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# THE VOXAIR

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## 75th Anniversary of the Battle of Britain Commemorated at 17 Wing



17 Wing Commander Col Andy Cook (left) and WCWO Mike Robertson (right) pay their respects in the 17 Wing Garden of Memories at the end of the Battle of Britain Parade on Sunday, September 20th. For more, see page 2. Photo: Mike Sherby

IN THIS ISSUE: JETS AND MOOSE TICKETS AVAILABLE AT COM REC	402 SQN GIVES KIDS THE TOOLS FOR SCHOOL	BIG THINGS BLOOMING AT SOUTH SIDE GARDEN PLOT	17 WING PULLS TOGETHER FOR GCWCC HERC PULL	SUNNY WEATHER HELPS FALL FAIR SHINE	TAKE THE FRUIT AND VEGGIE CHALLENGE
PAGE 2	PAGE 3	PAGE 4	PAGE 8	PAGE 9	PAGE 12

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# Battle of Britain 75th Anniversary Commemorated at 17 Wing

By Mike Sherby, Voxair Manager  
with files from Sgt Bill McLeod, 17 Wing Public Affairs

'Never in the field of human conflict was so much owed by so many to so few,' with those famous words British Prime Minister Winston Churchill summed up the debt owed to the air crews who at that moment were fighting in the Battle of Britain to fend off the German Luftwaffe attacks.

On Sunday, September 20th, 17 Wing was one of several RCAF bases from across Canada to commemorate the 75th anniversary of Battle of Britain with a parade in the Garden of Memories, a memorial dedicated to the airmen who trained to fly during the Second World War in Manitoba.

During the parade 17 Wing Commander Colonel Andy Cook read from the Book of Isaiah, Sgt David Grenon of the RCAF Band sang 'The Airman's Prayer', and Padre Lesley Fox read the invocation and the Prayer of Remembrance.

Over a dozen wreaths were laid by visiting dignitaries to the parade, including the Lieutenant-Governor of Manitoba Janice Filmon, who laid a wreath on behalf of the Queen. MGen Wheeler, Commander 1 CAD, laid a wreath on behalf of the members of the Canadian Armed Forces, Col Cook placed a wreath on behalf of the men and women of 17 Wing Winnipeg, and Flying Officer (Retired) Ralph Wild, a survivor of the Battle of Britain, laid a wreath in memory of the Battle of Britain survivors. Flying Officer Wild served with the 249 Hurricane Fighter Squadron located at RAF North Weald Airfield, Essex County during the Battle of Britain.

The Battle of Britain began in the summer of 1940 after all of Britain's European allies fell to the Nazis. In June of 1940 Winston Churchill, Prime Minister of England, said "...the Battle of France is over. I expect the Battle of Britain is about to begin."

Churchill was correct. On 10 July 1940, 150 Luftwaffe aircraft in two formations attacked a convoy out of Dover, England. The aerial warfare continued through the summer and into October when military historians say the battle ended.

Historians believe the Battle of Britain was won due to two major miscalculations by the Germans. Although they were aware of the "Chain Home" radar stations they didn't concentrate their attacks on them which allowed the Hurricanes and Spitfires to be vectored to the incoming Luftwaffe bombers and fighters. The other miscalculation was to stop attacking the RAF airfields to concentrate on London after the Royal Air Force bombed Berlin.

The Battle of Britain is honoured in Canada on the third Sunday in September every year and is considered the most honoured day in the RCAF calendar. As well as being the first major battle fought entirely in the air, it is also considered one of the turning points of the war. The German Army was preparing for a land invasion during the battle but planners knew they required sea and air superiority to be successful.



## Photos

**Top Right: Flying Officer (Retired) Ralph Wild places a wreath in memory of the survivors of the Battle of Britain.**

**Bottom Right: 1 CAD Commander MGen Wheeler salutes the wreaths during the memorial parade.**

**Bottom left: Padre Lesley Fox reads the invocation during the Battle of Britain Parade at 17 Wing.**

**Photos by: Mike Sherby**

## Manitoba Moose Season Tickets 2015/2016 Season



17 Wing Community Recreation is pleased to announce that we have 2 pairs of Manitoba Moose season tickets for the upcoming season.

These tickets are available to regular force military members in Winnipeg, full-time permanent reserve members in Winnipeg and to 17 Wing Community Recreation Association members only.

Tickets will be sold on a first come first served basis. A minimum of two tickets must be purchased with a maximum for 4 tickets per game.

Cost for each ticket is \$10.00. Methods of payment accepted are cash, cheque, credit card or debit card.

To purchase tickets please visit the front desk of building 90.

Information about the Manitoba Moose 2015/16 schedule can be found at [www.moos hockey.com](http://www.moos hockey.com)

If you are not currently a member of the Community Recreation Association but would like to take advantage of this offer and other fabulous programs offered by Community Recreation please contact Comm Rec at local 5139/5976/2057/7013 or visit [www.pspwinnipeg.ca](http://www.pspwinnipeg.ca).

## Winnipeg Jets Season Tickets 2015/2016 NHL Season

17 Wing Community Recreation is pleased to announce that we have 2 pairs of Winnipeg Jets season tickets for the upcoming NHL season.



These tickets are available to regular force military members in Winnipeg, full-time permanent reserve members in Winnipeg and to 17 Wing Community Recreation Association members only.

As we anticipate a demand for these tickets, there will be two draws for each game for one pair of tickets each. As well, again based on demand, there may be a limit on the number of games an individual/family may be drawn for.

If you would like to put your name into the draw to obtain tickets for games please come to the front desk of Building 90 to register by 1600 hrs, 6 Oct 15. You will be asked to provide your name, Unit, local, and home or cell phone number. Your name will be included in all game draws; however, you may be limited to the number of tickets your name is drawn for. Information about the Winnipeg Jets 2015/16 schedule can be found at [www.winnipegjets.com](http://www.winnipegjets.com).

The draw for game tickets will take place on 9 Oct 15. You do not have to be in attendance to win.

Cost for each ticket is \$80.00. Payment for the tickets must be made by 20 Oct 15. Methods of payment accepted are cash, cheque, credit card or debit card.

If you are not currently a member of the Community Recreation Association but would like to take advantage of this offer and other fabulous programs offered by Community Recreation please contact Comm Rec at local 5139/5976/2057/7013 or visit [www.pspwinnipeg.ca](http://www.pspwinnipeg.ca).

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# Moulage Adds Touch of Realism to Ex Turbulent Sky



Cpl Simpson applies a latex head laceration to one of the Ex Turbulent Sky volunteers. Photo: Mike Sherby



Sgt McDonnell adds charcoal to a burn on the arm of an Ex Turbulent Sky volunteer. Photo: Mike Sherby

By Mike Sherby  
Voxair Manager

It was like a scene from a disaster movie. Dozens of people were wandering around, blood dripping from open wounds, bones protruding through the skin, and displaying all manner of cuts, bruises, and lacerations. Thankfully these were just the 'victims' of a simulated air crash at the WAA, and the injuries were all makeup, courtesy of four moulage artists from CFB Winnipeg.

Cpl Stephanie Simpson, Cpl Justin Weiler, Cpl Chris McDonnell are all Med Techs at 23 CF H Svcs, and they were joined by Sgt Lindsay Robichaud of 17 Field Ambulance. The team had volunteered their time that morning to help provide the victims, students from the Criti Care Paramedic Academy, with realistic looking injuries to help lend an air of authenticity to the exercise.

"It adds a huge level of realism," Cpl Simpson said. "On exercises like this, the medics have to triage patients based on what they're presenting as. So instead of doing it as 'I'm cutting off the clothes, do I see any bleeding?' with moulage they can actually see it and don't have to ask."

The term moulage comes from the French word for casting or moulding, and it refers to the art of applying mock injuries for the purpose of training EMTs or other medical or military personnel.

There are a few training programs to learn moulage, but most of it is based off the individual's experience as a medic, and trying to recreate that with makeup.

"It's a bit of a trial by fire," Cpl McDonnell, also a Med Tech at 23 CF H Svcs C, said. "We're all paramedics, and we've seen a lot of these injuries, so we know how it's supposed to look."

Despite the serious nature of the exercise,

it was a very relaxed atmosphere in the moulage room, with the patients laughing and joking around with the moulage artists as they dripped fake blood on lacerations and applied fake bruises and burns.

"It's like adult arts and crafts," Sgt Simpson said. "We use silicone, and melt it down on little pallets, and it hardens and looks just like flesh, and then you can add whatever you want to it, like blood."

In fact, most of the equipment they use is surprisingly simple. Beyond the latex, the artists use makeup, cotton balls, clay bones, fake blood, and even hair combs to get a laceration effect.

"I wish we were doing fake eyeballs in this one, those are so much fun," Sgt Robichaud joked.

The moulage artists from 23 CF H Svcs C even have a room in Building 62 devoted to practicing their craft and storing supplies when they're not in use.

For Cpl Weiler it was only his second time doing moulage on exercise. The relationship between him and the more experienced members really showed the team work, and do-it-yourself attitude, that comes with moulage.

"I did it first at SAREX in Gimli two years ago and it was fun. I rely a lot on the other to show me how to do this stuff. It's a learning experience," he said as Cpl Simpson helped him apply a latex laceration to a patient's arm.

The big difference between doing moulage and say, special effects in movies, is the level of detail that the artist put into the work. For a bruise, they not only blend makeup into the skin, but they even go so far as to apply lighter makeup where the point of impact from the bruise would be.

"You really have to know how it's going to present in real life, so that you can simulate that," Cpl Simpson said. "Otherwise you're just doing Halloween makeup basically."

## 402 Sqn's Generosity Gives Kids the Tools for School

By Martin Zeilig  
Voxair Photojournalist

Heather Maschio knows from personal experience what it's like to be a child in need. The native of Hillsborough, New Brunswick recalls "being a have not" as a kid in school.

Maschio, who works in the Maintenance and Records Section of 402 Squadron, was the main organizer of 402 Squadron's participation in this year's "Tools For School" campaign, Winnipeg Harvest's annual school supply drive, which takes place from July to September.

"Even though you have enough, everybody wishes they had more," said Maschio during a telephone interview from Guelph, Ontario, where she was on leave.

"It makes an impact on kids."

For low-income families, preparing youngsters to return to school in the fall can be a budgeting nightmare, especially if they are already having trouble feeding their kids.

The drive was started by the late Senator Ron Duhamel and his family almost 20 years ago after he saw that some children did not have even the basic items they needed for school.

Rebecca Trudeau, Youth Programs Associate for Winnipeg Harvest, praised the efforts of 402 Squadron for supporting Tools for School.

"Groups like this are what make the program as successful as it is. It demonstrates that if people get together to work towards a common goal that helps the community, everyone benefits," she said in an email to The Voxair.

Lieutenant Emily Nissen and Corporal George Gebauer both stressed the crucial role Maschio played in organizing the 'Tools for School' drive at 402 Sqn.

"She shopped for supplies, asked for donations, and coordinated it all, including the drop off of the bags afterwards," Lt Nissen said.

"It was Heather's heart and soul," stressed Cpl Gebauer.

Thanks to Maschio's efforts, and the generosity of 402 Sqn personnel, the squadron was able to fill 9 backpacks with material for high school students.

Each backpack was filled with pens and pencils, notebooks, loose leaf paper, binders, duo-tangs, pencil cases, erasers, scissors, glue sticks, markers, pencil crayons and more, including USB sticks.

In total 402 Squadron raised almost \$1,000 for the initiative.

"The whole of our section was involved," Lt Nissen said. "Once the nine bags were all put together, we made a trip to Staples at Unicity to drop them off."

One big help for the campaign came from Corporal Elizabeth Vipond, who purchased five of the nine backpacks.

"So, with the donations we received, I just purchased the other four backpacks, and the items to fill them," Maschio said. "I admire our community here at 17 Wing. It does my heart good when they jump on board to help the community."



Members of 17 Wing's 402 Squadron got together to raise funds for the "Tools for School" drive for school supplies. Left to right: Lt Emily Nissen, MCpl Eddy Penner, and Cpl George Gebauer. Photo: Heather Maschio

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# Scout Troop Helps Community Garden Bloom

By Martin Zeilig  
Voxair Photojournalist

A small conversation sprouted into big adventure for a local scout troop this summer.

Back in May, Captain Dawn Wojtowicz, G1 Casualty Management, 38 CBG, was chatting with landscape architect Victor Lee.

Lee, who works for Defence Construction Canada (DCC) and provides project management support to the Wing, explained to her how 17 Wing had some land available for gardening in the south residential housing area, located along Grenadier Drive and adjacent to the Kapyong lands. The plots were ready, but the 17 Wing Garden Club would not be able to use the available land this year.

"He said that Major Phil Dawes, the Wing Housing Liaison Officer, thought that it was too bad we didn't have a group that was going to garden there this year," she said.

"He suggested that it would be nice if the land could be used this year for the good of the community such as feeding the less fortunate. I said 'I happen to have a scout troop.'"

So Capt Wojtowicz made some calls to the members of her co-ed scout troop, the 1st Crestview Scouts in St. James, and the seeds were sown for a great project.

During their first planting night on May 21, the group of 10 scouts and five parents had to clear the plot of weeds she said. The group ended up using only used a small portion of the 15,000 square foot area.

"The objective of our garden project was twofold," said Capt Wojtowicz.

"We planted wheat that we would mill into flour and bake with into bread and bannock. We also planted vegetables that we donated to community agencies such as Siloam Mission or Agape Table. We have planted celery, cauliflower, radishes, carrots, turnips, pumpkins and potatoes. We have already donated a small amount of veg-



Cpl Nick Erb (center) assists members of the scout troop in planting vegetables. Photo: Submitted

etables over the summer, but the bulk will be harvested in the near future."

All materials, including the seeds and plants, were donated by community members.

"For some of the Scouts, this was their first time gardening," Capt Wojtowicz said. "They helped maintain the garden over the summer by going out and weeding every couple of weeks."

Capt Wojtowicz said that their biggest challenges were dealing with the weeds, and the wildlife that ate and trampled on the veggies and wheat.

"The scouts worked very hard at weeding, clearing, planting, and harvesting," Capt Wojtowicz said.

In a lucky turn of events, the troop had just earned their soil management badge, which demonstrates their



The scout troop tills the soil to prepare the community garden for planting. Photo: Submitted

knowledge and involvement in soil and water management.

With harvest time fast approaching, the scouts are now ready to move on to the next step of their project, harvesting the veggies and wheat.

Major Dennis Desrocher, G1 of the 38 CBG HQ, has offered his personal mill so that the wheat we harvested can be ground into flour," Capt Wojtowicz said. "I'm grateful to 17 Wing for allowing us to come in and do it. I had a couple of kids who had never gardened or planted before. They were quite excited to see the results of planting seeds. It was an environmental and educational project for the scouts, and also a community service. Our plans are to donate the final harvest to a food bank or soup kitchen."

# CFSAS Library A Hidden Gem at 17 Wing

By Martin Zeilig  
Voxair Photojournalist

As she scrolls through the computerized holdings in the circulation room of the Lewis Library, Connie van der Zweep wonders aloud why the library isn't more widely known throughout 17 Wing.

With an estimated 4,500 books in the collection, numerous periodicals, and information on accessing the Canadian Forces Virtual Library Page, the Lewis Library is an invaluable research resource in a welcoming environment.

"It's one of the best kept secrets on the base," van der Zweep, library technician/manager at the Lewis Library, says. "It really shouldn't be."

"The former Chief Librarian, Janice Ludberg, was responsible for the shape and focus of the collection," van der Zweep says. "I work to maintain its strength in those sections heavily used, as well as the variety of topics to support the changing curriculum of the various courses taught within CFSAS, and the work of the various departments."

The stacks contain books on diverse topics. You can find everything from the seven-volume 'The War In the Air' to complex technology books on hydrogen fuel or Modern Optical Engineering Digital Systems and Applications. Even the classics like Homer's 'The Iliad' and 'The Odyssey' can be found here.

"Most of the people coming into the library regularly are students doing research for their papers," van der Zweep says. "Our collection is focused on the subject areas taught in the school, but we do have books and periodicals on many other topics."

While the library's mandate is to support the courses in-house, the Lewis Library is a Wing resource, with materials and services available to anyone working on the base that wishes to benefit and signs a user agreement. Library users may arrange an accompanied visitor pass with staff beforehand, or apply for a limited access yellow pass.

And van der Zweep is always looking for ways to see this key resource better utilized.

"Outside of the school, people are extremely busy with their jobs; many are also working on distance learning or secondary educational courses," she says. "They may find it difficult to find time to visit Lewis Library."

One helpful service the library offers is the ability to search their catalogue online and request desired materials. The library then delivers the requested material to the patron by interdepartmental mail or via e-mail if it's an electronic copy.

This is a service available to all at 17 Wing, but again van der Zweep wishes that more people knew about it.

"It would serve the base well to have the link to the library catalogue automatically put on their computers' desktop when a computer is imaged and issued," she says.

The library's catalogue is also shared with the Canadian Forces College library (CFC-Information Resource Centre) and the Canadian Forces Air Warfare Centre (CFAWC), which lets 17 Wing users leverage the resources of those collections as well, she explains.

"If clients choose not to come into Building 84 or use the Lewis collection or services, the Canadian Forces Virtual Library (CFVL) is available online for them to use for their own research. It's accessible to DND employees and CAF members anywhere in Canada with a GP Net or DWAN connection. The CFVL is a portal to

a multitude of resources on any variety of topics that DND has paid for but not enough people know about. So if you cannot visit Lewis Library, I want our users on the Wing to learn about this outstanding resource for their information needs."

CFSAS is constantly evolving and the Lewis Library continues to change as well. However, it will always remain a place of learning, research and collaboration that can be used by anyone here at 17 Wing; it's a true CAF resource to be shared by all.



The Voxair talks to Connie van der Zweep about the CFSAS Library. Photo: Martin Zeilig

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# Wing Member Looking to Fight The Clean Fight

By Martin Zeilig  
Voxair Photojournalist

Corporal Nan Jorgensen wants to KO diarrhea, but she needs your help.

On December 3 at the Radisson Hotel, Cpl Jorgensen, a member of 17 Wing's TEMA Sqn, will step into the ring to fight an opponent in a charity boxing match for 'The Clean Fight', a fundraiser for a latrine project in Ghana.

But first Cpl Jorgensen and the other 13 boxers have to raise \$5,000 each in advance of the bout to take part. So she's asking CFB Winnipeg for a little help to get her into the bout to knock diarrhea out.

The money raised will be used to design and install hygienic latrines and facilities for washing hands.

"About one-third of the households in rural Ghana have no sanitation facility, nothing," she says.

"They go to the bathroom in open fields, behind trees and wherever they can find a place that provides a seemingly safe place to go. Without proper sanitary conditions, the community's water supplies will be contaminated and everybody will get ill."

The project is sponsored by iDE Canada, a Winnipeg based charity that supports and sponsors programs in developing nations.

"Well done to Nan for stepping up on this," said Bill Pratt, CEO of iDE Canada. "It shows commitment on her part for the greater good of our global community.

She's part of a group of women who are very unselfishly doing something important. We're thrilled to have them helping us."

Cpl Jorgensen, who moved to Canada from Dublin, Ireland in 2002, first took up boxing this past July as a way to relieve stress after returning from an eight-month deployment in Kuwait.

"I was driving civilian contractors back and forth from the airport," Cpl Jorgensen said. "There were incidents with IEDs."

She said the constant threat of an explosion was at the back of her mind.

So when her 11 year old son, Thomas, decided to take up boxing, Cpl Jorgensen began accompanying him to the gym.

Then one day she received an email requesting "14 amazing women" boxers for the Clean Fight night.

"I'm already boxing and in pretty good shape because we have our standards to meet in the CAF," Cpl Jorgensen said. "So I responded and said that I'd be at the initial meeting in August. The event is not specifically for boxers, it's for anyone. So if you feel up to the challenge, you can join."

Cpl Jorgensen is spending the next three months training three days a week at the ITC Gym to get in fighting shape for the event.

"We're going to be wearing padded helmets and 16

ounce boxing gloves. Mouth guards and crotch protection are optional," Cpl Jorgensen said. "Each match at will be three rounds long."

Donations can be made at:  
[tinyurl.com/boxingdonations](http://tinyurl.com/boxingdonations)



Cpl Nan Jorgensen (right) spars with her son. Cpl Jorgensen is participating in a charity boxing match on December 3rd. Photo: Submitted

# GCWCC Golf This Way for the United Way

By Sgt Bill McLeod  
Wing Public Affairs Photojournalist

The No Names, "Dude, Where's my ball?", Crusaders, Random Hackers and The Close Enoughs, all chopped and hacked their way around the 17 Wing Golf Course on Friday, 18 September 2015, as part of the Government of Canada Workplace Charitable Campaign Golf this Way for the United Way Tournament.

Ten teams got underway when the sun broke through the clouds to provide a perfect day for golfing on the Wing. Every skill level was represented across the teams, with scores ranging from close to par to many multiples of par. One golfer, expecting the tournament to be cancelled due to weather, showed up and played in uniform.

"It was a successful day for a good cause," said Corporal Brandon Rice, 17 Wing Telecommunications and Information Services Squadron member and organizer of the GCWCC tournament. "We raised some money for the GCWCC and had a great time while we did."

Prizes were given out for Longest Drive, Closest to the Pin, Lowest Team Score, and Highest Team Score.

A total of \$195 was raised for the GCWCC by the tournament. On average close to 90 percent of all funds raised for the GCWCC total is raised through one-on-one canvassing, but events like the Herc Pull and golf tournament help raise awareness of the campaign.

A barbeque lunch, included in the registration fee, followed the tournament at the 17 Wing Golf Course club house.

As one golfer summed up, "Any day you're on the golf course instead of at work is a good day."



Corporal Dale Einarson chips onto the green at the 17 Wing Golf Course during the Government of Canada Workplace Charitable Campaign Golf this Way for the United Way tournament on Friday, 18 September 2015. Photo: Sgt Bill McLeod

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# Cadet Makes Cut To Attend Maple Leaf Exchange in London



The 2015 Maple Leaf Exchange cadets at Frimley Park in England. Local Army Cadet MWO Nathalie Castagner (3rd from right, front row) participated in the exchange. Photo: Submitted

By Martin Zeilig  
Voxair Photojournalist

Being able to speak French and English was an advantage for Army Cadet Master Warrant Officer Nathalie Castagner during her month long participation in the 2015 Maple Leaf Exchange (MLE) in England this summer.

British terminology can be tricky sometimes.

"About half of our Canadian group was French speaking," said the 17-year-old Castagner. "So we had to translate the British accent to them. Their lingo is different. For example, backpacks are called bergens. It forced us to speak a lot with the British cadets to learn their idioms."

Castagner was one of 20 Canadian cadets, and the only one from Manitoba, picked to participate in the prestigious program.

The MLE is a joint training and cultural exchange program in England with British Army Cadets.

Castagner's mother, LCol Danielle Clouter, said she was pleased when she heard that Nathalie had gotten into the program.

"I'm very proud of the young woman Nathalie has become," she said. "She's very organized, focused and goal driven. There's no doubt she can do whatever she sets her mind to doing."

Castagner has been involved in the cadets program since age 11, after her older brother urged her to give it a try.

"You build a team with people you haven't known before," she said. "It gives you structure and order, and an opportunity to go on expeditions that you might not have otherwise gone on. There are leadership opportunities too."

Castagner applied for the MLE in February of this year. Selection is based upon physical fitness level, community involvement, overall dress and deportment as a cadet, and leadership abilities.

"You fill out an application form and send it off to a board of selection in your region, and they select people from your region which then gets sent to Cadet Headquarters in Ottawa for the national selection," she said. "When I heard at the beginning of June that I'd been selected, I was ecstatic."

Before heading for England, Castagner and her fellow MLE cadets met at the cadet training base in Connaught, Ontario for a week of pre-course and kit issue.

"Basically, we did team building activities," said Castagner, who wants to become a dentist. "We also focused on leadership skills. After the first day, we were a great functioning team. It was very multicultural, we represented Canada well."

They flew directly from Ottawa to Heathrow Airport in London on July 11.

"We did a week of training with the British Combined Cadet Force. We did rifle training for the first time. Our training was to be able to use a weapon as well as the British cadets, and they've been using it for five years.

We all passed our weapons handling test."

The Cadets also did basic military field training, and were trained at the Frimley Park Army Cadet base, where they were integrated into British cadet platoons.

"It was probably the hardest thing I've done in cadets," Castagner said. "The course was run by British Army Officers. It was a week in the field with our platoons doing military stuff, like a navigation exercise, a number of military patrols with mission ambushes, platoon attacks, and section attacks. It was very intense. We were living like soldiers."

Afterwards the Canadians went to Halton Cadet Base to participate in a week of adventure training, including rock climbing, plus a week long cultural component which included a visit to Stonehenge.



Nathalie Castagner in front of the parliament building in Westminster, London. Photo: Submitted

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# New Chaplain Brings Vast Civilian Experience to 17 Wing

By Martin Zeilig  
Voxair Photojournalist

Lieutenant(N) Lesley Fox, 17 Wing's newest Chaplain, uses a situation that happened to her one evening at CFB Wainwright to illustrate the differences between being a minister in the military as opposed to the civilian sector.

At about 2200 hrs, Padre Fox received a call on her cell phone.

"I had to run over to the chapel and meet with a member who was in distress for a couple of hours," said Padre Fox, who joined the CAF in 2013 after a career in the civilian ministry.

"He was someone struggling with mental health issues, and we managed to work through it. There's a higher sense of immediacy as a Chaplain in military life because you're often the first person called. There's a sense of urgency because if it's suicidal you need to respond immediately, whereas in civilian life I was further down the list of responders."

Padre Fox's posting here is most welcomed, says Lieutenant-Commander Jack Barrett, 17 Wing Chaplain.

"Padre Lesley Fox is relatively new to the CAF, however what she lacks with 'time-in' she more than makes up for with many her years of experience in the civilian pastorate at the United Church of Canada," he said.

In addition to Padre Fox's vast amount of pastoral experience, she also has a Doctorate in Congregational Development. Padre Fox has been assigned to 17 Wing as the Protestant Chapel Life Coordinator and will be based at 1CFFTS.

Padre Fox says that religion played a large role in her family's life when she was growing up in southern Ontario.

"The church was our spiritual home," said Padre Fox.



The Voxair talks to the newest member of the Chaplain team, Padre Lesley Fox. Photo: Martin Zeilig

Padre Fox's parents immigrated to Canada from Scotland and Ireland, and were very involved in the church.

"In part because of my parent's influence, the church is very important to me. I've always been interested in caring for other people."

Padre Fox spent her years as a civilian minister in southern Manitoba. It was while working at the Altona United Church, a church founded by Second World War veterans who were excluded from their Mennonite Churches, that she developed "a very strong appreciation" of all things to do with the Canadian military.

"I'd do Remembrance Day services and Decoration Day services, and also community services," Padre Fox, who also was minister at St. Andrews River Heights United Church for two years.



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

# PSP Fitness Coordinator Helps Organize Winnipeg Terry Fox Run

By Martin Zeilig  
Voxair Photojournalist

With sweat still streaming down his forehead after a five kilometre run, Rick Phillips paused for to speak about why he keeps participating in the Annual Terry Fox Run and Walk.

"I've only missed one Terry Fox Run in 35 years," said Phillips. "I participated in my first one when I was in the Canadian Armed Forces in London, Ontario years ago. I continue to come out to support a very worthwhile cause."

Phillips, 17 Wing Fitness and Sports Coordinator, was one of nearly 3,000 participants from throughout Winnipeg taking part in the 35th Anniversary event on Sunday, September 20 at Assiniboine Park.

This year's Run raised over \$50,000 for cancer research, with more donations arriving, noted James Follett, PSP Fitness Coordinator, co-organizer of the run along with radio DJ Ace Burpee.

Among the special guests who spoke just prior to the run taking place were Terry Fox's father, Rolly Fox, who was appearing in Winnipeg for the first time since the Run began in 1981.

Terry Fox, who was born in Winnipeg on July 28, 1958, inspired a nation with his heroic efforts, and to mark those efforts the Manitoba Legislature passed Bill 16, The Terry Fox Legacy Act, earlier this year.

The Act proclaims the first Monday in August Terry Fox Day throughout Manitoba, and the second Sunday after Labour Day as Terry Fox Run Day.

On April 12, 1980, Terry Fox began his Marathon of Hope in St. John's, Newfoundland and journeyed 5,373 kilometres in 143 days, until he was forced by the spread of cancer to stop on September 1, 1980, just outside Thunder Bay, Ontario.

By February 1, 1981, Terry's dream of raising 1 dollar for every Canadian was realized, and the Terry Fox Marathon of Hope fund totalled \$24.17 million. Terry died in June 1981

The Terry Fox Foundation raises money for research, and also continues to share the story of Terry Fox. To date over \$650 million has been raised worldwide for cancer research in Terry Fox's name.

This year's event had the largest turnout over the past few years, said Follett.

"There were some people with bikes, entire families were here," he said, noting that the event always has a lot of corporate support. "It's a chance to get some exercise and support an important cause."

It's a personal cause for Follett, whose father David and sister-in-law Kim have both been diagnosed with cancer.



James Follett (left), PSP Fitness Coordinator and co-organizer of the Terry Fox Run, and Rolly Fox, Terry Fox's father (2nd from left), with other participants just prior to the official start of the 35th Annual Terry Fox Run in Assiniboine Park on September 20. Photo: Martin Zeilig

## Congratulations To Fall Fair Draw Winner



Congratulations to Mary Jane Fisher, who won the Voxair's draw at the Fall Fair for 2 free tickets to see the Winnipeg Blue Bombers play the Calgary Stampeders on September 25. Mary Jane, who works at the LCC says she plans on taking her son to the game for his birthday. Thank you to all who entered the contest, and to the Winnipeg Football Club for supplying the tickets. Photo: Martin Zeilig

## Last WComd Golf Tournament of the Season Tees Off



The 17 Wing Commander Col Andy Cook tees off on hole #1 at the Carman Golf Course for the last WCOMD Golf tournament of the summer. Photo: Submitted

By Chris Merrithew

On Thursday September 3rd, 100 golfers from 17 Wing converged on the Carman Golf Course to participate in the last WCOMD Golf tournament of the summer. The great weather combined with the exceptional condition of the course resulted in an amazing day of golf for everyone.

MS Dale Harper had the shot that was closest to the line on hole #11 for the men and Manon Dulude had closest to the line for the women. MWO Brian Rodgers won the men's award for closest to the hole (#8) and Sgt Marie-Pier LaFlamme won the women's division for closest to the hole. Sgt Dwayne Pettitt won the longest drive contest for men while Maj Lee Mawhinney won the longest drive contest for women on hole #15. Tom Baker had the low gross (men) with a score of 75 and Misty Burrows had the low gross (women) with a score of 88.

Thanks to everyone who came out and participated and look forward to seeing everyone at next year's WComd/ PSP Golf tournaments.

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# GCWCC Hopes For Big Haul With Herc Pull Kick-off

By Martin Zeilig  
Voxair Photojournalist

All the hauling, sweating, shouting, and grunting helped create a carnival-like atmosphere at the Annual GCWCC Herc and Truck Pull on September 9.

A total of 12 teams of up to 25 people participated in the Herc Pull, while eight teams took part in the truck pull. The usual fire truck was replaced this year by a big diesel truck with a large front end loader resting on a flatbed trailer.

The event kicked off the annual 17 Wing Government of Canada Work Place Charitable Campaign (GCWCC).

Through the GCWCC federal employees and retirees can donate money the United Way, HealthPartners, or any of the other registered Canadian charities of their choosing.

2 Canadian Air Division Honorary Colonel John Sauder, meteorologist for CBC Winnipeg, acted as emcee for the day, while 435 Sqn Honorary Colonel Doug Brown, a former Winnipeg Blue Bomber, anchored his team.

Live music, including the songs of Pink Floyd, The Beatles, and the Guess Who, was provided by the RCAF Band's five person 'Spitfire' combo, and 17 Wing Food Services supplied barbequed hotdogs and hamburgers with all the tasty trimmings.

"It was heavier than last year," joked an almost breathless Warrant Officer Paul Hannaberry moments after competing in the Herc pull with his RCSU Team.

The goal of this year's 17 Wing GCWCC is to raise \$130,000, said Captain Bettina McCulloch-Drake, one of this year's two GCWCC co-chairs.

"The way to achieve it is through Wing wide events and team canvassers," she said. "Without all those people, it won't be a success."

Before the pull got underway, two community volunteers spoke of how funds from the GCWCC had helped their organizations.

Bianca Pengully, regional manager for the Canadian Liver Foundation, suffers from liver disease. She

stressed the importance of giving back to the health charities.

Pengully was diagnosed with Biliary Atresia after she was born, and at 18-months old she flew to Toronto for a liver transplant.

"During my period of illness, the doctors said I wouldn't be able to swim or have children."

Now, thanks in part to money raised by the GCWCC, the 24-year-old is able to swim for recreation, and is over four months pregnant with her first child.

"It's very important to give back to the community, so that we can find an end to these diseases," Pengully said.

The other speaker was Elizabeth Tokar-Wolff, M.M.F.T., Program Manager & Clinician Training Resources for Youth New Directions for Families, Youth, Adults & Families.

Tokar-Wolff spoke of her long involvement with young people, including former street gang members.

"These are the young people that don't have the kinds of lives your children have," she said.

"When you held your baby in your arms, you promised to keep it safe and innocent. My kids grow up in gang infested families in the inner city. They're often born with fetal alcohol disorder. They come into the world with tremendous disadvantages that your kids don't have."

"You have the capacity to help lives," Tokar-Wolff said, using as an example of one of her former clients, a street kid and former gang member named Mark, who is now studying social work at a university in Toronto because of funding from the United Way.

All money donated to the United Way goes directly to services, not to any administrative costs.



CFB Winnipeg members strain to pull the Herc. Photo: Martin Zeilig



Members of the Wing Admin team limber up before the plane pull. Photo: Martin Zeilig



Teamwork is key when trying to pull a massive C-130 Hercules. Photo: Martin Zeilig



One of two teams representing 17 Wing at the city-wide plane pull pose for a post-pull photo. Photo: Mike Sherby

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# Fall Fair Fun for the Whole Family

By Martin Zeilig  
Voxair Photojournalist

There was something for everyone, especially the kids, at the annual 17 Wing Fall Fair on a mild and sunny September 12.

A collective sense of joy seemed to pervade the event, and the approximately 650 people who attended couldn't get enough of the good times.

Captain Véronique Gagné, who works at 1 Canadian Air Division, attended the fair with her husband, Master Corporal Carl Girard from 402 Squadron, and their daughters.

"I think it's very well organized," said Capt Gagne, as her daughter Sophia, who was sporting a glitter tattoo of a unicorn on her arm, stuffed a handful of popcorn into her mouth.

Activities throughout the day included: a tomato growing contest, a pumpkin-themed baking contest, outdoor bouncy houses, a photo booth, rides on the Winnipeg Trolley, horse drawn wagon rides, a petting zoo with miniature horses and more, a Kiddie's Train Ride operated by members of the Lion's Club from Warren, Manitoba, a firefighter's obstacle course, carnival games, sparkle tattoos, a family art project, an outdoor Velcro wall at MFRC, and lots more.

Inside of the Fitness and Recreation Centre, attendees could check out the community showcase, which housed dozens of tables with information about clubs and services that 17 Wing and the community at large offers.

The RCAF Band's Dixieland Ensemble performed some standards on the lawn of Building 90 and earlier at the MFRC coffee break.

Shelia Booker, co-chair of the event, joked that the only lineup was at the food tent as people waited for the hot dogs being barbecued by members of 17 Wing Food Services.

"I thought it was a wonderful day," said Booker,

whose fellow co-chair was Deanne Bennett, Community Recreation Coordinator.

"Everyone really seemed to enjoy themselves. This event could not have happened without the help of our numerous volunteers."

You certainly weren't hearing any complaints from Capt Gagné and her kids.

"Everything is done to please the kids," she said. "We spent most of the time doing activities with for the kids, and they look forward to this every year. They ask, 'Can we go to your work and jump on the Bouncy Castle.' It's a great way to socialize and meet new people."



Top Left: A young fair goer has her hands full trying to balance spinning plates. Photo: Mike Sherby

Top Right: A couple eager kids cast off for fish beside Building 90. Photo: Martin Zeilig

Bottom Left: Members of the 17 Wing Fire Hall help youngsters hose down targets at the obstacle course. Photo: Martin Zeilig

Bottom Right: Fall Fair attendees check out the many booths in Building 90. Photo: MCpl Rick Ayer





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## Odds N Sods Take Rec Slo-Pitch Title



Congratulations to the Odds N Sods slo-pitch team that defeated the WCE Wingers to be crowned the 2015 Slo-pitch Champions. Back Row: L-R: Don Mills, Rich Phillips, Dawn Redahl, Kevin Edison, Stefan Dowhayko, Tomm Dillon, Roberta Dillon, Lee-Ann Brookes. Front Row: L-R: James Follette, George Lake, Keith Ivany. Photo: Submitted

# Firefighters Annual Boot Drive Oct. 8th

Fire Fighters have played an integral role in raising funds for Muscular Dystrophy Canada since 1954, when a group of parents with children affected by Duchenne Muscular Dystrophy, together with their friends, approached a Fire Department and requested assistance in raising funds. Since that time, Muscular Dystrophy Canada has become a National Organization, supported by a network of more than 600 Fire Departments across Canada. Fire Fighters are Muscular Dystrophy Canada's largest volunteer base, raising over \$2,000,000 annually.

Fire Fighters also hold key positions on the Muscular Dystrophy Canada Board of Directors (i.e. Fire Fighter Relations Committee, President, etc.) and have been the backbone of the organization since its inception.

Fire Fighters are local heroes, and they generate revenue and help raise awareness about the various disorders and the need for funding to support Muscular Dystrophy Canada's programs in their communities. They are goodwill ambassadors

who have made our organization their "charity of choice". Through education, support, and media relations they generate awareness of muscular dystrophy with the public like no one else can.

On Wednesday, October 8th, firefighters from your own 17 Wing Fire Department will gladly continue this tradition. Please donate to fight this disease, simply by dropping any amount you can into the boots of our firefighters. Hey....skip the morning coffee pick up this one time, drink the coffee at work that you pitch in for anyway, and throw that extra change toward the boots. We will be just inside the gates first thing in the morning with smiles all-around. Fire Fighters have and will continue to answer Muscular Dystrophy Canada's "911" call for assistance.

Their support and commitment has made our team stronger and we know that they will be there until our fire has been extinguished. Thank you for being heroes to so many people both on and off the job and for caring enough to make a difference!

Let's make muscles move.



Cpl Noseworthy receives a donation for last year's Boot Drive.  
Photo: Martin Zeilig

## Mental Health To Be Discussed at Lunch and Learn Seminar

By Martin Zeilig  
Voxair Photojournalist

According to the Canadian Mental Health Association (CMHA), one in five Canadian adults under the age 65 will have a mental health problem in any given year. So the chances are we all know someone who will be affected by it.

The financial impact costs our economy billions of dollars every year due to lost productivity, sick time, and health system expenses. The social impact is staggering in terms of human pain, suffering and despair.

These are issues that Maureen Grace, a Mental Health Works Trainer with the CMHA, will be discussing in a Lunch & Learn on September 30. Grace's visit is being sponsored by the 17 Wing Learning and Career Centre (LCC).

"It's a big problem in the work force across Canada, with people taking time off work to deal with stress and depression," says Mary Jane Fisher, Learning Advisor at the LCC.

Grace says her goal is to let people know the signs and symptoms of mental health issues, so they can learn to not only notice it in others, but in themselves as well.

"The more we understand, the less likely we are to judge and make assumptions about people," she said.

"I want to promote the fact that mental illness is an illness and not a character flaw, laziness, or a weakness. I also want people to know what's out there to help them: websites, books, or where to refer people."

She says that most people know very little about mental illness aside from what the media tells us, or from word or mouth.

Grace, the co-author of the book *Stress Management with an Attitude: Getting a Grip on the*

Trip, said she's been interested in workplace stress, or any type of stress, for much of her adult life.

"I worked as a cardiac nurse at St. Boniface Hospital and the Refit Centre, so I saw what stress did to people," she said.

"Stress is a big risk factor for heart disease, that's why I'm interested in it. Too much stress is not good for us, and it causes a lot of problems. Then I got involved in workplace wellness and occupational health, and I started to see where workplace stress was a problem. Then I learned that workplace stress is a risk factor for mental illness."

Grace is passionate about her work because everybody knows somebody who has struggled with mental health issues.

"It's more common than we think," she says. "We often start to guess at what's wrong with people and then label them. You're kidding yourself if you think everyone you work with is mentally healthy. There are people who have illnesses, and we have no idea what they're going through."

The LCC's Lunch and Learn with Maureen Grace will take place on September 30th in Building 135, Room 132.



Maureen Grace will be discussing mental health at a Lunch & Learn Seminar on September 30th. Photo: Submitted

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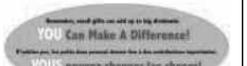


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# Op Honour SMRC (Interim) Opens

The Sexual Misconduct Response Centre (Interim) is now open. As a direct result of Operation HONOUR, the SMRC (I) will deliver support by providing information to Canadian Armed Forces members on internal and external resources in order to make informed choices to meet their needs. The SMRC (I) services are complementary to those that already exist within the CAF or DND.

If Canadian Armed Forces members have experienced or witnessed harmful and inappropriate sexual behaviour, the Centre is now available by phone at 1-844-750-1648 or by e-mail. A team of dedicated professionals is ready to provide support, information, and referrals between 7 a.m. and 5 p.m. EST, Monday to Friday. Should a call be received outside of regular hours of operations or on statutory holidays, members will be able to leave a message and at their request, one of the staff members will return their call within one business day.

## Interim Executive Director announced

Ms. Jan Lalonde has been appointed Interim Executive Director for the Sexual Misconduct Response Centre (Interim).

With more than 35 years as a member of the Public Service of Canada, Ms. Lalonde brings with her a wealth

of knowledge and extensive leadership experience. Over the span of her career, she has worked primarily in the fields of human resources and communications for various departments including Human Resources and Skills Development Canada, Treasury Board Secretariat, the National Transportation Agency, Forestry Canada, and Agriculture Canada.

Ms. Lalonde will help develop the plan for the permanent centre, scheduled to be up and running by 2017.

## Initial services available

Here is a list of the services provided:

- Access for CAF members to a professional by calling 1-844-750-1648 or e-mailing the centre directly at DND.SMRC-CIIS.MDN@forces.gc.ca ;
- Planning assistance for the member's immediate safety in case of a crisis situation;
- Empathetic listening to meet members' emotional needs;
- Information about available options for members to guide them in making the best choices for their individual circumstances. This includes what to expect of the investigative processes or complaint processes to support victims;
- Information about other available resources, as required, including Canadian Forces Health Services,

Chaplain Services, Military Family Resource Centres, Canadian Forces Member Assistance Program (CF-MAP), the Family Information Line, hospital emergency departments, and rape crisis centres; and

## Support to DND employees

While the SMRC (I) is focused on supporting CAF members, resources are available for all members of the Defence Team who may encounter harmful and inappropriate sexual behaviour. Civilian members of the Defence Team are encouraged to report incidents to their Responsible Officer, who is the authority to ensure that complaints are dealt with. If they do not know who that person is, they may contact their unit Harassment Advisor or Labour Relations Officer by speaking with their Human Resources Advisor. Civilian employees who contact the SMRC (I) will be referred to services available to non-CAF employees such as the Employee Assistance Program (EAP) and other local specialized centres.

The goal is for all members of the Defence Team to be able to work in an environment free of harmful and inappropriate sexual behaviour. We are confident that the creation of the Sexual Misconduct Response Centre (Interim) will help us achieve that objective.

# SISIP Gives Away \$250 CANEX Gift Certificate at Fall Fair



Mrs. Joanne Robertson (left) accepts a \$250 CANEX gift certificate from SISIP Branch Manager John Clarey. Mrs. Robertson won the gift certificate from SISIP in a draw at the Fall Fair. Photo: Mike Sherby

# RCACS Promotions

170 Royal Canadian Air Cadet Squadron (RCACS) had their first parade night of the year on Friday 11 September, where several officers were promoted.



2Lt Dann Bjornson (left) was promoted to current rank by Capt Ryan Tardi (right).



Lt Blake Minaker (left) was promoted to current rank by Capt Ryan Tardi (right).

# 17 WING FIRE CHIEF'S CORNER

## When Lights And Sirens Approach



We all share the responsibility of knowing and practising proper driving behaviours. One of the most important "rules of the road" deals with yielding the right of way to all emergency vehicles.

### What Drivers SHOULD DO?

- Remain calm and move your vehicle appropriately. Don't panic!
- Pull to the right and come to a stop.
- When on a high-speed road or when there is no room to stop, slow down as much as possible
- When in the left lane, pull over into the right lane as the traffic in the lane to your right moves over
- If you cannot move to the right because of an obstacle such as a car to your right, simply stop. Your prompt action will let the driver of the emergency vehicle know what you are doing; it will allow the driver to anticipate where to drive.
- When an emergency vehicle approaches you from behind while you are stationary at an intersection stop sign or red light, do not move unless you can pull to the right
- When on a one-way street, pulling to the right is still the best, but sometimes due to traffic, you may pull to the left curb and yield to the middle lane(s). This is the one appropriate exception to the "pull to the right" rule

### What Drivers SHOULD NOT DO?

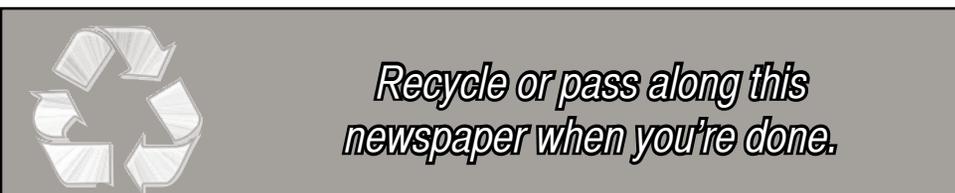
- Don't stop in the middle lane when there is room to pull to the right
- Don't pull to the left in the centre yellow lane or left turn lane
- Don't drive through a red light or stop sign when an emergency vehicle approaches from behind
- Don't turn quickly to the left into a driveway or street
- Don't race ahead to get through a green light or turn before the emergency vehicle gets there
- Don't disregard the presence of the emergency vehicle by continuing to drive on

The drivers of all emergency vehicles are thoroughly trained and tested. They are taught to drive with due regard for the safety of others. Their intent is to never force other drivers off the road. This supersedes a natural desire to get to the scene of an accident or fire by driving as fast as possible. Drivers of emergency vehicles know that they cannot help anyone if they don't get there! Generally, drivers should try to move to the right, if possible. Emergency vehicles will usually try and move to the left. Sometimes, due to traffic conditions, it may be also be necessary for emergency vehicles to travel in opposing lanes, against the flow of traffic. This is why it is very important for all vehicles to respect responding emergency vehicles by moving to the right and/or stopping.

When you or someone you care about requires the help of an emergency responder, you will be thankful for the drivers who didn't impede their safe and prompt arrival.



Image by Gualberto107 via FreeDigitalPhotos.net



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## JOIN THE CHALLENGE 4&3 or more per day!

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The 4&3 or more per day Challenge uses a tracker designed to encourage you to meet your target of 4 vegetables and 3 fruit or more per day.

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- Keep track of your daily vegetable and fruit consumption for 2 weeks; and
- At the end of the 2 weeks, send your tracker to Health Promotion (B63) or [HealthPromo@forces.gc.ca](mailto:HealthPromo@forces.gc.ca) for a chance at prizes.

### Why YOU should play!

- Find out how many servings you're eating and track your progress;
- Attend a Lunch & Learn or display;
- Resources and recipes;
- Eat better, feel better;
- And more!



Do you have a recipe featuring vegetables and fruits you would like to share with others? Please submit to Health Promotion; watch for featured recipes in the October 7<sup>th</sup> Voxair

## Want to Save Time & Money?

Too busy? You know that eating a diet rich in vegetables and fruits is good for you, but you're constantly on the go. See how you can save time, save money, or both as you strive to meet your needs of 7 – 10 servings of Vegetables and Fruits daily.

### Save Time

- Pick vegetables or fruits that require little peeling or chopping, such as baby carrots, cherry tomatoes, grapes or blueberries.
- Prepare extra vegetables, and freeze leftovers for quick sides. Simply reheat and serve.
- Choose ready-packed salad greens from the produce shelf for a quick salad any time.

### Save Money

- Take advantage of in-store promotions, and purchase fresh fruits and vegetables in season, when they are generally less expensive.
- Prevent food waste by properly storing produce and selecting the type and amount you will consume.
- Buy in bulk. Freeze excess, or purchase frozen, canned, or dried varieties that keep longer.

### Save Time & Money

- Plan meals ahead and create a shopping list to help minimize impulse purchases.
- Buy in bulk and prepare extra or larger amounts. Freeze individual or family-size portions for later use.
- Keep it simple. Choose quick and easy recipes with few ingredients that use in-season, canned, or frozen vegetables and fruit.

Adapted From: Centers for Disease Control and Prevention- Eat More Fruits and Veggies- Fruits & Veggies More Matters

## 10 Ways to Stretch Your Vegetable & Fruit Budget



- 1 Create a meal plan for the week that uses similar vegetables and fruit prepared in different ways. Make the most out of the produce that you buy.
- 2 Buy vegetables and fruit in season at farmers' markets or at your local grocery store.
- 3 Minimize waste, by buying only the amounts you and/or your family will eat.
- 4 Enjoy the comforts of home more often. Eating at restaurants can increase the amount you spend on food. Include vegetables and fruit in quick, simple meals that you prepare at home.
- 5 Homemade soups are a healthy and tasty way to use vegetables. Make a big batch and freeze leftovers in small lunch-size containers.
- 6 Cut your vegetables and fruit at home. Pre-cut produce can cost much more than whole vegetables and fruit.
- 7 Canned fruits and vegetables will last a long time and can be a healthy addition to a variety of meals. Choose canned vegetables that have no added salt and fruit that is canned in 100% fruit juice or water.
- 8 Frozen vegetables and fruit store well in the freezer until you're ready to add them to a meal.
- 9 Pick your own at local farms. This can be a fun and less expensive way to buy in bulk and freeze, can, or dry for later.
- 10 Get creative with your leftover vegetables and fruit. Don't throw them away! With a little imagination, they can be turned into tempting dishes.

### Here are a few suggestions to use leftovers:

#### Fruits

- Use in a tossed salad.
- Combine several for fruit salad.
- Use with meat. For example, sautéed apples with pork chops.
- Add to cereal, hot or cold.
- Blend with milk, soy beverage and/or yogurt for a delicious fruit smoothie.
- Add fruit purees or fruit pieces to baked goods such as muffins.
- Use fruits for dessert. Try baking apples or poaching pears with cinnamon.

#### Vegetables

- Add to a salad, casserole, soup, omelet, pasta dish or stir fry.
- Marinate in oil, vinegar and spices.
- Use potatoes as a casserole topping.
- Make salsa from leftover tomatoes.
- Use to make muffins or cakes such as pumpkin, carrot, or zucchini.

Adapted From: Centers for Disease Control and Prevention- 30 Ways in 30 Days to Stretch Your Fruit & Vegetable Budget- Fruits & Veggies More Matters



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## Tracker

Aim for 4 Vegetables & 3 Fruit or more, per day!

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Local: \_\_\_\_\_ Unit: \_\_\_\_\_

Week 1	Vegetable servings	4 total	Fruit servings	3 total
Sample	XXXX□□□□	4	XX□□□□	2
21 September	□□□□□□□□		□□□□□□	
22 September	□□□□□□□□		□□□□□□	
23 September	□□□□□□□□		□□□□□□	
24 September	□□□□□□□□		□□□□□□	
25 September	□□□□□□□□		□□□□□□	
26 September	□□□□□□□□		□□□□□□	
27 September	□□□□□□□□		□□□□□□	

Week 2	Vegetable servings	4 total	Fruit servings	3 total
Sample	XX□□□□□□	2	XXXx□□	4
28 September	□□□□□□□□		□□□□□□	
29 September	□□□□□□□□		□□□□□□	
30 September	□□□□□□□□		□□□□□□	
1 October	□□□□□□□□		□□□□□□	
2 October	□□□□□□□□		□□□□□□	
3 October	□□□□□□□□		□□□□□□	
4 October	□□□□□□□□		□□□□□□	

## CHECK OUT COM REC FREE WEEK

FREE WEEK! MONDAY SEPTEMBER 21 TO SUNDAY SEPTEMBER 27, 2015

REGULAR CLASSES RUN MONDAY SEPTEMBER 28 TO SUNDAY DECEMBER 13, 2015

FITNESS PASS \$90 for Military Personnel and with a Recreation Membership (includes unlimited class access)  
\$130 without a membership/ non-memberships (includes unlimited class access)

DAILY DROP-IN \$9 for Military Personnel and with a Recreation Membership \$11 without a membership/non-military

CLASS	MONDAY Sep 21 - Dec 7	TUESDAY Sep 22 - Dec 8	WEDNESDAY Sep 23 - Dec 9	THURSDAY Sep 24 - Dec 10	FRIDAY Sep 25 - Dec 11	SATURDAY Sep 26 - Dec 12	SUNDAY Sep 27 - Dec 13
Shallow-Deep Aqua-Fitness NEW!							1500 - 1600 hrs (Pool)
Fusion Fitness		1700 - 1800 hrs (B90 MPR)		1700 - 1800 hrs (B90 Gym)			
H.I.I.T. NEW!			1930 - 2030 hrs (B90 MPR)				
Indoor Cycle Class	1700 - 1800 hrs (B90 Spin Rm)		1700 - 1800 hrs (B90 Spin Rm)				
Muscle Boot Camp						0930 - 1030 hrs (B90 Gym)	
Pilates NEW!			0930 - 1030 hrs (B90 MPR)				
Pilates (Chair) NEW!				1630 - 1715 hrs (B90 MPR)			
Pilates (Beginner) NEW!				1730 - 1830 hrs (B90 MPR)			
Pilates (Advanced) NEW!				1830 - 1930 hrs (B90 MPR)			
Power Yoga NEW!			1815 - 1915 hrs (B33)				
Train Like an Athlete	1815 - 1915 hrs (B90 MPR)						
Weight Room Circuit					1830 - 1930 hrs (B90 MPR)		
Yoga Beginner Vinyasa		1815 - 1915 hrs (B90 MPR)					
Zumba (Basic)	1745 - 1845 hrs (B33)						

NO CLASSES ON SUNDAY OCTOBER 11 • MONDAY OCTOBER 12 • WEDNESDAY NOVEMBER 11.  
NO ACTIVE KIDS ON SATURDAY OCTOBER 10





## Connect with us:

102 Comet Street / 102, rue Comet

204-833-2500 extension / poste 4500

[www.familyforce.ca](http://www.familyforce.ca) / [www.forcedelafamille.ca](http://www.forcedelafamille.ca)

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

## Upcoming MFRC Programs and Events

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THÉÂTRE DE LA 17<sup>e</sup> ESCADRE - Bât. 90 (680, ch. Wihuri)

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Bldg. 90 - Front Desk  
The door

BILLETS DISPONIBLES AU  
CRFM - 102, rue Comet  
Réception - Bât. 90  
À la porte

FOR MORE INFO - POUR PLUS D'INFORMATION 204-833-2500 ext./poste 4500

### KIDS IN THE KITCHEN

Tuesdays, October 13—December 1  
from 5:30 to 8:30 p.m. \$20.00

Registration deadline: October 6, 2015

Join us for a culinary tour of Europe! Come out and learn a new and important skill. Kids in the Kitchen is program where youth aged 10-16 learn hands on cooking skills. Topics covered include food safety, food preparation, presentation, nutrition and more. Spots are extremely limited. Please contact 204-833-2500 ext 4511 or ext 2991 to reserve your spot.

### THANKSGIVING DINNER

Friday, October 9 from 5:00 to 9:00 p.m. \$5.00  
Registration deadline: October 5, 2015

The North Side youth center will be hosting a traditional home-cooked Thanksgiving dinner. Spaces are limited to 12 participants! To reserve your spot, please contact our youth center staff or the youth programs assistant, Sabreena Castagner at 204-833-2500 ext. 2991.

### SUNSET GOOSE FLIGHT

Wednesday, October 7 at 5:00 p.m.

Fort Whyte Alive, 1961 McCreary Rd  
\$5.00 per person, children under 3 FREE  
Registration deadline: October 2, 2015

All Newcomer, Francophone and Op Deployment families are invited to join us at Fort Whyte Alive to watch the arrival of the geese. During Fall migration, thousands of geese will be landing on the lakes. It is pretty exhilarating to hear and see this happen. Bring your cameras and be prepared to be amazed. We will start off with a BBQ at 5:30 p.m. Then we can attend a presentation at 6:15 before watching the geese land for the night. A hotdog, drink and popcorn are included in the cost of admission.

### TAKE BACK THE NIGHT

Wednesday, October 7, 2015  
from 6:30 to 8:30 p.m.

Magnus Eliason Recreation Centre  
430 Langside

Take back the Night is an international campaign to draw attention to the dangers women face on the streets of our communities. Every year, groups gather to walk along chosen routes, often in areas where women do not feel comfortable walking alone. Join MFRC Staff as we walk along with concerned citizens and community agencies. This is a family event. Men are welcome to attend as allies.  
For more information please contact Kim at 204-833-2500 ext 4512.

### COLOUR ME CALM

Thursday, October 8: from 9:30 to 11:30 a.m.

Registration deadline: October 5, 2015

Wednesday, October 28: from 6:00 to 8:00 p.m.

Registration deadline: October 21, 2015

Cost: \$15 for new participants.

Childcare available for children ages 18 mos to 5 years when preregistered by deadline.

Think colouring is just for kids? Think again.

The therapeutic benefits for adults are plentiful. As an activity, colouring can reduce stress, increase mindfulness, stimulate creativity and connect us with our feelings.

Join us for a comfortable morning or evening of colouring and conversation (if you want it). Snacks and supplies will be provided. Each new participant will receive a grown up colouring book and either a box of crayons or coloured pencils to keep. Returning participants may request an additional book for \$15.

Please note: This event is for adults only. Children may not register for this event.

### LADIES NIGHT OUT

Wednesday, October 14

From 7:00 to 9:00 p.m.

Registration deadline: October 8, 2015

Come out and enjoy a ladies night out with this month's theme of "DIY Spa Night". We will be pampering our feet and having lots of laughs, fun, food and friends. Please bring a towel and an appetizer or dessert to share. Bring a friend, a neighbour, sister, etc. It's always fun to pamper yourself.

### INTER COMM

Mondays October 19—November 9

From 6:00 to 9:00 p.m.

Registration deadline: October 13, 2015

Inter-Comm is taught in partnership with 17 Wing Health Promotion and the MFRC. This course is designed to assist people with developing skills required to hold a difficult conversation in their personal relationships. Through exercises and coaching, participants learn to understand conflict, listen actively and use collaboration and communication to support health and well-being in relationships. Please call Health Promotion at 204-833-2500 ext. 4150 to register.

### FRENCH COFFEE

Every Wednesday morning

From 10 to 11 a.m.

Join us every Wednesday morning for a coffee and a chat with members of the francophone community. Free child care is provided for children ages 18 months to 5 years old.

### FRANCOPHONE LADIES GROUP

PLAY « LE BOUCHER »

Thursday, October 29 at 7:00 p.m.

Centre culturel franco-manitobain

340 Provencher Blvd

\$25 (tickets are limited)

Presented in French We will be attending the play « Le

Boucher » presented by Le Cercle Molière. Join us for an evening of suspense and intrigue.

### MOUSTACHE NIGHT

FRENCH MEN'S NIGHT OUT

Sunday, November 1 at 6:00 p.m.

Barley Brothers

655 Empress St. (Polo Park)

Participants are responsible for paying for their own food and beverages.

Registration deadline: October 29, 2015

Hey guys, a men's night out just for you, anyone interested? Mark your calendar for Sunday, November 1 as you are invited to eat at Barley Brothers restaurant, try one of their 72 beers on tap and at the same time watch a Winnipeg Jets vs Montreal Canadiens game on screen! Be a real fan! show your favourite team's colours. Don't miss it!

The MFRC Youth Centres, North Side, 102 Comet Street and the South Side, 347 Doncaster Street, are currently open Monday to Friday. Please see below for hours of operation.

### Youth Drop-In Centre Hours of Operation:

**North Side (6-12 year olds)**

Monday & Wednesday 5:00pm - 8:00pm

Friday 5:00-9:00pm

Tuesday/Thursday: CLOSED

**South Side (6-12 year olds)**

Monday/ Wednesday/ Friday : 4:00pm - 8:00pm

Tuesday/Thursday: CLOSED

\*Hours of Operation are subject to change based on usage and youth attendance.

\*Youth Centres are closed on Holidays.

**\* PLEASE NOTE NEW HOURS OF OPERATION!**

For more detailed information of each Youth Centre and its activities, please see the attached Youth Centre calendars.

We do require all youth who are take part in the drop-in programs to hand in a completed membership package. Please see a member of staff for details.

All this information regarding Youth Centre activities and more great opportunities for youth is now available online. Our Facebook page – WinnipegMFRCYouth is dedicated to providing the most up to date information on activities, events and updates related to the MFRC Youth Centres. Be sure to "like" us and check back regularly!

To be added to the email distribution list for upcoming events and activities, please contact Sabreena Castagner, Youth Centre Assistant at 833-2500 Ext. 2991, [sabreena.castagner@forces.gc.ca](mailto:sabreena.castagner@forces.gc.ca) or John Bailey, Employment, Education & Youth Coordinator at 833-2500 Ext. 4511, [john.bailey@forces.gc.ca](mailto:john.bailey@forces.gc.ca).

### Got "Squeaky" Cheese?

During the week of October 19, 2015, the MFRC will be placing an order for fresh cheese curds from Bothwell Cheese and will be delivering them right to the MFRC.

Orders must be placed and paid for by Thursday, October 15 at the MFRC. No orders will be accepted after this date.

Cheese curds will be available to be picked up sometime during the week of October 19 at the MFRC. An email will be sent to everyone who placed an order to confirm the date and time for pick up.

\$7.50 for 1 lb

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# Taroscopes

BY  
NANCY

**Aries (March 21 – April 19):** Though others might want an immediate response; take your time. Check the situation carefully. You may be stepping into a losing game if the obvious solution to an outstanding issue is being ignored. Don't believe everything you hear. Some people want to maintain the status quo.

**Taurus (April 20 – May 20):** It's so nice when things flow smoothly and life is easy but sometimes you have to make radical adjustments. Procrastinating will only result in inconveniences down the road. Though it might feel uncomfortable pushing for change, especially when people push back, persevere.

**Gemini (May 21 – June 21):** Let yourself be swept away by something exciting. Consider how you can change your lifestyle so that it reflects the inner peace and joy you want to cultivate in your soul. Look at the whole picture. Your life is not fragmented into sections. What happens in one area affects another.

**Cancer (June 22 – July 22):** The pressure you feel to meet a certain standard eases up as you gain a deeper sense of awareness of life's elemental rewards. The intellect and the ego should not be your soul source of direction. It is the unknown that is ultimately the key. Enjoy good music. Get up and dance.

**Leo (July 23 – August 22):** Don't give up on an initiative just before it takes off. You may think you've been circumspect in your actions but others know more than you thought. Something simple will trigger a revelation about what has been just below the surface. Agree to disagree when beliefs aren't identical.

**Virgo (August 23 – September 22):** Your faith will sustain you. The world can be a beautiful place. Be part of the positive things happening. Go out and try new things. Join groups and make a difference when and where you can. Have fun. Hang out with those who are willing to stray from the well-worn path.

**Libra (September 23 – October 23):** Strike while the iron is hot. You have a firm grasp on all that will be required of you. You've mastered so many skills and have enough experience to contribute in a positive way to any effort. Show people that you deserve more respect, responsibility, and compensation.

**Scorpio (October 24 – November 21):** Allocate time to focus on healing your life, body and soul. You'll be rewarded with a greater sense of vitality. Identify the things that would give your life purpose and a sense of success. What are you doing to move in that direction? How can you get others to help you?

**Sagittarius (November 22 – December 21):** Strive for balance between work and play. Get together with friends and loved ones. Express your nurturing, caring, side through a creative project, giving birth to, or raising and caring for a child, or animals. Show you are fearless in love and life. Adventure calls.

**Capricorn (December 22 – January 19):** You'll need to be more astute if you want to understand what is really going on with others. Some use words to keep you out; some will use them to draw you in. If you open to love you will find it is there for you in many ways from many people. Give and you shall receive.

**Aquarius (January 20 – February 18):** It's time to move on. Resolve outstanding issues. Pay off debts, then take a leap of faith. Being fully yourself can feel risky in some situations. Learn how to gauge other people's receptivity before rushing into disclosing personal and/or private things. Practice discernment.

**Pisces (February 19 – March 20):** There is an interconnectedness between all aspects of your life. There will be swift returns for your efforts; though a direct path isn't always evident. Dream big. Work hard. Appreciate the people who love and help you. Live mindfully and joyfully. Celebrate your successes.

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# Chaplain's Corner

## Spiritual Fitness and Wellbeing

By LCdr Jack Barrett  
17 Wing Chaplain

The Canadian Armed Forces invests a huge amount of energy into ensuring our Military Team is 'fit'. There are many programs and resources from a wide assortment of agencies (PSP, Medical, Dental, MFRC, etc) available to assist us with achieving the goal of 'being fit'. But did you know that the CAF also invests a lot of money into promoting Spiritual Fitness as well? Why? Is there a difference to Spirituality and Religion? Do I need to attend or be part of a religious organisation to be spiritually fit? In preparing for this article, I did a little research and discovered a Canadian website which gave the following synopsis of Spirituality and Religion. (bold and italics are mine)

**"Spirituality:** *Personal views and behaviours that express your connection to your core self and between your core self and a transcendent dimension, or to something greater than self. Spirituality has to do with that which relates to or affects the human soul and spirit, as opposed to material or physical things. Spirituality touches that part of you that is not dependant on material things or physical comforts and exists whether a person is religious or not.*

**Religion:** *Beliefs and practices agreed upon by a group of people for the purpose of expressing their faith. So spirituality has to do with connecting with and nurturing your non-material being. ... "< http://kerrybrook.ca/resources\_articles\_books\_counselling/health\_wellbeing\_and\_spirituality >*

I will attempt to answer why the CAF invests resources (not just money) into Spiritual Fitness. Being spiritually fit, like being physically or emotional fit, is a good thing. It is a good thing because being fit also means that we are more resilient than if we are not fit when that part of our being is tested. When there are physical demands placed on the body, being physically fit is definitely an asset. We know when we are under physical strain because we often discover muscles that we didn't know existed. But what about the spiritual side of things? How do we know when we are going to be challenged spiritually; what will it look like and what will be the symptoms of spiritual strain?

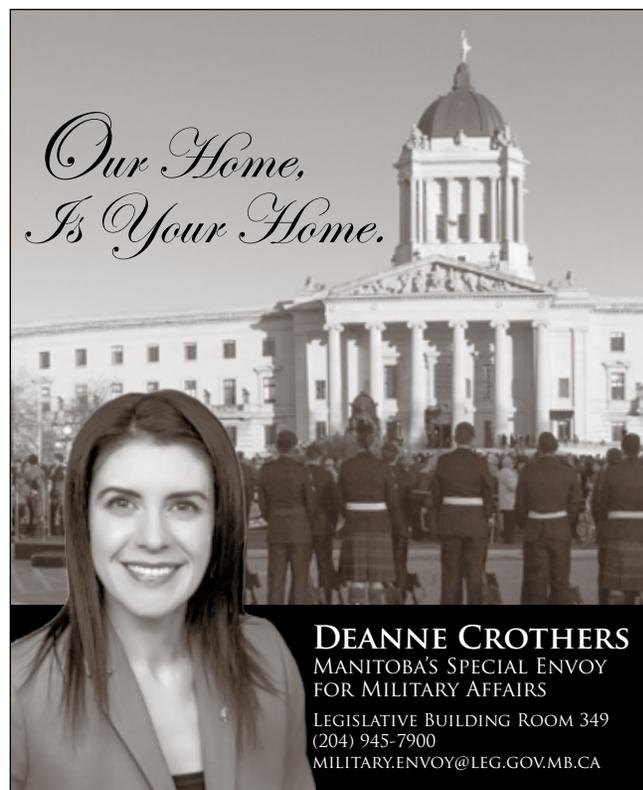
Often times, a person will experience spiritual strain when we encounter events that challenge our understanding of life, our morals, and when we encounter death. While being spiritually fit will not inoculate us (to abscond a medical term) against the challenges and

hardships of life, research has shown that people who are more spiritually fit have a more successful time coping with the harsher realities of life. Being Spiritually Fit and having a healthy understanding of Spirituality is not an antidote to sadness, grief or sorrow, etc. but it does help in getting through the tough times and can reduce psychological injury. Conversely, an unhealthy spirituality, such as viewing faith, belief, practice and spirituality as shield or immunity against the harsher realities of life can and will be harmful. Being Spiritually Fit, like being physically fit is more of a process versus an end state.

Spiritual Fitness for the CAF is a good thing, because it is a force multiplier.

To assist our personnel, the CAF provides our staff with Chaplains from a broad spectrum of religious traditions and has provided specialised training for some Chaplains to be clinical Pastoral Counsellors. As well, religious and prayer space is provided for our community in the form of the 17 Wing Chapel and a multi-faith prayer space located in Bldg 64 Rm 108 at 17 Wing Winnipeg. As well, we have Chaplains embedded in many unit lines where any person – uniformed or civilian – can seek support and basic pastoral counselling. Those units without dedicated Chaplain support within unit lines can and will be supported as needed through the Chaplain team in your local area. For 17 Wing and it's lodger units, the central number is 204-833-2500 ext 5087. For Det Dundurn the Chaplain number is 306-492-2135 x4299. As we begin a new work year and our posting stresses for the most part are behind us, I would encourage us all to be proactive in developing spiritual fitness. While I have not directly linked Spirituality and Religious worship in this article, the 17 Wing Chapel is open each Sunday with Protestant services at 0900hrs and Roman Catholic Mass at 1100hrs. The multi-faith prayer space is open in Bldg 64, Rm 108 at all hours with both a Koran and Bible available. As we further develop this space, other religious or sacred texts will become available.

All of our unit Chaplains are great listeners – stop by and bend their ear sometime; share a tear share a joy-share a joke-share a coffee, they are an integral part of the CAF investment into our Spiritual Fitness. If you have questions about Spiritual Fitness, give your local "sinbos'n" or sky-pilot" a call. Our Chaplains are not overtly religious, but they are very spiritual folks.



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**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 5272

**Padre Christopher Donnelly**  
(United Church) ext 5785

**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  
Ms. Jaye Rynar 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 5956

**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.*

**FOOD BANK DONATIONS**  
In assistance to Winnipeg Harvest, the donation box is located at the entrance of the chapel.

**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.

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