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THE VOXAIR

The 17 Wing Community news source since 1952



Play Ball!

Master Corporal Sebastien Simard-DesRochers, 17 Wing Winnipeg #3, slides into first base while Sergeant Gord Carnevale, CFB Wainwright #15, attempts to tag him out during the game against CFB Wainwright. 17 Wing Winnipeg hosted the Canada West Men's and Women's Slo-Pitch Championships, Building 90 diamonds, 17 Wing Winnipeg, 24-28 July 2018. Photo: Sgt Daren Kraus. For more about the regional championships please see page 2.

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New Wing Commander Humbled by Responsibility of Command



17 Wing Commander, Colonel Eric Charron addresses the parade and honoured guests during the 17 Wing Change of Command Ceremony on June 28, 2018, at 17 Wing, Winnipeg. Photo: MCpl Rick Ayer, 17 Wing Imaging

by Martin Zeilig, Voxair Photojournalist

Colonel Eric Charron, the new 17 Wing Commander, admits that he has a “weight” on his shoulders since he took over from former 17 Wing Commander Col Andy Cook at the 17 Wing Change of Command Ceremony on June 28, 2018. He was interviewed for this article on July 11, having just begun his tenure as Wing Commander.

Col Charron was born in Val D’Or, Quebec, and enrolled in 1988 in Winnipeg. He attended the Royal Military College in Kingston, graduating as an Electrical Engineer and was posted to the Canadian Forces School of Communication and Electronics (CFSCE) to complete his training as a Communications and Electronics officer.

According to Col Charron’s official biography, he progressed with a number of technical and leadership jobs, starting at the Communication Squadron at CFB

Borden as a troop officer responsible for the maintenance, then operations of the military strategic communication node. He then became the Operations Officer for the Metropolitan Area Network in Ottawa during its initial construction, including preparing preventive measures against any Y2K bugs.

He was promoted to Major in 1999 and posted to the Directorate of Intelligence, Security and Operations Automation as manager of all military intelligence information systems, while completing a MBA at the University of Ottawa. The following year, Maj Charron was posted to the Netherlands as chief systems engineer for the NATO Military Intelligence network.

In 2003, the Charron family went to Kingston, where Maj Charron rejoined CFSCE as Squadron Commander for Air Force Communications and Army Signals officers’ training. He was then Squadron Commander for support functions covered by over thirteen military occupations at the Joint Signals Regiment, as stated in his biography. In January 2007, he was selected for German Staff College in Hamburg after a crash course in German, and the whole family moved back to Europe. In 2009, Lieutenant-Colonel Charron returned to Ottawa to assume the role of Life Cycle Materiel Manager for various strategic communications systems.

Col Charron was deployed to Kabul in 2010 as Deputy CJ6 and commanding officer of the so-called “Kabul 100”. On his return in 2011, he became the Operations & Plans Officer of the Information Management Group

in Ottawa. In 2012, he assumed the A6 position at 1 Canadian Air Division in Winnipeg and was promoted to his current rank in 2014. He remained in Winnipeg, reassigned to 2 Canadian Air Division as Director Air Force Training, responsible for all RCAF Individual Training. In July 2015, he returned to Ottawa to assume the functions of Director Strategic Communication Services.

In August 2016, Col Charron was selected for the year-long National Security Program at CFC Toronto before returning to 1 Canadian Air Division in Winnipeg as Chief Planner for all RCAF Operations and Collective Training.

Colonel Charron is married to Dr. Andrea Charron, an Associate Professor in Political Studies at the University of Manitoba and regular Guest Lecturer at RCAF Barker College. They have two children, a son and daughter, attending the same high school their father did 30 years ago in Saint Boniface. He keeps fit with weight training at the Building 90 Fitness, Sports and Recreation Centre and some jogging.

“17 Wing Commander is the culmination of a 30 year career in the RCAF,” he said. “My father served as an officer, too, in the RCAF. I was a base brat. I saw my father go up in ranks with heightened responsibilities, then, joining myself and aspiring to these positions of leadership. It became an objective I set for myself. A driving force.”

“With great power comes great responsibility,” he added. “Command is not a right. It’s a privilege. Along with that comes the expectations of responsibility and, of course, taking care of the people. Without those people to keep doing the missions, the missions don’t get done. People always come first. Then, the missions will get done. It’s an honour and great privilege to assume command of 17 Wing.”

Col Charron also reflected that his deployment in Afghanistan showed him how fortunate he is to live in Canada, where by turning on a tap or flipping a switch we get running water and electricity in our homes and places of employment, where we can send our children to school and not worry about them, and where we are safe in our own homes.

“It’s very humbling,” he said.

Men and Women Build Bonds at Slo-Pitch Championships

by Lt Jason Rheubottom, 2Lt Rebecca Major, Wing Public Affairs

The 17 Wing Men’s and Women’s slo-pitch teams battled for four days for the title of Canadian Western Champions. Although they were not successful, our teams did an excellent job representing 17 Wing and displaying sportsmanship and a fighting spirit.

Eleven teams took part in the tournament



Corporal Mason Highmore, 17 Wing Winnipeg #18, tags second base while Captain Tom MacKenzie, CFB Wainwright #25, rins towards second base during the game against 17 Wing Winnipeg. 17 Wing Winnipeg hosted the Canada West Men’s and Women’s Slo-Pitch Championships, Building 90 diamonds, 17 Wing Winnipeg, 24-28 July 2018. Photo: Sgt Daren Kraus

from across Western Canada, bringing military members from as far as Esquimalt, British Columbia. The weather the first day was chilly at a cool 15°C with rain threatening the games. Luckily, the rain did not last long enough to require games to be cancelled or postponed, and the weather improved considerably over the course of the tournament.

The men’s team started out strong on Wednesday morning, winning the first game of the tournament against Comox. Sergeant James Foster was playing outfield during the game. “We started out a little rough and you could feel the first inning jitters, but by the second inning both teams seemed to settle down,” he explained. Sgt Foster, a member of the military police, has been on the Winnipeg team since 2008. He was on

his way to watch the women’s team play against Cold Lake. “The men and women really support each other during tournaments. We’ll watch their games and they’ll watch ours, we’re really just one big group.”

This support was welcomed as the women played a difficult first game against Cold Lake. The women worked together and encouraged each other but were unable to beat their Cold Lake counterparts. However, speaking with Captain Stephanie Ramsay the next day, it became clear that competition isn’t the most important part of the tournament. “The camaraderie you get from being part of the team is great, but it also extends across the country,” she explained. “I know women from other bases and we see them every year at these tournaments, so it gives you a connection to another base. If someone from the team gets posted to a new base that they’re unfamiliar with, they know there will be familiar faces on the softball team.”

During a hard-fought win against a skilled Cold Lake men’s team, Corporal Jake Wynne of 17 Wing Construction Engineering Squadron said, “It’s going really well, there’s a lot of camaraderie, guys are having a good time, and it’s still competitive, but everyone is sportsmanlike.” Despite some confusion at the end of the game, both teams came together to help the official scorekeeper determine the correct number of innings played, with handshakes all around.

While ultimately neither Winnipeg team managed to advance to the National Championships in Borden at the end of August, the spirit of competition and camaraderie made for great memories. Additionally, Cpl Mason Highmore, a 17 Wing firefighter, was selected to continue on to the finals with the Esquimalt men’s team. Good luck to Cpl Highmore, the Esquimalt men’s and Edmonton women’s teams!

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Dieppe Veteran Honoured by Squadron that Provided Air Support



Colonel Eric Charron, 17 Wing Commander, and 402 Squadron personnel applaud and cheer for Mr. Elmer Cole, WW II Dieppe Veteran, after an informal group photo. Mr. Cole was given a tour of 402 Squadron and was presented with a 402 Squadron flag that was signed by all members of the squadron, at 17 Wing Winnipeg, 17 August 2018. Photo: Sgt Daren Kraus

By Martin Zeilig, Voxair Photojournalist

For Clarizza Cole, watching her grandfather, Elmer Cole, a surviving Second World War veteran, being honoured in 16 Hangar by 82 members of 402 Squadron on August 15 was “an awesome” experience.

“He is our number one role model with his optimism,” she said to the assembled media.

Mr. Cole, 98, and 402 Squadron were both involved, 76 years ago, in the historic Dieppe Raid in 1942. During the battle, Mr. Cole, who was a driver/mechanic in the First Calgary Tank Regiment, became a prison of war until his release in 1945 at war’s end.

Mr. Cole was flown to Winnipeg that morning from his home in Brandon, Manitoba, onboard a Dash 8, the aircraft presently used by 402 Sqn to train Air Combat Systems Operators and Airborne Electronic Sensor Operators.

Clarizza Cole was at the celebration in 16 Hangar with her daughters, Brooklyn, age nine, and four year old Grace, along with her sister, Candy Cole Giles and her husband, Arnold Giles.

Colonel Eric Charron, Wing Commander, 17 Wing, Major Darren Michaud, Acting Commanding Officer, 402 Sqn, and Wing Chief Warrant Officer Jerome Rosignol, were also present at the event.

During the brief ceremony, Maj Michaud presented Mr. Cole with an RCAF 402 Squadron flag, which was signed by all the members of the squadron, as well as a shadow box in a photo of the Dash 8, along with coin numbered 120 which is actually the tail number of a currently flying Mustang 5B, a type of fighter aircraft flown by 402 Sqn, said Maj Michaud.

Mr. Cole and his family members were also taken to a meet and greet lunch at the Combined Mess and then given a full tour of 402 Sqn’s training facilities in 16 Hangar.

During the Second World War, on 19 August 1942, the Allies launched a major raid on the French coastal port of Dieppe, says the Canadian Encyclopedia online.

Operation Jubilee was the first Canadian Army engagement in the European theatre of the war, designed to test the Allies’ ability to launch amphibious assaults against Adolf Hitler’s “Fortress Europe.”

The raid was a disaster: More than 900 Canadian soldiers were killed, and thousands more were wounded and taken prisoner. Despite the bloodshed, the raid provided valuable lessons for subsequent Allied amphibious assaults on Africa, Italy and Normandy. Launched across the English Channel from southern England, Operation Jubilee (as the raid was called) involved more than 6,000 soldiers — 4,963 of them Canadian, plus 1,075 British troops, 15 French nationals and hundreds of airmen and sailors from Canada, Britain and the United States. The sacrifices of Canadians at Dieppe are well remembered. Few Canadian military engagements have been as attentively researched and documented by historians.

“Today, the town of Dieppe is filled with maple leaf flags and Canadian symbols, and its seafont promenade holds a park and several memorials to the regiments that came ashore in 1942,” says the CE. “The Dieppe Canadian War Cemetery also holds the graves of 944 Allied servicemen and women, including 707 Canadians.

“Perhaps the finest tribute to the men who fought and died at Dieppe is the official report on the battle in 1942 by the German army: ‘The enemy, almost entirely Canadian soldiers, fought — so far as he was able to fight at all — well and bravely.’”

Mr. Cole was born in Roche Percée, Saskatchewan on December 22, 1919, according to a provided biography. At age 15 he started working and left school with a grade eight education. In 1940 he joined with the South Saskatchewan Regiment taking basic training in Winnipeg and in February 1941 he came back to Brandon, Manitoba for mechanical training, switch-

ing over to The Calgary Tanks as a trooper on the Churchill tanks.

Mr. Cole travelled overseas to England where he was given more training until the summer of 1942 when the Dieppe Raid occurred. Mr. Cole fought through the battle only to surrender only to surrender alongside thousands of Canadian soldiers, becoming a prisoner of war (POW). He would spend three years as a POW, including being bound for thirteen months. He was not released until 1945. After returning to Canada, Mr. Cole worked with the Department of National Defence, then carried on as a mechanic but with the strong desire to always be a wheat farmer, he and his wife bought a farm in Oakbank, Manitoba until he retired at the young age of 54.

Mr. Cole and wife Isabel adopted two boys. Now widowed, Mr. Cole spends much of his time playing cards and socializing with residents of his retirement home as well as spending time with his grandchildren. In 2005 Mr. Cole was presented with an Honorary Life Member certificate of the Kiwanis Club in his local community. Presently, at age 98, Mr. Coles continues to enjoy a relaxed and healthy lifestyle.

“Mr. Cole, his regiment, everybody at Dieppe set a standard for Canadian Forces which we should carry forward today,” Maj Michaud said in his welcoming speech. “It’s very important that we keep this in mind. Because it’s easy enough to say that we are just a training squadron. However, we are training airmen and airwomen to support actions very similar to what Mr. Cole experienced. We’ve done it in Afghanistan, in Bosnia. We’re doing it now in Mali. This is an ongoing effort and we have a very high standard to live up to as was demonstrated by Mr. Cole 76 years ago.”

“I’m so honoured to be here to be able to remember the comrades that we left behind on the beach,” said

Sports Trivia

Sports Potpourri

by Stephen Stone

1. There are runners on first and second with fewer than 2 out. The batter hits a really high fly ball that the third baseman paces back about ten feet and parks himself under it. He has not yet caught the ball. What is the call by the home plate umpire?
2. In what year did Canada win the Men’s Softball World championship for the first time?
3. Which country has won the most medals at the Men’s Softball Championship?
4. How fast is the fastest softball pitch by a woman?
5. Why is it called “soft” ball?
6. What country invented ringette?
7. What was the medal order of finish in the 1990 World Ringette Championship?
8. In the last 10 World Ringette Championships, which two countries played most often in the Gold Medal game?
9. How does the game of ringette start?
10. How long is the shot clock in ringette?
11. Who won horse racing’s Triple Crown (Kentucky Derby, Preakness, and Belmont) in 1977 & 78, the only two years of consecutive winners?
12. What is the name of the current Triple Crown winner?
13. How many times has HRM Elizabeth attended the running of The Queen’s Plate?
14. Who is Canada’s best known male cyclist who won three gold medals at the 1978 Commonwealth games in record time?
15. Who were the “Crazy Canucks”?
16. Who was the first black player in the National Hockey League?
17. Who are the only three black hockey players in the Hockey Hall of Fame?
18. Who was “The King” in The King and His Court?
19. A member of the Canadian Golf Hall of Fame, he won 3 PGA events, 8 Canadian PGA events, in the 50s and 60s. Who was this Vancouverite?
20. Who was known as “Pipeline Moe”?

Sports Trivia Answers on page 18

Mr. Cole, whose experiences during the war can be found in video and printed format on the Veterans Affairs Canada website, during his brief remarks. “Some 900 got killed that day. I want to let the wives and children know they’re remembered. Thank you.”

Candy Cole Giles commented that she was overwhelmed by the entire presentation.

“I can’t believe what he did in Dieppe,” she said after the ceremony. “He didn’t talk a lot about it until five or six years ago. He’s always optimistic and said they (the Germans) treated him badly. We’ve always modelled our lives on his example of fairness and love. He’s an amazing man. He and my grandmother were what I wanted in a marriage.”

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Conflict and Complaint Management Services Centre Opens at CFB Winnipeg



Lieutenant-Colonel John Schwindt, Acting 17 Wing Commander, Alison Arnesen, Regional Manager for Conflict and Complaint Management Services (CCMS), Vinessa West, CCMS Winnipeg Supervisor, and Kris Johnston, CCMS Winnipeg Agent, cut the ribbon during the opening of Conflict and Complaint Management Services Winnipeg office, 17 Wing Winnipeg, on Monday, 16 July 2018. Photo: Sergeant Daren Kraus

by Lt Jason Rheubottom, 17 Wing Public Affairs
CFB Winnipeg has a new tool for managing conflict and complaints.

On Monday, July 16, a ribbon-cutting marked the

opening of the new Conflict and Complaint Management Services (CCMS) Centre at Wing Headquarters. Dignitaries in attendance included Acting Wing Commander Lieutenant-Colonel John Schwindt, and Master Warrant Officers Beatrix Kelly and Marco Favasoli, responsible for training and promotion, from the regional CCMS Centre in Edmonton.

The event, held in the atrium of Building 137, introduced Alison Arnesen, Regional Manager for CCMS West and North, as well as the first two members of the 17 Wing CCMS team, Agent Supervisor Vinessa West and Agent Kristine Johnston. These agents are specially trained to provide Canadian Armed Forces (CAF) members with information and guidance regarding harassment complaints, human rights complaints, grievances, workplace violence complaints, and alternate dispute resolution. Agents act as an unbiased third party, assisting members to understand the nature of the conflict/complaint, and to select the appropriate recourse to address it. Two more members are planned: a reserve military agent, and a practitioner of mediation.

Using the Integrated Complaint and Conflict Management (ICCM) System, the CCMS Centre will provide a one-stop point of contact for both CAF members and the chain of command. The ICCM model allows for trackable, personalized conflict resolution services, while removing some of the administrative burdens

that in the past may have dissuaded people under duress from coming forward and initiating a formal complaint. ICCM permits a more effective stewardship that better serves the interests of both members and the institution. The system modernizes, integrates, and simplifies the process of conflict and complaint management. The results are meant to foster trusted, healthy workplaces and in doing so enhance operational effectiveness. If a member experiences or witnesses what they believe is inappropriate behaviour, they have the right to be heard (and may also have the duty to report it). The ICCM system aims to resolve matters proactively - early, locally, and informally - whenever possible. As A/WComd Schwindt noted, "we want to promote trust in our members."

The new center, and others across the country, are intended to promote a culture of leadership, respect, and honour, and affirm the CAF commitment to work towards solutions that result in positive and enduring cultural change. The CCMS model seeks to provide a trusted place to go for the entire Defence Team if you are under duress or in need of support. As A/WComd Schwindt stated, "The ICCM is a real, tangible, and proven approach, demonstrating to our brave men and women that as leaders, we care."

There are now 16 CCMS centres open and operating across Canada.

Indigenous Young Adults Begin Leadership Opportunity Year



(L-R) Master Corporal Danielle McCutcheon of the Canadian Forces Recruiting Centre, Officer Cadets Henri Fortin, David Outchikat, Taylor Lavallee, Jasmine Wood, Alyssa Le Fort-Lynx, William Pronteau, and Corporal Patrick Laurin of the 17 Wing Defence Aboriginal Advisory Group pose for a picture following the enrollment ceremony in Winnipeg, MB, on August 3. Photo: Bill McLeod, Voxair Manager

by Bill McLeod, Voxair Manager

"I'd like to begin the ceremony by acknowledging the hard work and effort that each of our enrollees have made and to thank the families for their tremendous support you gave to help them reach this point," said the Master of Ceremonies, Master Warrant Officer Victor Lopes, a Military Career Counsellor with the Canadian Forces Recruiting Centre for the Prairies and the North Detachment Winnipeg.

On August 3, six indigenous young adults either swore an oath or made an attestation at Citizenship Hall in Winnipeg's Union Station which enrolled them into the Canadian Armed Forces for one year as Officer Cadets at the Royal Military College of Canada in Kingston, Ont. During the year at RMC the students will receive free tuition and books. They may request to leave the program at any time. At the end of the year they can continue in a degree program through either the Regular Officer Training Program or the Reserve Entry Training Plan.

The Aboriginal Leadership Opportunity Year (ALOY) program will see the cadets participating in sports, field trips, leadership development, military

training, cultural support activities, and individual learning plans.

William Pronteau of Cormorant, MB, Jasmine Wood of Wasagamack, MB, David Outchikat and Henri Fortin of Thompson, MB, and Taylor Lavallee and Alyssa Le Fort-Lynx of Winnipeg, MB, were intent and serious as they were enrolled by Colonel Geoffrey Abthorpe, Commander, 38 Canadian Brigade Group.

"The rich and varied history of the indigenous people

is imbued with the proud heritage of warriors," said Col Abthorpe as he addressed the enrollees and their families. "Thousands of indigenous people sacrificed and volunteered to serve our country in the military, overseas and at home."

"We have a young history as a Canadian military but you have a long legacy of service to our land."

"This gathering today, and the very proud six youths that we're going to swear in, clearly highlight the rich cultural diversity, history, and contribution that the indigenous people bring to the Canadian Armed Forces," Colonel Abthorpe added.

Keith Fortin, proud father of Henri Fortin who was enrolling that day, was proud of his son but also proud of his community and province.

"Six of the 30 accepted for this program came from Manitoba," he said.

Mr Fortin also mentioned that Henri's father and grandfather had served their country in the military.

According to Master Corporal Danielle McCutcheon, Senior Detachment Clerk and indigenous member, CFRC Det Winnipeg also enrolled another ALOY mem-

ber from Arviat, Nunavut, but costs prohibited their attendance at the ceremony in Winnipeg.

"I'm excited about the opportunity to develop an academic foundation," said Alyssa Le Fort-Lynx. "I really think the key to breaking the barriers that I personally face is education. I think the education that I'll receive at RMC will create the foundation to have a further university career and hopefully be a leader in the Forces."

"I hope to gain new experiences, get to meet all kinds of new people, and make new friends," said Taylor Lavallee.

Corporal Patrick Laurin, a member of the 17 Wing Defence Aboriginal Advisory Group, was on hand to show his support to the enrollees.

"I'm here to represent the DAAGs and let them know they're not alone," he said. "There are DAAGs all over Canada that can provide them support."

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Starfighters Remembered at Museum Near Winnipeg



After years of rebuilding, the shining stiletto shaped CF-104 Starfighter (sans engine) 12703 was "Rolled Out" in its permanent home at Hangar #1 St. Andrews Airport.

All photos: Martin Zeilig, Voxair Photojournalist

by Martin Zeilig, Voxair Photojournalist

The roll out of a gleaming CF-104 Starfighter, tail number 12703, at the Canadian Starfighter Museum located in Hangar One at St. Andrews Airport on July 12 was honoured by the celebrated Snowbirds screaming past overhead.

The 300 attendees from across Canada craned their necks skyward at the airport several kilometres north of Winnipeg off Highway 8.

It was a nice touch to the morning. Apart from the unexpected and welcomed dramatic value, the CF-104 was built by the same Montreal based company as the Canadair CT-114 Tutor, which is the official plane of the Snowbirds.

There was also the "Snowball" alert skit complete with a recording of a siren and the aircraft engine start up as the pilot and ground crew rushed out to ready the aircraft. It seemed alarmingly real.

Retired Air Canada mechanic Steve Pajot, a founder and curator of the museum, organized the event and headed the CF-104 Starfighter restoration project, which took some 15,800 man hours to complete over many years.

The Canadair CF-104 Starfighter (CF-111, CL-90) was a modified version of the Lockheed F-104 Starfighter supersonic fighter aircraft built in Canada by Canadair under licence, according to online information, which notes that it was primarily used as a ground attack aircraft, despite being designed as an interceptor, until it was replaced by the McDonnell Douglas CF-18 Hornet in the 1980s.

The Canadian Starfighter Museum is dedicated to preserving the memory of the CF-104 Super Starfighter, its pilots, maintenance and service personnel as well

as all those who served on Air Bases where the aircraft were operated, says the museum website.

The CSM Roll Out was combined with the Canadian Starfighter Association Reunion which included three days of festivities ending with a Mess Dinner at the Officers Mess at CFB Winnipeg.

Former head of the RCAF Lieutenant-General (Ret'd) Lloyd Campbell, who was one of 150 former CF-104 pilots in attendance, said he started flying the Starfighter in 1971 while posted at CFB Baden Solingen in the former West Germany.

"I was on the very last strike squadron, when it was equipped with nuclear weapons, for the first six months of my career," he said following the official roll out ceremony. "Canada got out of the nuclear business at the end of 1971. Then after that the aircraft were used in attack, conventional weapons."

LGen (Ret'd) Campbell, who lives in Ottawa now and was also the Commander of 1 CAD and the Canadian NORAD region from 1998-2000, commented that he continued to fly the CF-104 from 1971-1984.

"It was wonderful to fly the Starfighter," he added. "It really was a special airplane."

Another retired RCAF officer/Starfighter pilot Norm McSween, a resident of Victoria, B.C., admitted that he was brought tears to the eyes during the ceremony.

"It was lovely to fly this plane," he said. "The whole aircraft was a special aircraft. It was a marvel of technology at that time."

Pajot noted that he first began "negotiating" for the plane in 2010, and has been working on it since 2012.

"Now, we have to get the museum up and running," he said.

The museum currently contains a number of related

artifacts, which includes flight helmets, flight suits, plaques, maps, even a spare engine, among other items.

"I want to tell the story of how these guys flew the aircraft," said Pajot during his opening remarks to the crowd.

He also pointed out that the Roll Out ceremony took place 57 years to the day when 12703 was "rolled out" from the Canadair plant-- July 12, 1961.

"We have come a long way in the eight years since we first purchased 703," Pajot continued. "We hope to continue our goal of educating people about our role in NATO and helping to maintain world peace through the Cold War. The Canadian Starfighter Museum is honoured to pay tribute to those of you who served in the RCAF through the Cold War, and especially those 37 who are no longer here, who lost their lives during CF-104 operations."

It was a labour of love and a dream come true, he



The group of 150 former RCAF CF-104 Starfighter pilots proudly posing beside their inimitable and beloved plane.

says on the museum's website, which described the entire roll out ceremony as an emotional moment felt by all.

"We thank everyone involved whether contributing by donating funds or physical help," Pajot said. "We could not have done it without you. Your belief that we could accomplish the mission is truly appreciated. We were very determined to not let you or ourselves down."

For further information: <http://www.canadianstarfightermuseum.ca/>

Telephone: (204) 256-2868

PNHC Contributes to Spousal Retreat 2018

by Don Adamko, Director PNHC

Project New Hope Canada, a not-for-profit volunteer organization supporting Veterans with PTSD and their families, has made a \$6000.00 contribution towards this year's Spousal Resiliency Training Retreat to be held in Russell MB 28-30 September. This is the fifth year that PNHC has contributed to the Retreats with the amounts annually increasing as our fund raising abilities have improved. Shown in the photo are Retreat organizers with the donation cheque - Angie Duda from Winnipeg and Christine Howell and Carolyn Senchuk-Lavergne from Shilo. Last year's Retreat enabled 35 spouses to learn new coping strategies as well as emotionally recharging themselves to be better prepared to handle the challenges of living with a PTSD casualty. We anticipate having an equal number at this year's Retreat. If you are a spouse of a PTSD casualty and interested in attending a Retreat, contact Angie Duda 204-831-3444 or Christine Howell 204-765-3000 ext 4031.

Organizationally, PNHC has recently had a change in executive with several long term members stepping down. The current active Directors are Carolyn Adamko - President, Noreen Stone - Treasurer, Don Adamko - Secretary and Directors at Large Tyra Master-Heinrichs and Victoria Stone. As noted we are a volunteer organization that is always looking for additional help. If you are interested in helping out occasionally at fundraisers or more often as a member of the Board, all help is welcome. To volunteer, give Carolyn a call at 204-461-1616 or 204-383-5223.

In order to fund Retreats, PNHC is involved with

several fund raisers. In mid-July we directly supported the 3rd Annual Teulon Ride-In Rally by putting on the pancake breakfast, helping sell souvenir merchandise and running the 50-50 draw. The Rally was a fundraising success and PNHC anticipates receiving a sizeable contribution from the Rally committee once all bills are paid.

Coming up next is a Fun Golf Tournament to be held at the Winnipeg Military Base Golf Course on Friday 7 September. This will be a four ball - best ball competition with prizes for ladies and men in various golf skills/events and also includes a pork tender loin buffet lunch all for \$40 per person. Book early by calling Carolyn and be one of the 100 maximum to play.

The final major fundraiser for the year will be an Old Time Dance followed by a Fall Supper to be held at the Meadow Lea Hall (near Marquette) on Sunday 21 October. Country Pride is the band for the dance and Turkey, meat balls, and coleslaw along with trimmings plus dessert will be served for supper. People are free to attend the dance or the supper or both. Cost is \$15 for the dance and \$15 for supper. Reservations for the supper are required. Bookings for golf tournament, dance and/or supper can be made by calling Carolyn at the above numbers.

PNHC would like to thank all the people who have supported us this past year, as well as those who plan to support us in this year's events. Your participation in our fundraiser events helps Veterans and their families live a better life. Thank you.

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Military Golfers Hold Their Own with Mackenzie Tour Pros



Lieutenant-Colonel Michael Lagace, Event Coordinator, announces that Corporal Paul Vielfaure, 17 Wing Golf Club, drive was the winner of the longest ball competition; members of the PGA Players Cup MacKenzie Tour visited 17 Wing Winnipeg, on 14 August 2018. Photo: Sgt Daren Kraus

by Martin Zeilig, Voxair Photojournalist

Watching golf balls soar far off into the distance, a person could be excused for thinking that canon shells, or mortar rounds, had just been fired at the Long Drive Competition at the 600 yard hole six at the 17 Wing Golf Course on a cool and breezy August 14.

It was that impressive-- at least for a non-golfer.

The informal, fun competition, which attracted about 40 spectators, featured three professional players, although five were present, who were in Winnipeg for the Mackenzie Tour/PGA Tour Canada Players Cup at Southwood Golf & Country Club, versus three of the top military golfers in the area. Each golfer was allowed four drives off the tee. The longest drive, of course, was the one that mattered most.

Corporal Paul Vielfaure was the overall winner with a 334 yard drive. Major Mike Lagace, who organized the base event and is the Assistant Tournament Director of the Players Cup, presented him with a small trophy afterwards. "We had to dust it off," Maj Lagace joked during the presentation.

Pro golfer Alistair Docherty placed second with a drive of 331 yards.

The other Mackenzie Tour golfers in attendance were Zach Fouchee; Carr Varnon; David Bradshaw, whose longest drive was 285 yards; and Zane Thomas, whose best drive of the morning was 300 yards. Warrant Officer Ryan Lagace, whose longest drive was 283 yards, and Private Alan McDonald, a member of the CAF National CISM golf team, whose best drive was 257 yards, were the other 17 Wing competitors. Jeff Monday, President of Mackenzie Tour Canada, was present too for the long drive competition.

Brigadier-General Mario Leblanc, who was recently

appointed Commander of 2 Canadian Air Division, was invited to do several drives out over the fairway beforehand.

"I love to golf," he said to The Voxair. "This is always important in the Canadian Forces to train and be in good shape. Golf is one aspect of it. I love golf and hockey."

He called meeting the pro golfers impressive.

"I feel very privileged," BGen Leblanc commented. "We may be on a military base, but I feel out of my league."

"Coming on the base and showing their sup-

port for the military, and having an opportunity to meet with them, was excellent. It brings a little bit more visibility to the sport, especially (for) the young crowd that may not be exposed to it. Perhaps this will bring some interest. I was just in Hawaii for two years. Before that I used to golf 10 to 15 times per summer. Over there, I golfed year round. I was able to take some lessons, and zero in on the game. My handicap is not the best, but I enjoy the game."

In his brief remarks, Acting Wing Commander, Lieutenant Colonel Brian Quick jested that if anyone took out a window at the Officer's Mess (in the far distance), he was going to make him pay it.

"Enjoy your time at the Wing," he said. "Get to know some of the military folks. Ask all the questions you want."

"It was fun today," Cpl Vielfaure, a 34 year old native of Winnipeg, said afterwards. "It's nice to play a game you love and go against guys that actually do it for a living. It's not even close to my longest drive. I probably hit one close to 400 yards just last week."

He noted that he's been golfing since age 12.

"I just go for fun with my buddies," Cpl Vielfaure continued. "I've played golf with the military base team a few times. It was nice to see some of these guys hit the ball too."

"This year I was able to include the CFB Winnipeg and the relationship between the military and the PGA Tour," said Maj Lagace, who joked that he had "hood-winked" the three 17 Wing golfers into participating.

He also added that Pte McDonald, who he called "one of the top" amateur golfers in the province, won a club championship at one of Manitoba's private golf

clubs earlier this summer.

"He's probably just fractions away from being on the Mackenzie Tour," Maj Lagace said.

After the long drive competition, the five Mackenzie Tour pros were given a tour of the base, including the Small Arms Training facility, and the Canadian Forces School of Survival and Aeromedical Training, where some of them got to sit in the "spin chair", which is used "to desensitize airsick aircrew when conventional therapy fails."

They were also treated to lunch, which was hosted by the Honorary Colonel of 402 Squadron, Eldren Thuen, in the Combined Mess.

Mr. Docherty, 24, a resident of Vancouver, Washington and a pro golfer for almost three years now, agreed with others that the day was enjoyable.

"We showed up and we didn't know what we were doing," he said a few minutes after the long drive competition. "So, it was a little bit of a surprise that we were coming out to hit golf balls, especially because we are dressed the way we are today-- just in shorts and sweatshirts. But, it was a lot of fun. I hit it as good as I could. But, I guess it wasn't good enough. We had to keep it a little low with that wind coming into us, and we didn't have our clubs with us. Using the other clubs was a little different. It was an even playing field."

He remarked that he attended Chico State University in northern California on an athletic scholarship.

"I went there to play golf," Mr. Docherty, who was born in St. John, New Brunswick but moved at age five with his family to the USA, said. "I've had a lot of close calls in terms of winning on the tour. It's great. I'm excited to see what else the Air Force base has for us. I'm really excited that we're allowed to come out here."

"I was really excited about one of our guys, Paul Vielfaure, actually beating tour players on the long drive," said Maj Lagace. "To me, that was the most exciting part of it. The other (military) guys were well within the range to be competitive with them. Seeing our guys challenge and one beat actually beat one of their players was a lot of fun."

Part of the discussion (with Players Cup organizers) was the television show, a weekend review, that the Mackenzie Tour runs, he said.

"So, they asked me if there was a chance to put something together for the Armed Forces," Maj Lagace explained. "I took that initiative and worked with Gloria Kelly, the public affairs officer here. I said that this is well worth doing. It will be national and international show. A large viewership for Mackenzie Tour gold. It's PGA level golf. So, we organized it and put the day together."

He also expressed his appreciation to the units the pro golfers spent time visiting at 17 Wing.

17 Mission Support Squadron Welcomes its New Leader



17 MSS CO (incoming), LCol Kenneth Mills, 17 Wing Commander (Reviewing Officer), Col Eric Charron and 17 MSS CO (outgoing), LCol Brian Quick sign the CoC scrolls during the 17 MSS CoC ceremony, on July 27th, 2018 at 17 Wing, Winnipeg. Photo: Cpl Darryl Hepner, 17 Wing Imaging

By Captain Graeme Scott, 1 Canadian Air Division Public Affairs

Lieutenant-Colonel Ken Mills assumed command of 17 Mission Support Squadron at a Change of Appointment Ceremony held on Friday, 27 July 2018 at 17 Wing Winnipeg. The ceremony was presided over by the 17 Wing Commander, Colonel Eric Charron. LCol Mills took over command of 17 MSS from Lieutenant-Colonel Brian Quick, who has become the Deputy Wing

Commander of 17 Wing. In attendance were roughly 100 military and civilian personnel, family, and friends.

LCol Quick was the first commander of 17 MSS and was involved with every part of its creation and development. In his farewell address, LCol Quick spoke to the professionalism and dedication of the personnel of 17 MSS, especially those so well turned out on parade. "I want you all to reflect on what we have accomplished, and how 17 Wing would not be able to succeed without you." LCol Quick highlighted the cooperation and mission focus of all the leaders at 17 Wing, and how he appreciated this collegial approach. He also highlighted the people who were not on parade, namely the families of those in uniform. "Military families also serve, and they enable us to do what we do no matter what our rank." LCol Quick closed his remarks with a final acknowledgment of the professionalism of 17 MSS. "You do more than your share, you do it well, and you do it safely. I wish you all health, happiness, and success."

Col Charron, 17 Wing Commander, thanked LCol Quick for his dedication and hard work as the first commander and the creator of 17 MSS, and welcomed him into his new position as the Deputy Wing Commander. He then welcomed LCol Mills to 17 Wing and to his new role as 17 MSS Commander. "You have a great

team behind you. 17 Wing will continue to ask a lot of them, but their effort will never be taken for granted." Col Charron concluded by highlighting his key message to all those in attendance. "People come first. If we take care of them, they will respond to what the mission requires."

LCol Mills' respect and admiration for his colleagues and subordinates could clearly be seen as he took the podium to address his unit for the first time. "It is clear that there is such a great team throughout the squadron and throughout the wing. I look forward to working with all of you as I take on the challenge of commanding 17 MSS."

LCol Mills is clearly looking forward to being back at 17 Wing, having served here from 1992 to 2007. "It is an honour to return to Winnipeg, where I started my career," he remarked, "I also want to thank my wife Kristin, and my daughters, Brianne and Sara for their patience and understanding, as they have followed me through five postings in four provinces." When asked about his new unit, he added, "LCol Quick was the architect of 17 MSS; he created it from the ground up. It is a very well thought out and robust unit and I look forward to working with him in his new role to see it through to its full potential."

Student Hiring at RCAF Barker College



(L-R) Dwayne Sandall, Multi Media Lab Manager at RCAF Barker College, Wynand Badenhorst, Kaleigh McCormick, Julie Tetreault, Chase Kavanagh, and RCAF Barker Simulation Lab Manager at RCAF Barker College, Greg Linton, pose for a photo as the Federal Student Work Experience Program students prepare to return to their studies after working at the College for the season. Photo: Bill McLeod, Voxair Manager.

by RCAF Barker College DLSS Staff

RCAF Barker College employed four university students over the summer as part of the Federal Government Public Service Rejuvenation initiative through the Federal Student Work Experience Program (FSWEP) and Cooperative Program (Co-Op). RCAF Barker College has been hiring students through both the FSWEP and Co-op programs since 2006.

The goal at RCAF Barker College is to provide students with valuable real-world work experience that expands upon their education. Past students who have worked at the college enthusiastically agree it has met this mandate. Megan Duthie, who worked in the Multi-Media Lab (MML) while attending the Bachelor of Fine Arts program at the University of Manitoba said “The MML was the best FSWEP job placement I had in my 8 years of university, the skills and networking I was able to create during my 3 years of working helped me not only further my career and education but also gave me a voice in my own activism and community. It provided

me with so much more than a means to pay for school.” Paul Jarrow, a recent Computer Science graduate concurs: “Preparing someone for a role in a professional industry often means expectations of independence, and my time at the MML gave me that independent working experience; Dwayne [the MML manager] was always there to help, but allowed us to grow and learn at our own pace. It was one of the best working experiences I have personally had.”

Beyond the technical and practical experience students gain while working at RCAF Barker College, it is often their first job in a professional setting, making the first impression we create critical in forming their foundation for their professional career. Geoff Nagy has this to say in that regard, “I’m currently in school doing my PhD in Computer Science... My experience at [RCAF Barker College] FSWEP taught me what to expect from a professional environment and what a good working environment looks like. It really set the standard for what I should look for in a workplace.”

This summer, there are three FSWEP students working in the MML, Julie Tetreault, Chase Kavanagh, and Wynand Badenhorst. These students come from two different streams: computer science and graphic design. The MML produces interactive Distance Learning (DL) content for the Air Force Officer Development Programme (AFOD) and more technical courses such as Basic Space Operations Course and Basic Electronic Warfare. Creating and maintaining the web content of the DL courses is the mainstay of the MML staff. The FSWEP students play a major part in ensuring courseware is both up to date with the learning material and with modern web development standards. Our design students focus on creating compelling images to support learning objectives; creating custom illustrations, animations and interactions to explain course concepts. On the programming side, the focus is on creating modern, standards compliant web pages that will work across all devices, from a DWAN desktop to your smartphone or iPad when you’re doing course work at home.

Enthusiasm for learning new techniques and technologies is one of the key things Barker College gains from having the students working here. Wynand was tasked with developing a new course interface using

an unfamiliar programming framework. Within days he was deep into programming the course, diving into the React framework and becoming the MML’s expert in this exciting new technology. For the same project, designers Julie and Chase immersed themselves in learning about the RCAF doctrine, air fleets, and trades to create new imagery that accurately reflects the course material.

Kaleigh McCormick is a Co-Op student currently employed in the Simulation Lab. This lab draws students from the computer science realm to work on system administration tasks and developing software in support of both the lab and the Barker College UAS (Unmanned Aerial System) program. Simulation Lab manager Greg Linton describes the student work as “... essential to bringing new capabilities to our lab. These students have valuable skill sets and fresh ideas that we need to tap into. We really value what these students can bring to the workplace.”

Student contributions in the Simulation Lab have been just as critical to the success of RCAF Barker College as those in the MML. Kaleigh has created an effective method for keeping all the lab’s servers and workstations up to date. This configuration management process is multifaceted and required her to ask some key questions about the Simulation Lab’s overall objectives as well as its network design. This was a technical skill set that the RCAF Baker College didn’t have in house, but was outside of the scope of the typical DND IT process. Kaleigh has also coded an airspace visualization tool. With it military members that draft aerospace control orders can now visualize the airspace they’ve designated, on a 3D globe and to see how it interacts with other airspaces over time. In the past they would only get a list of coordinates in a text file.

Student employment is truly a symbiotic relationship at RCAF Barker College; the college benefits from having talented, enthusiastic staff with fresh ideas, and the students gain valuable work experience directly related to their chosen field of study. We see the success of our programs and the ongoing professional success of past students as evidence of this fantastic relationship.

Canadian Red Cross Seeks Heroes



Capt Christine Matthews from Grand Bank, Nfld., a nursing officer with the Canadian Forces (CF) Disaster Assistance Response Team (DART) Mobile Medical Team (MMT), inserts an intravenous into the arm of a village elder as Gunner Trent Barney from L’Anse au Loup, Nfld., looks on near Bandi Tagian, Pakistan. Photo: Sgt Frank Hudec, Canadian Forces Combat Camera

by Ashley Demers, Voxair Photojournalist

The Canadian Red Cross has been a major factor in Canadian safety and security for over 120 years. Founded in 1896, the Red Cross helps Canadian residents through all sorts of disasters, both natural and human-caused.

It runs on its seven Fundamental Principles: Humanity, Impartiality, Neutrality, Independence, Voluntary Service, Unity, and Universality. These seven principles help to provide immediate assistance to those in need – regardless of race, beliefs, or social standing.

Without volunteers, however, the support the Red

Cross gives is not feasible, which is why they regularly require new volunteers.

There are no specific qualifications for people who want to volunteer, and any person who chooses to step forward as a volunteer would be greatly appreciated, says Community Outreach Coordinator, Michelle Ford, though former military members are ideally suited to fill volunteer positions.

“They (military) have a really great skillset in terms of that they may have worked with vulnerable populations. They’ve worked in high stress or crisis situations,” said Ford. “That’s something that they could definitely bring to the table.”

Right now, the Red Cross is primarily recruiting for two teams: their Personal Disaster Assistance Team, and their Emergency Response Team.

The Personal Disaster Assistance team works with smaller groups of people (typically one to 25) who have been affected by a smaller scale disaster, such as a house fire. Volunteers meet with the people, and do a Needs Assessment with them to determine what they need.

The Emergency Response Team assists with larger scale disasters that affect communities. Volunteers perform a variety of tasks with this team, including registering people in cases of evacuation, distributing supplies, and working one-on-one with those affected.

“Every person, every family, copes with trauma differently,” said Ford, “and we are there to support them through that time. Volunteers need to be aware of that.”

In the beginning, new volunteers start out as responders, working face-to-face with those affected

by the disaster. However, there is the opportunity to receive more of a leadership role, as a supervisor of a particular service or disaster site, upon gaining experience. Ford says military and former military are prime candidates for supervisor positions.

As a volunteer, training and orientation is included, and entails a thorough tour of the building, some online reading, and some time in a classroom. Volunteers will learn how to work with beneficiaries, how to complete the necessary paperwork, and how to properly assist traumatized victims.

The Red Cross also provides what they call “Just-in-Time training,” in which volunteers are shadowed and are guided throughout their first few shifts. In terms of scheduling, not all volunteers are needed all the time, and some months will be busier than others, but volunteers are able to choose when they are and aren’t able to help.

“We can’t predict when a disaster will happen, so we have an automated messaging system. When we need our volunteers, they get a call from that messaging system, and they can let us know when they’re available, if they’re available, and we schedule that way.

“There’s also no minimum time commitment, meaning people can choose how often they’d like – or are able to – work with us,” said Ford.

For those interested in volunteering with the Canadian Red Cross, the easiest way to register is online at redcross.ca/heroeswantedmb. Applications can also be made in person at 1111 Portage Ave. or by calling the office at (204) 982-7330. Any questions can be emailed to vrs@redcross.ca.

The RCAF Barker College Aerospace Power Review 2018

The RCAF W/C William G. Barker VC Aerospace College was proud to host the annual Aerospace Power Review from the 26th to the 28th of July 2018. This year's event had even greater significance as it was the first under the unit's new name. On 12 April 2018, the unit officially changed its name from the Canadian Forces School of Aerospace Studies to the Royal Canadian Air Force Wing Commander William G. Barker Victoria Cross Aerospace College (RCAF Barker College for short). It is an honour for the unit to be named after William G. Barker, a World War I pilot ace and the highest decorated Commonwealth member in history.

The Aerospace Power Review marks the culmination of 11 months of intensive studies and research by the students of the Aerospace Studies Program Serial 70. The Aerospace Studies Program trains RCAF members on how to acquire, test, and evaluate new capabilities and technologies for the Air Force. In addition, the RCAF Barker College continued its relationship with the University of Manitoba. Four students completed a Post-Baccalaureate in Aerospace Program Management, three completed a Masters of Arts (Aerospace), and one student is completing his thesis towards a Masters of Engineering (Aerospace). Of note, this was the first year in which the program had a one-to-one ratio of non-commissioned members to officers. This unique group dynamic resulted in a wealth of professional experience that greatly enhanced the program.

The Aerospace Power Review was the opportunity for these students to present their capstone papers and masters' thesis research. This year's papers once again showed the wide gambit of topics chosen by the students to address technology and policy issues facing the RCAF. These topics included Remotely Piloted Aircraft for Search and Rescue Operations, Countering the Small Unmanned Aerial System Threat, Unmanned versus Manned Fighter Replacement, and Discrete

Event Simulation for Air Traffic Control Resource Availability Modeling using a Queuing Network. Sergeant Daniel Everett received the award for the best presentation for his work on Future Surface Coating Removal Technology to find an efficient and environmental friendly process to remove surface coatings from aircraft. The attendees, including members of the aerospace industry and retired Canadian Armed Forces generals, were impressed with the quality of students' presentations. These and former papers and presentations are publicly available through the RCAF Barker College.

The annual Aerospace Power Review 2018 also highlighted the talents and depth of research carried out by members of the College. Staff members Mr. Jeff Paul and Mr. Greg Linton presented their master thesis research. Mr. Paul's thesis tackled the challenges of the usability requirements in new systems and projects with his paper on A Qualitative Investigation of Usability Requirements in Department of National Defence Projects. Usability requirements are a critical component of projects. Yet, despite the emphasis placed on these requirements, systems are often delivered with poor usability. Mr. Paul utilized a qualitative analysis on acquisition documents to find patterns of usability requirements. His research found that usability documents are often hidden in the functional requirements and are almost entirely lacking in the stated requirements. Mr. Paul provided a thought provoking presentation on the challenges and results of his research.

Mr. Linton proposed a novel approach to communicating with CubeSat's in his presentation on Virtualization of CubeSat Downlink Ground Stations using the APRS iGate Network. The APRS iGate Network is an amateur radio-based system for real time digital communications. Mr. Linton worked with a team at the University of Manitoba to construct and deploy a Cube-

Sat into space. One of the challenges they faced was the limited time the CubeSat was overhead of their receiver station to download their data. Mr. Linton proposed and demonstrated how using the publically available APRS iGate Network would increase the downlink time and improve data transmission.

The Aerospace Power Review hosted three discussion panels on Military, Industry, and Policy and Procurement. These panels were attended by leaders in industry, academia, and serving and retired military members. Among the many honoured guests were former Chief of Defence Staff General (retired) Raymond Hénault, Mr. Scott McCrady, Corporate Program Director for the F-35 Program at Magellan Aerospace, and Dr. James Fergusson, Deputy Director for the Centre for Defence and Security Studies. This was an incredible opportunity for students, staff, and attendees to engage the invited guests on topics ranging from challenges to recruitment, the future of NORAD, and the implications of space, cyber, and remotely piloted aircraft systems within the Canadian Armed Forces. The panelists provided unique, thoughtful and relevant insight into these topics.

The RCAF Barker College looks forward to the Aerospace Power Review 2019 at the end of June 2019. The event is open to all Department of National Defence members and to the public. The College hopes to see even more attendance next year as the students, staff and panelist continue to tackle the challenges in technology, doctrine, policy, and procurement faced by Canadian Armed Forces and the RCAF now and in the future. The RCAF Barker College will release the solicitation message for the Aerospace Studies Program Serial 72 in December 2018. Interested members should contact their career managers to express their desire in joining this challenging and rewarding program.

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The Royal Canadian Airforce (RCAF) Library is the national virtual library which has been established to promote the library's collection of online resource materials to facilitate research, learning and personal development. The resources available are diverse, current and relevant and include but are not limited to eBooks, audiobooks, theses, technical reports, and conference papers.

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Around The Wing



The Commander of the RCAF, LGen Al Meinzinger inspects the parade during the 2 Canadian Air Division Change of Command from BGen David Cochrane to BGen Mario Leblanc on August 9, 2018 at 17 Wing, Winnipeg. Photo: MCpl Justin Ancelin, 17 Wing Imaging



2 Canadian Air Division Commander (incoming), BGen Mario Leblanc, RCAF Commander and Reviewing Officer, LGen Al Meinzinger and 2 CAD Commander (outgoing), BGen David Cochrane, sign the Change of Command scrolls during the Change of Command ceremony on August 9, 2018 at 17 Wing Winnipeg. Photo: Cpl Darryl Hepner, 17 Wing Imaging



CFSAS, ASP Serial 70 graduates of the Aerospace Studies Program Serial 70 who presented at the Aerospace Power Review on Aug 17th, 2017 at 17 Wing, Winnipeg. Photo: Cpl Darryl Hepner, 17 Wing Imaging



Major Jason Mawdsley, Wood Hobby Club President, speaks with Sonya Fields as Debbie-Lee Olfert inspects the finish of a dresser after its unveiling at the 17 Wing wood hobby shop, 17 Wing Winnipeg, MB, on Tuesday, 3 July 2018. Debbie-Lee and Sonya are the daughters of Melbourne and Etta Flake, who were murdered in Jamaica during a visit. Melbourne was a retired Department of National Defence carpenter who was an active member of the wood hobby club. Photo: Sergeant Daren Kraus



On August 24, Lipsett Hall was about half demolished at Kapyong Barracks. Some larger buildings have been demolished on the north and south side of Kapyong. Photo: Bill McLeod, Voxair Manager



(L-R) MCpl James Den Oudsten, Sgt Corey Hawes, WO Steve Valardo, MCpl Justin Jaquet, MCpl John Gerlach, WO Matt Kotylak, Sgt Spencer Cass, WO Yan Senechal, MCpl Jordan Labossiere, AES Op instructors from 402 Sqn relax after a hard day's work volunteering to help build a house for Habitat for Humanity. Habitat for Humanity Manitoba works with people from all walks of life to build safe, decent, affordable housing for purchase by low-income working families. This build was at 381 Aberdeen Ave in the North End at the end of June. Photo: Supplied



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Around The Wing



Rick Harris, Senior Manager Personnel Support Programs, presents Dawn Redahl, a Fitness, Sports and Recreation Instructor, with a 5 Year Certificate of Service from the organization. Both were participating in a golf tournament for Canadian Forces Morale and Welfare Services members, which PSP is part of. Photo: Candace Maxymowich, Health Promotion Administrative Assistant.



MS Dickie at CFSSAT was promoted to PO2 on 3 Aug. (L to R Maj L. Anderson (Cmtd), PO2 J. Dickie, MWO R. Valenti (SWO)). Photo: Supplied



CFB Winnipeg Golf Club held its annual Club Championship event on August 18th & 19th 2018. Players competed for the championship titles with gorgeous weather conditions and minimal wind. Thank you to all the participants and congratulations to this year's winners! The 2018 CFB Club Champions are (L-R in the photo): Dan Bourgouin, Men's Club Champion; Terry Greenwood, Senior Men's Club Champion; Bryan Crandell, Men's Super Senior Club Champion; Manivone Morrison, Ladies' Club Champion; and Colleen Hamilton, Ladies' Super Senior Club Champion. Thank you to all the participants and congratulations to this year's winners! This is just one of the fantastic club events at CFB Winnipeg Golf Club. For more information on our 2019 new member special call 204-832-8436. Photo: Supplied



1 CAD HQ CO, LCol Ronald Francis, presents 2Lt Micah Pearson the 1 CAD HQ Commanders Commendation for his outstanding work with the Division Safety Centre on July 26th, 2018 at 1 CAD, Winnipeg, MB. Photo: Cpl Darryl Hepner, 17 Wing Imaging



17 MSS CO (incoming), LCol Kenneth Mills (right) salutes 17 MSS CO (outgoing), LCol Brian Quick and 17 Wing Commander (Reviewing Officer), Col Eric Charron during the 17 MSS CoC ceremony, on July 27th, 2018 at 17 Wing Winnipeg. Photo: Cpl Darryl Hepner, 17 Wing Imaging



Zane Thomas, David Bradshaw, and Zach Foushee, members of PGA Players Cup MacKenzie Tour, clear weapons during small arms training while Sergeant Philip Kusche enforces range safety during their visit to 17 Wing Winnipeg, on 14 August 2018. Photo: Sgt Daren Kraus

Around The Wing



Left: CFSSAT Commandant (outgoing), Maj Donald Jamont, 17 Wing Commander, Col Andy Cook and CFSSAT Commandant (incoming) Maj Lianne Anderson sign the Change of Command Scrolls during the CFSSAT Change of Command Ceremony on June 13th, 2018 at 17 Wing, Winnipeg.
Photo: Cpl Darryl Hepner, 17 Wing Imaging

Right: 17 Wing Commander, Col Andy Cook promotes Major Donald Jamont to LCol during the CFSSAT Change of Command Ceremony on June 13th, 2018 at 17 Wing, Winnipeg.



(L-R) 17 Wing CWO, CWO Jerome Rossignol, 17 Wing Commander, Col Andy Cook, LCol Donald Jamont and family, CFSSAT SWO, MWO Rob Valenti.
Photo: Cpl Darryl Hepner, 17 Wing Imaging

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Around The Wing



Lieutenant Holly Linde, CFB Edmonton #9, tags third base while Corporal Carolynn Jones, 17 Wing Winnipeg #1, attempts to tag her out during game against CFB Edmonton. 17 Wing Winnipeg hosted the Canada West Men's and Women's Slo-Pitch Championships, Building 90 diamonds, 17 Wing Winnipeg, MB, 24-28 July 2018. Photo: Sgt Daren Kraus

233-ALLÔ

CENTRE D'INFORMATION

233-2556 1-800-665-4443

CALENDRIER COMMUNAUTAIRE

31 août • **Vendredi folk** – Daniel Peloquin-Hopfner • Le 100 NONS • 204-231-7036

6 septembre • **Lancement de saison artistique 18-19** • CCFM/TCM • 204-233-8972

7 septembre • **Discothèque sous les Etoiles** • Alliance Française • 204-477-1515

Exposition:

Femme au jardin • Centre culturel franco manitobain

Folle de chagrin mais le rire déborde, de novation en novation • La Maison des artistes visuels francophones

Sensation de Roger LaFrenière • Maison des artistes visuels francophones

Pour plus d'informations et pour voir le calendrier au complet, visitez le <http://www.sfm.mb.ca/calendrier>



Government
of Canada

Gouvernement
du Canada

VETERAN FAMILY PROGRAM

For Medically Releasing CAF Members, Medically Released Veterans and their Families



LE PROGRAMME POUR LES FAMILLES DES VÉTÉRANS

Pour les membres des FAC en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille

The Veteran Family Program supports medically releasing Canadian Armed Forces members, medically released Veterans and families. If you are transitioning visit your local Military Family Resource Centre, CAFconnection.ca, or call the Family Information Line at **1-800-866-4546**.

Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez ConnexionFAC.ca ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au **1-800-866-4546**

17 WING FIRE CHIEF'S CORNER



BBQ SEASON IS HERE

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

First let's give the barbecue an inspection.

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

1. Spray soapy water on the connections, and supply lines. If you see bubbles, turn off the tank, and try re-connecting. If it still bubbles, then gas is still leaking. Shut off the tank and get the leaky part replaced.

2. Remove the grates and lava rocks (if you still use them), and check out the burner. If it looks good visually, then fire it up and make sure that you have an even flame throughout. If not, then replace it. Most burners only last 1 or 2 seasons, depending on how much you use your barbecue.

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

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

Whenever you barbecue...

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

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

Always open the barbecue lid before you light it. If it doesn't fire up the first time you try it, then shut it down, and try it again in about 5 minutes.

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

Safety First!

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

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

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

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

A few tips for charcoal grillers

- Never use gasoline to get the coals going. Instead, use charcoal lighting fluid.

- Let the lighter fluid soak into the coals for a minute or so before lighting it. That gives the explosive vapours a chance to dissipate.

- Stand back from the coals when you ignite them, and make sure you didn't accidentally spill any fluid on yourself, or on any area surrounding the grill.

- Before you light the coals, make sure that you put the lighter fluid at a safe distance away from the fire.

- If the coals start to die out on you, don't spray lighter fluid on the hot coals. You could end up with explosive results.

- Always extinguish the coals when you're finished barbecuing. Here's a safe way to do it. Wearing oven mitts, take the coals out of the barbecue with tongs, and submerge them in a metal pail of water.

- Always make sure that you keep your fire safe from children.

Let's all have an enjoyable and safe barbecuing season.

Change of Command Ceremony for 435 Squadron



Incoming 435 Squadron Commanding Officer, Lieutenant-Colonel John Coffin and his family during the 435 Sqn Change of Command on August 17th, 2018 at 17 Wing. Photo: Pte Montpetit, 17 Wing Imaging.

by Lt Jason Rheubottom, Wing Public Affairs

Despite a high operational tempo, on Friday, August 17, dignitaries including Her Honour Janice Filmon, Lieutenant Governor of Manitoba, and Colonel (Col) Eric Charron, 17 Wing Commander, watched as Lieutenant-Colonel (LCol) J.A. Coffin assumed command of 435 "Chinthe" Squadron (435 Sqn). Colonel M.C. Atkins, 19 Wing Commander, acted as the Reviewing Officer.

The ceremony, at the 17 Wing Officers' Mess, saw outgoing Commanding Officer (CO) Colonel K.J. "Kozy" Kozak turn over command of 435 Sqn to LCol Coffin. In his speech, Col Atkins noted that while all of the 19 Wing command teams had planned to attend, "for the same reason we find ourselves inside instead of outside on parade, the primacy of operations foiled our plans." He continued, "That is how it should be, for whether fueling the fire or ensuring that others may live, our mandate always comes first, 24/7, 365."



Outgoing 435 Squadron Commanding Officer, Col Kevin Kozak proceeds to exchange the BlackBerry with the incoming 435 Squadron Commanding Officer, Lieutenant-Colonel John Coffin during the 435 Sqn Change of Command on August 17th, 2018 at 17 Wing. Photo: Pte Montpetit, 17 Wing Imaging

aircraft captain's seat, embroidered to reflect his dates as the 435 Commanding Officer, as well as a commemorative plaque representing the dual roles of 435 Squadron: air-to-air refueling, and search and rescue. Col Kozak is posted to Ottawa as Joint Forces Air Component Commander (JFACC) Air Component Coordination Element (ACCE) Director to the Canadian Joint Operations Command (CJOC).

Incoming Commanding Officer LCol Coffin, previously the Commandant of the Canadian Forces School of Search and Rescue (CFSSAR) at 19 Wing, has the rare distinction of being posted out of one Commanding Officer position directly into another, as noted by Col Atkins in his remarks. In his own brief remarks, LCol Coffin told the members of 435 Squadron (the Chinthes): "I fully understand that my most important asset is you – the men and women and supporting families – that make up this amazing squadron."

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2018 Survey on Sexual Misconduct in the CAF: Every Voice Counts

Sondage de 2018 sur l'inconduite sexuelle dans les FAC : chaque opinion compte!

SURVEY
ON SEXUAL MISCONDUCT

Coming this fall
The voluntary and confidential Statistics Canada Survey on Sexual Misconduct in the CAF will be sent to Regular Force and Primary Reserve personnel starting 14 September. Be sure to complete yours. Every voice counts.

Operation
HONOUR

canada.ca/caf-operation-honour

SONDAGE
SUR L'INCONDUITE SEXUELLE

À venir cet automne
À compter du 14 septembre, les membres de la Force régulière et de la Première réserve recevront le sondage confidentiel et optionnel de Statistique Canada sur l'inconduite sexuelle dans les FAC. Veillez à bien le remplir; chaque opinion compte!

Opération
HONOUR

canada.ca/fac-operation-honour

This fall, Statistics Canada (StatCan) will begin conducting the 2018 Survey on Sexual Misconduct in the Canadian Armed Forces.

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The purpose of this survey is to get an up-to-date picture of the issue of sexual misconduct in the CAF and to measure progress since Operation HONOUR was initiated in 2015. The survey asks a series of questions to determine the prevalence of sexual misconduct in the CAF in the last 12 months and to gauge awareness of pertinent policies, programs and support mechanisms.

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In mid-September, StatCan will begin sending invitations by email and mail to eligible Regular Force and Primary Reserve personnel. The survey is voluntary but all personnel are strongly encouraged to take time to share their views. All members' perspectives are important, whether or not they have been directly affected by sexual misconduct.

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StatCan will analyse the data and compare it with data collected in 2016. Comparing the data will help us measure the impact of Operation HONOUR and identify areas that require a more concentrated level of effort for improvement. StatCan will release the survey results at the end of May 2019.

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Watch for your invitation to participate, and don't miss your chance to contribute to this important initiative to improve the well-being of the CAF and its personnel.

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Special Forces Operator
Voluntary Occupational Transfer
2019/2020

If you have 24 months continuous service, and meet the other requirements, you can apply.

Deadline for completed files to local Base Personnel Selection Officers is 9 November 2018.

Information on this year's competition can be found within CANFORGEN 104-18
<http://vcds.mil.ca/apps/canforgens/default-eng.asp?id=104-18&type=canforgens>

For further information on CSOR and the Special Forces Operator trade, contact CSOR recruiting:
CSOR.Recruiting@forces.gc.ca

Reclassement volontaire
opérateur des forces spéciales
2019-2020

Si vous comptez 24 mois de service continu et respectez les autres exigences, vous pouvez poser votre candidature. Les dossiers complets doivent parvenir aux officiers de sélection du personnel de la base locaux au plus tard le 9 novembre 2018.

Pour obtenir de l'information sur le concours de cette année, consultez le CANFORGEN 104-18 à <http://vcds.mil.ca/apps/canforgens/lt-fra.asp?id=104-18&type=canforgens>.

Pour en savoir plus sur le ROSC et le métier d'opérateur des forces spéciales, communiquez avec les responsables du recrutement du ROSC :
CSOR.Recruiting@forces.gc.ca

College Corner



The Defence Team Innovation Challenge announced the Phase I selections on 1 August. 172 innovations were submitted and 64 made the selection to move to Phase II. Out of those 64 innovations, the RCAF Barker College produced three that will compete for the Phase II selection this October. Mr. Greg Linton and Ms. Kaleigh McCormick submitted a project proposal for Slack Online Communications and Message System. Maj David Dunwoody submitted two proposals: Knowledge Management System 2.0 and Meta-Data File System. The deadline for Phase II submissions is 1 October 2018. The Finalists will be announced 26 October 2018 and will compete for the final winner the week of 26 November 2018.

The Defence Team Innovation Challenge is allocating one million dollars to support the development and implementation of ideas that will help to modernize DND and CAF. Good luck to Mr. Linton, Ms. McCormick, and Maj Dunwoody in Phase II!

RCAF Barker College News

MILITARY SECOND LANGUAGE TRAINING PROGRAMME (MSLTP) FRENCH COURSES - 17 WING

PROGRAMME MILITAIRE D'ENSEIGNEMENT DES LANGUES SECONDES (PMELS) COURS DE FRANÇAIS OFFERTS À LA 17^E ESCADRE

Progress Level 1 French	Cours de français – niveau de progrès 1
10 Sept – 20 Nov This 150-hour Progress Level 1 (PL1) French class will be held afternoons only (Mon to Fri, 1230 to 1600 hrs). This course applies to members who do not have any or have very little linguistic ability in French.	10 sept – 20 nov Ce cours de français de 150 heures permettant d'atteindre le NP1 sera donné en après-midi de 12 h 30 à 16 h 00 du lundi au vendredi. Ce cours s'adresse aux membres qui n'ont aucune ou très peu de formation en français.
Progress Level 2 French	Cours de français – niveau de progrès 2
4 Sept – 25 Oct This 150-hour Progress Level 2 (PL2) French class will be held mornings only (Mon to Fri, 0730 to 1155 hrs). Prerequisite: Successful completion of a PL1 course or a PL2 oral placement test within the previous 12 months.	4 sept – 25 oct Ce cours de français de 150 heures permettant d'atteindre le NP 2 sera donné en matinée de 07 h 30 à 11 h 55, du lundi au vendredi. Préalable : Avoir réussi le cours permettant d'atteindre le NP1 ou avoir atteint le NP2 à la suite d'un test de classement oral ayant eu lieu au cours des douze derniers mois.
Progress Level 4 French	Cours de français – niveau de progrès 4
17 Sept – 27 Nov This 150-hour Progress Level 4 (PL4) French class will be held afternoons only (Mon to Fri, 1230 to 1600 hrs). Prerequisite: Successful completion of a PL3 course or a PL4 oral placement test within the previous 12 months.	17 sept – 27 nov Ce cours de français de 150 heures permettant d'atteindre le NP 4 sera donné en après-midi de 12 h 30 à 16 h 00 du lundi au vendredi. Préalable : Avoir réussi le cours permettant d'atteindre le NP3 ou avoir atteint le NP4 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.
Progress Level 4 English	Cours d'anglais – niveau de progrès 4
17 Sept – 8 Nov This 150-hour Progress Level 4 (PL4) English class will be held mornings only (Mon to Fri, 0730 to 1155 hrs). Prerequisites: Successful completion of a PL3 course or a PL4 oral placement test within the previous 12 months.	17 sept – 8 nov Ce cours d'anglais de 150 heures qui permet d'atteindre le NP 4 sera donné en matinée de 7 h 30 à 11 h 55, du lundi au vendredi. Préables : Avoir réussi le cours permettant d'atteindre le NP3 ou avoir atteint le NP 4 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.
Specific Writing Skills English	Course d'anglais – Habilitier spécifique – écriture
17 Sept – 28 Nov This 150-hours Specific Writing Skills English class will be held afternoons only (Mon to Fri, 1230 to 1600 hrs). Prerequisites: Have a valid B profile in reading comprehension and in oral interaction as well as an A or higher profile in written expression.	17 sept – 28 nov Ce cours d'un habilitier spécifique d'anglais de 150 heures sera donné en après-midi de 12 h 30 à 16 h 00 du lundi au vendredi Préables : Avoir un profil valide de B en CE et IO ainsi qu'un profil valide de A ou supérieur en EE.
Progress Level 7 French	Cours de français – niveau de progrès 7
4 Sept – 6 Nov This 180-hour Progress Level 7 (PL7) French class will be held mornings only (Mon to Fri, 0730 to 1155 hrs). Prerequisites: Successful completion of a PL6 course or a PL7 oral placement test within the previous 12 months.	4 sept – 6 nov Ce cours de français de 180 heures permettant d'atteindre le NP7 sera donné en matinée de 7 h 30 à 11 h 55, du lundi au vendredi. Préables : Avoir réussi le cours permettant d'atteindre le NP6 ou avoir atteint le NP7 à la suite d'un test de classement oral ayant eu lieu au cours des douze mois précédents.
B Level Maintenance Course (MACQ B) – French	Maintien de l'acquis (MACQ Niveau B)
19 Nov – 14 Dec This 40-hour French MACQ B class will be held mornings only (Mon to Fri, 0730 to 1000 hrs). Prerequisite: Valid B profile in oral proficiency.	19 nov – 14 déc Ce cours de français MACQ B de 40 heures sera donné en matinée seulement (du lundi au vendredi de 7 h 30 à 10 h). Préalable : Détenir un niveau B valide en compétence orale.

Eligible Personnel – Second language courses taught at the LTC are open to: CF personnel (RegF and PRes), DND public service employees, adult dependents of CF personnel and PSP personnel. Note: as there are special conditions applicable to each course, please contact Michèle Divorne (ext. 6567) for additional details or questions.
 To the extent practicable, the LTC attempts to conduct the training required when it is convenient for our clientele.

<http://17wing.winnipeg.mil.ca/cms/en/home/winginfo/DWComd/WCOL.aspx>

Personnel admissible – Les cours de langue seconde que donne le Centre de formation Linguistique (CFL) s'adressent aux militaires (F rég et P Rés), aux fonctionnaires du MDN, aux adultes à charge du personnel des FC et aux membres du personnel de PSP.

N.B.: Étant donné que des conditions particulières s'appliquent à chaque cours, veuillez communiquer avec Michèle Divorne (poste 6567) pour plus amples renseignements.

Dans la mesure du possible, le CFL essaie d'offrir de la formation nécessaire au moment qui convient aux clients.

<http://17wing.winnipeg.mil.ca/cms/fr/home/winginfo/wingadmin/WCOL/oltrgn.asp>

Québec general election on October 1st
 To Québec electors

You will be outside Québec on the voting days?

If so, you can vote by mail.
 Apply no later than September 12th to be registered to vote outside Québec by going to www.elections.quebec/outside.

Your spouse and dependents may also apply.

www.elections.quebec

1-888-ELECTION

(1-888-353-2846)

info@electionsquebec.qc.ca



cafconnection.ca/winnipeg

Blast Off the Pounds

À l'assaut des kilos

17 Sept - 5 Dec 2018
17 sept - 5 déc 2018

In the Blast Off the Pounds (BOP) program you will take part in courses on healthy eating, injury prevention and training principles as well as instructor-led PT sessions! While coached throughout this program, the objective is to become equipped with the tools to work out safely on your own and make the right choices to lead a healthy and active life.

Dans le cadre du programme À l'assaut des kilos, vous participerez à des cours sur la façon de manger santé, de prévenir les blessures et de s'entraîner. Les séances de formation seront données par un instructeur. Vous serez encadré pendant tout le programme dont l'objectif est de fournir aux participants les outils nécessaires pour s'entraîner seuls en toute sécurité, et pour prendre des décisions éclairées qui

Make the commitment, sign up today!
Engagez-vous et inscrivez-vous maintenant!



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

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

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

17 WING FALL FAIR ADULT EVENT

Know the Wing Challenge

Saturday, September 8
9:30 am - 2 pm

The Know the Wing Challenge allows adults to experience various aspects of the Fall Fair in a fun and interactive way. Using a passport provided, visit various stations and complete the activity at each station to receive a stamp.

Complete the challenge to be entered to win Jets pre-season tickets!

For more information, contact Health Promotion at (204) 833-2500 ext. 4150 or healthpromo@forces.gc.ca

National Défense / Defence nationale / Operation HONOUR

RESPECT IN THE CAF WORKSHOP / RESPECT DANS LES FAC

13 September 2018 / 13 septembre 2018
0800 - 1600 hrs / 08h00 à 16h00

The "Respect in the CAF" workshop is intended to promote respect in the CAF through awareness and understanding, to empower CAF members to take a stand against sexual misconduct and to support victims.

L'atelier « Respect dans les FAC » vise à promouvoir le respect au sein des FAC en favorisant la prise de conscience et la compréhension pour encourager les membres à lutter contre l'inconduite sexuelle et à soutenir les victimes.

This course is Coded! Il s'agit d'un cours auquel on a attribué un code!



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

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

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08 SEPT

Fall Fair · Foire automnale

17 WING / 17^E ESCADRE

Something for every age and ability! / Quelque chose pour tous les âges et habiletés!

0930 TO / À 1400

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Find the fun from the Rec Centre (Bldg 90) to the MFRC / Du plaisir pour tous à partir du centre récréatif (bât. 90) jusqu'au CRFM

HOSTED BY / PRÉSENTÉ PAR MFRC CRFM

Stay tuned for more information / Restez à l'écoute pour plus d'informations



Alcohol, Other Drugs, Gambling and Gaming Awareness Training

Sensibilisation aux problèmes liés à l'alcool, aux autres drogues, au jeu et au jeu électronique formation

11 & 12 October 2018 / 11 et 12 octobre 2018
0800 - 1600 hrs / 08h00 à 16h00
& 0800 - 1200 hrs / et 08h00 à 12h00

Recognize and respond to early warning signs and develop effective interview skills. This training is course coded and is required for all military in a supervisory role. DAOD 5019-7

Reconnaitre les premiers symptômes et savoir y réagir. Apprendre à faire des entrevues efficaces. Ces compétences seront bientôt obligatoires pour tous les grades à partir de celui de sergent. Ce cours aura un code. DAOD 5019-7

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

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

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Managing Angry Moments (MAM) / Gérer les moments de colère



23 & 30 October 2018 / 23 et 30 octobre 2018
0830 - 1600 hrs / 08h30 à 16h00

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

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

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

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CFB GOLF CLUB PRESENTS

NIGHT GOLF

FRIDAY SEPTEMBER 28TH, 2018
-EVERYONE WELCOME-

- 9 HOLES -
7PM REGISTRATION STARTS
8PM SHOT GUN START

\$20 ENTRY FEE FOR MEMBERS
\$25 GUEST FEE
- \$5 GLOW BALL DEPOSIT -
CALL 204.832.8436

PIZZA, DRINK TICKET, SPECIAL TREATS, AND GLOW ACCESORRIES INCLUDED!

Stressed? Take Charge! / Le stress: Ça se combat!



15 & 16 October 2018 / 15 et 16 octobre 2018
0830 - 1600 hrs / 08h30 à 16h00

Want to increase your stress hardness, enhance your performance, ramp up your resilience? / Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?

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

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

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
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Mental Fitness & Suicide Awareness: Supervisor Training



It's one thing to look after your body. Just don't forget about your mind. / C'est bien de prendre soin de votre corps, mais n'oubliez pas votre esprit.

4 October 2018 / 4 octobre 2018
0800 - 1600 hrs / 08h00 à 16h00

This course is Coded! Il s'agit d'un cours auquel on a attribué un code!

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

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

Health Promotion in the Canadian Forces
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Connect with us:

102 Comet Street / 102 rue Comet
204-833-2500 extension / poste 4500

www.cafconnection.ca

www.facebook.com/WinnipegMFRC

www.facebook.com/WinnipegMFRCYouth

Upcoming MFRC Programs and Events

For the most current information on all of our programs, visit our webpage at:
www.cafconnection.ca/Winnipeg
or follow us on Facebook and Twitter:
@WinnipegMFRC

FINDING EVERY DAY JOY WITH "THE HAPPINESS PROJECT"

Based on the international best seller 'The Happiness Project' by Gretchen Rubin, participants will discuss and share practical ways to make their lives more joyful and fulfilling. As you require a copy of the book for reading and reflection, you can preorder them for \$15. Next sessions are: Monday, July 16, 6 pm – 8 pm, (register by July 11) Monday, August 20, 5:30 pm – 8:00 pm (register by August 14) and Monday, September 17, 6 – 8 pm (register by September 10)

Join us for a free 4 week workshop on
Cognitive Behaviour Therapy
Wednesday September 26, October 3, 10 and 17
1830 -2030
REGISTER BY SEPTEMBER 21
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0900 - 1600 each day
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pour la famille
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Journée internationale des **filles!**
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Learn about Hannah Taylor, Founder of the Ladybug Foundation / Découvrez Hannah Taylor, la fondatrice de la Ladybug Foundation
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Because it's great to be a girl! / Parce que c'est formidable d'être une fille!
MFRC CRFM
Register in person at the MFRC until **5 OCT**
Inscription en personne au CRFM au plus tard **5 OCT**

Sports Trivia Answers

1. Infield fly – batter is out.
2. 1972 with a 1-0 victory over the USA.
3. New Zealand – 13: 7 gold – 4 silver – 2 bronze.
4. Monica Abbott of the Houston Scrap Yard Dawgs in the National Pro Fastball League (USA) who threw a scorching 77 mph pitch in 2012. The distance from the mound to the plate is 46 feet.
5. It was invented in 1887 in Chicago, Illinois, United States as an indoor game. It was at various times called indoor baseball, mush ball, playground, softball, kitten ball, and because it was also played by women, ladies' baseball. The name softball was given to the game in 1926, because the ball used to be soft.
6. Canada in 1963 by the Northern Ontario Recreation Directors Association.
7. Alberta – gold; Ontario – silver; Quebec – bronze.
8. Canada and Finland. Canada won gold twice – 1996 & 2002; Finland the rest.
9. The visiting team gets possession of the ring at centre ice.
10. The team with possession of the ring has 30 seconds to take a shot, except for the kids game.
11. Seattle Slew in 1977 and Affirmed in 1978.
12. Justify – ridden by Mike Smith.
13. 4 times – 1959, 1973, 1997, 2010.
14. Jocelyn Lovell.
15. The Crazy Canucks was a group of World Cup alpine ski racers from Canada who rose to prominence in the 1970s and 1980s. Jungle Jim Hunter, Dave Irwin, Dave Murray, Steve Podborski, and Ken Read earned themselves a reputation for fast and seemingly reckless skiing in the downhill event.
16. Willie O'Ree from Fredericton, New Brunswick, played for the Bruins in 1958 for 45 games.
17. Willie O'Ree, Grant Fuhr, and Angela James.
18. Eddie Feigner. On February 18, 1967, Feigner appeared in a celebrity charity softball game against many Major League players. In the game Feigner struck out future Hall Of Famers Willie Mays, Willie McCovey, Brooks Robinson, Roberto Clemente, Maury Wills, and Harmon Killebrew in a row.
19. Stan Leonard.
20. Moe Norman. Lee Trevino, when asked who was the best golfer he ever knew, quickly replied Moe Norman.

Taroscopes

BY
NANCY

Aries (March 21 – April 19): There's a lot to do so get organized. Successful changes are the result of sound choices. Many lives are changing at the same time. Consider how this affects your own plans. Be practical. Initiate important conversations. Create a plan so you stay on schedule to meet your goals.

Taurus (April 20 – May 20): Expect changes in your life circumstances. Be ready to respond quickly as demands on your time and resources shift. As people drift away, consider new outlets for your efforts and entertainment. What would you love to do next? Don't procrastinate. Deal with essentials first, then relax.

Gemini (May 21 – June 21): It's time to address what you've been avoiding. What causes a lack of motivation? Once you identify what holds you back there's no stopping you. Sift through the pieces of your life. Let go of impediments and retain what is useful. Make a plan to live more authentically.

Cancer (June 22 – July 22): Practice healthy mental habits as well as physical habits. Meditate. Be mindful. Don't overschedule. Strive to do things at a manageable pace. Adjust your expectations but don't lower your standards or compromise all the time. Strive to be responsive but maintain boundaries as well.

Leo (July 23 – August 22): Things move in the desired direction when you make good decisions and keep a handle on things. You need to trust in the process. Reliable, consistent action leads to positive outcomes. What you can't control you must accept. Trying to control other people will backfire on you.

Virgo (August 23 – September 22): Get organized. Create a budget to ensure you have the funds to do something that you've wanted to do for a while. Logic may point you in one direction but your heart must have the final say. Well established habits can get you through stressful times. Temporary fixes don't last.

Libra (September 23 – October 23): This is not the time to fall into a rut. You must keep moving and pushing yourself or you'll stagnate. Seek new challenges. Your passion for finding answers and helping others is an asset. You have a gift for getting people to work together – use it in all areas of your life.

Scorpio (October 24 – November 21): You're able to spot when someone's line of logic is flawed. Now it's time to fine tune your way of dealing with this. Watch how others handle challenging situations. Be firm, compassionate and understanding. Appeasing someone to avoid conflict won't work in the long run.

Sagittarius (November 22 – December 21): Organizing an event or project is easier when you delegate tasks. You're at your best when you're at the hub of activity. Your leadership qualities are obvious. You inspire others and shine when you're happy. Planning a vacation helps you maintain an upbeat attitude.

Capricorn (December 22 – January 19): Maintaining an optimistic outlook affects your ability to make constructive decisions. What lures you off your healing path? The challenge is to stand in your own truth and to not be lead astray by temptation. Yes, life can be challenging but you thrive on beating the odds.

Aquarius (January 20 – February 18): You may feel torn between what your heart and mind are telling you. Be gentle with yourself. Assess why it is important to keep up appearances. You may be putting on a performance instead of being true to yourself because it is the best option at this time. Patience pays off.

Pisces (February 19 – March 20): Keep a diary of your reflections and observations. Reconnect with your feelings and aspirations. Deal with inner conflicts and confusion by labeling the source of your thoughts and feelings. What do you believe about yourself? Let the past go. Step outside your comfort zone. Live!

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Your 17 Wing Chaplain Team



Chaplain's Corner

The link between throwing a baseball, and the knowledge of God

by Padre Greg Girard

I grew up in a small clump of houses, in the middle of farm land, in rural Ontario. Next door there lived a man named, Mr. Postma. On Saturday afternoons, in the summer, it was not uncommon for the neighbourhood boys to be in his front yard, occupied with one thing or another. Usually practicing something.

We learned how to throw and catch a baseball, or a Frisbee. Or, it might have been pellet gun safety, as we sat on his porch taking turns plinking pop cans and other tempting targets (McDonald's toy figurines being the favorite ☺). There was always more to learn, and skills to be developed.

As the years went by, and Mr. Postma moved to a new home, I began to appreciate him more and more. It became clear that he was, what I would later call such people, a "plus person." He was the sort of person around whom others developed a better self. I realized that in teaching us how to throw a ball, he was teaching us to adopt a life-style of learning. That by thinking and self-discipline we could overcome weaknesses, and be better at what we were doing in a whole variety of areas.

There are other people like Mr. Postma. They look out, not only for themselves, but for others as well. They don't laugh at other's folly, unless it is laughing with them. Rather, they are happy to guide the guidable, and coach the coachable. And it is rooted, not in pride ("I am the teacher of many"), but actually, in humility. They re-

member that they too, needed and still need, someone to teach them something. Maybe, likely, they too had a neighbour/father/coach or teacher, who made them feel there was always more to learn.

I remember hearing about a pastor who was invited to Oxford University in England to respond to a lecture

pastor said he would not need that much time. Ten minutes would due.

After the professor gave his speech, the students in the auditorium were aggressive, especially as the pastor made his way to the platform. Sneers and jeers ushered him to the front.

He began, "Professor, how many degrees do you have? How long have you been a teacher at this elite school? How many books have you published?" The answers were very impressive. Then the pastor drew a fairly large circle on the flip chart pad of paper next to him. Then he blocked off about five percent of it, and filled it in with the marker.

"Professor, if the circle represents all there is to know in the world, would you say that the shaded in part represents how much of that knowledge you know?" The professor smiled and agreed.

Then the pastor drew an arrow into the 95% area and asked him, "Why then can't the knowledge of God be in the huge area that you simply know nothing about?" The silence was deafening as the pastor walked off the stage.

This is why I thank Mr. Postma. He taught us not to think we were good at everything; perhaps there was a way to throw a curve ball that we did not know about? He showed us that there was, and by that, some humility. It was one of the factors that would one day lead to me seeing that even though I knew very little about God, I could learn. Without that, one could even be a professor at Oxford, and be blind to his 95%.



member that they too, needed and still need, someone to give a lecture on how Atheism was true, and how a belief in God (esp. the God of the Bible) was intellectually indefensible. The professor was given an hour and a half, and the pastor had 30 minutes to respond. The

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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 Laura Coxworth
(Pentecostal)
- Protestant Faith
Community Coordinator
ext 5785

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

TBD
ext 5272

JEWISH

CHAPLAIN

Padre Noteh Glogauer
(Rabbi)
ext 6914



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CHAPLAINS

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

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

TBD
- Mental Health Chaplain
ext 5086

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 Gemmitti.

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
Administrative Assistant
204-833-2500 ext. 5087
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'.

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Contact Wing Chaplain Office for further information.

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