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# THE VOXAIR

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Royal Australian Air Force Flying Officer (Ret'd) Gordon Keatch (Left), and Cadet Warrant Officer 1st Class Anson Chan (Right) lay a wreath during the Battle of Britain Parade on the September 17, 2017 at the Garden of Memories at 17 Wing Winnipeg, Manitoba. Participants in this year's commemorative event include veterans representing the RAF; the RCAF; the Royal Australian Air Force (RAAF); the Royal New Zealand Air Force (RNZAF); the United States Air Force (USAF); the Wartime Pilots and Observers Association; the Women's Division, RCAF; and the Royal Air Force Association of Canada. Each year, on the third Sunday of September, current and past members of the Royal Canadian Air Force gather to remember and recognize those who fought in the Battle of Britain and to honour the dedication, courage and sacrifice of all airmen and airwomen who have died in service to their countries. Please see page 2 for complete story. Photo: Cpl Justin Ancelin, 17 Wing Imaging

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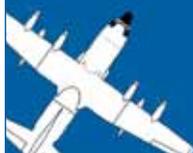
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# 435 Sqn Flies Northern Manitoba Residents to Safety during Op LENTUS



On Thursday, August 31, 2017, two CC-130H Hercules aircraft from 435 Transport and Rescue Squadron based at 17 Wing Winnipeg assisted in the evacuation of people from communities in Northern Manitoba affected by forest fires as part of Operation LENTUS. Each aircraft made multiple trips between Winnipeg and Island Lakes Airport. Photo: Cpl Justin Ancelin, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

"It was all in the line of duty for 435 Transport & Rescue Squadron," wrote Lieutenant Colonel Kevin Kozak, 435 Sqn Commanding Officer in an email.

Two 435 Sqn CC-130H Hercules began transporting First Nation evacuees from Northern Manitoba to Winnipeg due to wildfires and smoke beginning Aug 31. In total, 12 flights were flown and 1119 evacuees were brought to Winnipeg, assisting the Province of Manitoba and others with the evacuation.

Six Canadian Rangers were also supporting the

evacuation efforts by ferrying people from St Theresa Point by boat to Island Lake Airport where the Hercs were picking them up.

Operation LENTUS is the CAF response to forest fires, floods, and natural disasters in Canada.

Not only was 435 Sqn involved in Op LENTUS in Manitoba, they had previously been assisting in British Columbia.

"CWO Nolan and I were extremely impressed with the ability of 435 Squadron Chinthes to mobilize in short order to provide evacuation services to the Manitoba population," said LCol Kozak. "On 22

August, 435 Squadron was tasked to provide an aircraft and crews to support Operation LENTUS for wildfires in British Columbia. Just over a week later, on 30 August, the unit was tasked to also provide two aircraft to conduct evacuation flights for Canadians threatened by encroaching wildfires in Northern Manitoba."

The mission was overseen by JTF-West, said Lieutenant Nick Rees, Duty Officer, Wing Operations.

He observed that the ground team for the first two days was comprised of Sergeant Fagan, Corporal Dich

and Aviator Blackburn from the Air Movements Squadron (AMS).

"Myself and 2Lt Forbes were backing them assisting as required," Lt Rees said in an email. "We all met the morning of and rode the first evac CC130-H up to Island Lake airport next to the Garden Hill First Nations Community. Once there we began forming people into a line and doing our best to organize everyone."

Captain J. K. Edwards, Pilot Leader, 435 Squadron, said it was "challenging to land and depart" from the short airfield (just over 4000 feet) in Island Lake airfield, in addition to "waiting for a full chalk of evacuees to be ready."

"The aircraft was completely full on a number of occasions with evacuees even sitting on the bunk on the Flight Deck," he explained in an email. "This was repeated up to three times daily whilst crew duty or daylight allowed. They were long, tiring yet very rewarding days and it was an honour to be involved."

"There were very emotional adults and children departing the aircraft upon arrival in Winnipeg, all of whom were very grateful for our support. A number wanted selfies with the crew. This was the first time for me rescuing civilians in 32 years of military service."

Lt Rees said this sort of mission was exactly why they joined the military.

"When they asked for two volunteers to help get things ready and head up for the first two days, we jumped at it," he added. "No hesitation. And we would again any time. Picking those babies up out of the strollers to get them on the plane; better than any day in the office."

## 17 Wing Remembers the Battle of Britain

by Martin Zeilig, Voxair Photojournalist

A biting breeze kept the Canadian and Australian flags flapping rapidly and many jacket and coat collars turned up during the 77th anniversary of the Battle of Britain in the Garden of Memories at the Air Force Heritage Park off Air Force Way on the mostly overcast morning of September 17.

Some 500 people, military (including cadets from throughout the Prairie Provinces) and civilians, turned out for the annual parade and ceremony, which included a fly over at the end by a privately owned single engine Harvard trainer-- the plane associated with the British Commonwealth Air Training Plan and the Royal Canadian Air Force.

Spanning the period of 10 July and 31 October 1940, the Battle of Britain was the first major campaign of the Second World War to be fought entirely by air forces, noted provided information. It also marked the first time

that Canada committed its own air forces to an international mission.

"The Battle of Britain ceremony is a reminder of what young Canadians serving in both the RCAF and Royal Air Force (RAF) have contributed," says information authored by Major Mathias (Mat) Joost, a historian at the Directorate of History and Heritage, on the RCAF website. "In 1947, the RCAF formalized the Battle of Britain ceremony, issuing Air Force Administrative Order A9/6 on June 30."

"The original focus on RCAF personnel of the Battle of Britain has also changed. Today, with fewer than a handful of Battle of Britain veterans remaining and Second World War veterans becoming fewer, along with the many operations in which the Air Force has participated since the Second World War, it is only natural that the Battle of Britain ceremony has become a venue at which we celebrate the contributions of all our veterans."

"The Battle of Britain ceremony has become the RCAF's day to celebrate its service to Canadians as well as its accomplishments in peace and war."

"In the presence of Almighty God we have gathered on this Battle of Britain Sunday to give thanks once more for the liberty which that Battle preserved for us and the world," said Major Hope Winfield, Wing Chaplain, during the Invocation. "We remember with gratitude the dedication and heroism of members of the Royal Air Force and the allied air forces. We remember their successors, our colleagues, now engaged throughout the world."

"We affirm again our determination to put an end to all armed conflicts; we express our penitence for those occasions when they become necessary; and we acknowledge with sorrow the suffering and destruction they cause."

Afterwards, the names of all 21 Canadian Aircrew killed in the Battle of Britain were read out by the Commentator.

17 Wing Commander Colonel Andy Cook, who read a passage from the Book of Isaiah and later laid a wreath during the official ceremony, said he was honoured to celebrate such an important day with all members of the RCAF and with our Second World War veterans, especially those who survived the Battle of Britain.

"Their tenacity and grace under pressure is an ex-

ample to us all," he commented during the reception afterwards in the Officers' Mess.

Major-General J.H.C. Drouin, Commander, 1 Canadian Air Division, who also laid a wreath, observed that the sun came out on this cold day during the playing by the RCAF Band of the Royal Anthem, "God Save the Queen," and the fly past.

"This year was our biggest showing," he said afterwards. "I summoned my whole headquarters (to attend). I was extremely happy."

He also praised 17 Wing for their participation.

Mr. Ralph Wild, 99, a veteran of the Battle of Britain, walked steadily to the podium to read Lest We Forget.

"The Battle of Britain won the war for Great Britain," Mr. Wild, a native of GB, said to a reporter while seated in a high backed leather chair in the Officers' Mess. "Germany lost the war at the Battle of Britain."

He joined the Royal Air Force in 1938 and was first trained as a ground crew technician before becoming a navigator on a Halifax Bomber in Bomber Command. Mr. Wild mentioned that he was in the first contingent of British military to be trained under the British Commonwealth Air Training Plan. He trained in Carberry, in the Rural Municipality of North Cypress in southwestern Manitoba, located 50 kilometres east of Brandon, Manitoba.

He met his future wife to be, Myrla, a Registered Nurse at the Grace Hospital in Winnipeg, while on leave in Manitoba's capital city. After his graduation from the BCATP, Mr. Wild., who ended the war as a Flying Officer, was posted back to Bomber Command in the spring of 1944. He and his wife moved to Canada permanently in 1947.

"The Canadian people were good to me during training here," said Mr. Wild, a father of three/grandfather of five/great grandfather of seven, who was employed as an accountant with a major insurance company here. "My wife wanted to return home, and things were very difficult in Britain after the war."

Special guests attending the ceremony included Mr. Jon Reyes, Manitoba Special Envoy for Military Affairs; City of Winnipeg Councillor Scott Gillingham; and Mrs. Diane Peterson-Razos, Director Veterans Affairs Canada Prairie Region. Brigadier-General C.J. Ireland, Deputy Commander, Canadian NORAD Region, was also in attendance.

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# Herc Pull Kicks Off GCWCC Campaign



Members of 17 Wing Winnipeg participate in the annual Government of Canada Workplace Charitable Campaign (GCWCC) Kick-Off and Herc Pull, held on Sept 8th, 2017 at 17 Wing.  
Photo: Cpl Bryce Cooper, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

Captain Stuart Ireson smiled as he surveyed the contestants and other spectators gathering on the broad flight apron of Hangar 16 at the start of the 2017 Herc and Firetruck pull-- the kick-off event for the 17 Wing Winnipeg's annual Government of Canada Workplace Charitable Campaign (GCWCC) on a mildly breezy September 8.

There were at least 500 military and civilian personnel in attendance-- with more filing in through the gate minutes before the "competition" began so it was no wonder there was a grin on Capt Ireson's face.

"It's nice to see everyone pull together to support a worthy cause," Capt Ireson, co-chair, along with Captain Kate Pinsent, of the Campaign.

The GCWCC is a charitable giving option developed exclusively for federal public servants and federal retirees, says the Government of Canada website. The annual GCWCC takes place in federal workplaces across the country during the fall campaign period (September to December).

Through the GCWCC, CAF members and public servants can support United Ways/Centraides, HealthPartners or any other registered Canadian charity of their choosing.

Seven teams of Canadian Armed Forces (CAF) members and Department of National Defence (DND) employees pulled a 41-ton Hercules aircraft and an Oshtosh T-1000 aircraft rescue firefighting vehicle (approximately 31 tons). Each vehicle had to be pulled for 50 feet.

The winning teams represented the Canadian Armed Forces at the annual United Way of Winnipeg Plane Pull which took place on Friday, Sept 15.

Last year the 17 Wing Community was able to raise \$85,000 over the course of the campaign, noted a media release. This year's campaign is looking to reach \$100,000 said Capt Pinsent in her opening remarks.

Guest speakers this year included Stephen Wilson,



Members of 17 Wing Winnipeg participate in the annual GCWCC Kick-Off and Herc Pull.  
Photo: Pte Montpetit, 17 Wing Imaging

the co-founder and Executive Director of Graffiti Art Programming, and Terry Leslie, a certified teacher of the Deaf, who is currently the manager of Deaf and Hard of Hearing Services at the Society for Manitobans with Disabilities.

Jennifer Montebruno, partnership development manager of the United Way Winnipeg, and William Linden, United Way Sponsored Executive, were also in

attendance on stage. Tyler Carr, who does the morning show on ENERGY 106, was the guest MC for the event.

Established in 1998, Graffiti Art Programming is a community youth arts centre, located in Winnipeg's historic Point Douglas Neighbourhood, that uses Urban Art as a tool for community development, social change and the individual growth of its participants, said provided information.

"Over the past 19 years, the agency has grown and evolved so that it now works with and supports all different types of artistic pursuits and young artists," noted Wilson, who added that free after-school art classes attract more than 5,000 children and youth each year.

Schools from across the Province regularly tour of the gallery's Urban Art exhibition space attracting over 4,000 students and teachers each year, he said, noting too that the Gallery's exhibits also attract 15,000 additional visitors from outside of the school system each year.

"It took us five years to become a United Way agency," Mr. Wilson said. "It's a very responsible steward of your money. There can be no better testimonial than those giving back to the United Way. Coming out here to the Air Force base and speaking to some of Canada's finest defenders, I feel a kinship because we're also defending the rights of young children and young people in the North End (through the gallery's programming)."

Meanwhile, Captain Maxime Senecal, an Air Combat Systems Operator at 402 Squadron, called the firetruck pull fun, but difficult, moments after his squad dropped their thick braided ropes. His 15 person team had a respectable time of 14.6 seconds.

"My legs are burning now," he said while peeling a pair of (provided) protective leather gloves from his hands. "For sure, I'll do it again next year. I didn't train for this. We have to stay in shape (as members of the CAF) for the entire year."

Corporal Daryll Sumner, who works at CE Electrical, said it was a great day with great people and great food.

"I've been posted here since 2010, and this has been fun every year," he added just after his team had completed the firetruck pull.

Captain Brad Penner, RCU/SMC, expressed pleasure that the weather was cooperating, and that there was such a good turnout.

"It's a good cause," he said. "It will have a big impact on the city. My teammates are a fabulous group of guys. They're my co-workers."

The winning team for the Herc pull was from 17 MSS with a time of 12.8 seconds; while 17 OSS captured first in the firetruck pull with a time of 11.5 seconds.

Musical entertainment for the afternoon was provided by the RCAF Band's hard driving Spitfire Kings. A barbeque lunch of hotdogs and hamburgers with salads and cold drinks was supplied by the Wing Fund and prepared by Wing Foods. Tables and chairs were set up inside 16 Hangar for the diners.

"Today was a huge success," said Capt Pinsent. "Everything ran smoothly. It was a great turnout. We had lots of support from the Wing, and we raised money for the GCWCC from our 50/50 draw. We also had fantastic support from various units on the Wing-- 435 Squadron, MSS, OSS, and Wing Foods."

# Sports Trivia

## Canadian Running Records

by Stephen Stone and Tom Thomson

1. He holds the Canadian record in the now rarely-run men's 100-yard dash with a time of 9.41 seconds.
2. What is the longest-standing Canadian men's running record?
3. Who holds the longest-standing Canadian women's running record?
4. Who holds the Canadian record in the men's 100 metres?
5. Who holds the Canadian record in the women's 100 metres?
6. Who holds the Canadian women's marathon record?
7. Who holds the greatest number of individual Canadian running records?
8. Who holds the Canadian men's 200 metre record?
9. Who holds the Canadian women's 200 metre record?
10. He won the first Olympic gold medal in triathlon.
11. Who holds the Canadian men's one-mile record?
12. Who holds the Canadian women's one-mile record?
13. Who has the Fastest Known Time (FKT) for a male running the Juan de Fuca Marine Trail on Vancouver Island, a distance of 47 km?
14. Who has the FKT for a female running the Juan de Fuca Marine Trail?
15. He ran a world and Olympic record time of 9.79 seconds in the 100 metres at the Seoul Olympics in 1988 then failed the doping test. Who was this disgraced Canadian runner?
16. This Milton, Ontario octogenarian beat the 85-89 world age group record for the 5000 metres by 47 seconds. At the time of his death from prostate cancer on March 13, 2017 he held 36 world age class records on road and track from 1500 metres to the marathon.
17. In 1962 she placed eighth in the 880-yard run at the Commonwealth Games in Perth, Australia. In 1963 she won gold at the Pan-American Games, in 1966, gold at the Commonwealth Games and gold again in 1971 at the Pan-Am Games.
18. He won 18 National Senior Championships in Canada, the United States and Great Britain. He won gold in the six-mile run and bronze in the three-mile event at the 1962 Commonwealth Games.
19. Who was the first Canadian to win the Boston Marathon? He is not related to the restaurant.
20. On Canada Day July 1, 2017, Jack Williams, John Oisin O'Keane, Andrew Hall and Jeremy Bryant set a world record in this one-mile event in Vancouver.

Sports Trivia Answers on page 14

RICK CARLETON IS THE WINNER OF SANDRA PERRON'S BOOK, OUT STANDING IN THE FIELD FOR PROVIDING US WITH VALUABLE FEEDBACK. OUR NEXT BOOK GIVEAWAY WILL BE ANNOUNCED IN THE OCTOBER 4 ISSUE.

# Fantastic Family Fun at Fall Fair



Maya and Lilianna aim their hoses at targets with firefighters Cpl Hopp and Aviator Gaudet at the 17 Wing Fall Fair on Sept 9, 2017.

Photo: Bill McLeod, Voxair Manager

by Bill McLeod, Voxair Manager

17 Wing DND Team members and their families enjoyed a pleasant late summer day filled with family activities and information about opportunities on the Wing at the Fall Fair on Sept 9, 2017.

The fair was located just outside the Main Gate on Wihuri Road, between the Building 90 Fitness and Recreation Centre and the Winnipeg Military Family Resource Centre.

"One of the major differences between this year and last year was that it was more spread out," said Deanne Bennett, Community Recreation Coordinator at 17 Wing. "It didn't feel crowded."

Inside the gym were community clubs like the Wood Hobby Club, Toastmasters, the 17 Wing Archery Club, and demonstrations of Yoga and various fitness programs. Personnel Support Programs (PSP), SISIP Financial, and the Winnipeg MFRC also had information on hand to assist new members of the 17 Wing community.

Outside there were multiple attractions for families. The 17 Wing Fire Hall had an obstacle course, a large

firetruck for the kids to explore, and a smoke-filled trailer the kids learned to escape from.

Along with the 17 Wing firefighters, other Wing units also contributed to the success.

"Wing Foods provided lunch again this year, Wing Supply had military uniforms for the kids to try on and supplied other equipment, HMCS Chippawa had a RHIB (rigid hulled inflatable boat) and their band, the RCAF Band had Jet Stream and the Command Brass performing, and Wing Transport helped out too," said Deanne Bennett.

Some of the more popular activities for the children included bouncy castles, a petting zoo, and games on the Winnipeg MFRC lawn.

New this year was a small display of military vehicles which included a Dodge M37 truck and a Ford Motor Company Jeep. Due to the large number of Jeeps required both Willys and Ford produced Jeeps starting in 1940. Willys held the license, hence the W in the Ford GPW, even though Ford came up with some of the best designs for the Jeep, including the flat hood and flat, slotted, front grill which has become iconic. Both vehicles at the Fall Fair were over 60 years old.

With the assistance of volunteers', Wing Foods

was on hand to provide lunch, which this year was sandwiches with the options of vegetarian and gluten free meals. The lunch was sponsored by Fountain Tire at 3020 Portage Ave, one of the Winnipeg Canex Plan Partners.

A member recently posted to 1 Canadian Air Division who was playing a trivia game at the PSP booth commented that he thought the fair was a great idea to make newcomers aware of all the different help and recreational activities available on the Wing.

"I want to thank all the volunteers who make this happen," said Deanne. "Along with the MFRC staff and our people we have a lot of volunteers. This year BMO provided about 15 volunteers, Emergent Biosolutions gave us 10, Fountain Tire had 4 to 6 people there, we had 15-20 cadets helping out, and we had our MFRC volunteers who always help out."

"Everybody makes the Fall Fair a success," said Deanne.



Families enjoyed the great late summer day at the 17 Wing Winnipeg, Fall Fair, held at building 90 on September 9, 2017. Photo: MCpl Rick Ayer

# Brookside Cemetery Holds Candlelight Service



Over 11,000 electric candles were placed on the headstones of military men and women interred at the Brookside Field of Honour for the Candlelight Service. The event commemorates Canada 150 and honours those who served. Brookside Cemetery Field of Honour is one of the oldest and largest military interment sites in Canada, nearly 11,000 brave men and women who served in Canada's armed forces are buried here. Photo: MCpl Rick Ayer

by Bill McLeod, Voxair Manager

Brookside Cemetery held a Candlelight Service Commemorating Canada 150 at their Field of Honour on the evening of Sept. 10, 2017, beginning at 7:30 pm.

Representatives of the Federal Government, Province of Manitoba, City of Winnipeg, and Canadian Armed Forces all made remarks at the beginning of the service honouring those who served.

The dignitaries and colour parade started the service by marching across the bridge into the Field of Honour. Captain Paul Gemmiti, a 17 Wing chaplain, offered a

reflection and a few words by Aboriginal Elder Mike Calder followed.

Jon Reyes, MLA and Special Envoy for Military Affairs for the Province of Manitoba, acted as the Master of Ceremonies for the event. He pointed out the date for the event was well-chosen, being the anniversary of Canada's declaration of war in 1939 for the Second World War. He also pointed out that Dominic Boulet of the Commonwealth War Graves Commission was in attendance and that Brookside has a Stone of Remembrance, one of the few cemeteries in Canada to have one.

Reyes introduced the speakers beginning with the Lieutenant Governor of Manitoba.

"This evening we are gathered in a place sacred to all Canadians," said The Honourable Janice Filmon, Lieutenant Governor of Manitoba. "The final resting place of more than 11,000 men and women who served our country, many under the most terrible circumstances imaginable.

Tonight, we will remember the contributions of the veterans interred here and the of all of those who have served Canada in uniform."

Scott Fielding, Minister of Families, represented the Government of Manitoba spoke following the Lieutenant Governor.

"We should never be so busy or distracted that we forget the people, events, and ideals that define us," he said. "We must take the time to reflect and remember and show our gratitude."

City of Winnipeg Mayor Brian Bowman carried on the theme of ideals that define us when he said that Canada 150 was a controversial anniversary due to some of the mistakes in the past and that Canada is still aiming to reach the ideals of a just society. He also talked about the courage and sacrifice of Canadians and the anniversaries of Vimy Ridge, Passchendaele, and Dieppe occurring in 2017.

As Mayor, he also indicated his support for the firefighters and police officers of Winnipeg and pointed out that Sept. 10 had also been named the first Firefighters National Memorial Day and that the city flags had been flying at half mast all day.

17 Wing Commander Colonel Andy Cook, representing the Canadian Armed Forces, spoke last before the Service of Remembrance.

"I want to tell you that it is us in uniform who should thank you because you represent the very best of this country and each one of these 11,000 was a person just like you," said Col Cook. "On behalf of the Commander of the Canadian Armed Forces, General John Vance, the Commander of the Royal Canadian Air Force, Lieutenant General Mike Hood, and all the members of the Canadian Armed Forces, I'd like to thank you for your respect and for your commemoration. That makes the sacrifice that each man and woman paid worth it. Thank you."

A contingent of 65 Army, Sea, and Air Cadets, along with some parents and staff, placed electric candles on all 11,000 graves prior to the ceremony, an amazing feat considering they began placing them about 6 pm. Scouts were responsible for thousands of little Canadian flags along the paths in the Field of Honour.

# Changes in Management of Messes at 17 Wing

As part of a CAF wide decision, the military Steward positions at 17 Wing that were responsible for the management of the three messes at 17 Wing were divested to the VCDS to be directed to higher priorities within the CAF. These Mess Manager positions will be filled by PSP civilian mess managers and fall under the responsibility of the Senior Manager PSP. The process to hire PSP civilian mess managers at 17 Wing has been completed and we are happy to introduce you to the new Mess Managers.

Any questions regarding this transition of responsibility or questions regarding your applicable mess can be directed to Rick Harris, 17 Wing Senior Manager PSP at local 4299 or to your respective mess manger.

## Fancy Yu



I am pleased to introduce myself as the new Mess Manager for the Warrant Officers' and Sergeants' Mess, the Junior Ranks Mess, and the all-ranks Wobbly Prop. I have been at 17 Wing as the Bar Supervisor at these messes since 2015.

I immigrated to Canada from China in 2001 and after working briefly in the service and energy sectors I started with Canadian Forces Morale and Welfare Services at CFB Wainwright as the head bartender. While employed at CFB Wainwright I deployed to Kandahar, Afghanistan. In 2012, I moved to CFB Shilo where I was employed as a Bartender and then

Bar Supervisor until moving to Winnipeg.

I have extensive experience in bar management including serving alcoholic and non-alcoholic beverages, inventory control, financial administration, budget control and organizing functions and I am looking forward to continuing to serve the members at 17 Wing Winnipeg in my new position.

## Gidon Shalev



I would like to introduce myself as the new Officers' Mess Manager. I have a strong hospitality management background with emphasis on customer service and growth.

For the past 8 years I have worked in contract food service management with the bulk of the time overseeing a district operation.

I have deep knowledge of catering and special events operations as well as sales and marketing from management positions with the Casinos of Winnipeg and large hotel operations.

I look forward to building and fostering relationships and being of service to the members of the 17 Wing Officers' Mess.

# CFSSAT Commandant Receives First Fellowship at U of C



**Maj Don Jamont, Commandant of CFSSAT, is the first recipient of the University of Calgary Fellowship. Photo: Supplied**

by **Martin Zeilig, Voxair Photojournalist**

Major Don Jamont, CD, the Commandant of the Canadian Forces School of Survival and Aeromedical Training, admits that he has a big job ahead of him for the upcoming academic year.

But, he's looking forward

to tackling it head on.

Maj Jamont has been selected as the Inaugural Fellowship Candidate at the University of Calgary.

"I was nominated for the fellowship program in fall 2016 by the Commander 16 Wing, Col Andrew Fleming, as he was my Wing Commander at that time," said Maj Jamont in an email exchange with The Voxair. "The Fellowship Program was initially conceived by the Commander of the RCAF, LGen Mike Hood, and is managed by the Canadian Forces Air Warfare Centre (CFAWC), under the leadership of Colonel Shayne Elder. I was surprised, honoured and a bit intimidated to not only be nominated for the program, but to be selected to participate in the initial version of it; Roto Zero so to speak."

Being the first selectee to represent the RCAF carries a significant amount pressure to be sure, he continued, adding that it's entirely up to him to ensure this initial exchange is successful and productive for future fellowships.

"I am looking forward to building the foundation for a long-term relationship between the RCAF and the University of Calgary, one of the key academic partners in the Fellowship Program," said Maj Jamont. "I expect to grow and develop my own knowledge base with respect to leadership models, strategic analysis, policy development and strategic decision making. This fellowship represents a tremendous opportunity on both personal and

professional levels, and I am looking forward to getting started."

He explained that the focus of the program is to enhance Air Power Mastery and Mindedness within the RCAF, while strengthening the forward-thinking stewardship that is critical to ensure future success.

"I will be required to produce an editorial article for publication with CFAWC about my experiences in the initial phase of the program along with an academic paper of around 10,000 words or 40 pages that is based on a topic selected from the 2017 Air Power Research list," Maj Jamont wrote.

CFAWC publishes the Research List annually, and it contains a very wide range of air-related topics that deserve exploration, analysis and critical thought, he noted.

"Besides the academics and the writing, I am looking forward to getting engaged with the university faculty and absorbing as much of their experience and research as I can," Maj Jamont said. "I also hope to participate in a variety of seminars, lectures, boards and discussions within the Centre for Military, Security and Strategic Studies, the Faculty of Arts and the Provost's Office. I intend to be involved with a variety of initiatives with the university that will draw on my own military experience and serve to better situate the University in the coming years as the Fellowship Program evolves. This program is as much about providing the RCAF's experience and knowledge to U of C as it is about growing our Air Power

Mindedness or fostering academic outreach."

He intends to participate as broadly as possible with the university in order to, as Maj Jamont underscored, create relationships for future fellowships in a variety of departments, "but to also ensure my own experience is not too specialized or narrow."

It will be a challenge to try and balance focused specialization with a broad-based educational experience, too much of either one won't be of benefit to future versions of this program, he acknowledged.

"One of my key goals is to ensure I capture my work in a meaningful way so that it can be shared with the greater RCAF," Maj Jamont said. "The RCAF is a learning institution, and the Fellowship program is only a part of the larger post-graduate education program that the RCAF offers. CFAWC manages other opportunities including sponsored, full and part-time Master of Arts programs at the Royal Military College (Kingston, Ont.), as well as a sponsored, full-time Master of Philosophy program at the School of Advanced Air and Space Studies at Maxwell AFB, Alabama. These post-graduate opportunities are nested within the larger RCAF Professional Development program that begins at the Captain level with the Air Force Officer Development program and Air Power Operations Course. These nested programs demonstrate our overall developmental goal of harnessing the intellectual potential of the RCAF to ensure we are meeting our future challenges."

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# 17 Wing Connects with Jets Fans at Fan Fest



No, it's not Marvin the Martian, it's 7 year-old Vegas trying out the bomb disposal gear at Explosive Disposal Flight (435 Sqn) display at FanFest.

Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

Captain Julien Menard, an Air Combat Systems Operator instructor at 402 Squadron, admitted that he doesn't "follow hockey very much".

But, that didn't seem to dampen his enthusiasm at the 4th Annual Winnipeg Jets Fan Fest at the Bell MTS Iceplex on Saturday, September 16.

Capt Menard and several colleagues from 17 Wing, including from the Explosive Disposal Flight, along with their two bomb disposal robots, were staffing two kiosks in the Red River Co-Op Arena-- one of four such NHL size surfaces at the Iceplex. The CAF Recruiting Centre was also in attendance.

Hundreds of people, including many parents children in tow, were milling about in that arena; while, at least, two thousand fans were scattered throughout the entire

Iceplex.

"I think it's been great," said Capt Menard as he stood by his display table laden with rolled up posters of a C-130 Hercules, balsa wood models of aircraft, RCAF stickers and magnets-- all of which were very popular with the public. "This is awesome. It's good community outreach by the Jets. It's great that they let the fans come and check it out. We've had a good response so far."

Numerous family activities were held throughout the day. Included were a Winnipeg Jets Combine, where one could compare your stats to those of the pros in a series of fitness tests; Shoot on Mick E. Moose in the Lab; an EA sports Tent; an obstacle course and bouncy castles from PartyWorks; Jets Gear Store; Jets and Moose players and Winnipeg Jets alumni autograph sessions, as well as on stage interviews with various players from the Jets; various other displays, contests, and more. A small portable Tim Hortons outlet provided free coffee in another arena.

Visitors also had the opportunity to watch both the Jets and Moose players in high intensity practise sessions on a couple of the other rinks.

"We're answering questions from the public to let people know that 17 Wing exists, and that's there's an opportunity within the military," Gloria M. Kelly, Communications Advisor, National Defence Public Affairs Outreach, said. "The cadets and the recruiters are talking about the different trades (in the CAF)."

Brian Hillis, from Barrie, Ontario, and his friend, Ken McClintock, a Winnipeg resident, stopped by the 402 Sqn kiosk at one point.

"It's been very good, so far," Hillis, a district manager with a large company, said. "I love the Jets."

He said that his son, Master Corporal Brandon Hillis, a member of the Princess Patricia's Light Infantry, used to be based at CFB Shilo before being transferred to southern Ontario.

Mr. McClintock called the CAF displays awesome.

"The fan fest is always good," he said, noting that he's a Jets season tickets holder. "I come almost every year. It's nice to see lots of kids here."

"This event is fantastic," said Matt Meder, also a season ticket holder, who was at the event with his two sons, seven year old Vegas and Jax, 5. "It's great for the kids. The CAF display is great. It's interesting for the kids."

Corporal Scott Freer said the response to the EDF display, which also included a bomb disposal suit, some dummy ordnance and other miscellaneous items, was positive.

"So, far lots of inquisitive children are asking about



Winnipegger Ken McClintock (second from right) and Brian Hillis (left) from Barrie, ON visit the 17 Wing kiosk stationed by 2Lt Nellie Richard (17 Wing PA) (second from left), Capt Julien Menard (402 Sqn) (far right).

Photo: Martin Zeilig, Voxair Photojournalist

the robots," he said.

"The response from the public has been fantastic," said Master Corporal Terry Sawchuk who, along with another CAF member, was also at the EDF kiosk.

He observed that most of their visitors were very curious about the robots and bomb disposal suit.

"A lot of the children are actually drawn to the static displays," he said. "We allow them to wear the bomb disposal helmet."

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# Bent Metal, Charlie Green

The Voxair had the story of a rescue from 435 Sqn's point of view in our August issue. This is the story from the pilot involved in the aircraft that capsized at Dubawnt Lake. It has been shortened for space.

The original is located online at [bushpilotblog.wordpress.com/2017/08/](http://bushpilotblog.wordpress.com/2017/08/)



A rescue Herc from 435 Sqn circles around a crashed and overturned float plane. Photo: Submitted

by Dave Oleson, Pilot

That is how it all began, that afternoon. Upside down in the plane, hanging there in our harnesses, as time slowed to a crawl, as it always does in such moments. ELT on, find life-jacket, channel those swimming-pool Underwater Egress training sessions. Door-latch, seat belt, cold water coming in, both of us moving, out and up, a brief struggle and the satellite phone case lost somehow from grip. Now climbing up the struts of clean white floats, which still ride high as the plane settles deeper beneath them. Some vehement cursing, by yours truly.

I take the paddle from its rack on the float and we start trading off, fifty strokes a side, passing it back and forth, more to keep warm than to make any progress.

Shouting back and forth to each other in the wind. Drifting very slowly, carried by current and swell, maybe a quarter-mile an hour? Cold. But we are going to do this, and it is okay. We are going to live. I can feel it already, and I think Stefan can too. After maybe an hour of this, the plane stops drifting, about 150 yards off a low shoreline to the north. A concerted effort to get some gear out – without diving back down and into the cabin (a move I briefly consider and reject) – yields some useful things and some trivial things, among them my briefcase, a quart of cream and a bag of carrots, the orange “survival pail” and a couple jerry cans of avgas, and two more life-jackets to join the ones we’re wearing.

The plane has stopped drifting. Shore is way over there, and no one is coming for a long, long time. (We are 400 miles from Yellowknife, nearly 200 miles from Baker Lake.) No tough decision here. Ready? We swim.

Stumble ashore, deeply chilled, strip some layers, find some scrub wood. Pocket match-safe bone dry, and avgas with a Whoosh changes everything. “Fire, brother! This is what separates us from the apes!” We

laugh. We are going to do this, and it is okay.

Moved camp after Stefan found a better spot. More wood, more shelter, and my red poncho strung up as a tarp. The wind still roaring, and squalls of cold rain. A long evening, and a short period of Arctic mid-summer twilight. Shiver, move around, heat some soup, shiver, doze. Long talks... we go quite a ways back, Stefan and I. Our conversation circles and loops. Dog-mushing, jobs, raising children. “You warm enough?” “Yep. O.K.” “I wonder what will come first – A Herc or a Twin Otter?”

There was no real suspense to our twelve-hour wait, because we knew all along we would be found, and relatively quickly. It is 2017, not the 1950’s. Trackers, satel-

lites, phones, and Ops Manuals have changed the game. Kristen, watching the tracker back at the Hoarfrost, had sounded the first alarm that afternoon, and things rapidly spooled up after our “overdue time” came and went with no word from us, no arrival back at base. All night around that hot little fire, we were alive and remaining so, and we knew help was coming. We only wished we could re-assure those who were wondering. Our loved ones, and Stefan’s work colleagues, passed a much longer and more difficult night than we did.

It’s the Herc. 4 a.m., just past dawn. Low to the south we hear it. They circle, drop a handheld radio on a 30-foot streamer. I’m still cold, but is that the real reason my knee is doing the Elvis as I fumble with the radio? And then talking. “Roger, we are both okay, cold and wet.”

“We are going to drop you some gear. Stay out of the way.” Around again, a couple of times. Six-foot heavy sleds on a cargo chute, drifting down. We figure that’s it, and we haul the goods across the stony tundra to our little camp. Open the sleds up, and its Christmas in July – parkas, boots and balaclavas, cookpots, stove and food, tent and axe – hell, now we could stay a week, easy!

We tell them so, but they’re coming back. Two jumpers, drifting down, and in a moment walking over. Joel and Darcy – the Air Force is here! We shake hands. “Well, yeah, we know you said you were okay, but when we see a plane like that” – he points at the white floats, upside down, far offshore, with the red form of the wings and fuselage dimly visible in the cold clear water below – “we have a hard time believing everybody’s okay until we look at you.”

Joel gets on the radio. “Two crew, both here. They’re Charlie Green.” (I don’t know the lingo, but I’m guessing maybe C for Conscious and Green for uninjured. “Uniform Red” would maybe not be so good.)

Now it is late August. The Bush Hawk is back at our maintenance base in Fort Nelson, after a 400-mile sling ride beneath a Bell 412 helicopter, and a 600-mile journey south by truck. Insurers, adjusters, and owner / operators (that would be Kristen and I) all conferring with the mechanics and engineers. Estimates, timelines, and conjecture. The coming week will tell whether the airplane is to be repaired or written off. Only a thorough inspection will answer that big question. We are urged by others, more seasoned in this, who advise, “It’s just bent metal. Don’t get all sentimental about it.” Yep, bent metal. Wet metal, in this case, now drying. Just a damaged machine, yet I would have to be carved of stone not to be a little sentimental about a cockpit and a flying machine that has been my workplace for 3000 hours.

On a morning of low cloud and steady drizzle, I sit and ruminate on wind and moments and flying and float-planes. Stefan is back with his wife and young children in Yellowknife, and has been working again on weather stations or water samples. Whatever the fate of dear old C-GROH, we two are both “Charlie Green” today, and Charlie Green we are happy to be.

## SISIP Financial/ CANEX Present Cheque to 17 Wing Fund

17 Wing Commander Colonel Andy Cook (centre) accepts a cheque for the 17 Wing Fund of \$126,500 from 17 Wing SISIP Financial Branch Manager John Clarey and CANEX Manager Rhonda Porteous. The cheque represents the the annual contribution provided to the 17 Wing Fund by the two divisions. These divisions of the Canadian Forces Morale and Welfare Services have always endeavoured to enhance the life of the military community by contributing to the many CAF activities on base, particularly the Morale and Welfare programs offered. The funds are made possible by patronage of the local CANEX, CANEX.ca, and the services subscribed to through SISIP Financial. Every dollar spent through the two divisions contributes to generating growth and support to CAF serving members, their families, and former members. Photo: Bill McLeod, Voxair Manager



# Around The Wing



(L-R) 17 Wing Chief Warrant Officer Jerome Rossignol, 17 Wing Commander Colonel Andy Cook, 2 Canadian Air Division Commander Brigadier General David Cochrane, 1 Canadian Air Division Chief Warrant Officer Jacques Boucher, Nicole Drouin, and 1 Canadian Air Division Commander Major General Christian Drouin, salute at the Battle of Britain Commemoration at 17 Wing Winnipeg on Sept 17, 2017. Photo: Cpl Justin Ancelin, 17 Wing Imaging



Deanne Bennett, Community Recreation Coordinator, laughs as Tina Bailey, Fitness, Sports, and Recreation Manager, opens her cowboy boots at her going away party on Aug 31. Tina has accepted the job at CFB Suffield as the Senior Manager, Personnel Support Programs. Deanne is the now the Acting FS&R Manager at 17 Wing. Photo: Bill McLeod, Voxair Manager

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# Try Adult Fitness Programs For Free



Fitness instructor Bruce McLeod assists Megan Miller in cool-down exercises during Free Week.

Photo: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

Although she is already a member of the Fitness and Recreation Centre, Megan Miller admitted that she decided to “take advantage” of the recent adult fitness programs offered by Community Recreation during “Free Week” at Building 90.

“I really want to try out all the classes offered, and see if I can fit them into my schedule,” said Miller, whose husband is Captain Patrick King at 1 Canadian Air Division.

She had just completed a weight room circuit in the lower level weight room. The course, which had a total of seven participants on this day, was led by Bruce McLeod, a fitness instructor with PSP/Com Rec.

Free week is held three times a year; fall, winter and spring, noted Deanne Bennett, acting manager Fitness/Sports/Recreation for Personnel Support Programs / Canadian Forces Morale and Welfare Services.

“It’s an opportunity for people to come out and try our adult fitness and sports programs before committing themselves financially to it,” she said, noting that drop-in sports, such as volleyball, pickle ball and squash, are included in free week too. “For the fitness classes, the instructors are contracted out and not our regular fitness staff. However, twice a week we offer sunrise classes that are free to military and their spouses, and DND employees. If you enjoy two or more of these classes, the

fit pass is a fantastic deal and ideal for military personnel and people with a new membership.”

Some of the other classes being offered were 20-20-20, a “complete workout in three 20 minute segments – cardio, resistance & flexibility training...”; Aqua-Fit, “a fun-filled class using the whole pool to give you a complete workout”; Fusion Fitness, “a friendly & dynamic class combining 4 separate facets of fitness...”; Zumba, a fusion of Latin and international music mixed with love & high intensity moves for an interval-style, calorie-burning dance fitness party; Indoor Cycle, and TRX, a “total body workout, centred on your core and relying on your body weight,” among many other Free Week activities.

“I make sure everyone succeeds in every class,” stressed McLeod, the fitness instructor. “If clients come in with a good attitude and a set of goals, then we put them to work. In the class situation, we tailor the experience. Everybody finds their level within the class.”

If you’re only going to attend one class per week, then make sure that particular program provides you with all the main components of fitness— cardio, strength, endurance, flexibility, he added.

“But, you should do various things over the week,” McLeod continued. “The end result is you get a body that is really fit.”

Afterwards, during the cool down period in the nearby multipurpose room, he put the class members through a series of gradual stretching exercises, which included the use of big agility balls.

“You have to get your body healthy, so your mind will be too,” said Miller after the stretching exercises. “I always joke to my husband that I work out as hard as the military (members do).”

For further information, call extension 5139, visit Comm Rec in Building 90, or go to website [www.cafconnections.ca](http://www.cafconnections.ca)

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#### Smoke Alarm Basics

You need a smoke alarm on every level of your home. Single level homes and apartments should have smoke alarms near the kitchen and all sleeping areas.

Test your alarm monthly by pushing the test button. If the alarm is battery-powered and doesn't sound, replace it with a new battery and try again. If it's electrically connected to household circuits and doesn't sound, check the fuse and try again. In either case, if the alarm still isn't working, replace the entire unit.

Replace the batteries every year, or when you hear intermittent beeping. Don't use rechargeable batteries. Unlike regular batteries, they lose their charge without emitting any warning signal.

Smoke alarms can be electrically powered, battery powered or a combination of both. Whatever kind you have, remember they don't last forever. Replace them every ten years with new ones.

Make sure everyone in your home recognizes the sound of the alarm and knows what to do in case of a fire. Know two ways out of every room and have a pre-arranged meeting place outside. Practise your home fire escape plan regularly. Once out, stay out, and call the fire department from the nearest phone. Never go back into your home until the fire department says it is safe.

#### Types of Smoke Alarms

A flaming fire burns combustibles quickly, spreads rapidly and generates a lot of heat but only a little smoke. Cooking fat or grease, flammable liquids, newspapers, paint, and cleaning solutions all burn quickly and create more flames than smoke. Ionization type smoke alarms typically respond first to fast flaming fires. They are best suited for rooms which contain highly combustible materials.

A smouldering fire produces a lot of smoke but little heat. Careless smoking, for example, may lead to fires which can smoulder for hours before bursting into flame. Photoelectric type smoke alarms typically respond first to slow smouldering fires and are less prone to nuisance alarms near the kitchen area. These models are best suited for living rooms, bedrooms and near kitchens.

For maximum protection, install at least one ionization and one photoelectric type smoke alarm on each level of your home.

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# Trombonist Prepares to Slide Out



Sgt Fred Tucker, a bass trombonist with the RCAF Band, is retiring after 43 years as a member of the CAF. Photo: 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

Sergeant Fred Tucker, a bass trombonist with the RCAF Band, will mark 43 years as a member of the Canadian Armed Forces, both as a reservist and regular force member, on October 3, 2017.

Then, on December 21, his 60th birthday, Sgt Tucker, a native of St. John's Newfoundland, will retire from the CAF.

It's been quite a ride.

"Fred has always been friendly, fun and a good guy to hang around with," said Sergeant Cindy Scott, a vocalist with the band. "He's had a long career with lots of experience."

Sergeant Richard Monzon, Production Supervisor of the band, calls Sgt Tucker an inspiration.

"He always looks on the bright side of things, especially when you ask him how does a guy stay so long (in the CAF)," he said with a broad smile, noting that when he first joined the band five years ago he was the youngest person in the musical group sitting next to the oldest person, Sgt Tucker. "I should be more like Fred, happy after 43 years in the RCAF Band."

Sgt Tucker first joined the reserves, the Royal Newfoundland Regiment Band, in 1974.

"For about five years, I worked in Aldershot, Nova Scotia in a combination of different reserve units," Sgt Tucker said. "I was in the band there during the summer. For my day job, I drove a cab from 1978-1980 before I joined the regular force on September 8, 1980."

Sgt Tucker, who has four children, first started playing the trombone in grade school at age 10.

"I played in the church band and in the cadets too," he said. "I had a really good music teacher in St. John's, Edsel Bomel. He was a United Church volunteer band

leader. He was probably the biggest influence in my musical career."

Sgt Tucker also mentioned that he came from a family of eight children, but only he and his older brother, Michael, a music teacher in the Las Vegas, Nevada, school system, played instruments.

"When I first joined the regular force in 1980, I went to the CAF School of Music in Victoria, B.C. (now located at CFB Borden)," he said during an interview in the band's large lunch/lounge room during a sunny morning in early September. "At the school, you played eight hours a day and practised at night. The training at the school was very good. We had to do concert band and parade band practises, and individual practises. It was a well-rounded musical education. It was fun, and I learned a lot."

Sgt Tucker spent two years at the school before being posted to 17 Wing in August 1982. He was here till 1987. Then, he was posted to CFB Cornwallis for three years, and afterwards to the Royal Canadian Regiment Band at CFB Galetown.

"I came back to Winnipeg and the RCAF Band in 1994," Sgt Tucker said.

He observed that one of the major highlights of his career was going on an eight week European tour to Holland, Germany, Belgium and Paris, France, with the band some years ago.

"I got to play in Jet Stream for the past seven years," Sgt Tucker, who's done a couple of freelance gigs in the past with the Ron Paley Big Band, added. "That's been a lot of fun. Its new music and very enjoyable. I'll miss the camaraderie and playing every day with a bunch of professional musicians, the whole environment. These guys are on their game every day. It's been fun."

He plans to remain in Winnipeg after retirement.

"This is home," Sgt Tucker confirmed, noting that he might even play for the Manitoba Trombone Collective in the future. "My wife, Danielle, is from here. My kids grew up here."

Don't be surprised if he shows up as a guest musician with the band on occasion. After all, once a band member always a band member.

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### RCAF MESS KIT

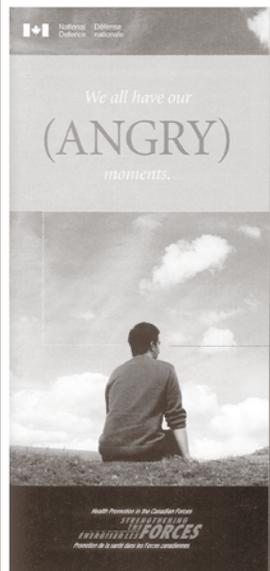
I would like to pass on my RCAF Mess Kit if anyone would like to have it. Size 42/44, waist 38 Max height 5'5". Made by Ralph The Tailor. Cannot be up sized any more but can be downsized, just take it to Ralph for alterations. It's in like new condition. FREE, just come pick it up. First email to hit my in basket gets it. [garryol@shaw.ca](mailto:garryol@shaw.ca)

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**Managing Angry Moments (MAM)**

4 & 11 October  
0830 - 1600 hrs

Through education, MAM aims to help you identify the specific situations that provoke your anger and determine coping mechanism that will work for you.

**Gérer les moments de colère**

4 et 11 octobre  
08 h 30 à 16 h 00

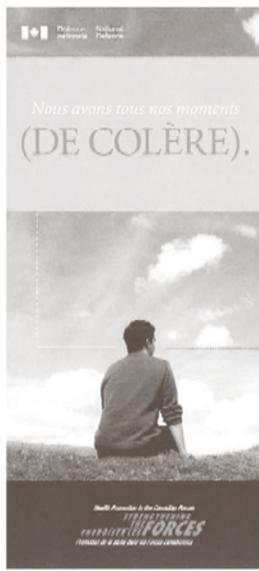
Il s'agit d'un volet éducatif qui vise à vous aider à cerner les situations précises qui provoquent votre colère et à déterminer les mécanismes d'adaptati qui vous conviennent.



For more information or to register contact Health Promotion at (204) 833-2500 ext.4150 or [healthpromo@forces.gc.ca](mailto:healthpromo@forces.gc.ca)



Pour s'inscrire, composez Promotion de la santé le (204) 833-2500 poste 4150 ou [healthpromo@forces.gc.ca](mailto:healthpromo@forces.gc.ca)



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THURSDAYS : LES JEUDIS  
**12 October - 2 November** : **12 Octobre - 2 Novembre**  
1630 - 1930 hrs : 16 h 30 - 19 h 30

Please contact us if childcare is required. : Contactez-nous si une garde d'enfants est requise

FOR INFORMATION OR TO REGISTER CALL : POUR INFORMATIONS OU POUR VOUS INSCRIRE  
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**21 September—9 November**

**1300-1600 hrs**

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204-833-2500 extension / poste 4500

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

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

# Upcoming MFRC Programs and Events



The MFRC Order of the Bison is an award that can be presented to individuals or groups who have shown outstanding support to the MFRC team. Like the Bison for which the award is named, the recipients thrive in many environments, are very protective, and operate as a group or team.

Bison are curious, intelligent, territorial, dignified, playful and tremendously strong. The nature of the animal requires they be treated with respect. Our award recipients also exhibit these traits as they perform their duties in the most exemplary manner.

At the September MFRC Community Coffee Break, the Bison Award was presented to Alan Parkin in recognition of his continued support to the campers at the MFRC KidVentures Summer Camp. Alan has generously donated a bicycle to the camp for several years, which all camp attendees have a chance of winning in a random draw. This year, Alan added a monetary donation to provide additional sports equipment to benefit all the children who attend camp.

Alan has been an avid supporter of the MFRC as a volunteer for more than eight years, and we are delighted to show our appreciation to Alan for all that he does.

Photo: Supplied

### SUNSET GOOSE FLIGHT

Everyone is invited to join us at Fort Whyte Alive to watch the arrival of the geese. During Fall migration thousands of geese land on the lakes. It is unbelievable to hear and see this happen. This event includes admission, dinner, private presentation and watching the geese.

Thursday, October 12, 5:30 p.m.

Fort Whyte Alive, 1961 McCreary Rd

\$5 per person, children under 3 free.

Registration deadline: October 5

Hot Dog, drink and popcorn is provided for dinner.

### ARRIVÉE DES OIES À FORT WHYTE ALIVE

Les familles de militaires nouvellement arrivées à Winnipeg sont invitées à se joindre au CRFM à Fort Whyte Alive pour observer l'arrivée des oies. Au cours de la migration automnale, des milliers d'oies sauvages vont se poser sur les lacs de Fort Whyte Alive. C'est un spectacle impressionnant à ne pas manquer. Votre sortie inclut un barbecue, une présentation et l'arrivée des oies.

Jeudi 12 octobre 2017, 17 h 30

Fort Whyte Alive - 1961, ch. McCreary

5 \$ par personne, gratuit pour les enfants de moins de 3 ans

Date limite d'inscription : 5 octobre

### Kids in the Kitchen

Kids in the kitchen is a hands on cooking class. Come out and have some fun learning to prepare and cook healthy meals and learn some basic culinary skills!

Tuesdays, October 3 to 24, 5:30 to 8:00 PM

\$35

10-16 years old.

Registration deadline: September 29

### Les petits cuistots

Les petits cuistots est une expérience culinaire. Venez-vous amuser tout en développant des compétences culinaires de base et en apprenant à préparer et cuisiner des repas sains !

Les mardis, Du 3 au 24 octobre, De 17 h 30 à 20 h 35 \$

10 à 16 ans.

Date limite d'inscription : 29 septembre

Présenté en anglais

### Zoo Sleepover @ Assiniboine Park Zoo

Join us for a fantastic evening adventure at the Zoo.

Grab your flashlight and explore the nocturnal side of the animal kingdom, get up close and personal with one of the zoo's ambassador animals, and much more!

Friday, Oct. 13 6:00 p.m. to Saturday, Oct. 14 9:00 a.m.

\$60 per participant

Registration deadline: October 6

### Un nuit au Zoo du Parc Assiniboine

Joignez-vous à nous pour une aventure au Zoo en soirée ! Lampe de poche à la main, explorez la vie nocturne du règne animal. Vous rencontrerez les animaux ambassadeurs du zoo et bien plus encore !

Du vendredi 13 oct à

18 h à samedi 14 oct à 9 h

60 \$ par participant

Date limite d'inscription : 6 octobre

Présenté en anglais

### Brain Builders

Occasional Child Care Centre, 630 Wihuri Rd.

In this five week course children ages 3-5 years will use their engineering and architectural skills to create amazing contraptions. Please send along a peanut free snack.

Mondays, October 2, 16, 23 & 30, 1:00 to 3:00 p.m.

\$20

Registration deadline: September 28

### « Brain Builders »

Salle de garde occasionnelle (630, ch. Wihuri)

Dans ce cours de 5 semaines, les enfants âgés de 3 à 5 ans utiliseront leurs compétences en ingénierie et en architecture pour créer des engins incroyables ! Veuillez fournir une collation sans arachide.

Les lundis, Les 2, 16, 23 et 30 octobre, De 13 h à 15 h

20 \$

Date limite d'inscription : 28 septembre

Présenté en anglais

### Ready, Set, Solo!

Together, you and your child create a plan for your child to stay at home alone safely and confidently. Includes: home safety, family rules, emergencies, and strangers. In Manitoba, children must not be left home alone until they are 12 years of age.

Saturday, October 21, 9:00 a.m. to 12:00 p.m.

\$25 (per child)

Registration deadline: October 13

Parent(s) must attend with child (11+).

### « Ready, Set, Solo ! »

Ensemble, vous et votre enfant créez un plan pour que votre enfant puisse rester seul et en toute sécurité à la maison. Comprend : sécurité à la maison, règles familiales, urgences et

inconnus. Au Manitoba, les enfants ne doivent pas être laissés seuls à la maison avant l'âge de 12 ans.

Samedi le 21 octobre, De 9 h à 12 h

25 \$ par enfant

Date limite d'inscription : 13 octobre

Les places sont limitées. Un parent doit participer avec son enfant âgé de 11 ans et plus.

### Family Week - Dinner & Craft

Come out to the MFRC and celebrate National Family Week with a Family Dinner and Craft. We will be having pasta and salad. The craft will be Fall themed and will be for all ages.

Thursday, October 5, 5:30 to 7:30 p.m.

Please inform us of any dietary restrictions.

\$5

Registration deadline: September 29

### Dîner et bricolage pour la Semaine nationale de la famille

Célébrez la Semaine nationale de la famille avec un repas et un bricolage pour la famille. Le repas consiste de pâtes et de salade. Le bricolage portera sous le thème de l'automne et sera pour tous les âges.

Jeudi le 5 octobre, 17 h 30 à 19 h 30

Veillez nous informer de toutes restrictions alimentaires.

5 \$

Date limite d'inscription : 29 septembre 2017

Présenté en anglais

A TRADITIONAL  
**Thanksgiving Dinner**

Un repas TRADITIONNEL de  
**l'Action de Grâce**

MONDAY **9 OCT** LUNDI

4 pm à 16 h

AT / AU

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<p>Roast Turkey Stuffing Honey Glazed Carrots Mashed Potatoes Gravy Cranberry Sauce Homemade Biscuits Fountain Drink, Coffee or Tea Pumpkin Pie</p> <p><i>Specially made for military families!</i></p> <p><b>\$14.25 Adults</b> <b>\$7.25 Children</b> Children under 2 yrs eat FREE</p> <p><small>Taxes &amp; gratuity not included. Travel to the restaurant and meals are the individual's responsibility.</small></p>	<p>Dinde Rôtie Farce Carottes glacées au miel Purée de pomme de terre Sauce Sauce aux canneberges Petit pain Brevage fontaine, café ou thé Tarte à la citrouille</p> <p><i>Préparé spécialement pour les familles du CRFM!</i></p> <p><b>14,25 \$ adultes</b> <b>7,25 \$ enfants</b> Les enfants de moins de 2 ans GRATUIT</p> <p><small>Taxes et pourboire en sus. Le transport et le coût du repas sont aux frais des participants.</small></p>
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**REGISTER IN PERSON AT THE MFRC UNTIL SEPT 22**  
A refundable deposit of \$5 per person is required at the time of registration. Deposit will be refunded at the event.

**INSCRIPTION EN PERSONNE AU CRFM AU PLUS TARD LE 22 SEPT**  
Un dépôt de 5 \$ est exigible au moment de l'inscription et sera remboursé lors de l'événement.

**MFRC | CRFM**  
MILITARY FAMILY RESOURCE CENTRE  
CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES

# Sports Trivia Answers

1. Harry Jerome - set August 6, 1966 in Kingston, Jamaica.
2. The marathon set December 7, 1975 by Jerome Drayton in Fukuoka, Japan in a time of 2:10:09.
3. Marita Payne - 400 metres - set August 6, 1984 in Los Angeles, California in a time of 49.91 seconds and equaled by Jillian Richardson on September 25, 1988 in Seoul, South Korea.
4. Donovan Bailey - 9.84 seconds - set July 27, 1996 in Atlanta, Georgia and equaled by Bruny Surin, August 22, 1999 in Seville, Spain.
5. Angela Bailey - 10.98 seconds - set July 6, 1987 in Budapest, Hungary.
6. Lanni Marchant - 2:28:00 - set October 20, 2013 in Toronto.
7. Lanni Marchant - six - 20 km, 30 km, 35 km, 40 km road races and half marathon and marathon..
8. Andre de Grasse - 19.80 seconds - set August 17, 2016 in Rio de Janeiro, Brazil.
9. Crystal Emmanuel - 22.50 seconds - set July 18, 2017 in Cork, Ireland.
10. Simon Whitfield - September 17, 2000 in Sydney, Australia.
11. Kevin Sullivan - 3:50.26 - set July 28, 2000 in Oslo, Norway.
12. Leah Pells - 4:23.28 - set August 14, 1996 in Zurich, Switzerland.
13. Matt Cecill - 5:14:27 - July 5, 2014.
14. Jen Segger and Jen Thiel - 7:49:00 - Oct 13, 2015.
15. Ben Johnson.
16. Ed Whitlock.
17. Abigail "Abby" Hoffman.
18. Bruce Kidd.
19. Ronald J. MacDonald.
20. The one-mile team beer relay. Each team member has to drink 335 ml of 5% beer and run 1/4 mile. Their time was 4:03.33. The individual beer mile record is held by Corey Bellemore of Windsor, Ontario at 4:34.35 which is only 50 seconds slower than the non-beer world record.



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# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** Some things don't go as planned because you can't control other people. Acknowledge what is hidden beneath the surface. Until you do, it will always affect your actions. Your peace of mind is as important as the visible signs of a successful life. Perfection is impossible. Chill.

**Taurus (April 20 – May 20):** Take pride in the fact that your hard work has paid off. You've reached a special goal. Remember to thank those who supported you financially and emotionally. It is one thing to be smart – and another to be wise. There is wisdom in listening to others and learning from them.

**Gemini (May 21 – June 21):** Things happen quickly right now. Be prepared. Expect good results and a sense of freedom from worry. Commit to living joyfully. Others have helped you but you are the master of your own destiny. Take pride in your accomplishments. An optimistic attitude helps you see options.

**Cancer (June 22 – July 22):** We all learn as we go. And we often learn more from our failures. And we remember the lessons much longer. The key is to make better choices once you realize where you've stumbled in the past. No one is perfect. So don't waste time in self-destructive thoughts and judgements.

**Leo (July 23 – August 22):** The signs of your success are evident to others. You can be proud of the outcome of all your hard work. Congratulations are in order. A lull in the drama of life gives you a chance to take some time for rest and relaxation. Keep your gadget or paper handy to record ideas and insights.

**Virgo (August 23 – September 22):** Release what you no longer need to make room for the new. Let go of assumptions about yourself and others as well as things that take up space and require maintenance. The outcome might surprise you but the act of living and aiming for the best makes this effort a success.

**Libra (September 23 – October 23):** Too much of a good thing can be a good thing if it motivates you to reach a goal. Believing in yourself and focusing on the positive boosts your energy. Take frequent breaks. Your reputation leads to more responsibility. It can be overwhelming unless you are willing to delegate.

**Scorpio (October 24 – November 21):** There will always be limitations. Find creative ways to meet challenges. Get as much information as possible about an issue then "play" with possibilities. You're happiest when you're doing something that makes a difference. Make plans with friends for a "play date."

**Sagittarius (November 22 – December 21):** Your expectations of yourself and others can be impossibly high. Life is precious. Enjoy all that you can do and stop pushing for things to pan out in ways you can't manage. Embrace the Fall with a sense of adventure. It's a time to celebrate. Relax and enjoy.

**Capricorn (December 22 – January 19):** Reevaluate your assumptions. Consider how they have affected your life so far. When you focus on trying to influence how others perceive you, you are no longer the master of your own happiness. Empower yourself now. Free yourself from trying to maintain your image.

**Aquarius (January 20 – February 18):** You want to let your emotions flow freely and to embrace the wonders and joys in life but rules and responsibilities weigh you down. Take charge of your life. Learn new coping skills. Insist on respect. Maintain boundaries. Work at making your own dreams come true.

**Pisces (February 19 – March 20):** Factor in your reality and your feelings when trying to maintain a balanced lifestyle. Organize each day so you have time for doing what you love. Participate in group activities to meet kindred spirits. Be specific during discussions and seek win/win solutions.

**FOR APPOINTMENTS with NANCY CALL 204-775-8368**

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Every Saturday 7-11 pm  
**MEAT DRAWS**  
Friday 5-7 pm  
Saturday 2-5 pm



Lt (N) Lesley Fox    Capt Paul Gemmiti    Capt Greg Girard    Maj Hope Winfield    Capt Emanuelle Dompierre

# Chaplain's Corner

## Strengthening Spiritual Resiliency

by Padre Hope Winfield

I am always amazed when I attend various military functions and meet other military wives; to learn the romantic story of which posting they met their partner, how long they have been together, and what life has brought their way. Remarkable women who have sacrificed at times in ways that only other women who are part of a military family can understand. Whether that is moving from family support, changing jobs, getting a posting where you can't get a job, shifting priorities to support children, remaining open to continually making new friends, doing everything to stand beside ones partner through thick and thin, and adapting to ever changing circumstances that must become the new "standard" or "normal". Military Spouses (whether in or out

of uniform or veterans themselves) are among the most spiritually resilient people I know. But this resiliency is not something you obtain yourself but it is in large part something you learn from other resilient people who walk beside you in your chaotic moments. These people won't appear nearly as stressed because they have made that chaotic situation their new normal via experience.

This October I will be celebrating 12 years of marriage (as some of you know I am half of a service couple). In many ways, I don't think this journey would have gone as smooth if it wasn't for the friendship, nonjudgmental support, encouragement, sound advice and prayers that I received from both women's faith based organizations who support our Bases -The Catholic Women's League and the Protestant Chapel Guild. These organizations

are comprised of resilient women who have experience and wisdom gained from being part of the military family, who volunteer in the Chapels and wider military community, who coordinate fundraising events, and outreach to those in need. Both organizations have yearly conventions hosted on various bases where you can meet other ladies from across Canada. No matter where you get posted, if they have a council, you know all the same people and have a listening ear.

If you would like to learn more about the Catholic Women's League (RC Military Ordinariate) or the Protestant Chapel Guild, please contact your local Chaplain, join us at a Sunday Worship, or meet members from both groups at one of our events.

### Walk the Talk: Facing Family Violence One Step at a Time

Monday, October 16, 2017 - 12 p.m.

Everyone welcome to participate in the opening ceremony of the Meditative Walk. MFRC, 102 Comet St.

October 16 - 20, 2017

Meditative Walk to reflect on Family Violence will be open throughout the week for members of 17 Wing and the Public.

For more information please contact the MFRC at 204-833-2500 ext. 4500.

### Joignez le geste à la parole : Faire face à la violence familiale, un pas à la fois.

16 octobre 2017 - 1200 h

Tout le monde est invité à participer à la cérémonie d'ouverture de la Promenade méditative. CRFM - 102, rue Comet

### Annual Blessing of the Animals Service

Annual Blessing of the Animals Service will be held on Sunday, October 1 at noon, 12 p.m. Please bring your furry and feathered family members to 17 Wing chapel for an outdoor blessing.

Any questions, pls call Padre Fox at 5785.

### La Cérémonie Annuelle de Bénédiction des Animaux

La Cérémonie annuelle de bénédiction des animaux de compagnie aura lieu le dimanche 1er octobre à midi. Nous vous encourageons à emmener les membres poilus de votre famille ou les membres à plume! Rendez-vous à la chapelle de la 17e Escadre. Le service se tiendra à l'extérieur.

Pour toute question, veuillez appeler l'aumônier Fox au poste 5785.

## Faith and Life

### PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

17 Wing  
204 833 2500

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

#### COMMUNITY SERVICES:

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

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

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

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

#### CHAPLAINS

**Padre Lesley Fox**  
(United Church)  
- Faith Community Coordinator  
ext 5785

**Padre Laura Coxworth**  
(Pentecostal)  
ext 5272

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



**Administrative Assistant**  
ext 5087

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

### CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

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

#### CHAPLAINS

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

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

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

**TBD**  
ext 6914

#### COMMUNITY SERVICES:

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

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

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

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

**MAIN OFFICES**  
Building 64,  
Lower Level, North End.

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

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

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

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

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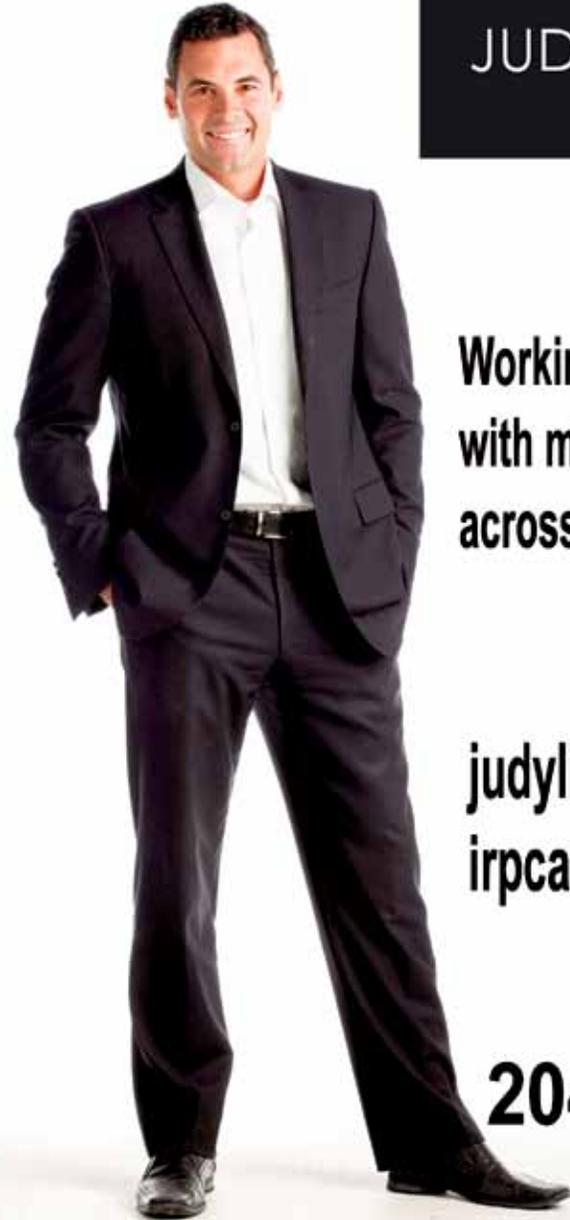
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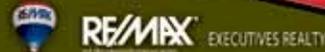
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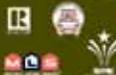
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