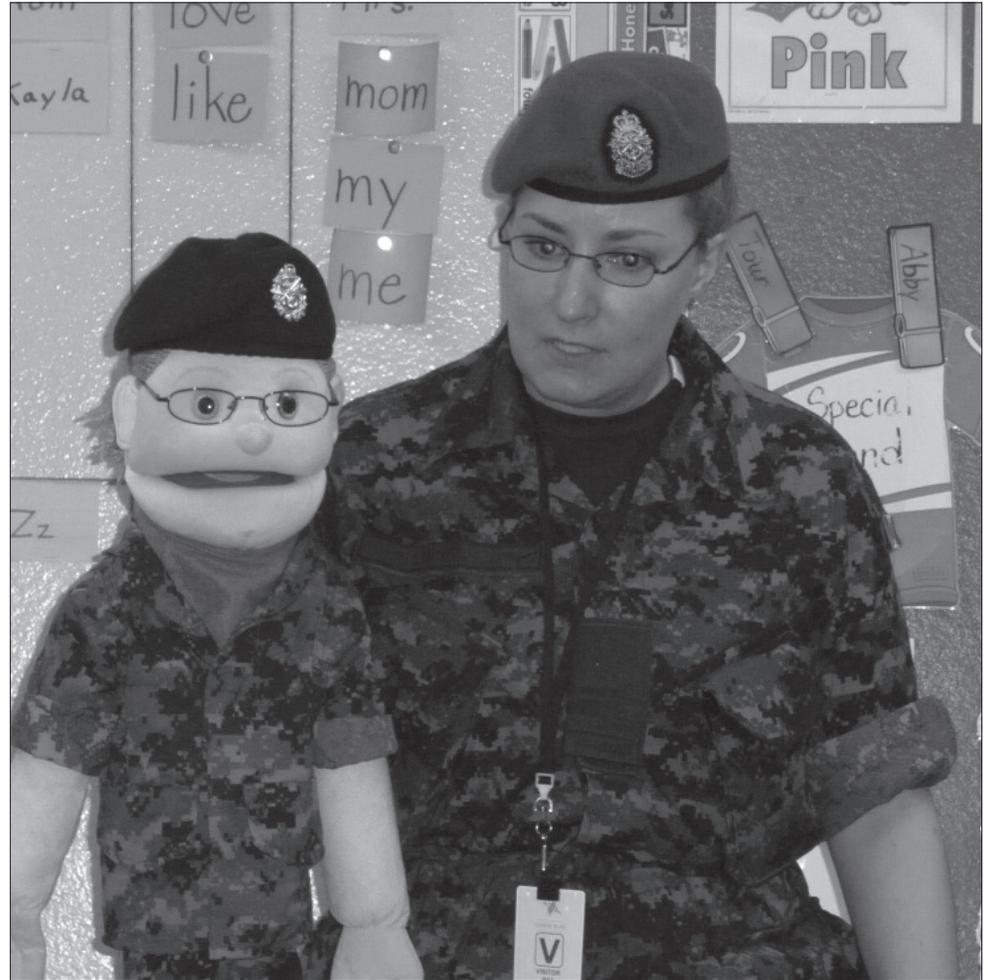
The story part of the presentation usually takes about 20 minutes and another 20 minutes is passed answering questions from the children. "I've gotten everything from the really nice questions, like, 'Why did you join the military?', to, 'Why is there war?'" she says. "I try to be very honest when I answer them. Usually, what I'll say on the 'why is there war?' question is that it really comes down to power. It's just like on the playground when you've got one child that's being a bully and somebody has to tell him to stop."

Lt Riguidel started putting on the puppet shows around Christmas and, as word has spread, she's had more and more requests to share her military stories with children at various schools. In the month of June alone, she has been asked to do about 15 shows. She recently took Lt Amy to the Military Family Resource Centre's daycare centre to tell the preschoolers the story of Bad Penny.

"They really liked it and they had a lot of questions," says Karen Irving, one of the daycare workers. "She showed them how to salute and then the puppet saluted them and they saluted back. At the end of the day, they were still talking about it and telling their parents about the Bad Penny."

With all the requests she's had, Lt Riguidel has expanded her repertoire to include a story on Sergeant Tommy Prince, one of Canada's most decorated Aboriginal war veterans. As well, she has a new puppet, Major Norman Ollie. "He's a very grumpy old man," she says, "so he comes out and he complains and crabs and yells at the kids and tells them they have to polish their running shoes and they just love it."

Lt Riguidel loves it, too. Taking her puppets and sharing stories of military history with children puts a smile on her face, as do the thank-you letters she receives afterward. "My first school sent me a huge thank you letter written on flipchart paper in scented marker. It was my first thank you that smelled like grapes!" she says with a laugh.



Lt Donna Riguidel (right) and Lt Amy (left). Photo Credit: submitted

Contest Winner!



PSP Manager Rick Harris presenting Carolyn Usick with her \$50 gift certificate to Gasthaus Gutenberg. Photo credit: Kristy Rydz

Congratulations to Carolyn Usick, who won our sweepstakes draw in the last issue of the VOXAIR. Carolyn will be enjoying a fine dinner at Gasthaus Gutenberg German Restaurant. Thanks to everyone who put their names in, and congratulations again Carolyn.

VOXAIR

OFFICE HOURS

Monday to Thursday
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CONTACT

Ad Sales/Main Office
(204) 833-2500 ext 4120

Accounting
(204) 833-2500 ext 4121

Submissions/Reporter
(204) 833-2500 ext 6976

voxair@mts.net
+VOXAIR@PersSvc@Winnipeg

VOXAIR STAFF

LCol L. Brodeur
Editor-in-Chief

(204) 833-2500 ext 5281

Rick Harris
Managing Editor

(204) 833-2500 ext 4299

Maureen Walls
VOXAIR Manager

Kristy Rydz

Reporter / Photographer

Michael Sherby

Production
Coordinator / Layout

Misra Yakut

Accounting

Traci Wright

Proofreading

Jim Holland

Advertising Sales
204 832-0115

Printed By
The Winkler Times
(204) 325-4771

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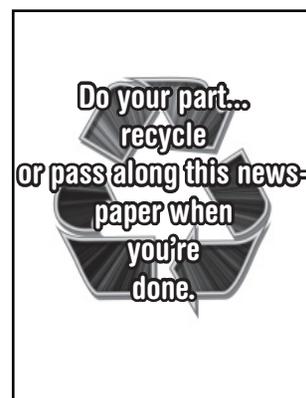
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Bike to Work Day Rolls Onto 17 Wing

Kristy Rydz
VOXAIR REPORTER

Physical activity never tasted so good.

Thanks to the joint sponsorship by 17 Wing Health Promotion and the Military Family Resource Centre (MFRC) the base participated in the citywide Winnipeg Bike to Work Day 2010 on 25 June.

With two stations set up, one just outside the MFRC as well as at the 1 Canadian Air Division gate, staff waved in, flagged down and sometimes even tossed a healthy breakfast and swag to incoming bikers, rollerbladers and walkers.

The base's participation in the event was designed to inspire new thinking about active transportation, according to Health Promotion Director, Kathy Godfrey.

"It may provide individuals with an eye-opening experience to recognize how much easier it may be to use alternative forms of transportation to get to work," she said. "Try-



Maj Gullen enjoys a banana as Kathy Godfrey looks on. Photo credit: Kristy Rydz

ing active transportation on one day may be the start of a new routine."

While the event encouraged drivers to leave their car at home for the day, it also celebrated those who do so on a daily basis.

For Major Stuart Gullen, jumping on his bike with a trailer on the back for gym clothes and his lunch is just part of the morning routine.

"It's a good start to your day," Maj. Gullen said. Traveling around 10 to 13 km twice a day, he chooses to ride through Assiniboine Park for the peaceful atmosphere.

"Your ride is not nearly as entertaining when you're dodging traffic," Maj Gullen explained.

While he enjoys the workout as well as the scenery, sometimes his favourite part of biking to work is the chance to calm down on a hectic day.

"The best thing about the bike is that if you get tired, you can just slow down and enjoy the ride," he said.

Fishing Event Reels in Afghanistan Veterans

Cpl Bill Gomm
38 CBG

"It was basically a question of who wants to go," said Captain Clay Smorang of The Fort Garry Horse. "I put the call out there and I said, if nobody answers it, I'm going to go. It would be a shame to lose a spot like this."

The Kenora and Lake of the Woods communities hosted a Canadian Forces Afghanistan Veterans...Just Fishing event on Saturday, June 12, 2010 at the Kenora harbour front in appreciation for soldiers' willing service and sacrifice to Canada.

The brainchild of Kenora's John Monteith, Fish Hunter's Guide Service owner, the event snowballed into a magnificent display of public support and appreciation for the region's Afghanistan veterans.

"Two years ago we were watching, like everyone else in Canada, Hockey Night in Canada," said Mr. Monteith. "Every Saturday night, Don Cherry would make a plug for the Armed Forces and for the young men and women serving."

Listening to Don Cherry promoting the Canadian Forces got Mr. Monteith thinking he could do something to give back to the military.

"I'm connected to a lot of people in the fishing industry. I have a lot of friends that work for me as guides and I'm in a perfect opportunity to give something back to the military. I said 'I would like to take as many people as possible for a one day guided fishing trip with a shore lunch on Lake of the Woods.'"

Mr. Monteith said he just wasn't able to fully organize it last year as business was too busy but he insisted on trying again this year.

"I was going to do this in 2010 come hell or high water; I'm going to do it."

And, with the support of Bob Kozminski, a good customer and one of the event's key fundraisers, event planning

lifted off.

"I thought it was a fabulous idea that John came up with," said Mr. Kozminski, President of Winnipeg's Keystone Ford Sales Ltd. "I think there are a lot of Canadians that appreciate what the armed forces do but do not know how to show their appreciation."

Mr. Kozminski said it was a very easy ask. "... [E]verybody I talked to was more than willing to participate."

"I talked to almost all of them," said Mr. Kozminski during the shore lunch. "It was amazing to me that so many of them had just come back or they had been over there two or three times. One fellow had survived three IED attacks. I thought to myself: 'My God!'"

Though the event was a fishing weekend, not everyone who attended was an angler. But, when you're fishing with guides, being a 'non-fishing' person doesn't really matter.

"It was a lot of fun," said Bdr Tapp, who said he isn't really into fishing but one wouldn't know since he won the prize for the day's largest catch. "There's been a lot of support for soldiers and veterans from locals and civilians; a lot of work went into it and it turned out really well."

Following the shore lunch, the soldiers returned to the Kenora Harbourfront where the Kenora Scottish Pipe Band piped them to an outdoor reception. This was followed by a prime rib dinner at Smith Camps on Lake of the Woods.

The local CF connection is the Honourary Lieutenant-Colonel of Kenora's 116 Independent Field Battery, Lieutenant-Colonel Woody Linton.

"We are hoping to achieve two things," he said. "Number one, give a sense that this community cares for our armed forces and our service men and women. Two, allow this community to express that through this fishing expedition."

"We're honoured to have the members here and we're proud to be able to do a little something because they did a lot for us," said Honourary LCol Linton.



Jerry Gosnell, Jim Gustafson, and Dave Bennett fillet the recently caught Walleye so they can be cooked for the shore lunch. Photo credit: Cpl Bill Gomm



John Monteith of Fish Hunter's Guiding Service presents Bombardier Ryan Tapp with a rod and reel for catching the largest fish overall, a 36-inch Northern Pike. Bdr Tapp is with 1 Royal Canadian Horse Artillery. Photo credit: Cpl Bill Gomm

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C'est Magnifique! LTC Grads Learn the Benefits of a Second Language

Kristy Rydz
VOXAIR REPORTER

Four freshly-minted graduates of the Language Training Centre (LTC)'s CF Continuous French courses are set to prove just how significant a second language can be to career advancement and personal progress.

Lieutenant Colonel Kevin Horgan, Captain Clayton Myhill, Master Warrant Officer James Doppler and Sergeant Steve Lawton have just completed an 11-month intense language training course that is designed to hone reading comprehension, writing and oral performance in their second official language simultaneously.

For Capt Clayton Myhill, the class has brought him a one step closer to a new classification and a whole new career.

A few years ago, the 19-year veteran pilot decided to enter the world of Public Affairs (PA) and embrace a different adventure.

In order to enter the 9-month PA course in Ottawa this coming September, Capt Myhill needed a second language profile of at least a Level B writing, reading and oral testing.

Coming to 17 Wing from Regina, Saskatchewan, Capt Myhill jumped into the course four months behind his classmates. Nonetheless, he began studying modules that mixed all three required components while

picking up pronunciation and grammatical subtleties through practice and observation.

He explained that students learn by practicing, listening to fellow students and the instructors.

"You learn from other's mistakes. When it's just one-on-one you're the only people speaking. You don't have time to listen," he said.

All the students' hard work paid off as the students in the Intermediate Level French Course, Capt Myhill, MWO Doppler and Sgt Lawton all achieved their Level Bs while LCol Horgan, who was a student on

the Advanced Level French Course, reached a Level C, after the final exam. The final certification is confirmed by the Public Service Commission – Second Language Evaluation (SLE) tests in reading, writing and oral performance.

The importance of bilingualism is paramount in the reasons for offering language education according to Wing Coordinator of Official Languages and Coordinator of the LTC Captain Adeline Rozak.

"There are two official languages in Canada – English and French," Capt Rozak said. "It is our responsibility as a matter of law

and ethics to be able to provide training for our personnel in both languages so that we can all ultimately progress in our careers and be supervised in our language of choice. It's the right thing to do."

While motivation for taking the courses ranges from preparation for promotion to an internal desire to expand their knowledge, Capt Rozak maintains that the well-versed LTC teachers are able to provide a well-rounded course experience to all.

The LTC offers the CF Continuous French and English courses yearly beginning immediately after the August long weekend, taking time for holidays at Christmas and Easter, and wrapping up the last Friday in June of the following year.

In addition to the year-long courses students can also take language training on either a full-time or part-time classes in various Progress Levels ranging from 150 hrs to 210 hrs each; Maintenance of Skills or Specific Skills classes ranging from 30 to 90 hrs each; on-line learning through the multi-media lab at the Language Training Centre; or checking out the CANFORGEN and enrolling on line at www.allies.forces.gc.ca. The course calendar for the LTC can be viewed at: http://17wing.winnipeg.mil.ca/WAdmin/LTC/index_e.htm



The LTC Graduating Class of 2010, with LTC staff. Photo Credit: Kristy Rydz

Run, Roll or Walk in the WComd Challenge



WComd Challenge Participants stretch prior to the event. Photo credit: Kristy Rydz

Kristy Rydz
VOXAIR REPORTER

Just over 600 fitness-minded individuals kicked off a warm morning by getting their hearts pumping in the 3rd annual 2010

Wing Commander (WComd) Challenge on 23 June.

Participants could choose between the 5 km walk/ run or the 10 km bike/ rollerblade route. The Air Command Band Pipes and Drums also performed which brought a touch of class to the event. The challenge

was started by a group stretch led by two energetic 17 Wing Fitness Instructors. The bright 07h45 sun welcomed athletes taking on the Challenge and helped promote a positive energy to the event.

After touring around the base and crossing the finish line, all participants were rewarded with a healthy snacks including fruit, muffins, yogurt and chocolate milk and the chance to recap the race together.

The yearly event is aimed at strengthening the already prominent culture of physical fitness at 17 Wing. The support of the WComd sends a strong and clear message of support for a healthy lifestyle according to event OPI and PSP Fitness Coordinator James Follette.

"With the backing of the WComd allowing people to get out during the day, it shows fitness is promoted and encouraged," he said. "I don't think people realize that even just getting out for a walk can de-stress you."

Follette noted that active outings, like the WComd Challenge embrace the Unit's and the Wing's esprit-du-corps as a military com-

munity with many participants taking the opportunity to share their experience alongside coworkers and family members.

For first-time participant Second Lieutenant and typical treadmill runner Nabil Omri the encouragement of working in a physically active unit and his own personal ambition was more than enough to get him out of the gym and into the annual race.

"It's harder [than running indoors] but it's more pleasant. You're not always staring at the wall in front of you," 2Lt Omri said. "It was good because I saw friends, colleagues and I was outside. It's really motivating."

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Rocking for a Good Time, and a Good Cause

Lt Donna Riguidel
ASSISTANT WING PUBLIC AFFAIRS OFFICER

Despite the fact Military Police provide crucial security and order on bases and wings, they tend to blend in and be background players in the grand scheme of things.

"They don't get a lot of attention," said Laurel Bowen, whose husband Capt. Steve Bowen is a member of 1 Military Police Platoon (1 MP Plt) and who recently returned from a tour in Afghanistan and that anonymity needed to change she explained.

To that end, she formed the support group 'Family and Friends of the Troops' whose mandate is to provide support for reserve military police members on domestic and international operations, through the combined efforts of family and friends.

"For me, because my husband was deploying, it was important to me," Ms Bowen said. "It (1 MP Plt) is a very small unit and

it's time we bring some recognition to what they do. I wanted to start local and branch out from there."

Organizing a fundraising social and a website to get the word out about the event quickly became the focus of her effort.

So successful were those efforts that Bowen branched out to include other members

on deployment, families of the fallen and to help raise funds for the official charity of the Military Police, the "Military Police Fund for Blind Children". With so many Military Police personnel on deployment in recent years fundraising for this not-for-profit charity has gotten difficult.

"The event was a success. Everyone enjoyed themselves and the soldiers received a grand welcome home from their Canadian supporters," she said about the 3 June "Welcome Home Soldiers" event at Silverado's, a local nightclub. "Kenny Shields and Streeheart were amazing and their duet with the Winnipeg Police Pipe Band was magnificent," said Ms. Bowen.

Even though the evening was a fun, light-hearted party, everyone still felt some loss said Bowen.

"It was an amazing evening and I was proud and very honoured to organize such a momentous event. I was grateful that all of my hus-

band's soldiers returned safe and sound but at the same time we mourned for the families who were not so fortunate," she said.

For more information, or to donate to the Military Police Fund for Blind Children, please visit www.faf4troops.ca



Kenny Shields and Streeheart
Photo Credit: Dave McKnight

2nd Annual Air Force Run held at Kandahar Air Field

Capt Jeff Noel
Wing Public Affairs Officer

Beneath a blistering Afghan sun and temperatures pushing into the mid-30 degree Celsius range, 180 military and civilian personnel from Joint Task Force Afghanistan (JTF-Afg) and several Allied nations traded in body armour for running kit as they participated in the 2nd Annual Air Force Run (AFR) held 30 May at Kandahar Air Field, Afghanistan.

Although Mother Nature did not look favourably upon its counterpart held the same day in Winnipeg, the 2010 AFR at Kandahar Air Field served to provide participants from Canada, the United States, Netherlands, the United Kingdom, Ukraine, Slovakia and Australia with an opportunity to raise funds for charity.

"We're doing the same thing here at KAF this morning and also at the same time at Camp Mirage," said Colonel Christian Dr-

ouin, the Air Wing Commander of JTF-Afg.

First across the finish-line was Edward Primeau of the United States in a time of 18:56. The first Canadian, in a time of 20:17, was Col Drouin, with the first Canadian female- to finish the race - Major Yen Chung - doing so in a time of 20:20.

As in Winnipeg, a huge Bravo Zulu must go to the more than 30 volunteer's at KAF who provided participants with water during the race and insured that the logistics and administration of the AFR, everything from first aid to traffic control, were taken care of.

This years 5km AFR at Kandahar Air Field raised \$1,800 for both Soldier On and the Military Families Fund.

For 2010 race results from the Winnipeg AFR and the latest updates on Air Force Run 2011, please visit: www.airforcerun.com

-With notes from Lt Susan Magil



Participants of the 2nd annual Air Force Run at Kandahar Air Field.
Photo Credit: MCpl Claude Arsenault

AF Run a Success for Second Year in a Row

Lt Donna Riguidel
ASSISTANT WING PUBLIC AFFAIRS OFFICER

No one can ever say that runners are a weak-kneed bunch, at least not the ones that showed up for the 2nd annual Air Force Run which was held at the Wing on Sunday, May 30th.

The night before the race, a series of thunderstorms had torn a swath of destruction across the Winnipeg area. At the Wing, the storm's fury overturned tents, flung signs every-which-way and dumped over 150 mms of rain.

"At six o'clock that morning (race day) I almost told the General Officers not to come," said Major Rob Clark, 2010 Air Force Run Chairperson. "I wasn't sure how it would all come together."

Despite the destruction, with steely determination and a lot of elbow grease, squadrons of race volunteers had everything ready to go by race time. As a result of their tremendous effort the event, only in its second year, impressed many runners.

"Most fun you can have with your clothes on," said one comment card.

Although some activities such as the traditional fly-past signalling the start of Air Force Run and the Search and Rescue Technicians (SAR Tech) para-jump had to be cancelled for safety reasons - the eager crowd showed high spirits, even with dampened feet.

While waiting for the start of the race, Hot 103 radio personality Ace Burpee regaled the crowd with his rather unique observations and awarded prizes for things like "Who is the most cold right now?"

Some racers were more prepared than others with jackets and fleeces but one intrepid runner, undaunted by the weather, showed up wearing a kilt.

"Of course I am going to run in it," said 10K runner Guy Madill. "I'm not cold at all."

Children decked out in rain coats and boots, such as a smiling Ava Hartwig who was resplendent in a polka-dot jacket, waited with their families for the start of the Family Fun Run. Later, still smiling happily, she and her dad Steve crossed the finish line to the cheers of hundreds of spectators who cheered every runner in.

That spirit of camaraderie was clearly evident among the Soldier On runners who, upon crossing the finish line, went back out to run with their companions and cross the line together.

Popular race review blog See Mike Run summed it all up: "This year's Air Force Run was a 100% improvement from last year's race. The race committee is to be commended for pulling out all stops to inch this race towards excellence."

For 2010 race results and the latest updates on Air Force Run 2011, please visit: www.airforcerun.com

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July 1st in Kabul



On 1 July 2010, while most Canadians were sleeping, 24 Canadian Forces personnel deployed to ISAF Joint Command (IJC) Headquarters, KAIA, Kabul Afghanistan celebrated the grand opening of the Canada House at IJC HQ. Prior to the grand opening Ceremony, LCOI Eric Charron, (DGIMT Ottawa), Commanding Officer Canadian Contingent ISAF Kabul, (right) and CWO Robert Fisher, (17Wg TISS) RSM (left) visited the French administered Role 3 Hospital, handing out Canadian flags, stickers, pencils and balloons to patients in the hospital. The 14 year old boy who was the unfortunate innocent victim of an IED resulting in the loss of his left leg below the knee and suffered burns on both hands. Dress standards were adapted for the occasion, bringing smiles to all Afghans in the ward.

Robert Fisher
CWO
RSM Canadian Contingent ISAF Kabul

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CFSSAT Ribbon Cutting Ceremony

2Lt Richard Rheume
CFSSAT

On Friday the 14th of May CFSSAT welcomed Comd AFTC, Col Yvan Boilard, and acting Wing Chief Warrant Officer, CWO Pierre Chaine, to cut the ceremonial ribbon which officially marked the completion of CFSSAT's long awaited extension project. The amalgamation of aeromedical training and survival training combined with an increase in personnel, alongside efforts to keep courses efficient and relevant, has created a greater demand for classroom space. The building extension will give CFSSAT the appropriate space required to house their numerous training aids and courses.

Following the ribbon cutting, WO Dale Coulson and Sgt Mark Roots introduced Col Boilard to CFSSAT's Reduced Oxygen Breathing Device (ROBD2) which is used to

conduct hypoxia training for recertification ejection seat crews. The ROBD2 provides a mixture of oxygen and nitrogen to simulate altitudes between 0 and 34,000 feet. In combination with a flight simulator this device provides students with a highly effective training experience.

To complete his visit at CFSSAT Col Yvan Boilard made two presentations to CFSSAT personnel. The first presentation was to CFSSAT's CO, Maj Jean Bernier. After 22 years of service with the Canadian Forces Maj Jean Bernier was presented with the CD2. In his second presentation Col Yvan Boilard presented Survival Evasion Resistance and Escape (SERE) Instructor Sgt Trevor Fakes with a Wing Commander's Commendation in recognition of his efforts to contain and extinguish a fire at the SERE camp in Springer Lake, Manitoba.



Comd AFTC, Col Yvan Boilard, cuts the ribbon at CFSSAT to mark the official opening of the extension.

Welcome New Wing Chief Warrant Officer



(l-r) Chief Warrant Officer Michael Scarcella, incoming Wing Chief Warrant Officer (WCWO) receives 17 Wing sabre from Colonel Yvan Boilard, Commander 17 Wing during the inauguration of the Change of Appointment Ceremony. Photo credit: Piotr Figiel

On 25 June 2010, 17 Wing Winnipeg officially welcomed CWO Mike Scarcella as its new Wing Chief Warrant Officer. CWO Scarcella was born in Ottawa and enrolled in the Canadian Forces as a Weapons Technician Air 1981.

CWO Scarcella replaces the former Wing Chief Warrant Officer, CWO Sheila Blair. CWO Blair is headed to her new position as MARLANT HQ in Halifax.

New 1 Canadian Air Div CWO



On 21 June 2010 in Building 25 at 17 Wing, Winnipeg, the 1 Canadian Air Division (1 Cdn Air Div) Chief Warrant Officer (CWO) change of command appointment ceremony was held. Former Chief Warrant Officer (CWO) John Mercer (left), Major-General (MGen) Yvan Blondin (center) and CWO Guy St-Jean (right) sign the papers to make the changes official. Photo credit: Cpl Archambault.

Fun in the Sun



Children in the Community Recreation All-Star Sports Summer Camp enjoy one of the stations at their recent carnival, held 9 July 2010. The camp runs all summer long. For more information contact Community Recreation at local 2057 or 2059.

Military Police Promotions

Three Military Policemen at 17 Wing Military Police Detachment were recently promoted. Seen receiving their third chevrons from Wing Operations Officer, LCol Reyenga are (below, from left to right): Sgt Mark Mawhinney, Sgt Jeff Eves and PO2 Dan Tremblay.



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The Next Issue of the Voxair Publishes:

August 18, 2010

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Wing Bids Adieu to Royal Couple

Capt Jeff Noel
WING PUBLIC AFFAIRS OFFICER

cornerstone of the new Canadian Museum of Human Rights.

As the Royal couple prepared to board their CC-150 Polaris, they paused at the top of the stairway to give one final wave to Team Winnipeg who responded with a resounding series of cheers signifying their respect and appreciation to their sovereign and her consort.

Collectively known as Team Winnipeg, military and civilian personnel from 17 Wing, 1 and 2 Canadian Air Divisions and their families cheered enthusiastically Saturday, 3 July, as the motorcade carrying Her Majesty Queen Elizabeth II and His Royal Highness Prince Philip, Duke of Edinburgh, pulled onto the tarmac at 17 Wing prior to the Royal couples departure from Winnipeg following a whirlwind six-hour visit to the City.

Arriving in Winnipeg shortly after noon, the Royal couple immediately commenced a series of official ceremonies ranging from their being recognized as the first passengers to use the new terminal at the James Richardson International airport to dedicating the



Maya Katherine de Waal and Braeden Alexander de Waal present flowers to Her Majesty Queen Elizabeth II. Photo credit: Cpl Colin Aitken



Queen's Own Cameron Highlanders honor guard with the commander, Lieutenant Colonel (LCol) Brett Takeuchi present Winnipeg's Ladies from Hell books to his Highness the Duke of Edinburgh, Prince Philip. Photo credit: Cpl Colin Aitken



Her Majesty Queen Elizabeth II pauses to say hello to a group of Canadian Navy, Army and Air Cadets. Photo credit: Cpl Colin Aitken



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Something for the Whole Family at Red River Ex CF Exhibit



Second Lieutenant (2Lt) Jeremy Simmonds, 17 Wing Operations (WOps) assistant demonstrates cockpit indicator panel of a CF-118 Hornet jet model trainer to Nathan Merasty (age 9) of Winnipeg. Photo credit: Pte Piotr Figiel



Brianna Stevenson and her father Mr Walter Stevenson get a glimpse and demo at the C6 machine gun demonstrated by a member of the Royal Winnipeg Riffle Regiment at the Red River Exhibition in Winnipeg on 22 June 2010. Photo credit: Pte Piotr Figiel

Capt Jeff Noel
WING PUBLIC AFFAIRS OFFICER

Kids laughing as they had their faces painted; families strolling among displays; and veterans, the curious and 'just friends' chatting with military personnel was the scene each day at the Canadian Forces (CF) Exhibit during this year's Red River Exhibition.

The soggy weather may have kept overall attendance numbers to the EX in the 175,000 range but the smiles, enthusiasm and friendliness of the military personnel who worked at the CF Exhibit contributed significantly to its success.

"It was really good to see you folks here, to have a chance to talk with you and to say 'Thank-You' for all you do for us," said Jim, an elderly visitor to the CF exhibit.

From Search and Rescue Technicians parachuting from CC-130 Hercules aircraft to multiple interactive displays and dozens of military personnel, the Canadian Forces exhibit at this year's Red River Exhibition was the largest in years.

"Clearly, the entire CF exhibit was a definite a crowd pleaser," said the Commanding Officer of 17 Wing, Col Yvan Boilard. "Our folks were not only happy to showcase their skills and equipment for fellow Manitoban's

but truly enjoyed being able to interact one-on-one with our visitors as well."

"For me, the performances by the Air Command Bands 'Show Band' highlighted the progressive nature of the CF," said Col Boilard. "Everyone who heard the performances were absolutely amazed by their diverse repertoire. It was definitely a 'Wow' moment."

Suitable for the whole family, the exhibit featured Army, Navy, Air Force and Rangers equipment and personnel, and featured officers and crew members from the Canadian Patrol Frigate HMCS Winnipeg, who were involved in Counter-Piracy patrols off the coast of Somalia and a Youth Confidence Course.

To find out more about the Canadian Forces and employment opportunities please visit <http://www.forces.ca>

To find out more about 17 Wing Winnipeg please visit <http://www.airforce.forces.gc.ca/17w-17e/index-eng.asp>

Sing Your Heart Out



Children sing and dance to a biblvaical presentation at the Vacation Bible School High Seas Expedition, put on by the 17 Wing Community Chapel. Over 40 children attended the program this year. Photo credit: Kristy Rydz

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THE ROYAL CANADIAN REGIMENT ASSOCIATION BURSARY PROGRAMME 2010

1. The Royal Canadian Regiment Association will award up to three bursaries of \$1,500 each for the year 2010. The number of bursaries awarded will depend upon the number of applicants and their suitability.

2. Eligible applicants must be:

a. a child or grandchild of a serving, former serving or deceased member of the Royal Canadian Regiment; or
b. a serving member of the Royal Canadian Regiment or a spouse of a serving member;
or

c. member in good standing of a Cadet Corps affiliated with or sponsored by the Royal Canadian Regiment; and

d. in his or her final year of secondary schooling and preparing to attend an institute of higher learning (University, Trades School, Teachers' College, Technical College, Nursing School).

3. In the case of a serving member or serving member's spouse the above criteria applies except there is no time limit between completing secondary school and commencement of attendance at an institute of higher learning but marks for high school graduation must be supplied.

4. The winners of the bursaries will be chosen on scholastic achievement, community service activities, military/cadet service (if any) and family financial position.

5. Applications must be received at Regimental Headquarters by 31 July 2010. Send applications to:

Bursary Committee, The RCR Association RHQ, The Royal Canadian Regiment
Victoria Barracks (Y-101)

PO Box 9999 Stn Main, Petawawa ON K8H 2X3

Tel: 613-687-5511 Ext 7194

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Primrose Knazan

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Did you know the LCC...

... is offering courses this summer on Writing Skills and Intro to PowerPoint? We're accepting TRF's for summer courses now!

... has a Resource Room with over 1500 books, with topics such as leadership, career planning, computer programs and more? Books, CD Roms and laptops are available for temporary loan.

... shares an office with Wing Ground Training? Although the LCC and Wing Ground Training share an office, they are separate units under different chains of command. The LCC is part of Civilian Human Resources and Wing Ground Training falls under Wing Admin.

... is the place to go to if you want more information on the JET program? Mary Jane coordinates the Job Experience Training program that allows employees to learn new skills through on-the-job training.

... has fourteen GP Net Computers and ten DWAN computers for public use? These computers are especially handy for employees who do not work at a desk or for members on course or from out of town.

... that building 135 is called the TEC - Training and Education Centre? Although the LCC is located on the first floor of building 135, the TEC also houses four other units - Wing Ground Training, the Personnel Selection Office, the Language Training Centre, and the Wing Publishing Office.

... has a Learning Advisor who is in her last year of her Masters of Business Administration degree. Leah has first-hand knowledge balancing a full-time career and full-time school and still has time to help you with your educational and career pursuits.

... offers courses and one-on-one sessions to help clients with resumes, cover letters and other career questions. Just call us to book an appointment!

... has a Learning Assistant that volunteers for Folklorama every year at the Afro-Caribbean Pavilion? Michelle likes to show off her customer service skills globally.

... offers Lunch and Learn sessions where you can bring your lunch and learn something new? Lunch

and Learns are open to everyone, including military and civilian personnel, as well as NPF and MFRC staff and military spouses. If you would like to see a particular subject presented at a Lunch and Learn, or if you would like to be a presenter for a Lunch and Learn, contact the LCC.

... has a Learning Assistant who is also a published playwright? Primrose writes most of the LCC articles in Voxair and is also the editor for the LCC newsletter.

... has a monthly bilingual newsletter with articles about LCC courses and initiatives? Copies of the LCC newsletter is mailed to each unit and e-mailed to Training Coordinators on a monthly basis. Contact the LCC if you would like to receive the newsletter directly via internal mail.

... offers PD sessions on personality

MILITARY PERSONNEL Volunteers Needed for Research Study



University of Manitoba research group in collaboration with the Veterans Affairs of Canada Operational Stress Injury Clinic in Winnipeg, MB is seeking volunteers to participate in a project aimed at improving our understanding of how traumatic experiences of military personnel influence emotional responding when viewing positive, negative and neutral images.

Your role: participate in an interview, complete questionnaires, and may or may not take part in a functional Magnetic Resonance Imaging (fMRI) picture viewing assessment.

Benefits: You will help us understand emotional processing in the brain as well as receive a research stipend and travel expenses for out-of-towners.

If interested please call the study coordinator at
204-975-7728

THE ROYAL CANADIAN REGIMENT ASSOCIATION PROGRAMME DE BOURSE 2010

1. The Royal Canadian Regiment Association attribuera jusqu'à trois bourses de \$1,500 chaque pour l'année 2009. Le nombre de boursiers récompensés dépendra du nombre d'applications et de leur validité

2. Les candidats éligibles doivent être :

a. enfant ou petit-fils/petite-fille d'un membre en règle, d'un ancien membre ou d'un membre décédé du The Royal Canadian Regiment; ou

b. membre du The Royal Canadian Regiment ou l'époux(se) d'un membre; ou

c. Un membre de bonne réputation d'un Corps de Cadet affilié ou parrainé par The Royal Canadian Regiment; et

d. Finissant au secondaire et se préparant à fréquenter un niveau plus élevé (université, école de commerce, collège d'enseignement, école technique, école d'infirmière).

3. Dans le cas d'un membre en règle ou de son époux(se), les critères ci-haut s'appliquent excepté qu'il n'y a

aucune limite de temps entre la fin du secondaire et le début des cours au niveau supérieur.

4. Les gagnants des bourses seront choisis d'après les résultats scolaires, les activités communautaires, les services militaires/cadet (s'il y a lieu) et la situation financière familiale.

5. Les applications doivent être reçues au Quartier Général du Régiment au plus tard le 31 juillet 2010.

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UAV Support Roles

MDA has a number of challenging, exciting opportunities in the growing field of Unmanned Aerial Vehicles (UAVs). We are seeking a UAV Payload Operator Instructor and Air Vehicle Operators (AVO)/Operations Managers to support the continued success of our UAV Program.

Air Vehicle Operators (AVO)/Operations Managers (Afghanistan)
AVO/Operations Managers will oversee mission planning tasks, assist in the set-up and deployment of the UAV, operate the UAV system and installed sensors, use and maintain operations records and documentation, conduct post-flight debriefings, and serve as MDA's on-site manager when assigned that role.

UAV Payload Operator Instructor (Suffield, Alberta)
The Payload Operator Instructor will train "ab initio" POs on performing checks and inspections of UAV payloads and equipment, troubleshooting technical issues, using maintenance records and other documentation, and mission preparation. He/She will be responsible for preparing lesson plans, tracking student progress, and briefing and debriefing students.

For complete job descriptions, terms of employment, and a summary of skills and experience necessary for consideration, please visit us online at: www.mdacorporation.com/careers.

Record Numbers Participate in Slo-pitch/Volleyball Tournament

The annual Wing Chief's Warrant Officer's/Public Service Slo-pitch took place on the 18 June 10 with a record number of 38 teams registered to participate. Unfortunately, due to the wet conditions the slo-pitch was cancelled and all the teams moved indoors to participate in a volleyball tournament. This did not dampen the spirits of the members participating as all teams were excited about playing volleyball at the Bldg 90 and Bldg 21 gymnasiums.

After the volleyball was completed, all the teams congregated in the Bldg 21 gymnasium for the barbeque, refreshments and the opportunity to win numerous prizes.

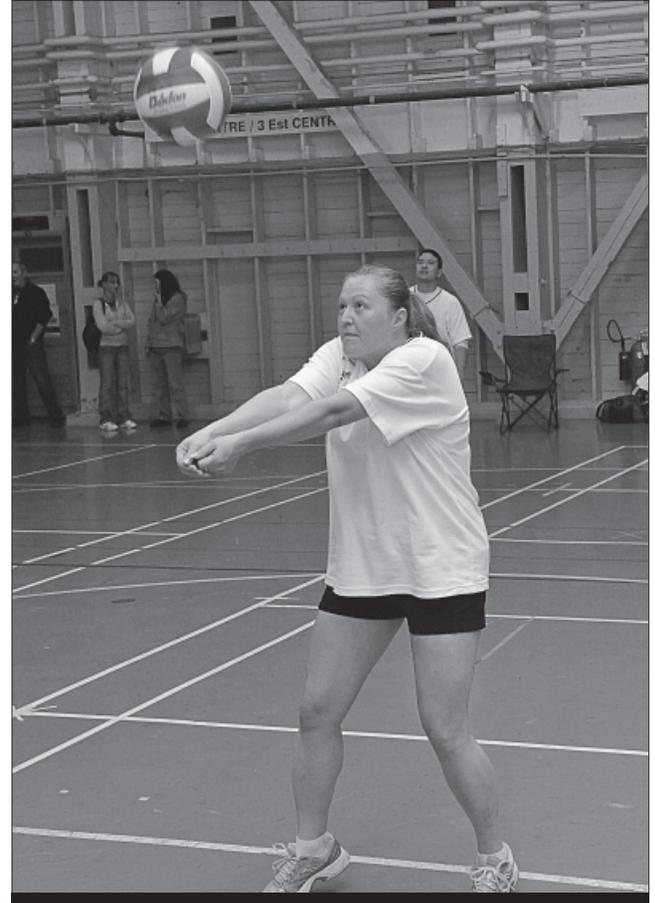
Thank you to those who assisted in making this annual event such a huge success, and to all the members who attended. We look forward to seeing everyone out next year.



Capt Dave Foyers from CFSAS spikes a ball against the opposing team.



The WCWO, CWO Blair, addresses the participants of the WCWO Volleyball tournament during the barbeque at Bldg 21.



WO Tara Taylor of the Minto "Bad Scoobys" prepares to receive a serve in one of her volleyball matches.

For the Love of Running

Kristy Rydz
VOXAIR REPORTER

At 5 a.m. when most people are still asleep - or at least hitting the snooze button - Major (Maj) Tammy Hiscock and her husband Chief Warrant Officer (CWO) David Hiscock are immersed in their own morning ritual.

The couple that will be married 26 years this summer run 7 days a week all year long in snow, sleet and sun. Depending on which race they are training for their daily runs can range anywhere between 10 to 30 kms.

The 15-year tradition turned routine is a crucial component of both their work and their relationship.

"It's like drinking coffee now," CWO Hiscock explains. "If I don't run in the morning, I notice the difference. I know if I don't run before I start work I tend to be a little grumpier. But if I go do my run, it just sets the tone for a great day."

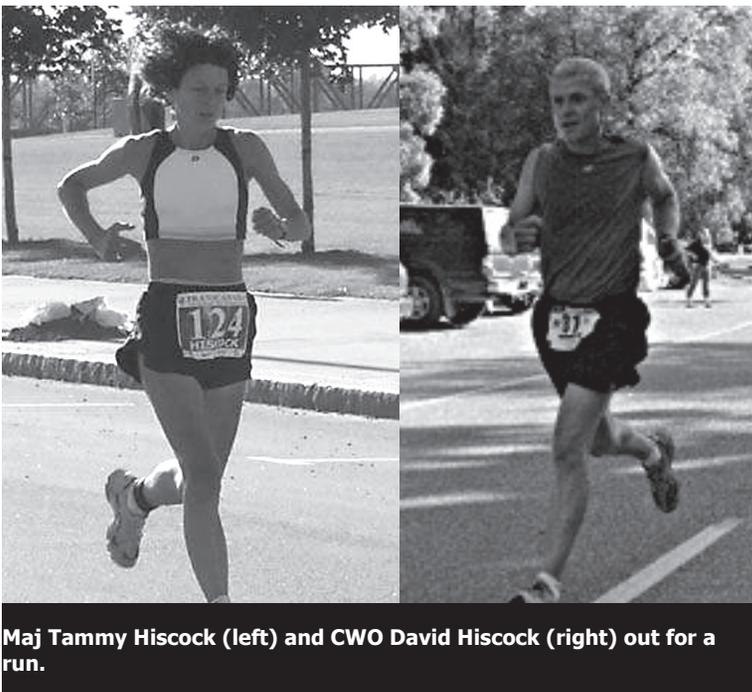
For Maj Hiscock the appeal of running with her partner is in the simplicity and the support.

"It's something we can do together," she said. "Some days on our run we might say two words to each other but it's just knowing that there's someone else there with you."

While stationed at CFB Borden, Maj Hiscock was an aerobics instructor. With the gym closed for the summer and wanting to keep herself in shape, CWO Hiscock invited her along on his daily jog. She was hooked.

Since that time, Maj Hiscock has competed and placed

in dozens of half and full marathons around the world often as a member of the CF International Military Sports Council (CISM) running team. Her impressive list of accolades includes being a 4-time gold medalist in the Canadian Forces (CF) National Running Championships half marathon as well as a two-time gold medalist in the full marathon category. She has also earned eight base level, three Air Command and two CF Female Athlete of the Year awards over the years.



Maj Tammy Hiscock (left) and CWO David Hiscock (right) out for a run.

Her successful strides have made her one of the most awarded female athletes in the CF. One of the most prolific acknowledgements of that reputation was Maj Hiscock's induction into the CF Sport Honour Roll for Running in 2009.

"It was an overall collaboration of my achievements and being recognized. All of

the hard work, all the early mornings and all the training you put into it," she explains.

For her husband, it's not the racing that motivates him but being able to support his wife while staying healthy and being an inspiration and role model to the junior ranks.

"I basically just do it for fitness. She is the dedicated, competitive runner who drags me out the door at five in the morning," he said. "It's much easier when someone else is out there doing it with you. I've always supported her and

I'm her biggest fan."

Regardless of their difference in competitiveness, both aspire to compete in the popular Boston Marathon as well as Disney World's Goofy Marathon Weekend.

The event sees participants run a half marathon that weaves through the Florida amusement park on a Saturday followed up by a full marathon the very next day.

It's that love of running that has kept the couple passionate about the sport over the years.

"[I love] the fact that we can still do it... when I can still run alongside 20 year old girls," Maj Hiscock said with a laugh. "It's a nice feeling to know that I can still go out and kick their butts - sometimes. That keeps you going. That's motivating."

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Congratulations to the Winners of the First Annual Active Living Challenge

The Wing Commander's Challenge served as the wrap-up event for the 1st Annual Active Living Challenge! The Challenge ran for 50 days through the spring and encouraged participants to take small steps to changing their lifestyle. Points were earned for doing the little things that included, but were not limited to: eating breakfast, taking breaks throughout the day, participating in physical activity and reading a book.

Over 76,500 points were earned by the following Units: 2 Cdn Air Div HQ, 1 Cdn Air Div HQ A4 CE, Pers Admin, 23 HSvcs, Wing Foods, RCSU Prairie and CFS Met; while individual participants earned over 9,950 points! Winners, based on both total points and percent participation within Units, were as follows:

Large Unit – 2 Cdn Air Div HQ

Small Unit – Wing Foods

Individual – Ms. Rose Dong, WTISS

Congratulations to everyone who participated! Remember, a small step can make a big difference!

For more information on active living and/or nutritional wellness, please contact Health Promotion at local 4150.

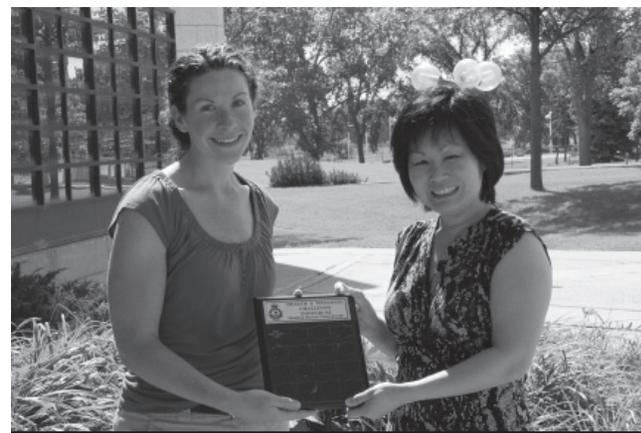
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Kathy Godfred, Wing Health Promotion director, presenting Mrs. Donna Owen (right) the small unit award. Mrs. Owens is accepting on behalf of Wing Foods.



Ms. Manon Deschamps (right) accepting the Large Unit award on behalf of 2 Cdn Air Div HQ



Ms Rose Doug (right) accepting her individual award. Photo credit: Kristy Rydz

Care and Share Raises Some Green

Kristy Rydz
 VOXAIR REPORTER

17 Wing's Care and Share Program hit a hole in one on June 25 with their 5th annual charity golf tournament.

The event saw 39 participants pay a \$25 entry fee to play 18-holes, participate in a few bragging rights competitions and enjoy a barbecue lunch in support of the internal charitable program.

At 5 under par, the team of Bob Orzechowski, Don McLeod and Bob Vincent were named Care and Share 2010 champions. The trio was presented with a trophy from seasoned golfer, Major-General Blondin for their success.

All together \$953.00 was raised to contribute to maintaining the fund that assists military and DND families who find themselves in need of financial support to maintain the necessities of life, according to Chaplain and event OPI Captain William Hubbard.

"I've seen people hit hard in a very large way," he said. "There's a real thin edge of the wedge on whether or not you can be successful... and when you are hit hard and can't feed your family? It's not about the dollars as much as it is the care behind it."

The fund that was created five years ago

is administered in amounts of \$250 to those who express a genuine need for economic support for any reason from the break up to in a marriage to the birth of a new child and anything in between.

Regardless of the reason, the fund is entirely confidential and aims to be a support system rather than a necessity.

"We're genuinely there for them," Capt Hubbard said. "Not just in a hand-holding way but in a real, tangible way. We don't want people to be dependent on us but to be more dependent on themselves."

In order to help that happen, Care and Share not only provides money but counseling in addition to information about other resources like SISIP and social work supports to assist recipients in creating strategies that work for their lives.

Events like the golf tournament as well as collecting spare change on Valentine's Day and working with the MFRC to create Christmas hampers each year make it possible for the military family to continuously care for military families.

"When we are fully able to care for them, they're able to care for themselves and their families," Capt Hubbard said.



MGen Blondin (second from left) presenting a trophy to Bob Vincent, Don McLeod and Bob Orzechowski, the winners of the Care and Share Golf Tournament.





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Winnipeg MFRC hosts a day on the Prairie Dog Central

Staff and volunteers from the Winnipeg MFRC arrived at Inkster Station bright and early on Sunday, June 20 to decorate the station and the Prairie Dog Central. The MFRC hosted the Fathers' Day train. As part of the festivities, the station and train were decorated with yellow ribbons and dads onboard the train were given super dad buttons and a gift bag. We were fortunate to have members of Prairie Command Military Vehicle Association in attendance displaying vintage vehicles.



Troy Zuorro, MFRC Board Chair hands out gift bags to dads on the Prairie Dog Central.



A member of Prairie Command Military Vehicle Association talks with one of the train travellers. Photo credit: submitted

Notes from the annual general meeting

The MFRC held its annual general meeting on June 29. Approximately 30 members of the community were in attendance. The board members and executive were elected during the evening. The executive is as follows: Troy Zuorro, board chair; Shannon Bisson, vice chair; Fiona Ritson, treasurer; Jane Ward, secretary. Members at large are Laura Webster, Dale Warren, Laurel Rose, Simone Pamplin. If you're interested in board membership, please contact Barbara Thuen at 833-2500 extension 4519.

Before the AGM, a donation was made to the MFRC by members of the Northern Light Prince Rupert's Lodge No. 1 of the Ancient Free and Accepted Masons. The MFRC was the Master's charity for the year. Worshipful Brother Harry McFee, Master of the Northern Light Prince Rupert's Lodge also donated a book he authored, entitled For We Were Young and We Had Wings. The book is a tribute to the men and women of the Canadian Forces.



Troy Zuorro, MFRC board chair, presents a certificate of appreciation to Brother Richard Lacoussiere, Junior Warden (left), Worshipful Brother Harry McFee, Master (centre), and Very Worshipful Brother Craig Johnson, Past Master, and Grand Lodge Officer (right) at the MFRC's AGM on June 29.

Year-end celebration for Nursery School

Another year of nursery school classes drew to an end for the children at Westwin Children's Centre and MFRC South Nursery School. Children had a fun-filled year gaining important social skills and preparing for kindergarten. They learned how to cooperate with others, to express their feelings and control their impulses. They learned to listen to others, take turns, try new things, and follow directions. They developed fine and

gross motor skills, language and thinking skills. They learned their ABCs and 123s songs, games, stories and French. They enjoyed music, yoga, field trips, and guests. While it is a little sad to say goodbye, we are left with many happy memories. If you would like your child to take part in these programs in September 2010, please call 833-2500 (2491) for more information.



Mago the Magician amazes families at Westwin Nursery School year end party.

Youth Centre hours

Until August 27, the MFRC drop-in youth centre at 102 Comet Street will be open from Monday to Friday from 9 a.m. to 5 p.m. for youth ages 10 to 14. The drop-in centre at 347 Doncaster will be open Monday to Friday from 10 a.m. to 5 p.m. for youth ages 7 to 14. Both centres are closed on statutory holidays. The drop-in programs are free of charge.



On June 30, Assiniboia MLA Jim Rondeau, along with MFRC volunteers Annabelle Tanguy (foreground) and Lori Blande, barbecued hamburgers, hotdogs and smokies. The MFRC will be hosting barbecues every Wednesday throughout the summer from 11:30 a.m. to 1 p.m.

Chaplain's Corner

Goodbye...God be with Ye!

How to say "Goodbye" in over 450 languages, you can find out on Internet by simply looking at "goodbye". English language gives us only 19 choices from "Bye" thru "so long" and even one sentence as Archaic, "God be with Ye". I like the way some people of Sri Lanka- they also speak English- say goodbye. They say "Go and come" or Texan English from the Southern USA- saying goodbye people say- "Y'll come back now" I wonder: Where is the good in goodbye? For me the time has come to move. More the 3,000 km east from Winnipeg, to a new home, New Military Base, new people-Gagetown.

Is that the "good" in goodbye? Why can't we get all the people together in the world that we really like and then just stay together? Guess that wouldn't work. Someone would leave. Someone always leaves. Then we would have to say goodbye.

I hate good-byes. I know what I need- I need more hellos. I came to Winnipeg from south-western Ontario almost 5 years ago. It was a beautiful October of 2005. My first winter several months later had changed my attitude. It was cold and typical record breaking winter in Manitoba. However, in my heart I have began to love my new friends, Military of 17 Wing, even our Chapel was a warm and friendly place. I will always remember good Christmas parties, coffee times at MFRC and many socials. I believe I have changed from a cool- like a winter in Winnipeg- to a warm and loving chaplain.

Now my friends, You know it is the hardest thing to do, say Goodbye. As a preacher of the Good News once again I implore You: stay faithful to your God, your family, Canadian Forces and yourself. Be the best you can be. Please remember- nothing makes the earth so spacious as to have friends at a distance. Finally, may this Old Irish Blessing be my prayer for You:

"May the road rise up to meet you. May the wind be ever at your back. May The Sun shine warm upon your face and the rain fall softly on your fields. Until we meet again, may God hold You in the hallow of his hand. "

-Padre Lance Magdziak

In Memoriam



Sergeant James Patrick MacNeil was killed after an improvised explosive device detonated during a foot patrol, about 20 kilometres southwest of Kandahar City, in the Panjwa'i District, at approximately 8:00 a.m. Kandahar time on 21 June 2010.

Sgt James Patrick MacNeil was from the 2 Combat Engineer Regiment, based in Petawawa, Ontario. Sergeant MacNeil was serving with 1st Battalion, The Royal Canadian Regiment Battle Group.

We are all thinking of the family and friends of our Canadian fallen comrade during this sad time. The commitment and sacrifice of our military and their loved ones are helping to make a difference in the lives of the people of Kandahar Province.



Two Canadian soldiers were killed when the vehicle they were travelling in as part of a convoy struck an improvised explosive device. The incident occurred approximately 20 kilometres southwest of Kandahar City, in the Panjwa'i District at approximately 11:00 a.m. Kandahar time on 26 June 2010.

Killed in action was Master Corporal Kristal Giesebrecht from 1 Canadian Field Hospital, based in Petawawa, Ontario. She was serving in Afghanistan with the Task Force Kandahar Health Services Unit.



Killed in action was Private Andrew Miller from 2 Field Ambulance, based in Petawawa, Ontario. He was serving in Afghanistan with the Task Force Kandahar Health Services Unit.

Our thoughts are with the families and friends of our fallen soldiers during this difficult time. We will not forget the sacrifice of these soldiers as we continue to bring security and hope to the people of Kandahar Province.

Together in Church

CATHOLIC

CHAPLAINS

Padre Lance Magdziak
Roman Catholic Office 833-2500 ext 5272

Administrative Assistant
Carol Cochrane Office 833-2500 ext. 5087

Masses (English only)
Sunday 1100 hrs

Religious Education classes are available to all students from Preschool to Grade 6. Please call the office for information.

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

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

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

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

PROTESTANT

CHAPLAINS

Chaplain Bonnie Mason
(Presbyterian) Office 833-2500 ext 5417

Padre Bob Granholm
(Mennonite Brethren) Office 833-2500 ext 4885

Padre Will Hubbard
(Anglican) Office 833-2500 ext 5349

Padre Ken MacRae
(Presbyterian) Office 833-2500 ext 4277

Padre Gord Mintz
(Anglican) Office 833-2500 ext 5785

Padre Curtis Duclos (Baptist)
Det Dundurn Office (306) 492-2135 ext 4299

Administrative Assistant
Carol Cochrane Office 833-2500 ext. 5087

Sunday Services (English Only) 0900 hrs

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

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

Baptisms The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

Protestant Chapel Guild meets the first Sunday of the month at 1800 hrs in the Chapel Annex. All women are welcome.

FOOD BANK

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

EMERGENCY CHAPLAIN

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

OTHER PHONE NUMBERS:

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

INTERFAITH PRAYER ROOM

Rm 305 in Bldg 62 is avail during reg working hrs for private prayer or meditation, or for small groups to worship in the manner of their faith.



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426 Thunderbird Squadron Association 18th Biennial Reunion. Aug.17 - Aug 20, 2010 in the National Air Force Museum of Canada, 8 Wing Trenton. Guest speaker LGen(RET) Bill Carr. Contact Clay Smith 613-968-7998 or clay426reunion@live.com. Registration forms can be found on the 426 web site.

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The Deadline for the next issue is May 28

TAROSCOPES

BY NANCY

Aries (March 21 - April 19)

You're about to learn something that forces you to stop daydreaming and start to manage more effectively. Sign off documents and finalize paperwork that frees you from further worry. Once the weight of indecision is gone you're much more light-hearted. Enjoy celebrations.

Taurus (April 20 - May 20)

If you've compartmentalized your life you may not realize that something is missing. Emotional fulfillment and a full enriching life result when you can be yourself all the time. If that's what life looks like now, great. If not, take steps to change this now that you know where to start.

Gemini (May 21 - June 2)

Read the fine print. Hope for the best but plan for eventualities. You need to establish a sense of structure. Speak to higher ups and get the details ironed out. You can't just assume that things are the way you see them or want them to be. Pay attention to changes happening around you.

Cancer (June 22 - July 22)

It is an illusion to think that keeping things rigidly fixed will bring security. Change is a constant and adjusting to change is a skill you must continue to cultivate. Think of the positive changes you can make in your home environment. Enjoy the process of redefining your space.

Leo (July 23 - August 22)

There is so much you want but hoping that if you just go for it everything will fall into place is presumptuous. Be responsive to what is happening around you. Observe and learn the rules so you know where there is flex and where you must toe the line. Be a creative problem solver.

Virgo (August 23 - September 22)

You're starting to realize that if you want something you are the one who has to put the ball in motion. Rest assured it's worth the effort. Persevere. You have what it takes to go after what is good for you and rightfully yours. It's your life. Grab it, hold onto it and enjoy it.

Libra (September 23 - October 23)

You can connect with others on short trips or little adventures in the city you live in. Impromptu gatherings turn out well. Celebrate your success in reaching a goal or a victory. You'll be on the move again soon. Take the chances that come along to party with compadres.

Scorpio (October 24 - November 21)

You are determined not to lose what you have gained but perhaps you need to be a bit more flexible. If you've been hurt in the past, you may be inclined to try and control everything now. This only creates further difficulties. Open up gradually until you know you can trust.

Sagittarius (November 22 - December 21)

Your thinking is out of sync with someone else's. This may heighten your sense that this is the end of an era as you are now aware of your changing beliefs. You're reassessing your life and relationships with others. Lie low for a bit and ponder the possibilities.

Capricorn (December 22 - January 19)

You're full of energy and want to share some of your new, bright ideas with others who are passionate about the things you are. Let people know you want to connect. Take the initiative. Organize a get-together that fits your lifestyle.

Aquarius (January 20 - February 18)

You express your feelings easily, consequently others feel free to do so too. Still some of what they say may not ring true for you. Listen to their views but don't assume they know everything. Don't take it all at face value. You are the authority on what is right for you.

Pisces (February 19 - March 20)

It's time to put worrying and/or waiting behind you. Take action. Seek out opportunities or accept those that present themselves. You will make your own luck. You've gained experience and the wisdom to know a good thing when you see it. It's here now. Enjoy it.

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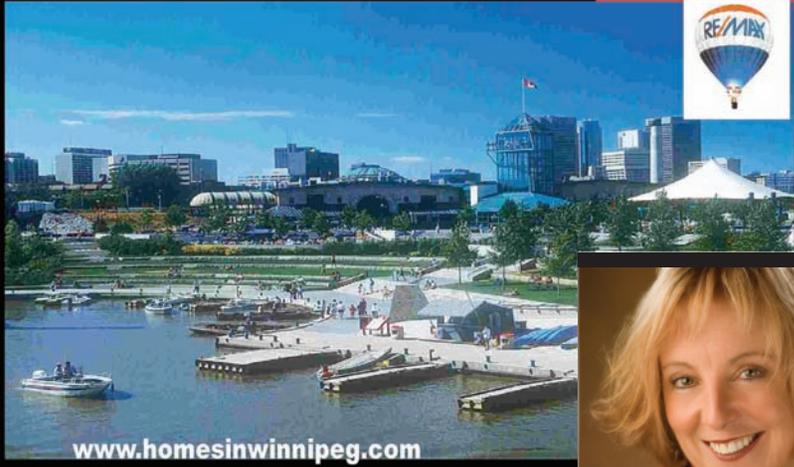
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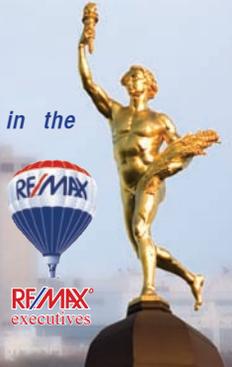
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