



THE VOXAIR

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FREE

440 Squadron Soars Over the Canadian Arctic



Winnipeg may finally be experiencing spring weather but for 440 Squadron supporting Task Force operations and ensuring a steady flow of supplies and personnel during Operation NUNALIVUT on April 9, 2016, it's still winter. Please see page 5 for complete story. Photo: Cpl Parks, Task Force Image Technician

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Power Smart Building Certification at 17 Wing Saves Taxpayers

by Martin Zeilig, Voxair Photojournalist

Vic Lee is justifiably proud in promoting environmental change at 17 Wing.

Mr. Lee received the Power Smart Building Certification, a recognition of building efficiency, presented by Manitoba Hydro for the new multi-use facility which includes the CANEX, Building 139.

The building, which opened officially this past December, was part of Federal/Departmental requirements for new construction which required buildings to be "sustainable" via meeting various metrics, Lee said.

Mr. Lee has been a key leader and contributor to the process.

Mr. Lee works for Defence Construction Canada (DCC) and is the deputy project manager. He is a certified Project Management Professional (PMP) and a registered landscape architect.

"Mr. Lee was solely responsible for having the building achieve status under the Power Smart New Buildings Program (PSNBP)," according to Mark Dettman, the 17 Wing Environmental Officer.

Power Smart is an environmental and efficiency program sponsored by Manitoba Hydro. "Power Smart Design Standards' guidelines are for new and renovated commercial buildings," notes online information from Manitoba Hydro.

These guidelines cover most energy related systems in the building, including: insulation, windows/doors, air barrier, lighting, heating, ventilation, air conditioning, heated service water, electric power, and parking lots. Incentives are available for several products or systems that meet or exceed the guidelines.

Getting people to change can be challenging.

"In the case of the CANEX building, while getting them on board to follow the requirements was difficult,

they eventually did," explained Dettman, who said he likes to promote the link that can be achieved between the incorporation of sustainable design ideas/technologies, energy savings and monetary savings.

Dettman further emphasized that Lee "carried the torch forward" in a big way and had the building receive status under the PSNBP. His initiatives have contributed to real and tangible change.

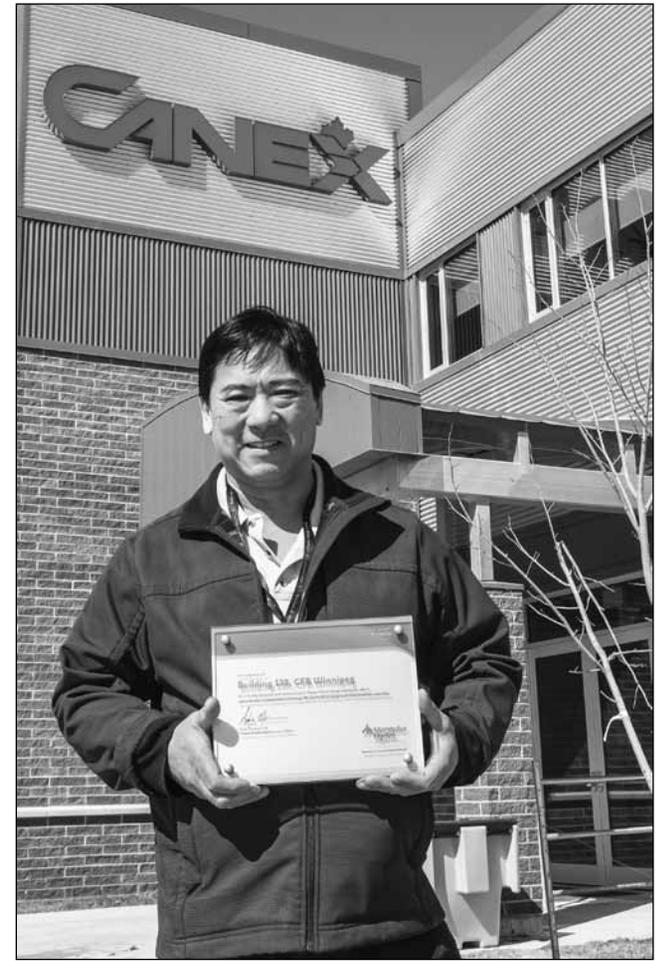
The benefits of participating in Power Smart programs extend well beyond the improvement of buildings and the reduction of energy bills, noted Dettman. "Participation contributes to sustainability of the environment, the economy, and a more sustainable Manitoba," he said.

"Taking part in preserving the province's natural resources helps so that future generations will have their needs met."

This designation resulted in a rebate of \$20,000 for 17 Wing/DND and taxpayers, as well as a plaque for achieving that status, Dettman continued. As Mr. Lee suggests, "We can shape the places where we live and work to make them more sustainable and more environmentally friendly. It starts with taking small steps and seeing things through a new light".

Lee pointed to some of the building's key sustainable features which included protecting mature spruce trees during the construction of the CANEX, incorporating natural lighting within office spaces, integrating energy efficient lighting, and installing water bottle filling stations at water fountains.

Dettman also mentioned that part of the Power Smart rebate was for the backlit pylon sign that is located at 700 Wihuri Road. The sign incorporated LED lights which are expected to require only a small fraction of the energy that would be required of traditional fluorescent lights, he explained.



Vic Lee, Defence Construction Canada and Deputy Project Manager for Building 139, poses with a plaque recognizing the Power Smart Building Certification for the new CANEX building. Photo: Bill McLeod, Voxair Manager

CAF Member Transitions to Small Business Owner

by Martin Zeilig, Voxair Photojournalist

Tara-Lee Phillip bubbles over with enthusiasm while describing her work as Education Manager with Tutor Doctor, a company started by a former school teacher which provides one to one learning at a client's home.

"We tutor everyone," she said during a recent interview in the board room down the hall from The Voxair office. "My oldest client was 70. He graduated knowing how to use his laptop computer and iPhone and how to navigate the web. Our youngest client is in kindergarten and just moved to Winnipeg with her family from China. They put her into a French immersion school. Now, we're working with her in French and English."

Phillip, who was born in Selkirk, Manitoba, but



A beaming Tara-Lee Phillip, Education Manager of Tutor Doctor, next to her company vehicle in the Canex parking lot. Photo: Martin Zeilig, Voxair Photojournalist

grew up in Winnipeg, is a former member of the Canadian Armed Forces. She joined the Fort Garry Horse as a Reservist in 1991 while still in high school.

During her 19 years as a reservist, she had three tours of deployment: Croatia in 1994, Bosnia in 2001, and Chief Clerk for Camp Closure in Kabul, Afghanistan, as well as OFS W.O. For ISB in Turkey.

"I was always a reservist until 2010 when I put my application in to join the Regular Force," Phillip said during a recent interview.

Afterwards, she worked at HMCS Chippewa; and, after returning from maternity leave, she was posted to 1 Canadian Air Division before retiring from the CAF in 2014.

"I started looking for some business (to get into) after leaving the CAF," said Phillip, who has two children, Gentry 8, and Kingsley 3, with her husband, Keino Martin, an assistant trainer and head groom of his barn at Assiniboine Downs.

"I came across Tutor Doctor, and, I followed the yel-

low brick road to success."

She's owned the local franchise for 18 months now.

Another one of Phillip's clients is Piper Coffin, the daughter of Sergeant Cynthia J.B. Jessop, A1 Reserve Comptroller 2-2, 1 CAD Headquarters, and recently retired Chief Warrant Officer Hank Coffin.

At age two months, Piper was diagnosed with Alagille Syndrome (a rare genetic disorder that affects organ development). Piper's liver, kidneys, heart and spine were all affected, with her liver function rated at only 20 percent. This has necessitated numerous operations at Sick Kids Children's Hospital in Toronto.

"Piper started with Tutor Doctor in December 2015 when we returned from Sick Kids," Sgt Jessop wrote in an email to The Voxair.

"Piper's tutor is great, and has been helping Piper try to catch up in Math and English after missing so much school from her transplant, two trips back to Sick Kids, and ongoing medical appointments. Tutor Doctor is flexible and has worked around Piper's medical schedule, which has lifted quite a bit of stress off of us. Piper's tutor is very friendly and outgoing, and is able to keep Piper motivated, which is impressive considering Piper's medical issues."

Phillip said she chose the business because she needed to, in her words, "put a fire back into my belly" after leaving the CAF.

"I needed something to be passionate about again," she said, noting that she has a licence to work the whole city, and has received specialized intensive training for her job in Toronto and the University of Regina.

"Now that I'm a mom, there isn't anything more important to me than to see kids flourish with confidence, self-esteem, and have a smile on their face and not being intimidated by school."

The Voxair apologizes for mistakenly attributing the story 1 CAD A4 CE Infrastructure Stand Down to our reporter. The actual author was David A Strong PEng CD, Realty Asset Manager, A4 Construction Engineering Infrastructure, 1 CAD.

VOXAIR

OFFICE HOURS

Monday to Friday
0830 - 1500 hrs

CONTACT

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

Accounting
(204) 833-2500 ext 4121

Submissions/Reporter
(204) 833-2500 ext 6976

voxair@mymts.net
+VOXAIR@PersSvcs@Winnipeg

VOXAIR STAFF

LCol Danielle Clouter
Wing Admin O
(204) 833-2500 ext 5281

Rick Harris
Managing Editor
(204) 833-2500 ext 4299

Bill McLeod
Voxair Manager
(204) 833-2500 ext 4120

Martin Zeilig
Photojournalist
(204) 833-2500 ext 6976

Maureen Walls
Sales Coordinator
(204) 895-8191

Capt McCulloch-Drake
Wing Public
Affairs Officer

Broose Tulloch
Layout Designer

Misra Yakut
Accounting

Traci Wright
Proofreading

Printed By
Derksen Printers
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Correspondence should be addressed to:

The Voxair
17 Wing Winnipeg,
PO Box 17000 Stn forces
Winnipeg, MB R3J 3Y5

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Griffin Archives a Treasure Trove of Material



Robert Lower, volunteer archivist, perusing the Second World War logbook of John Alexander Griffin in the Griffin Archives at Building 66.

Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

If there is one thing that can be said about the late John Alexander Griffin (1922-2008), a Second World War veteran and Flight Lieutenant in the RCAF, it's that he wasn't short of ambition, according to Robert Lower.

Lower, a well-known Winnipeg filmmaker and self-described amateur archivist, has taken on the task of organizing the Griffin Archives. The documents contain hundreds of binders and notebooks of Griffin's research on aircraft of the RCAF, their colours and markings, and manuscripts and drafts of several books he intended to publish, says Captain Gord Crossley, 17 Wing Heritage Officer.

It's a binder labelled "Books I am intending to write"

that prompted Lower's comment on Griffin's ambition.

The Archives are housed in a narrow, windowless and musty room on the lower level of Building 66-- where the former 17 Wing Museum once resided on the main floor.

"I made a presentation at the Canadian Aviation Historical Society meeting in December, when I spoke on the state of the 17 Wing Ghost Squadron and the Griffin Library," said Capt Crossley. He added that besides Lower another volunteer, Ed Decaux of the RCAF Association 500 Wing, is also working to organize the collection.

"I was trolling for volunteers. Bob (Lower) pointed out that his father had served in my regiment, the Fort Garry Horse, during the Second World War so we immediately had a connection. Bob is doing tremendous work to help make this a very accessible resource for the RCAF and the public."

Crossley added that the Griffin Archives is an asset of 1 Canadian Air Division that was originally located in the Billy Bishop Building (1 CAD H.Q.). It was moved to Building 66 some years ago when the base museum still existed.

The Heritage Directorate of 1 Canadian Air Division/Canadian NORAD Region Headquarters (1 Cdn Air Div/CANR) was officially named the John Griffin Library in his honour at a ribbon-cutting ceremony on August 29, noted an article (A lifetime of Air Force memories now available by Karen Christiuk) in *The Voxair* on September 10, 2008.

"Some of the donated items include rare RCAF engineering orders from long retired aircraft, photographic collections of uniquely Canadian aircraft, numerous collections of aircraft magazines, a self-sufficient book

collection of over 3,000 pieces on aeronautics, copies of forms and documents related to military aircraft, and research on RCAF Stations and Squadrons. All in all, an archivist's treasure trove—a dream," the story said.

"Although Griffin retired from the RCAF after the Second World War and had a civilian career with Canadian General Electric and then with the federal department of Industry, Trade and Commerce, he also found the time to publish several books about Canadian military aircraft. His most well-known publication entitled *Canadian Military Aircraft—Aircraft of the Canadian Armed Forces: Serials and Photographs, 1968-1998* was reprinted in 2006, and is considered one of the best resources for anyone studying Canadian military history."

Mr. Lower, who volunteers at the Archives once or twice a week for several hours each time, called Griffin an obsessive collector.

Seven rolling shelves are packed with maps, white papers, manuals, periodicals and much more. One real treasure is Griffin's neatly scripted and illustrated (with his own drawings of ships – for aircrew identification purposes-- and some snapshots) flight log from the war. There also are 8000 books, stored in separate shelving across the aisle, that were bequeathed to the RCAF by Griffin.

"What I find tiring is that I never leave enough room for what I find in a particular category," Lower said.

"So, I always have to move and expand categories. In a strange obsessive way, it's kind of fun to do this work because it's bringing order out of chaos, which is what I've done for the past 40 years in film editing."

RCAF's oldest Hercules aircraft finds new home in Ottawa museum



CC-130E Hercules No. 130307 flies low, slow and loud past the Canada Aviation and Space Museum on April 5, 2016. Moments later, the aircraft landed near the museum, where it will become part of the permanent collection. Photo: Corporal Daisy Hiebert

by Joanna Calder

Hercules came home to Ottawa on April 5, 2016.

Not the demi-god of Roman mythology, but a Hercules of equal might and power: the Royal Canadian Air Force's last E-model CC-130 Hercules aircraft.

A small but enthusiastic crowd waved and cheered as the tactical air transport aircraft flew low, slow and loud down the length of the runway at the Ottawa Flying Club before landing and carefully taxiing into place about 15 metres from the Canada Aviation and Space Museum and the now-safely seated spectators. The noise of the engines at that distance, and the whine as they shut down, was tremendous.

During the flight from Trenton, search and rescue technicians made one final jump from the Hercules, which was most lately employed as a search and rescue aircraft.

After 51 years of service and more than 47,000 hours of flying time – with only about two and a half hours of flying time left on the airframe – Hercules 130307 will become part of the museum's permanent collection. It

was the last 1960s-era E-model still flying with the RCAF, although the Air Force continues to fly the newer H-model and J-model Hercules.

"I am delighted that Hercules No. 130307 . . . has found a permanent home with the Canada Aviation and Space Museum in Ottawa, where it will showcase the RCAF's air mobility role for years to come," said Lieutenant-General Hood, commander of the RCAF, during the ceremony welcoming the Hercules to the museum.

Lieutenant-General Hood, who was onboard the flight from 424 Search and Rescue Squadron at 8 Wing, began his air force career as a navigator – now known as an air combat systems offi-

cer (ACSO) – on Hercules and has a long relationship with this particular "Herky-bird".

On November 17, 1987, he took his first flight as a navigator-trainee on No. 130307 while at Canadian Forces Air Navigation School in Winnipeg – a 3.2 hour low-level visual route. It was his first – but far from last – flight as a Hercules navigator; he eventually amassed 3,158 hours on Hercs. On 130307's final flight, he was listed as a member of the aircrew in the position of "ACSO 2".

"I don't know what I did right, but I enjoyed every single hour I spent flying [Hercules aircraft] around the world," remarked Lieutenant-General Hood. "I've had such a rewarding career and it's primarily due to that aircraft."

A number of passengers joined the aircrew for the flight, commanded by Lieutenant-Colonel Philip Marcus, including the RCAF chief warrant officer, Chief Warrant Officer Gerry Poitras; the executive director of the National Air Force Museum in Trenton, Ontario, Mr. Chris Colton; the president and CEO of the Canada

Science and Technology Museums Corporation, Mr. Alex Benay; and the commander of 8 Wing Trenton, Ontario, Colonel Colin Keiver. Lieutenant-Colonel (retired) Karen McCrimmon, who is now Member of Parliament for Kanata-Carleton in the Ottawa and associate minister of National Defence, and Mr. Christopher Kitzen, Director General, Canada Aviation and Space Museum, greeted crew and passengers as they stepped off the aircraft.

"I think back to days when we were commanding officers side-by-side in Trenton flying this wonderful aircraft," Lieutenant-General Hood told Lieutenant-Colonel McCrimmon, who is a former commanding officer of 429 Transport Squadron at 8 Wing and the first woman to command an RCAF flying squadron.

"We need to give thanks for this wonderful blessing. For the gifts of belonging to a country such as this where we can make a difference in the lives of so many people around the world," said Lieutenant-Colonel McCrimmon. "Canada is a wonderful team . . . of people who really care . . . about the future, who care about each other, and are willing to do the tough work when it needs doing."

"So, thank you to all of you who came out to celebrate with us today, to all of you who have been part of this magical CC-130 – here in Canada and in other nations around the world."

"While many would say this actually a day to lament and be sad for what was, I'm at the other end of the spectrum. I think that this is something to celebrate," said Lieutenant-General Hood. "This aircraft's going into a museum where generations of future Canadians are going to understand the history of the CC-130."

"This will be a major part of our upcoming programming. This is our first such aircraft, obviously, in the collection and we're extremely honoured, extremely proud to have you all here today to celebrate with us," said Mr. Benay. "It's a testament to the service [of the] men and women of the Royal Canadian Air Force, and we are extremely proud to . . . be in a position to tell its stories for years to come."



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this newspaper when
you're done.*

Military Spouse, Sister, Star on Ellen Show

by Martin Zeilig, Voxair Photojournalist

"Crazy-excited identical twin sisters get the surprise of the holiday season thanks to sweetheart Ellen DeGeneres," says a headline on an American news website, featuring a several minutes long video of the twins on the Ellen Show.

Chantal Pasioka, whose husband is Warrant Officer Daniel Pasioka, a Search and Rescue Technician with the Canadian Forces School of Survival and Aeromedical Training, and Sylvie Andrews were hugging each other and bouncing up and down like a pair of Mexican jumping beans before and after Ellen called them onto the set of her show on December 8, 2015.

Their wild exuberance was contagious both to cheering and smiling audience members and Ellen, herself.

The Ellen DeGeneres Show is an American television show hosted by comedian/actress Ellen DeGeneres. Debuting on September 8, 2003, it is produced by Telepictures in Los Angeles, California and airs in syndication, including stations owned by NBC Universal, says online information.

"My sister's dream was to get tickets to see Ellen," said Chantal, whose sister lives with her husband, Jordan, and two young children in Fort McMurray, Alberta. "I know that it can be very get difficult to get tickets to the show. So, my goal was to submit a letter every single day in hopes of getting tickets and surprising Sylvie on our 40th birthdays on March 12. I started sending letters in mid-November, 2015."

After writing 14 letters, Chantal said she received a phone call from the Ellen Show.

"Then, Sylvie received a call too," she added.

"Within a week we were being flown out to the show. I flew from Winnipeg and Sylvie from Fort McMurray. We came in separately."

That was on December 8.

Their flight was paid for by the Ellen Show, said Chantal, adding that they were escorted in a limousine to their hotel; and the next day were brought to the studio where they were given tickets to the show.

During the taping, Ellen played an audience elimination game after which she brought the twins on



Twin sisters Chantal Pasioka and Sylvie Andrews had the time of their lives interviewing Hollywood movie stars on the red carpet at the 2016 Golden Globe Awards in Los Angeles. Lucky them! Photo: Supplied

stage. After hugs and more enthusiastic and spontaneous two legged leaping by the twins, Ellen presented them with an all-expenses paid vacation package to Cabo San Lucas, Mexico.

On January 4, Chantal and Sylvie received another call from someone at the Ellen Show.

"We flew out the very next day, on their dime, back to L.A.," Chantal said.

"Again, for that show, they gave us tickets to be in the audience and, throughout the show; they called us down to play a game, Twinstincts. The prize for playing the game was to be a correspondent at the 2016 Golden Globe Awards in Los Angeles on January 10."

Rather than fly back home, they stayed there right

through until the Awards, she added.

"It was out of this world to be able to meet the Hollywood stars and to feel like a star," gushed Chantal, mentioning that they met actors Steve Carell, Judith Light, Queen Latifah, among other well-known Hollywood thespian celebrities.

"We played games with them and asked them how they were doing, and then asked them to give a 'shout out' to Ellen. We spent an afternoon doing that."

They then watched the actual Golden Globe show on television back at their hotel, the Sheraton Universal in Burbank.

"The next day, we were brought back to the Ellen Show to share our experiences at the Golden Globes," Chantal said.

She also mentioned that one of the workers at the Golden Globes cut out two sizeable pieces of the red carpet for her and Sylvie (after having overheard them expressing a desire to take home part of the carpet) as a memento of their once-in-a-lifetime experience.

On January 26, the twins received another call from the Ellen Show asking them if they wanted to go out and be the drivers for Ellen's Trunk of Dreams-- driving across the USA to make other peoples' dreams come true.

"We drove in a fully loaded 2016 Chevy Malibu to Las Vegas, Atlanta, Dallas, Chicago and Kansas City and then back to L.A.," Chantal said.

She added that two other young women, Demitra and Ladonna, were with them on the trip-- which began on February 29 and took them one week.

"We were on the road with a film crew from the Ellen Show. They were filming us as we drove through the U.S. It was such an amazing experience," Chantal said.

Among the gifts they presented to people were \$25,000 in cash and eight tickets to Hawaii to a mother and son in Atlanta.

"Ellen is a very warm and gentle person," Chantal emphasized, who said she and Sylvie each received a new Chevy Malibu from Ellen. "The only time we got to communicate with her was on stage. If they ask us back, we'll be there in a heartbeat."

Civilian Executives Learn the Value of the Reserves



Lieutenant-Colonel Pierre Viens providing a briefing on the role of CFSAS to participants in the Canadian Forces Liaison Council Digital Executrek on April 9. Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

Kelvin Shepherd, President and Chief Executive Officer of Manitoba Hydro, was having a blast at the Canadian Forces Liaison Council Executrek event on April 9 at 17 Wing.

After all, he's a professional engineer working in a high tech industry and what he saw here was impressive. Shepherd was one of several local business executives and military personnel having box lunches and engaging in conversation in Building 21.

The Canadian Forces Liaison Council (CFLC) is a volunteer group of Canada-wide civilian business and educational leaders, who promote the benefits of Re-

serve Force training and experience to civilians in the workplace. The Council also supports individual reservists, as well as reserve units, in matters related to employer support.

"The purpose of the Executrek is to expose the Target Sectors of business and academic leaders in the Information Technology and Telecom sectors on the use of digital technologies by the Primary Reserves in the conduct of training in preparation for operations; as well as to educate the Target Sectors with a view of gaining support of current reservists employed in these sectors and create the opportunity to promote the Primary Reserves within these sectors to assist formations in achieving their recruiting objectives," said Lieutenant Colonel Denis Roy, Liaison Officer Manitoba.

Mr. Shepherd, who's also the CFLC Manitoba/Northwest Ontario chairperson, observed that the group had already spent time at McGregor Armoury where they got to see a weapons simulator, as well as a demonstration on the use of satellite communications and high frequency signal equipment.

"It's an extremely interesting and cost-effective way of training, using digital technology, especially in the use of a computer simulation tool for weapons training," he said. "The interesting thing to me is how they bring the software together with civilians who understand the tool and the Army leadership who are using it in their training. It would be like putting 600 soldiers in the field, but you're doing here with low-cost computer technology without having to put people in the field. You just punch a button on a computer which allows you to replay what went wrong in the scenario."

Colonel Malcolm Young, Regional Liaison Officer Prairies/North, said the CFLC has been in existence for over 25 years now and that it is a unique combination of influential civilians within each province supported by CAF Officers to achieve the CFLC Mandate.

"Our mandate is to work with the business commu-

nity and academia to create a better understanding and appreciation about the role of the primary reservists in support of CAF operations," added the part-time reservist, who also works for T.D. Bank doing project management in support of technology and business initiatives.

"The intention is to have business leaders and post-secondary educational institutions create more supportive policies which allow reservists to get away on individual training, annual training concentrations, domestic and overseas operations with no penalty or loss of vacation."

There's also a formal provincial and national award program designed to recognize the significant support of employers, Col Young said.

"The purpose of Executrek today is to expose these business and educational leaders on how both the Army and Air Force Reserves use technology in the conduct of individual training, command and control in the execution of operations."

After lunch the group went over to the Canadian Forces School of Aerospace Studies where they received a briefing on the school's use of computers in their programs. That was followed up with a visit to 402 Squadron where they learned about the training of Air Combat Systems Officers and Air Electronic Sensor Operators and got to sit in the CT142 Dash 8 "Gonzo."

"It was a great learning experience," said Mr. Shepherd, who mentioned that Manitoba Hydro has quite a number of reservists working for them. "It gave us a great understanding of the skills and leadership capabilities of reservists, and helped us understand more about how we could support reservists who work in our business."

Other businesses represented were: Great West Life, Red River College, City of Winnipeg Police Service, Government of Manitoba IT, Information Communication and Technology Association of Manitoba, Apprenticeship Manitoba.

440 Squadron Soars Over the Canadian Arctic

by Martin Zeilig, Voxair Photojournalist

Civilian media, in the Canadian Arctic to cover Exercise Arctic Ram in Resolute Bay on Cornwallis Island in February, were taken on a special flight by 440 Transport Squadron in the CC-138 Twin Otter the squadron flies.

“Oh my God, this is amazing,” said Kelsey Wing-erak, a content producer with 630 CHED out of Edmon-ton as she was shooting the scenery below with a small video camera from one of the plane’s double paned rectangular windows.

Her astonishment was what we all felt, including the two crew members.

The flight crew consisted of pilot Captain Anders Muckosky and co-pilot Captain Andrew Oakes.

As the plane soared several thousand feet and cir-cled even lower over the snow covered tundra the pas-sengers spotted cracks in the sea ice, a small huddled herd of muskox in a valley, and a long line of snowmo-biles with sledges, part of the military exercise.

It was a fantastic experience, as was the entire five day trip to Resolute, 2758 kilometres almost directly north from Winnipeg.

“I love flying up here,” said Capt Oakes during a conversation later that evening in the small library at the Polar Continental Shelf Program/Arctic Training Centre. “It’s remote. How many Canadians you know have been this far north?”

As the late Canadian journalist James Burns (“Hamish”) McGeachy wrote, “We sing about the North, but live as far south as possible.”

“The topography in the Eastern Arctic is barren (compared to even higher north),” said Capt Oakes, 39, a former aircraft mechanic and police officer with the City of Toronto, who’s been with 440 Squadron for three years now.

“There are hills here, not mountains or eskers.”



A CC-138 Twin Otter flies over the Canadian Armed Forces Arctic Training Centre in Resolute Bay, Nunavut, on February 10, 2016. Photo: MCpl Louis Brunet

817 kilometres (508 miles) from the North Pole.

Alert has many temporary inhabitants as it hosts an Environment Canada weather station, a Global Atmosphere Watch atmosphere monitoring laboratory and the Alert Airport.

“Just south of there is an old, abandoned CAF radio station, D’Iberville, that is only accessible by the Twin Otter,” said Capt Oakes, noting that the site still has generators, a circa 1960s kitchen, and intact windows.

“We land there for training purposes. It’s a shoal beach, so it provides a good learning environ-ment usually in the summertime. It’s like stepping back in time. There is an old tractor there, weathered old boards on the side of the building, old antennae, old cans of beans, old snow-mobiles and original Evinrude engines for boats.”

A typical route for 440 Squadron is going on resupply mis-sion from the small research station in Eureka, south of Alert on Fosheim Peninsu-la, Ellesmere Island, to CFS Alert, Capt Oakes said.

“The journey be-tween there and Alert is totally breathtaking,” he said.

Capt Oakes then described one dramatic view of a “branch-off” between three or four glacial canyons. One of the glaciers is called “Hand of God” and sweeps off a

mountainside in Tanquary Fiord on the north coast of the Ellesmere Island.

“If you stand on the slopes of Tanquary Fiord you’re surrounded by three glaciers, and the sound of melting ice is thunderous,” he said. “The water is a deep blue (turquoise), and where you’re standing is an ocean bed.”

Another stunning spot is the Mackenzie Mountain Range, which forms part of the Yukon-Northwest Ter-ritories between the Liard and Peel Rivers, Capt Oakes observed.

“It’s spectacular, absolutely beautiful,” he said, not-ing that a lot of guided tours go through that region.

The mission of 440 “Vampire” Transport Squadron is to conduct operations in the Yukon, Northwest Territo-ries and Nunavut. The squadron is a part of 17 Wing Winnipeg.

“440 Squadron’s tasks include airlift, utility and liaison flights in support of Canadian Forces Northern Area, the Canadian Rangers, other Canadian Forces activities and the Cadets in the North. Like all Air Force flying squadrons, 440 Squadron can conduct search and rescue missions as a secondary search and rescue resource, but has no dedicated search and rescue capability,” says the online information.

“440 Squadron operates four of the famous Canadi-an-designed and -produced CC-138 Twin Otters to carry out its wide range of tasks. The Squadron operates these rugged aircraft in some of the harshest weather conditions on the planet and is the only formed Cana-dian Forces unit that is based full-time in the North.”

The Squadron is comprised of approximately 55 aircrew and technicians who are a mixture of Regular Force and Reserve Force members. In addition to con-ventional airport operations, the Squadron maintains the capability to conduct “off-airport” operations on skis in the winter and on tundra tires in the summer.

In the words of Canadian song writer and singer Stan Rogers, 440 Squadron traces “one warm line through a land so wide and savage”.



A CC-138 Twin Otter near the Canadian Armed Forces Arctic Training Centre in Resolute Bay, Nunavut, on February 10, 2016. Photo: MCpl Louis Brunet

He noted that 440 Squadron flies resupply mis-sions up to Alert on Ellesmere Island (the Qikiqtaaluk Region, Nunavut.), the northern most permanently in-habited place in the world, at latitude 82°30’05” north,

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HMCS Winnipeg Command Team Visits Namesake City

by Gloria Kelly

"The one navy team concept of regular force, reservists, civilian employees and families coming together as a team is working and creating a much stronger navy for all concerned," Commander Jeff Hutchinson, commanding officer of HMCS Winnipeg said in an address during HMCS Chippawa's ceremonial divisions on April 19, 2016.

"Reservists have a major role to play in the success of the naval fleet and its deployments and deployability, said Cmdr. Hutchinson. "Naval reserve units like Chippawa keep the navy in the minds of the public, especially in communities like Winnipeg where the major military presence is air force."

"Many reservists are natural leaders and their dedication to their part-time naval careers and their home communities makes both the navy and Canadian communities stronger," he said. "The support the business community provides by allowing reservists to both train and deploy and



Commander. Jeff Hutchinson, commanding officer of HMCS Winnipeg inspects troops on parade during HMCS Chippawa's annual ceremonial divisions.
Photo: Bill McLeod, Voxair Manager

come back to a job is an indication of the value business places on reservists as part of the fabric of their communities and the greater world served by military members on deployments."

Cmdr. Hutchinson told those attending the ceremonial divisions they should be proud and thankful their community has a vital organization such as HMCS Chippawa. "They are leaders in this organization and they are turning out sailors we can all be proud of."

As part of the evening event Cmdr. Hutchinson inspected a ceremonial guard, presented awards to deserving members and attended an impromptu concert by the Chippawa Naval Reserve Band.

Additionally during the visit to Winnipeg Cmdr. Hutchinson and his command team spoke to students at Mulvey School, presented to the Naval Officers Association of Canada – Manitoba Branch and visited the Lieutenant Governor, representatives of city council and the Winnipeg Police Service.



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Minister Sajjan Launches Public Consultations on Defence Policy Review

from National Defence / Canadian Armed Forces

Defence Minister Harjit S. Sajjan announced the launch of public consultations as part of an open and transparent dialogue with Canadians and key stakeholders to inform the development of a new defence policy for Canada on April 6, 2016.

This marks the first public consultation of this magnitude on Canadian defence policy in over 20 years.

"The strategic security environment in which the Canadian Armed Forces operates has changed significantly. I look forward to hearing from Canadians, from coast to coast to coast, as they help inform the development of a modern defence policy that will support the CAF to effectively respond to a full spectrum of challenges – now, and into the future," said Minister Sajjan.

The Government of Canada is committed to ensuring the Canadian Armed Forces (CAF) has the tools it needs to defend Canada and North America, and to contribute to a wide spectrum of operations globally. The review will help set future direction and priorities so that our military is equipped, trained, and prepared to confront new threats and challenges in the years ahead.

Over the coming months, Canadians, academic experts, industry leaders, non-governmental organizations, international Allies and partners, and Parliamentarians will have the opportunity to contribute to the discussion in a number of ways:

- Feedback can be submitted online at www.canada.ca/defence-consultations until July 31, 2016, and will inform a new policy to be released in early 2017.
- Six cross-country roundtable meetings will be held with a range of stakeholders in Toronto, Vancouver, Yellowknife, Edmonton, Montreal, and Halifax, ending in July 2016. Minister Sajjan will host the first roundtable meeting in Vancouver, on April 27, 2016. We will also be soliciting papers from a number of experts to inform this important discussion.
- We have invited the Senate and House Committees on National Defence to study issues of relevance to the policy review, and we will ask Parliamentarians to encourage their constituents to submit feedback.
- International Allies and partners, including the United States, will be engaged during bilateral and multilateral meetings.

Discussions will be centered on three fundamental areas of inquiry: the main challenges to Canada's security, the role of the CAF in addressing current threats and challenges, and resource and capability requirements to carry out the CAF mandate. A public consultation paper has been developed to help guide this discussion.

A Ministerial advisory panel has also been created. Over the next year, four eminent Canadians with expertise in defence, security, foreign affairs, and legal matters will support and advise the Minister of National Defence during the policy review process.

The members of the Advisory Panel are:

- The Honourable Louise Arbour, former Justice of the Supreme Court of Canada and a member of the Advisory Board of The Coalition for the International Criminal Court
- The Honourable Bill Graham, former Minister of Foreign Affairs, and former Minister of National Defence
- General (Ret'd) Raymond R. Henault, former Chief of the Defence Staff, and past Chairman of the NATO Military Committee (CMC)
- Margaret Purdy, former Deputy Secretary to the Cabinet (Security and Intelligence) in the Privy Council Office, and former Associate Deputy Minister of National Defence.

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Pink Pancake Breakfast 2016



Arlene Van Ruiten, Honourary Chairperson of the MFRC, and Adrienne Lagace, Newcomer's Services Coordinator MFRC, preparing pancakes and bacon at the MFRC Pink Pancake Breakfast on April 20.

Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

"It tastes very good," exclaimed Aiden, 8, a lively grade three student, as he was about to stuff another plastic forkful of fluffy pink pancakes dripping with Maple syrup, whipped cream and strawberry topping into his mouth.

Cutup strips of crisp bacon also lay on his square pink paper plate.

"The pink pancakes are the best. I shall force her to make me some," said Aiden, who was referring to his mother, Courtney, whose husband is Leading Seaman James King.

Two other siblings, Elijah, 3, and one year old Emma, were at the third annual Military Family Resource Centre's Pink Pancake Breakfast on April 20. The event, which ran from 0700 hrs to 0900 hrs and attracted about 80 military and civilian personnel, was held at the MFRC.

Christine Smith, who's married to Master Corporal Mike Hemmingsen, and her two children, Benjamin, 4, and Lincoln, 7, were seated at the same table as the Ring family. Her sons were both sporting pink T-Shirts, as were other kids and adults too.

The Day of Pink is the International Day against Bullying, Discrimination, Homophobia, Transphobia, and Transmisogyny across the world.

"We invite everyone to celebrate diversity by wearing a pink shirt and by organizing activities in their workplaces, schools and communities," says online information.

The International Day of Pink is a Canadian anti-bullying event held annually on the second Wednesday

of April, said Sherri Pierce, Social Worker at the MFRC and organizer of the breakfast.

She explained that the event started when students David Shepherd and Travis Price saw another student, who was wearing a pink shirt, being bullied in their Central Kings Rural High School in Nova Scotia, and decided to show support for the student by getting everyone at their school to wear pink the following day.

"The initiative inspired youth at Jer's Vision who founded The International Day of Pink, an effort to support their peers internationally with resources and ways to make their schools safer," says the organization's website.

The Red Cross runs the Day of Pink in Manitoba,

Pierce said as the last of the well fed and good humoured early morning crowd was leaving to begin their day at work, school/daycare, and other activities.

"This year it didn't take long to organize because our volunteers were aware of it from last year and the year before," she added, noting that the breakfast had the help of five volunteers working alongside MFRC staff members. "We're really pleased with the turnout. This is the third time we've done it. I'm super happy. It continues to grow in popularity."

Meanwhile, Arlene Van Ruiten, Honourary Chairperson of the MFRC, was busy, along with other volun-

teers and staff, grilling pancakes and bacon in the room's small, but convenient, kitchen space, and afterwards doing the cleanup.

"We prepared at least 300 pancakes," Van Ruiten remarked, noting that the bacon was donated by a person in Montreal.

She also praised the efforts of Caroline Admiraal-Lozie who was the pancake cook for most of the morning.



Courtney Ring, whose husband is Leading Seaman James Ring, and one year old daughter, Emma, at the Pink Pancake Breakfast on April 20. The other two Ring children, Aiden and Elijah were seated at the same table.

Photo: Martin Zeilig, Voxair Photojournalist



MFRC staff, volunteers and guests posing for a photograph after having enjoyed the food and conviviality at the Pink Pancake Breakfast on April 20. Photo: Martin Zeilig, Voxair Photojournalist

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CFSMet Graduates the First Met IC Course



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Middle Row: Sgt S. Mercier, Sgt C. Linteau, Sgt J. Ashley, Sgt M. Pilon, Sgt M. Henderson.
Front Row: Sgt M. Pelletier, Maj L. Baspaly, Col A. Cook, CWO A. Robertson, MWO B. McDonald, WO R. Gagné. **Missing:** WO Grenier, Augmentee Instructor. **Photo:** Corporal Gabrielle Des Rochers

by Master Corporal Linda Legault

On March 24th, 2016, the Canadian Forces School of Meteorology (CFS Met) graduated its inaugural Met IC course. After 3 weeks of study, nine Met Techs returned to their units with their new qualification.

CFS Met had the privilege to have Colonel Andy Cook, Commander of 17 Wing and Wing Chief Warrant Officer Mike Robertson as Guests of Honour for the graduation ceremony. Col Cook, assisted by Major Lisa Baspaly, CFS Met Commandant, presented the Certificate of Academic Distinction to Sergeant Stephane Mercier.

The Meteorological Office IC (Met IC) course is taught at the Canadian Forces School of Meteorology (CFS Met) at 17 Wing located in Winnipeg, Manitoba. The aim of the course is to prepare Meteorological Technicians at the Master Corporal and Sergeant rank level for their supervisory responsibilities required to manage meteorological personnel and resources within their respective units.

Met ICs provide support to the weather observing program, operations at Wings, Tactical Helicopter Squadrons, Field Artillery Units, HMC Ships, Special Operation Units as well as the All Source Intelligence Cells at the Brigade level. These personnel require a variety of knowledge and specialized skillsets to maintain a continuous weather observation program in accordance with National and International regulatory standards through the maintenance of observational instruments and enforcing of quality control measures within each unit.

A new course always requires a lot of hard work by many individuals. Warrant Officer Jean-Marc Grenier from CFB Shearwater was awarded the CFS Met Commandant's Coin in recognition for his superior effort and dedication in the preparation of the course and as a volunteer augmentee instructor.

Rogers Hometown Hockey Visits Winnipeg



Rogers Hometown Hockey wrapped up its season with a stop in Winnipeg. Host Ron MacLean, NHL alumni Dave Babych and on-air personality Tara Slone are surrounded by members of the Canadian Armed Forces who were in attendance at the broadcast from The Forks in downtown Winnipeg. Credit: Rogers Media Inc.

by Gloria Kelly

Rogers Hometown Hockey ended its second season trek to communities across Canada with a stop in Winnipeg on Sunday, 3 May.

"Given the close association that the Winnipeg Jets has with 17 Wing here in Winnipeg we thought it would be a great opportunity for the show to recognize the contributions members of the forces make to Canadians and their communities," said Deidre Hambly, location producer for Hometown Hockey with Rogers Media Inc. "We were delighted with the response from the military community in support of our broadcast."

This show was the first for Hometown Hockey that included members of the Canadian Armed Forces in the broadcast. Members and their families were invited to take part in the broadcast activities and attend a hometown hockey festival of events. There were also two flypasts by a C-130 Hercules aircraft, much to the delight of public in attendance.

Throughout the hour-long broadcast members of the CAF were featured in the public gallery behind the show's hosts and guests. During one segment host Ron MacLean, a former Honorary Colonel, was featured speaking to military members who had volunteered their time to take part in the program.

"We so appreciate the work you do every day for Canadians" said Mr. MacLean. "For so many of you to come out on this freezing cold day to take part in hometown hockey is just amazing."

Between the shows first and second periods Mr. MacLean took the opportunity to talk to groups of CAF members in attendance, sign autographs and have pictures taken with uniformed personnel.



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Spring Tire Change Event Jump Starts GCWCC



A Wing Teme mechanic at work on a tire mounting machine during the Royal Canadian Electrical Mechanical Engineers (RCEME) 2016 seasonal tire change on April 7 in the garage of Building 129. Photo: Martin Zeilig, Voxair Photojournalist

Kelly Sutyla was engrossed in a novel as she waited for the tires to be changed on her 2009 Jetta Wagon.

She was one of several people seated around a long, low wooden table in the vehicle filled garage at Building 129, the home of Transportation Flight of Wing Transportation, Electrical, Mechanical, Engineering in the early afternoon of April 7.

They were all there for the Royal Canadian Electrical Mechanical Engineers (RCEME) 2016 seasonal tire change-- swapping your winter tires for summer tires.

The Tire Change Event, as it was billed in advance advertising, was being done for the Government of Canada Workplace Charitable Campaign, noted Master Corporal Daniel Twigg, OPI for the event, as he sat at the sign up table in the busy garage.

Customers, who had to sign a Waiver of Liability, first, had the option of a wheel swap for \$20.00. This included removing winter wheels and installing summer wheels, nitrogen service and wheel balance check and adjustment if necessary. There was also a tire swap for \$40.00, which included removal of winter tires from rims and installing summer tires on rims, nitrogen service and wheel balance check and adjustment.

"I think it's great because it's being done for charity," said Ms. Sutyla, whose husband works at 1 Canadian

Air Division. "I've been here 50 minutes, and they said it would take an hour."

Some vehicles already had their tires pre-mounted on rims, MCpl Twigg explained to the echoing sound of the devices being used by the mechanics to remove tires from the six bays.

"So, we're taking the winter tires off, and putting on summer tires. If they don't have pre-mounted tires, we'll take the whole assembly off and break down the tire and then mount their summer tire and rebalance the tire and re-install it."

He added that because the tire swap was being held over three days from 0800 hrs to 1600 hrs individuals could get to the garage at a decent time.

"We're a little backlogged, but it's better to be slow," MCpl Twigg said.

Meanwhile, mechanic Corporal Francois Redhead, the 2 I/C, observed that although he and his fellow mechanics were only there to change tires, they would notify the owner if anything else was wrong with the particular vehicle so they could get their car or van serviced somewhere else.

Just past the main service bays was the tire bay



Corporal Jean Francois Boucher swapping a tire on a mini-van during the 2016 seasonal tire change in the garage of Building 129- the home of Wing Transportation, Electrical, Mechanical, Engineering Squadron. Photo: Martin Zeilig, Voxair Photojournalist

where several other personnel were using a tire mounting machine and tire balance machine to remount summer tires on rims and then balance the wheels so the driver wouldn't feel any vibration in the steering wheel.

"It's a great opportunity for customers to get their tires changed at a cheap price," said Corporal Jean Francois Boucher, one of the 20 mechanics working on the tire swap that day.

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Operation NUNALIVUT: Propeller Repairs



Corporal (Cpl) Chris Schatz (left) and Cpl Paul Noberd (right) of 435 Transport and Rescue Squadron prepare to replace a propeller on a CC-130 Hercules aircraft near Resolute Bay, NU, in support of Operation NUNALIVUT on April 6, 2016. Photo: Cpl Parks, Task Force Imagery Technician



Corporal Paul Noberd of 435 Transport and Rescue Squadron maneuvers a replacement propeller from a CC-130 Hercules aircraft near Resolute Bay, NU, in support of Operation NUNALIVUT on April 6, 2016. Photo: Cpl Parks, Task Force Imagery Technician

17 WING FIRE CHIEF'S CORNER



Barbeque Season Is Here

So let's get the grill ready to go! Spend a few minutes on your "B - Q", and you'll have a cleaner, safer running barbecue, that cooks food more evenly.

First let's give the barbecue an inspection.

You should make a point of doing this every time you change a propane tank as well.

1. Spray soapy water on the connections, and supply lines. If you see bubbles, turn off the tank, and try re-connecting. If it still bubbles, then gas is still leaking. Shut off the tank and get the leaky part replaced.
2. Remove the grates and lava rocks, and check out the burner. If it looks good visually, then fire it up and make sure that you have an even flame throughout. If not, then replace it. Most burners only last 1 or 2 seasons, depending on how much you use your barbecue.

Since you already have the lava rocks out, why not clean out all the ash and grease that's accumulated at the bottom of the barbecue. While you're cleaning, check unit for rust, and any signs of deterioration.

3. Don't forget to check and clean out the venturi tubes that deliver the gas to the burner. If they get plugged up, the gas will get diverted elsewhere, and could pose a hazard.

Whenever you barbecue...

Make sure that the barbecue is at least 5 feet (1.5 meters), or better yet 10 feet (3 meters) from the house, or any other material that could catch fire.

Only open your propane tank a quarter to one-half turn. That's all the gas your barbecue needs to operate, and if you have a problem, then it's much easier to shut off.

Unless you're keen on joining the space program, always open the barbecue lid before you light it. If it doesn't fire up the first time you try it, then shut it down, and try it again in about 5 minutes.

From the time you light the barbecue, till you're finished cooking, stay with your fire. Accidents can happen when you leave a barbecue unattended.

Safety First!

Always make sure that the barbecue is in a safe place, where kids and pets won't touch or bump into it. Keep in mind that the barbecue will still be hot after you finish cooking, and anyone contacting the barbecue could be burned.

If you use a barbecue lighter, make sure you don't leave it lying around where the kids can access it. It won't take long for them to figure out how to use it.

When you're finished barbecuing, always make sure that you not only shut off the barbecue, but shut off the propane tank as well.

Always store propane tanks outside, in a well-ventilated area.

A few tips for charcoal grillers

- Never use gasoline to get the coals going. Instead, use charcoal lighting fluid.
- Let the lighter fluid soak into the coals for a minute or so before lighting it. That gives the explosive vapours a chance to dissipate.
- Stand back from the coals when you ignite them, and make sure you didn't accidentally spill any fluid on yourself, or on any area surrounding the grill.
- Before you light the coals, make sure that you put the lighter fluid at a safe distance away from the fire.
- If the coals start to die out on you, don't spray lighter fluid on the hot coals. You could end up with explosive results.
- Always extinguish the coals when you're finished barbecuing. Here's a safe way to do it. Wearing oven mitts, take the coals out of the barbecue with tongs, and submerge them in a metal pail of water.
- Always make sure that you keep your fire safe from children.

Lets all have an enjoyable and safe barbecuing season.

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3. Buy a new journal.
4. Set up a meal planning board in your kitchen from eatrightontario.ca.
5. Pack your gym bag.
6. Make sure you have a reusable water bottle.
7. Buy some new gym gear (i.e. sports socks, shorts, t-shirt).
8. Get a new lunch bag.
9. Check your cupboards for a salad and dressing container to add to your lunch bag.
10. Think about what motivates you (write it down in your new journal!).
11. Find a fitness buddy.
12. Sign up for the Good Food Box at Bldg. 90 or at pspwinnipeg.ca.
13. Schedule time to get-together with friends.
14. Find a new cookbook.
15. Clean out your car (from smoke and/or stinky sports gear).
16. Get your bike tuned up.
17. Get a pedometer or Active Living reflective armband from Health Promotion.
18. Download healthy recipe apps on your Smartphone.
19. Schedule some 'screen-free' time.
20. Create a space for meditation.
21. Buy some non-alcoholic mocktails or make your own.
22. Dust off your Spring/Summer safety gear (helmet, elbow and knee pads).
23. Buy a loaf of whole grain bread.
24. Clean up your fridge and make a space for lots of veggies and fruit.
25. Make space on your desk for a water bottle and healthy snacks.
26. Sample a new vegetable or fruit.
27. Say "no" to that second beer with your friends.
28. Bring a mini chopping board and knife to work for days when you didn't have time to pre-cut your veggies and fruit at home.
29. Set reminders in your e-calendar for healthy resolutions (i.e. drink water, buy veggies/fruit, attend a yoga class, meet a friend for coffee).
30. Congratulate yourself on prepping for the Challenge.

from Health Promotion

Wellness is more than a concept; it's a daily life experience linking all aspects of health.

The CAF Health and Physical Fitness Strategy promotes a healthy lifestyle, a key component in achieving the ultimate goal of maximizing operational capability through a 'fit and resilient' Force. So how do you give your best? You become your best.

There are lots of daily life choices affecting your well-being, either at work or at home, with your family and friends. By making better choices, one step at a time, you can build strength, energy and resilience.

The CAF Health and Wellness Challenge is brought to you by Strengthening the Forces and Health Promotion to help you build a healthier lifestyle. By joining the Challenge you and your family take concrete steps in increasing vitality and overall health and well-being.

Health is an everyday issue and not exclusive to the medical staff of a hospital or clinic. It's what you eat every day, it's how well you sleep, it's the evening walks you take, and it's the choice not to grab a cigarette when life 'hits the fan'. Every choice we make as a part of daily life makes a big difference to our overall health.

Health is a CAF Team Effort

So how do you get started? Join the CAF Health and Wellness Challenge and gather checkmarks for participating in daily activities. You'll sample life-enhancing activities based on social wellness, addiction-free living, nutritional wellness and active living. This Challenge also helps you reflect and take stock of your current life-enriching activities. Positive lifestyle decisions always start with one small choice – to move forward, one step at a time. Mobilize your health now!

If you need more information, contact Health Promotion at 204.833.2500 ext 4150 or healthpromo@forces.ca



Summer SPORTS DAY CAMP
17 WING COMMUNITY RECREATION
FUN · FITNESS · FRIENDSHIP · SPORTS · GAMES · SWIMMING · MOVIES · HOT LUNCH & MORE!
JOIN US FOR A WEEK OF FUN, FITNESS & FRIENDSHIP!
MON JULY 4 - FRI AUGUST 26

COST FOR FULL WEEK
With Membership: \$140 per week per child
Without Membership: \$160 per week per child
ALL PRICES INCLUDE BEFORE & AFTER CARE
PAYMENT PLAN IS AVAILABLE

CAMP AGE GROUPS
ROOKIES: 6, 7 & 8 YRS OLD
Special consideration to military dependents born in the latter half of 2010.
VARSITY: 9 & 10 YRS OLD
ELITE: 11, 12 & 13 YRS OLD
NEW! YOUTH LEADERSHIP CAMP: 14 & 15 YRS OLD

CAMP DAY
0900 - 1600 hrs
BEFORE CARE: 0730 - 0900 hrs
AFTER CARE: 1600 - 1730 hrs

REGISTRATION OPENS:
WITH MEMBERSHIP - WED, APRIL 6 • WITHOUT MEMBERSHIP - WED, APRIL 27
Register at: www.pspwinnipeg.ca • 204-833-2500 ext. 5139, 5976 or 2057



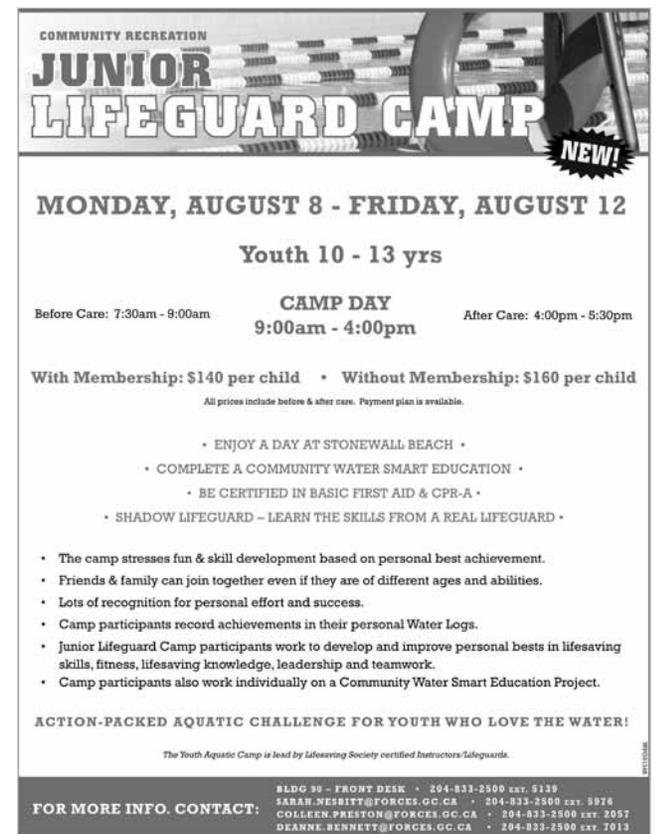
Camp d'été SPORTIF (CAMP DE JOUR)
17^e ESCADRE · LOISIRS COMMUNAUTAIRES
PLAISIR · FORME PHYSIQUE · AMITIÉ · SPORTS · JEUX · NATATION · CINÉMA · REPAS CHAUDS ET PLUS ENCORE!
JOIGNEZ-VOUS À NOUS DURANT UNE SEMAINE PLEINE DE PLAISIR, DE FORME PHYSIQUE ET D'AMITIÉ!
LUNDI 4 JUILLET - VENDREDI 26 AOÛT

SEMAINE NORMALE
Adhérent: 140 \$ pour la semaine, par enfant
Non-adhérent: 160 \$ pour la semaine, par enfant
TOUS LES TARIFS COMPRENNENT LE SERVICE D'ACCUEIL ET DE GARDE APRÈS LES HEURES D'OUVERTURE DU CAMP
DES OPTIONS DE PAIEMENT SONT OFFERTES

ÂGE DES PARTICIPANTS
ROOKIES: AGÉS DE 6, 7 ET 8 ANS
Affiliés participants aux programmes de charge des entraîneurs dans la seconde moitié des semaines 2010.
VARSITY: AGÉS DE 9 ET 10 ANS
ÉLITE: AGÉS DE 11, 12 ET 13 ANS
CAMP DE LEADERSHIP POUR CHAMPIONS AGÉS DE 14 ET 15 ANS

CAMP DE JOUR
de 9h à 16h
ACCUEIL DE 7h30 à 9h
GARDE APRÈS LES HEURES: 16h à 17h30

INSCRIPTION:
ADHÉRENTS - À COMPTER DU MERCREDI 4 AVRIL • NON-ADHÉRENTS - À COMPTER DU MERCREDI 27 AVRIL
Inscription: www.pspwinnipeg.ca • 204-833-2500 poste 5139, 5976 ou 2057



COMMUNITY RECREATION
JUNIOR LIFEGUARD CAMP
NEW!

MONDAY, AUGUST 8 - FRIDAY, AUGUST 12
Youth 10 - 13 yrs

Before Care: 7:30am - 9:00am
CAMP DAY
9:00am - 4:00pm
After Care: 4:00pm - 5:30pm

With Membership: \$140 per child • Without Membership: \$160 per child
All prices include before & after care. Payment plan is available.

- ENJOY A DAY AT STONEWALL BEACH
- COMPLETE A COMMUNITY WATER SMART EDUCATION
- BE CERTIFIED IN BASIC FIRST AID & CPR-A
- SHADOW LIFEGUARD - LEARN THE SKILLS FROM A REAL LIFEGUARD

- The camp stresses fun & skill development based on personal best achievement.
- Friends & family can join together even if they are of different ages and abilities.
- Lots of recognition for personal effort and success.
- Camp participants record achievements in their personal Water Logs.
- Junior Lifeguard Camp participants work to develop and improve personal bests in lifesaving skills, fitness, lifesaving knowledge, leadership and teamwork.
- Camp participants also work individually on a Community Water Smart Education Project.

ACTION-PACKED AQUATIC CHALLENGE FOR YOUTH WHO LOVE THE WATER!
The Youth Aquatic Camp is led by Lifesaving Society certified instructors/Lifeguards.

FOR MORE INFO, CONTACT:
BLDO 90 - FRONT DESK • 204-833-2500 ext. 5139
SARAH.NESBITT@FORCES.GC.CA • 204-833-2500 ext. 5976
COLLEEN.PRESTON@FORCES.GC.CA • 204-833-2500 ext. 2057
DEANNE.BENNETT@FORCES.GC.CA • 204-833-2500 ext. 7013



LOISIRS COMMUNAUTAIRES
CAMP de JEUNES SAUVETEURS
NOUVEAU!

LUNDI 8 AOÛT - VENDREDI 12 AOÛT
Jeunes 10 - 13 ans

service d'accueil: 7 h 30 à 9 h
CAMP DE JOUR
9 h à 16 h
service de garde après les heures: 16 h à 17 h 30

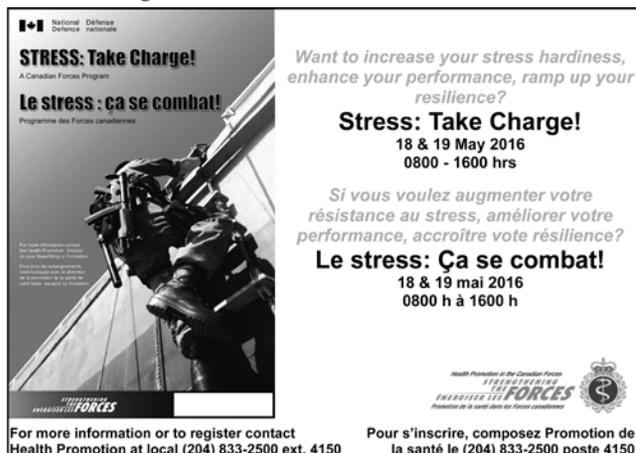
Adhérents: 140 \$ par enfant • Non-adhérents: 160 \$ par enfant
Tous les tarifs comprennent le service d'accueil et de garde après les heures d'ouverture du camp. Des options de paiement sont offertes.

- PROFITEZ D'UNE JOURNÉE À LA PLAGE DE STONEWALL
- SUIVEZ LA FORMATION DU PROGRAMME D'ÉDUCATION COMMUNAUTAIRE AQUA BON
- DEVEZ CERTIFIÉ EN PREMIERS SOINS DE BASE ET RCP
- SECONDEZ UN SAUVETEUR - ACQUÉREZ LES COMPÉTENCES AUPRÈS D'UN VRAI SAUVETEUR

- Le camp est axé sur le plaisir et le développement des compétences par l'accomplissement personnel.
- La famille et les amis sont les bienvenus, peu importe leur âge et leur niveau d'aptitudes.
- Une grande importance est accordée à la reconnaissance des efforts et des réalisations personnelles.
- Les participants consignent leurs réalisations dans leur journal personnel.
- Les participants s'efforcent de se surpasser et d'améliorer leurs compétences et leurs connaissances en sauvetage, leur condition physique, leur leadership et leur esprit d'équipe.
- Ils travaillent également individuellement à un projet d'éducation communautaire Aqua Bon.

DÉFI AQUATIQUE REMPLI D'ACTION POUR LES JEUNES QUI AIMENT L'EAU!
Le Club aquatique pour les jeunes est dirigé par des instructeurs-sauveteurs accrédités par la Société de sauvetage.

VEUILLEZ CONTACTER:
BLDO 90 - FRONT DESK • 204-833-2500 ext. 5139
SARAH.NESBITT@FORCES.GC.CA • 204-833-2500 ext. 5976
COLLEEN.PRESTON@FORCES.GC.CA • 204-833-2500 ext. 2057
DEANNE.BENNETT@FORCES.GC.CA • 204-833-2500 ext. 7013



STRESS: Take Charge!
A Canadian Forces Program
Le stress: ça se combat!
Programme des Forces canadiennes

Want to increase your stress hardness, enhance your performance, ramp up your resilience?
Stress: Take Charge!
18 & 19 May 2016
0800 - 1600 hrs

Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?
Le stress: Ça se combat!
18 & 19 mai 2016
0800 h à 1600 h

Health Promotion in the Canadian Forces
Promotion de la santé dans les Forces canadiennes

For more information or to register contact Health Promotion at local (204) 833-2500 ext. 4150
Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150



Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

www.familyforce.ca / www.forcedelafamille.ca

www.facebook.com/Winnipeg MFRC www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

NURSERY SCHOOL

September to June

9:00 to 11:30 a.m. English

1:00 to 3:30 p.m. French Immersion

Westwin Community Center

642 Wihuri Rd

\$60.00/month, \$15 annual registration fee

Please call to see if space is available for the current school year.

Now accepting registration for the 2016-17 school year. Children must be toilet trained and 3 years old by December 31, 2016.

This program is for children ages 3 and 4. It offers a play based program paying attention to all areas of child development. It is offered in English (mornings) and French Immersion (afternoons).

MAKE AHEAD BBQ MEALS

Sunday, May 15 from 1:00 to 3:00 p.m.

\$50.00

Registration deadline: May 11, 2016

Come out and prepare some meals ahead of time for those busy days. We will be making meals that you can prepare all on the BBQ.

We will make Soy Balsamic Burgers, Spicy Southwest Chicken, Zesty Italian Melts and BBQ pork tenderloin. Please bring your own mixing bowls, measuring cups and spoons and an apron if desired.

TAKE THE FIRST STITCH

Wednesday, May 18, June 8 and June 22

From 6:00 to 8:00 p.m.

Registration deadline: May 13, June 2, June 17, 2016

Have you always wanted to learn to knit, but need a slow pace and a great learning environment? This class is perfect for you!

We will be going slow and practicing our stitches; learning how to hold the needles and the yarn; and learning the terminology.

Our instructor speaks French and can teach left handed knitting! We've got you covered. Come out and learn how to knit.

FRANCOPHONE LADIES GROUP SPA WORKSHOP

Thursday, May 5 at 6:30 p.m.

\$5

Registration deadline: May 4, 2016

Do you regularly take time for yourself? To pamper yourself? We are offering you an evening of pampering in a relaxed setting. There will be stations of DIY bath salts, sugar scrubs and foot soaks. We will also have all necessary supplies for DIY manicures, pedicures and minifacials.

Note: Please advise us of any allergies when registering.

HAPPINESS 2016

Wednesday, April 27

From 1:15 to 3:15 p.m.

\$15.00 for first time participant

Childcare available for children ages 18 mos. to 5 years with preregistration.

Registration deadline: April 20, 2016

Are you interested in consciously creating happiness within your life? This group will meet monthly to discuss, share and support each other as we focus on practical ways to make our lives more fun. Based on the International Bestseller, "THE HAPPINESS PROJECT." Each group member will receive a copy of the book to read and reflect.

FOCUS: FAMILIES OVERCOMING UNDER STRESS

Thursday, May 12 at 7:00 p.m.

Childcare available for children ages 18 mos. to 5 years with preregistration.

Registration deadline: May 4, 2016

Are you interested in better communication with your spouse? Would you like for your kids to talk to you about what's going on in their lives? Do you want to learn strategies for keeping your cool? FOCUS is a resiliency training, available to couples and families within the military community. It focuses on building families strengths and skills building. This one night workshop will give you a taste of what the program is about and how you, and your family can benefit.

THERMEA – Discounted passes for military families

Start your mother's day shopping at the MFRC and give the gift that everyone is talking about! Enjoy a unique experience in the heart of nature! Thermëa is a haven that features relaxation techniques from the Nordic countries. Take the time to unwind and reenergize in the Nordic baths and waterfalls, steam bath, Finnish sauna, and relaxation areas.

Wrapped in your bathrobe, you breathe in the pure air of nature, contemplate the forest, and listen to the sound of the great waterfall. Saunas, whirlpool and multiple pools with crystal clear waters invite you to a ritual dating back two thousand years. A magical ritual that will make you forget the stress of your daily life and live a dream-like moment. Get your passes for the Thermal Experience for only \$40 each (a discount of \$15) at the MFRC front desk. For more information on Thermëa, please visit www.thermea.ca.

DEPLOYMENT AND REUNION INFORMATION SESSION

Are you or a member of your family deploying (leaving home for 30 days or more), or do you want to know what the MFRC offers to members and their families so you can prepare for any last minute deployment? Either, or Op-Deployment is happy to announce that a "Deployment and Reunion information session" is available to members and their families on an appointment basis. A tour of the Winnipeg MFRC will be included in this informal session and you will walk away with a realm of information to help you and your family stay strong and feel supported during this time. Simply call our Deployment and Reunion Coordinator to make an appointment today. 204-833-2500 Ext. 5391



17 WING - COMMUNITY RECREATION
17^e ESCADRE - LOISIRS COMMUNAUTAIRES

YOUTH LEADERSHIP CAMP

CAMP DE LEADERSHIP POUR CHAMPIONS

The Youth Leadership Camp provides skills & practical certifications combined with confidence building activities preparing you for your future employment.

Challenge & facilitate the development of leadership skills through a fun & hands-on experience.

4-WEEK PROGRAM
July 4 - 29
or
Aug 2 - 26
0900 - 1600 hrs

PRACTICAL CERTIFICATION

- HIGH FIVE® certification (Nationally recognized certification in Recreation Programming)
- Standard First Aid with CPR-C/AED certification
- NCCP-FMS certificate (National Coaching Fundamental Movement Skills)
- Safeguard, Swim-to-survive, Swim-to-survive plus

TRAINING

- Leadership
- Culture of respect and inclusion
- Child & vulnerable adult protection
- Behaviour management techniques
- Control of group
- Games & activities

14 & 15 year olds

With Membership \$105/week
Without Membership \$115/week
Must register for the 4-weeks - July Camp OR August Camp (Payment plan available)

REGISTRATION OPENS:
With Membership - Wed, April 6
Without membership - Wed, April 27

14 & 15 year olds

Adhérents 105 \$/semaine
Non-adhérents 115 \$/semaine
Il faut s'inscrire aux 4 semaines - camp de juillet ou camp d'août (Des options de paiement sont offertes)

INSCRIPTION À COMPTER DU :
Adhérents - mercredi 6 avril
Non-adhérents - mercredi 27 avril

REGISTER AT / INSCRIVEZ-VOUS À: WWW.PSPWINNIPEG.CA

For more info / Pour plus de renseignements : colleen.preston@forces.gc.ca • 204-833-2500 ext/poste 2057

Sleepover at the Royal Aviation Museum of Western Canada

Where: Hangar T-2, 968 Ferry Rd

When: Friday, May 13 at 6:30 p.m. to
Saturday, May 14 at 8:30

Cost: \$25.00 per child

Registration date: Register by April 29th, 2016

Join us for an exciting nighttime adventure at the Western Canada Aviation Museum. Learn about the wonder of flight through educational science experiments and activities. Add some spooky ghost stories, a peek at our special "Ghost" plane and a flashlight tour of the darkened museum galleries. Top it all off with a movie before the lights go out. Enjoy breakfast when the campers wake up.

To register stop by the MFRC and fill out the registration form or
Contact John Bailey at 204-833-2500 ext. 4511 for more information

FUNDRAISER

Dinner & Dance

PRESENTED BY:
ANAVETS (Army, Navy & Air Force Veterans of Canada) ASSINIBOIA UNIT 283
AND
TRI-SERVICE MILITARY VETERANS ASSOCIATION OF CANADA INC.

SATURDAY 14 MAY

Cocktails 6PM	Dinner 7PM	Dance 8PM
------------------	---------------	--------------

Dinner: Roast Pork with all the trimmings

Tickets: \$30 each
200 TICKETS PRINTED - AVAILABLE UNTIL MAY 7

• FORMAL/BUSINESS ATTIRE •

ANAVETS Assiniboia Unit 283
3584 Portage Ave.

IN SUPPORT OF THE
MFRC MILITARY FAMILY RESOURCE CENTRE

MUSIC PROVIDED BY:
The Stars

TICKETS AVAILABLE FOR PURCHASE AT:
MFRC Front Desk - 102 Comet St. or ANAF 283 - 3584 Portage Ave. - 204.837.6708

Survey on inappropriate sexual behaviour in the CAF

from Canadian Armed Forces

A voluntary survey is being conducted, now until May 13, to help the Canadian Armed Forces (CAF) better understand the scope of inappropriate sexual behaviour and the impact it is having on members.

Statistics Canada will be conducting a voluntary and confidential 25-minute survey on Sexual Misconduct in the Canadian Armed Forces with Regular Force and Primary Reserve members. This survey is a key component of Operation HONOUR in that it will help determine the scope of inappropriate sexual behaviour in the CAF, allow for better understanding of the impact it is having on CAF members, and help guide an action plan for Operation HONOUR.

Harmful and inappropriate sexual behaviour has a far reaching, negative impact on morale, cohesion, effectiveness, deployability, recruiting, and retention. Any form of harmful and inappropriate sexual behaviour is a threat to operational readiness.

Results of the survey will be of greater value if there is maximum participation. Taking just 25 minutes to complete the survey is an opportunity for all to contribute to the betterment of our institution. Input is crucial to gaining a better understanding of this problem, and will enable the CAF to more effectively eliminate harmful patterns of behaviour, give support to those who have been affected, and improve policies, programs, workplace environment, and member well-being.

Accordingly, the Chief of the Defence Staff and the Canadian Forces Chief Warrant Officer strongly encourage participation in this survey. All CAF members deserve a professional work environment where they are treated fairly, respectfully, and with dignity.

As Canada's national statistics agency, Statistics Canada was contracted by the CAF to conduct this survey, given their expertise and infrastructure in conducting and analyzing large surveys, including those on sensitive topics. The survey is being conducted under the authority of the Statistics Act, which ensures that any information members provide will be kept completely confidential and used only for statistical and research purposes.

For more information on the survey, please visit <http://intranet.mil.ca/en/res/support-services/sexual-misconduct.page>

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Your actions will have immediate consequences right now. Be prepared to handle the resulting situations, both positive and frustrating. Find constructive solutions to challenges. Your choices could result in disagreements and discord among your family and friends. Stay calm.

Taurus (April 20 – May 20): Keep a positive attitude as exciting opportunities come your way. Believe in yourself. Don't give up on your dreams. Think of out-of-the-box solutions. Challenge yourself to rise above a sense of ennui that can result when you are not in total control. It was an illusion anyway.

Gemini (May 21 – June 21): When others try and push you around, use your keen mind and quick wit to set them straight. Even though things are happening faster than you expected this doesn't mean you have to react instantly. Set your own pace when possible. Go after your dreams on your own terms.

Cancer (June 22 – July 22): You have a good heart, wisdom and intuition. Use all of these when deciding if you should help someone. You can offer assistance, but giving with conditions can backfire on you. Instead of focusing on other people, show by example what investing in your own dreams can lead to.

Leo (July 23 – August 22): Take a leap of faith. Trust that you are on the right path. Self-discipline is important if you want to reach a goal. Have faith. Even if you're not sure if all the effort will pay off, you'll still be ahead. Trust that opportunities will be available when you are ready to take the next step.

Virgo (August 23 – September 22): Trying to do more with the same amount of time, energy and money will lead to burnout. Let go of the myth of perfection. Do your best because it's important to have standards, but relax a bit. It's important to keep a reserve to draw from when a serious need arises.

Libra (September 23 – October 23): So many things are coming together and working in your favor at this time. Celebrate when things end on a positive note. There is no need to wonder if you measure up. You do. Your confidence in your own ability is all part of how you make your own luck.

Scorpio (October 24 – November 21): Stay calm, balanced and optimistic. Even if you're not totally in charge of calling the shots as long as you're happy with what is happening don't sweat over the details. Accept assistance. Those you've helped in the past are eager to reciprocate and others will pay it forward.

Sagittarius (November 22 – December 21): Believe that things will get better. You can make it happen in most cases. Be realistic though. Recognize when you can't control events and let them move along naturally instead. Worrying is counter-productive. Use your time better by finding solutions to issues.

Capricorn (December 22 – January 19): Be proactive. Make long term plans that provide for your health and happiness. Sudden changes in your environment will force you to make decisions quickly and to take a few risks. Your restlessness is due to your increasing awareness of what you crave most.

Aquarius (January 20 – February 18): It's time for a break. Rest and regroup before you try to organize yourself for your next project. The depth of feelings you've processed lately and that you've poured into your work are evident. When you're fully committed nothing can stop you. Perseverance pays off.

Pisces (February 19 – March 20): Be ready to think on your feet and act quickly. Make decisions that resonate with your heart and soul. When you use this as your measure you don't have to work as hard to decide which course of action is best. Follow your passion. Act with loving kindness. Trust yourself.

FOR APPOINTMENTS CALL 775-8368

THE VOXAIR
Your 17 Wing Community Newspaper

WWW.THEVOXAIR.CA

PROUD OF OUR PAST



PROTECTING OUR FUTURE

Welcome...

ST. JAMES LEGION

Branch No. 4
Royal Canadian Legion
1755 Portage Avenue
Winnipeg, Manitoba

CHASE THE ACE
Monday 6 pm

TEXAS HOLD 'EM
Tuesday 7 pm

ZUMBA
Tuesday/Thursday 10-11 am

LINE DANCING
Tuesday/Wednesday 7-9 pm

DANCE TO LIVE BANDS
Friday 8pm-1am June-August
Every Saturday 7-11 pm

MEAT DRAWS
Friday 5-7 pm
Saturday 2-5 pm



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ASSINIBOIA UNIT NO. 283

Army, Navy & Air Force Veterans in Canada
3584 Portage Avenue Winnipeg, MB
Club rooms: 837-6708



BINGO: Monday, Wednesday & Friday at 7:30 pm
Early Bird starts at 7:00 pm
SENIOR'S BINGO: Thursdays at 1:30 pm
CRIBBAGE: Thursdays at 7:30 pm
DANCING: Friday 8:00pm-12:00am
MEAT DRAWS: Friday at 6:30 pm Saturday at 3:00 pm

WELCOME ALL MILITARY PERSONNEL



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- INDIVIDUAL QUARTERS AND OUTDOOR RUN
- PET EXERCISE AND PLAY AREA • SEPARATE CAT FACILITIES
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ron@habinglaviolette.com

PERSONAL CLASSIFIEDS

406 SQN 75TH ANNIVERSARY CELEBRATION 13-14 MAY, 2016, SHEARWATER, NS

We are reaching out to former members who may wish to attend the 75th Anniversary Celebrations. There will be social events, 12 Wing Facility Tours and a Squadron Parade.

For more information, please visit online:
Facebook - "406 Lynx Squadron 75th Anniversary"
Website - www.rcfafassociation.ca/406lynxsqn
Email - 40675thAnniversary@forces.gc.ca

STONEWALL HOME FOR SALE: 37 ERNIE WEBB BAY - SEE KIJJI AD: 1149789947

Only 20 Minute Drive to 17 Wing. Excellent Condition, Move in Ready. 1688 sq ft Bi-Level cab-over built in 2007. 4 Bedrooms, 3 baths. New shingles in 2015 and oversized double garage. Finished Basement with wet bar and large windows. Concrete Driveway. Composite Deck and patio blocks with Mature Landscaping on huge partial pie lot. Maple cabinets, granite countertops, stainless steel appliances, main floor laundry. vaulted ceilings. Gas fire place and built in entertainment unit. Huge master bedroom with corner jetted tub in ensuite and walk-in closet. Contact Todd at 1-204-292-1838

NEWLY RENOVATED ST. JAMES FURNISHED CONDO FOR RENT (10 MINUTE DRIVE TO THE BASE)

Close to Grace Hospital. 2 bedroom, 1 bath fully furnished, newly renovated condo includes: washer, dryer, gas fireplace, front yard, indoor parking at back door of unit, dishwasher, new stainless steel appliances, electric heat, air conditioning, cable TV with DVR, and more. Available May 1, 2016. No smoking, no pets. Monthly rental is \$1550. For more information email Corinnehere@hotmail.com

Send us an e-mail today to place your FREE Classified ad (of 50 words or less) at: voxair@mymts.net. Classified ads will run for one month (two issues) unless space permits or specified otherwise.

Chaplain's Corner

Spring Cleaning: For Home, Body and Soul

by Padre Charles Baxter

We are enjoying the blessings of longer and warmer days, of (finally!) some better weather and the opportunity to sweep away the dust, tidy up and get ready to enjoy and grow in the sunny days ahead. But as we face the heaps of old leaves in the back yard and the boxes and dust in the garage now, as the season brings renewal and new life, let us also take some time to do some internal spring cleaning. It's easy to ignore things "on the inside" for a while until they become more noticeable. So let us take a look in the mirror and pause for a moment of self examination with the goal of improving upon that which we find.

One of the most common things we'll see after a long bout of winter's doldrums and bad weather is our impulse, indeed our desire, to stay as Sir Isaac Newton's "object at rest that remains at rest." We wait for things to act upon us. The couch and remote control are so very much easier! Sloth is, however, a dangerous thing. Our spouses, our physicians, our friends and our children will all tell us so. "Sloth is" a Church Father writes, "an inclination to idleness or at least to aimlessness, to apathy in action. At times this is a morbid disposition due to poor condition of health. More frequently it is a disease of the will, which fears effort and recoils from it. The slothful person wants to escape all exertion, whatever might interfere with their comfort or involve fatigue. Like the real parasite, they live on others to whatever extent they can, becoming gruff and ill-tempered when one tries to rouse them from their inaction."

Because of its harmful consequences, sloth constitutes one of the most serious obstacles to perfection. This is because it makes life more or less barren:

"I passed by the field of the slothful man,
by the vineyard of the man without sense;
And behold! It was all overgrown with thistles;
its surface was covered with nettles,
and its stone wall broken down.
And as I gazed at it, I reflected;
I saw and learned the lesson:
A little sleep, a little slumber,
a little folding of the arms to rest –
Then will poverty come upon you like a
highway man,
and want like an armed man" (Proverbs 24: 30-34).

So let us take careful aim at the sloth and laziness that holds on like that last snowdrift in the shady spot behind the garage. Some encouragement, support and inspiration is a good place to start doing and not just marking time in place. One of the easiest ways a lazy person lets things "get away from me" is from poor choices with managing and using one's own time to best effect. Thus, starting that dreaded "to do" list with just a few things that one can get done in an afternoon will be an excellent way to break out of this bad habit. Keeping track of this helps one draw satisfaction from getting things accomplished and allows one to set ever higher and more ambitious goals in the weeks ahead.

So as we rake, sweep, clean and begin planning for the summer ahead, let us first take a good look at that "couch potato" looking back at us. Some simple changes in one's daily schedule, keeping track of things to do (and the ones we get done) will yield many benefits. Strengthening one's own will and character and putting away things of inaction and laziness makes us stronger and more able to face the challenges in the days ahead!

Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE (English Only) 0900 hrs
COMMUNITY SERVICES

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

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

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

Protestant Chapel Guild: It meets the first Sunday of the month at 1900 hrs in the Chapel Annex. All women are welcome.

CHAPLAINS

Padre Jack Barrett
(Anglican) - Wing Chaplain
ext 5417

Padre Lesley Fox
(United Church) - Chapel Life
Coordinator
ext 5785

TBD
ext 6914

Padre Charles Baxter
(Ukrainian Orthodox) Det. Dundurn
306-492-2135 ext 4299

17 Wing
204 833 2500



17 Wing Community Chapel
2235 Silver Avenue
(Near Whytewold)



Administrative Assistant
ext 5087

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

CHAPLAINS

Padre Paul Gemmiti
(Roman Catholic Priest)
- Chapel Life Coordinator
ext 4885

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

SUNDAY MASS (Bilingual) 1100 hrs
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
After normal working hours s/he can be reached through the Wing Ops Duty Centre at 204-833-2700.

INFO PHONE NUMBER
For service times and contact with a chaplain of your choice, phone ext 6800 and follow the prompts.

WEBSITE
Those with access to the DIN can visit <http://17wing.winnipeg.mil.ca> then click Wing Admin - A1, then Wing Chaplains.

CARE & SHARE BENEVOLENT FUND
Contact Wing Chaplain Office for further information.

Your 17 Wing Chaplain Team

From left to right:
Lt (N) L Fox,
Capt P Gemmiti,
LCdr J Barrett,
Capt C Baxter,
Capt E Dompierre



Your 17 Wing Chaplain Team

From left to right:
Lt (N) L Fox,
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