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THE VOXAIR

The 17 Wing Community news source since 1952

10th RCAF Run Takes Off!



Brigadier-General Sean Boyle, Deputy Commander 1 Canadian Air Division (CAD), and 1 CAD/Canadian NORAD Region Chief Warrant Officer Jacques Boucher were enjoying their run on May 28, 2018, at 17 Wing Winnipeg during the 10th annual RCAF Run. Photo: Cpl Paul Shapka
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RCAF Run Participants Share Their Impressions



Mick E. Moose, the Winnipeg Jets' mascot, performs for the racers about to begin the 10 km run at the 10th RCAF Run on May 27, 2018. MCpl Rick Ayer

by Martin Zeilig, Voxair Photojournalist

The Voxair talked to numerous people and got their comments throughout the RCAF Run and related activities at 17 Wing Winnipeg on May 27.

"The course was well laid out and people everywhere were showing you where to go, so there was no confusion," said runner Tamara Reid, 30, a resident of Winnipeg, who ran the five kilometre race in under half an hour.

"It was a great run today with great spirit out there," said Captain Padre Kevin Olive, moments after completing the 5K run. "It was a perfect day for running."

"I appreciated the encouragement from the surrounding members," said Donavon Robson, physiotherapist in the Fitness and Recreation Centre (Bldg. 90), who had also just completed the 5K run. "It was an awesome day."

"Last year, I ran in the Calgary Marathon," said John Grivell, participating in the RCAF Run for the fifth time. He finished second overall in the men's half marathon in a previous RCAF Run, and won the Master's category in the same race another time.

Grivell said the RCAF Run reminds him of family. "My grandfather was in the RCAF for 20 years," he said. "He flew a Lancaster (during the Second World War). He was posted to bases all over Canada. So, in some ways, I do this in remembrance of him."

Scott Gillingham, City Councillor for St. James, Brooklands and Weston, and his wife, Marla, have run in the RCAF Run every year.

"It's another example of how important the men and women of 17 Wing are to the province, the city and the nation," said Gillingham, who is the City Council's Liaison for Military Affairs. "This week, they (435 Transport and Rescue Squadron) were airlifting residents of northern communities threatened by forest fires; and today they organized a run and are raising funds for such critical causes (Soldier On and Support Our Troops). I want to express my sincere gratitude to the men and women of 17 Wing for the great contribution they make to our community."

"I love the energy here," said John Labun, who had just cheered on his wife, Nina Labun, in the 5K race. "It's fantastic."

"This is my first time at this race," Nina offered. "It's well organized and has great spirit. We're here to support friends who are in the military at 17 Wing."

"It's a good event sponsoring a good cause, and an opportunity for some of the professional runners to put their time in events, and for families to get together, be outdoors and be active, and see some airplanes while you're at it," commented Captain Gary Hartzenberg, 1 CAD Flight Safety, who was strolling with his wife, Melissa, while pulling a wagon holding their two sons, Riley and Parker. "It's also nice to see that in keeping with tradition on the RCAF Run, it is, indeed, raining."

Nancy Gray and husband, Master Warrant Officer Chad Gray, who works at 1 CAD, were with daughters, Drew, 5, and 18 month old Riley.

"We love it," said Nancy. "It's a great opportunity to see the base, see the planes, see where daddy works, and be with the community. We love it."

MWO Gray commented: "It's for a good cause, as well."

Master Corporal Melissa Roberts, the Head Cashier with Wing Comptroller, and husband, Nick Roberts, who was in the RCAF for five years, and their "little guy," Logan, were delighting in the day too.

"This is our first Air Force Run here in Winnipeg," MCpl Roberts said. "We came from Cold Lake last summer. We're enjoying it. We heard that it always rains. So, we're just making the best of it. It was a lot of fun. I enjoyed seeing all the aircraft on display. I'm used

to seeing the F-18, and so it was interesting to see the Dash 8 and the Hercules and other planes."

Captain Tom Dunlap, pilot of the CP-140 Aurora that did the flyover just prior to the official opening of the race, was answering questions about the plane that was part of the overall closed static display of aircraft.

"We're supporting the RCAF Run," said Capt Dunlap about his six member crew that had flown in from CFB Comox. "We did the flyby this morning at 500 feet, 200 knots, straight and level. It's my first time in Winnipeg with this aircraft."

"Today was an awesome day," said WO Eric Venema, Western Coordinator for the Soldier On Program. "The weather was not too hot and not too cool. A little bit of wet kept our body temperatures down."

"I thank the base and the Air Force for putting this event on because the support they've given it supports so many of their people-- people from the Navy, people from the Air Force. All service members and it's great to see people bounce back from their injuries, from their illnesses. Of course, we have to deal with their medical employment limitations. But, to see them regain their self-esteem, and say 'Hey, I can still do my job. I can still be part of my community. I can't do it the same I used to do it. But, I can do it still.' That's awesome."

He emphasized that 97 percent of all donations to Soldier On program goes right to the service member.

Lieutenant-Colonel Heather Collins, Chief of Staff of the RCAF Run, has headed the run committee for the past eight years.

"I do it because I believe we have to set healthy role models in our own population and in our communities," she said. "And, I really believe in the causes we support. They fulfill important roles."

"There were some additional expenses with this 10th anniversary race, but we thought it was important to say 'Hey, we've been doing this for 10 years here in the Winnipeg community as a fitness activity for families and elite runners, and being present for Soldier On and Support Our Troops-- our two causes.'"

LCol Collins also praised the support of all the sponsors and volunteers.

"Total donations for the history of the event should break a quarter of a million dollars this year," she said. Please see pages 8-9 for more RCAF Run photos.

Runners and Staff Pleased with 10th Anniversary RCAF Run

by Ashley Demers, Voxair Photojournalist

The RCAF Run has always been a great event for serious competitors and casual runners alike, and on May 27, it celebrated its tenth anniversary. Despite the rain, it was once again a huge success, with thousands of people coming out to compete, volunteer, and enjoy the festivities.

The morning started off with the opening ceremonies, followed by prep to kick off the half marathon race, and a fly over from a CP-140 Aurora to launch the runners from the start line at 9 a.m. The half marathon was followed by the 10 km race at 9:30, and the 5 km race at 10. The Family Fun Run was the last event to take off, and started at 11 a.m.

In the Race Village, military and emergency vehicles were displayed for the public to see. CANEX maintained a booth with various merchandise -- including RCAF Run active wear, and RCAF souvenirs and mementos -- and other booths and sponsors hosted tables with information and free trinkets for passersby. Applebee's held a free BBQ afterwards, to fill the hungry stomachs of those crossing the finish line.

2Lt Alexandre Palardy, who ran the 10 km race, crossed the finish line before any other competitor. He says he trains as the average person, and that he isn't very competitive, but he's happy about the victory.

"It feels great," said 2Lt Palardy. "A lot of my friends know that I like to run, that I like to train for runs. I got to go out there and have some fun, and with the support of everybody it was really fun to get first place."

Posted to Winnipeg last year, his first day in the city happened to be the day of the 2017 RCAF Run, so he was confused about why there were so many road closures and crowds. After learning about the event, he decided that this year he would run the race for the first time. He is soon posting to Moose Jaw, and will miss participating in the run in the future.

The first half marathon runner to cross the finish line was also a first time participant. Also posted in last year, LCol Josh Klemen, from 1CAD Headquarters, had a positive experience at the race and says he's happy with the way it was executed.

"I'm proud that an air force person won," said Klemen, "and it was very well organized. The weather was ok. I might run again next year, if I'm still here."

While there are those who celebrated their first RCAF Run, there are those who had their last. For LCol Heather Collins, who is the Chief of Staff for the Organizing Committee, the tenth annual run was her last. She will be stepping down from the committee for future years. Wing Commander Col Andy Cook also experienced his last, and will be leaving for Ottawa at the end of the month.

Col Cook was very pleased with how this year's race turned out, and has extreme pride in the people of 17 Wing. As far as he's concerned, the 2018 RCAF Run was a wonderful success. He says that when the RCAF Run began 10 years ago, nobody knew how large it would grow. There is no doubt in his mind that the run will be around for many more years to come.

"The RCAF Run is a tremendous example of how we operate in the military," said Col Cook. "This is all put on by people as their secondary duty. There's no full-time dedicated staff to do this. We put on a high quality, professional level event because we have talented people."

"I will miss working with people who are so exceptionally talented that they can do that and make it look easy."

Over the last 10 years, several changes have been made to the RCAF Run, which have continuously allowed it to attract more attention. This year's run saw more than double the number of registered runners as the first year, and, as always, all proceeds will be donated to "Soldier On" and "Support Our Troops." So far the event has raised more than \$250,000 for the two programs.

THE VOXAIR

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RCAF to Perform Ceremonial Sports Trivia Duties for the Queen



Major Veronique Gagne, Contingent Commander, leads four flights during training at 17 Wing Winnipeg, MB, on May 15, 2018. Selected members of the Royal Canadian Air Force (RCAF) from across Canada attend a training camp at 17 Wing Winnipeg during May 2018. They will be deploying as a contingent to perform public duties for Her Majesty Queen Elizabeth II in the United Kingdom. Photo: SgT Daren Kraus

by Martin Zeilig, Voxair Photojournalist

If the parade square has seemed unusually busy this spring it's because 17 Wing Winnipeg has been the training camp for approximately 80 Royal Canadian Air Force personnel from across Canada since mid-May. The RCAF is preparing for an upcoming tasking to the United Kingdom to perform public duties for Her Majesty Queen Elizabeth II from 25 June to 15 July.

"The airmen and women will be continuing the tradition of Commonwealth soldiers working closely with the United Kingdom Ministry of Defence and demonstrating the professional capabilities of the RCAF and CAF in an international setting," said Major David Meister, Senior Public Affairs Officer, 2 Canadian Air Division Headquarters.

The RCAF Public Duties Air Task Force Commander, Major Véronique Gagné, and Air Task Force Master Warrant Officer, MWO Dipen Mistry, were interviewed on May 25th along with Maj Meister. They will all be part of the contingent travelling to London.

The contingent also will be accompanied by over 30 members of the RCAF Band.

The Queen's Guard, as the group will be called while performing public duties, are soldiers charged with guarding the Sovereign and the official royal residences in the United Kingdom. These include Buckingham Palace, St. James's Palace, Windsor Castle, and the Tower of London.

Maj Gagné, normally stationed with 400 Tactical Helicopter Squadron in Borden, noted that on occasion Her Majesty the Queen invites Commonwealth countries to take part in these ceremonial duties.

For instance, last summer, it was 2nd Battalion, Princess Patricia's Canadian Light Infantry that were performing the ceremonial duties, she added.

"This year, it was decided that it was an ideal time

for the RCAF to mount the guard because it coincides with the United Kingdom's celebrations of the Royal Air Force's 100th anniversary," said Maj Gagné. "Each member of the contingent was chosen to participate through an individual selection process. Each Wing had to recommend candidates and for non-commissioned members, the final selection was made by the RCAF Chief Warrant Officer and the 1 CAD Chief Warrant Officer."

"This will be my first time in England," Maj Gagné said. "I feel extremely honoured, and certainly never thought I'd have the opportunity to do this when I joined the CAF in 2000."

"I'm absolutely honoured too," said MWO Mistry. "The entire contingent is honoured and proud to be involved in a once-in-a-career tasking."

MWO Mistry was born in Leicester, a city in England's East Midlands region, and moved to Toronto with his family at age 10. He is presently posted to 2 Wing Bagotville and excited to return to the UK for such a significant event.

MWO Mistry called the training program in Winnipeg rigorous with the intent of enabling personnel to perform their upcoming duties in London to perfection.

Major Stephen Miller and Chief Warrant Officer Bill Richards from the Directorate of History and Heritage in Ottawa, were in Winnipeg for a couple of days to give training assistance to the RCAF for the upcoming mission to the UK.

"We were quite happy with the initial standard of drill we saw," Maj Miller said. "They were more than ready to carry on with the specific training required for actual mounting of the guard."

"This is the first time that the guard will be mounted as a non-infantry unit from Canada," continued Maj Miller, emphasising the historic significance of the RCAF undertaking public duties for the first time in its 96-year history. "Unlike the infantry who are a formed unit, the RCAF contingent is a composite from across the Air Force"

At the time of this interview, the members were being fine-tuned for their ceremonial duties by two members of the British Armed Forces' 1st Battalion Irish Guards; Colour Sergeant Alistair Wigley and Warrant Officer Class 2 Anthony Gailey.

The Irish Guards, which was formed on 1 April 1900 by Queen Victoria in recognition of the many acts of courage and bravery performed by Irish regiments during the Second Boer War, "have the privilege of guarding royal palaces," says information on the British Army website.

"The knowledge the Irish Guards bring as the resident experts in mounting Public Duties has been incredibly valuable," said MWO Mistry.

Sports Trivia

Golf: A Good Walk Spoiled

by Stephen Stone

Hints: The modern Slam consists of The Masters – US Open – The Open Championship – and the PGA. The pre-Masters Slam was made up of the British and US Amateur – the US Open and The Open; an albatross is AKA a double eagle, The Open is the actual name of what we call the British Open

1. Who holds the LPGA record of fewest strokes below par in a 72 hole tournament?
2. Who holds the PGA record of 18 tournament wins in a single calendar year?
3. Which amateur is the only golfer to complete the Grand Slam in the same calendar year?
4. Who is the only golfer to win the Masters, the US Open and the Open in the same calendar year?
5. Who scored an albatross at the du Maurier Classic at the London Hunt Club (Ontario) in 1993?
6. Who scored the first albatross at the Masters?
7. Who scored the first double eagle at the Women's British Open?
8. What is the record, and who holds it, of PGA tour wins in 2 consecutive years?
9. What record is shared by Se Ri Pak – 1998 Jamie Farr Kroger Classic; Annika Sorenstam – 2001 Standard Register Ping; Wendy Doolan – 2003 Welch's/Fry's Championship; and Juli Inkster – 2003 LPGA Corning Classic?
10. Who holds the record of most birdies in a 72 hole PGA tournament?
11. Which golfers, what hole, and when were the other 3 double eagles scored at the Masters?
12. Who are the five golfers who have won all four of golf's majors at any time during their career (remember that this is not a Grand Slam question)?
13. Who is the unlucky golfer to finish 2nd six times at the US Open, thus not achieving a slam?
14. Here is your gimme. Who has won the most majors with 18 of them?
15. Who shares the record with Jack of 5 PGA Championships?
16. What 5 tournaments are currently, according to the USLPGA, considered the women's majors?
17. The LPGA recognizes which golfer as the only "Super Career Grand Slam winner"? She is the only LPGA member to win 5 different tournaments recognized as majors.
18. Who are the only 3 golfers to win the Masters with a 4 round total of 1 over par?
19. Who won the 1st Masters title?
20. Here is a second gimme. Who won the Masters with the largest margin of victory to date?

Sports Trivia Answers on page 14

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CORRECTION:

In our recent story on 435 Squadron HCol Helen Halliday we accidentally dropped a sentence from the end of a paragraph that explained her maternal grandfather, Norville Edward Luck, was a non-combatant with the YMCA during the war. The article left the impression he saw combat. The Voxair apologizes for the mistake and is correcting it on our online archived version.

Awaiting training? Make the Most of It!



2Lt Rebryna sits in the cockpit with enthusiasm during phase II pilot training at 2 Canadian Forces Flying Training School at 15 Wing Moose Jaw on April 20th, 2018. Photo: Supplied

by Capt Sylvain Rousseau, 2 CAD Public Affairs

Every day, RCAF personnel safeguard our sovereignty from coast to coast to coast and participate in missions around the world. It is no wonder that new members of the RCAF family are excited to join their brothers and sisters in arms to watch over the security interests of Canada, but doing so requires being trade-qualified and that can take time.

The waiting periods through different phases of training varies for each occupation and can be perceived as long; however, this waiting period can be a great opportunity for individuals to develop further professionally. It's up to each individual to make the most

of their time.

Major (retired) Terry Sokolowski, the Basic Training List (BTL) Administration Officer at 2 Canadian Air Division (2 CAD) Headquarters encourages every member on the BTL to "take on challenging opportunities, work on professional development and work towards obtaining a second language." His advice to each and every student is to "have a positive attitude, stay focused on their goal, work hard and enjoy the journey to becoming a fully-trained member of the RCAF."

Second Lieutenant (2Lt) Kyle Rebryna, a Pilot awaiting training, is a strong example of what one can do to make the most of their time while waiting for the next phase of training.

"Be bold and really invest in whatever mission your unit is performing," said 2Lt Rebryna.

2Lt Rebryna arrived at 2 CAD Headquarters in February of 2017 with an open mind and a willingness to try anything. Once tasked with certain administrative duties he tackled the challenges head on with enthusiasm. "Everyone at 2 CAD was quite happy to let me spread my wings," said 2Lt Rebryna.

During his time at 2 CAD, 2Lt Rebryna's initiative and professionalism was notable as his mentor progressively increased his responsibilities. For instance, he produced a handbook to help guide new graduates from Basic Military Officer Qualification (BMOQ), he improved administrative processes and, assisted his supervisor with the management of the BTL Aerospace Engineering Officer (AERE) occupation training requirements. In addition, 2Lt Rebryna completed some significant professional development by finish-

ing courses in Air Force Officer Development (AFOD), Canadian Armed Forces Junior Officer Development (CAFJOD), SharePoint Administrator and the Phoenix Pay System, to name a few.

Keeping busy during his waiting period allowed him to learn and acquire a better understanding about what goes on behind the scenes in the RCAF. "I think I now have a very solid grounding in the administrative workings of the training side of the RCAF, and also an insider's perspective on the motivations of everyone who works there," stated 2Lt Rebryna.

As if being productive in the office wasn't enough, 2Lt Rebryna was also actively engaged after hours. He was an active committee member of 2 CAD Commander's Mixed Mess Dinner contributing to the online registration process and volunteered his free time in the community such as the Canada Summer Games in Winnipeg and the Winnipeg Santa Clause Parade. "The Royal Canadian Air Force is your Air Force, so build it up like you own it, because, well, you do," said 2Lt Rebryna.

"Knowing that you're respected and have something to contribute, even at such an early stage of your career, is what can bring you to work every day with a positive attitude, especially when your training courses can look so far away."

2Lt Rebryna has recently started phase II pilot training at 2 Canadian Forces Flying Training School at 15 Wing Moose Jaw. Prior to departing 2 CAD, he was recognized by the Commander, Brigadier-General Dave Cochrane, with a 2 CAD Commander's Commendation for his outstanding contributions.

CFMWS Wellness Fair a Stress Free Success



The Canadian Forces Morale and Welfare Services takes the wellness of their own employees seriously. CFMWS members in Winnipeg were able to participate in a number of activities for the Be Well, Work Well, Wellness Fair on May 30. A number of CFMWS employees took the opportunity to get a chair massage from either Shane or Devin. Photo: Bill McLeod, Voxair Manager

by Ashley Demers, Voxair Photojournalist

NPF staff members were treated to a day of wellness and stress relief May 30, with various free and voluntary events held to promote their physical and mental well-being.

The day began at 7:30 a.m. with a 4 km walk. Those participating showed up bright and early, and, though the day was wet and humid, took on the walk as a group. The walk was then followed by free chair massages for those who booked ahead, and a Lunch and Learn session at the Jr. Ranks Mess. Finally, it concluded with bouncers and art in the Bldg. 90 gym.

The Lunch and Learn had a special guest presentation from a relaxation expert and professional stone balancer, Kent Avery. Avery showed off his artistic talent and patience with a short documentary made by Vancouver Film School students, and a few small stone balancing demonstrations.

The primary goals of the day were to promote health and wellness, whilst paying particular attention to the importance of a healthy state of mind. The primary subject of the Lunch and Learn meeting was stress reduction, and how to focus on positive outlooks while remaining grounded and calm.

"Typically when there's an event that happens, after that event, it gets processed by your brain," said Diane Brine, Health Promotions Manager. "It processes the

information and decides 'do I have the skills to cope with this? If my brain decides I don't have the skills to cope with it, then I will have a stress response.'"

Being healthy and stress free is a goal for many.

Healthy behaviour is often indicated by health mood fluctuations, healthy diet, recreation, a regular sleep cycle, and a social lifestyle.

When reacting to stressors, changes in behaviour can occur, and the people around you often pick up those changes. Brine says that knowing where you are on the Mental Health Continuum Model, as well as where others are, can help you become aware and perhaps do some self-reflection.

"The Mental Health Continuum Model was designed in 2009. It shows behaviours as people might react as they move through the mental continuum," said Brine.

The model shows four different colours – green, yellow, orange, and red. Green is best, indicating a healthy and virtually stress free person, while red indicates ill and overwhelming stress, and often a diagnosable mental illness.

This information was taught at all bases across the country on the same day, for NPF Wellness Day. For 17 Wing, NPF staff have Health Promo-

tions Manager, Diane Brine, and Community Recreation Coordinator, Deanne Bennett, to thank for their organization.

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17 Wing Recognizes Sports Excellence



17 Wing Womens Volleyball team accepts "Team of the Year Award" Representing the team were (L-R) Capt Jennifer Finateri, Capt Jennifer Lacasse, Cpl Caitlin Coppell, WO Tara-Lee Phillip, Maj Jamie Doyle, and Coach OCdt Dennis Gowen. Photo: Cpl Paul Shapka

by Bill McLeod, Voxair Manager

The 17 Wing Winnipeg Sports Awards Ceremony was held following a buffet breakfast at the Officers' Mess on the morning of Friday, May 25.

Personnel Support Programs Acting Sports Coordinator Dawn Redahl, following a tradition established last year where the sports representatives wrote season's recaps, read the short, sometimes funny, summaries of the season to the entire group before awarding the 17 Wing Recreation Sports Awards.

The 17 Wing Recreation Sports Awards winners were:

- Slo-pitch-the Wing CE Beavers
- Golf-the Fighting Artichokes
- Hockey 'C' Division-the Geriatric Jets (average age is over 50)
- Hockey 'B' Division-the Wing CE Yellow Jackets
- Hockey 'A' Division-the Wing CE Falcons
- Curling-Building 52
- Volleyball-Odds n' Sods

The Sergeant Glen Macleod Memorial Award is given annually to the player who best displays the qualities of sportsmanship, dedication, enthusiasm, and love for the game of hockey. Sgt Macleod served at 17 Wing Winnipeg from August 1986 to December 1990 during his career which spanned from 1978 to 1990. Throughout his career he displayed tremendous enthusiasm and dedication to the game of hockey, particularly within the CAF. Glen devoted countless hours to the organization of the Wing Hockey League and the BAMEO team. On December 5, 1990, Sgt. MacLeod passed away suddenly while playing hockey.

This year's Sgt Glen Macleod Memorial Award was presented to Jon Sim.

According to the CISM website, the CAF participates in international sports as a member of the Conseil international du sport militaire (CISM), an international military sports organization with 133 member countries. The fundamental aim of CISM is to promote sport activity and physical education between armed forces as a means to foster world peace. This year the following CISM members were recognized at 17 Wing Winnipeg:

- Joanna Jarrett – Team Trainer CISM Swimming - Brazil and Florida
- WO Michelle Neilson – Official CISM Swimming - Ottawa and Brazil
- Capt Stuart Ireson – CISM Men's Soccer
- Cpl Lyndsay Cross – CISM Women's Soccer
- MS Laura Imhoff – CISM Women's Volleyball
- MCpl Klye Van Genne – CISM Men's Volleyball
- Lt Dallas Buhr – CISM Women's Volleyball
- Maj Jennifer Jones – CISM Golf
- Capt Sonja Hansen – CISM Golf Training Camp

The 17 Wing Male Athlete of the Year was awarded to Lt Jacob Switzer. According to Capt Dan Ennis, Lt Switzer, "Could be counted on in any situation on the ice, showing how dependable he was. He was open to criticism and always had a desire to learn making him highly coachable. Lt Switzer showed an elevated knowledge of the game, combined with his leadership characteristics in the locker room, made him a natural selection for Assistant Captain."

17 Wing Female Athlete of the Year was awarded to Cpl Lyndsay Cross. According to Cpl Andrew Burnett,



Acting 17 Wing Commander Lieutenant-Colonel Brian Quick presents Cpl Lyndsay Cross the "Female Athlete of the Year Award" with Acting Wing Chief Warrant Officer Cheyne Todd during the 17 Wing Winnipeg Sports Awards Ceremony held at 17 Wing on May 25, 2018. Photo: Cpl Paul Shapka

"Cpl Lyndsay Cross is a talented multisport athlete who is not only an asset to her trade, but also sports in the Military, as well as an invaluable member of her local sporting community. Lyndsay is the Assistant Captain of the 17 Wing Women's Hockey team, while also co-managing the Fighting Artichokes Intersection Hockey team, who came within one win of the Intersection Championship this year. Cpl Cross also captained the Prairie Region Women's Soccer team – who made it to finals for the first time ever, but lost in overtime of the Championship Game.

Coach of the Year was awarded to Sgt Clint Killam. Capt Kim Egert thanked Killam for his coaching skills that included recognizing it may be better to stay back and send 12 strong players to the regionals. "Clint, on behalf of the 2017/2018 Winnipeg Men's Basketball Program, thank you for your dedication to the team, friendship, and your ability to always hit a 3 pointer when it was needed," wrote Capt Egert. "Your presence on and off the court, along with your old-school hook shot that always seemed to go in, will be missed. Congratulations on Coach of the year, it is a well-deserved recognition."

The Official of the Year was presented to Capt Kevin Mitchell. Maj Cameron Pow wrote this about him: "His hard work and dedication to the game is unparalleled within the Winnipeg sports community. He not only referees in 5 leagues across Manitoba, but routinely officiates games throughout the prairies. In addition to simply working games, Capt Mitchell also contributes to the hockey officiating system by instructing annual clinics. More importantly, he mentors and supervises a wide variety of levels from young junior officials up to the high performance levels. Capt Mitchell was selected this year as the Chief Referee for the CF Prairie Regional Hockey tournament and followed this up by travelling to the National Hockey Championships in Borden where he was recognized for his performance by working the Championship Final game."



Acting 17 Wing Commander Lieutenant-Colonel Brian Quick presents Sgt Clint Killam the "Coach of the Year Award" with Acting Wing Chief Warrant Officer Cheyne Todd during the 17 Wing Winnipeg Sports Awards Ceremony held at 17 Wing on May 25, 2018. Photo: Cpl Paul Shapka

The team of the year was 17 Wing Winnipeg's only national champions, the Women's Volleyball team. Capt Jennifer Lacasse wrote this about the team at the nationals: "The team lost their first two games in round robin. Determined this was the year they would finally earn that Gold they "just missed" over the past several years, the team beat out the next two teams securing their place in the semis against Quebec. Winning the semis, the ladies advanced to the Championship game against Atlantic, playing a nail-biting point for point game. Down 10-4 in the last set, the team pulled together and fought for every point, catching up and ultimately over taking Atlantic in a 16-14 win of the 5th set. As preparation for tournament games, the women's volleyball team practiced on Tuesdays, and played in a city league one night a week from Sept – April.

Acting Wing Commander LCol Brian Quick wrapped up the awards ceremony by saying that everyone present was lucky to be in an organization that promotes health, fitness, and sports. He thanked the unit commanders for setting the conditions of success for athletics, and encouraged all athletes to continue to reach for their goals.

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World Environment Day 2018 - Beating Plastic Pollution

By Mark Dettman, 17 Wing Environment Officer

Originally established in 1972 by the United Nations General Assembly, World Environment Day is commemorated each year on 5 June. A component of World Environment Day is not only the identification of a host country, but a general theme. This year's host is India and the theme is "Beat Plastic Pollution". To celebrate this year's theme, I wanted to highlight some of the issues as to why our use and abuse of plastics, especially single-use plastics, has become such a concern.

Plastics are any synthetic or semi-synthetic organic polymer, most of which are made from petrochemicals. The reason why plastics can last so long in the environment is because many of the micro-organisms responsible for decomposing organic matter do not have the metabolic pathways necessary to degrade the carbon-carbon bonds within the polymers. The result is that the rate that plastics degrade relates to a combination of the type of plastic they are made from as well as the environmental conditions they are exposed to. For example, plastics on land can take hundreds of years to degrade and breakdown while plastics in the ocean can sometimes degrade rather rapidly under the right conditions. However, even in the instances of rapid degradation, the contaminants that get released into the environment during the process dampens any perceived positive feature.

Whether on land or in the sea, as plastics degrade, they leave behind not only small pieces of plastic that are more easily ingested by marine life and birds, but toxic compounds as well that get in to the water column or accumulate in soil. Some of these toxic compounds such as Bisphenol A (BPA) have been shown to interfere with the reproductive systems of animals while others such as styrene monomer is a suspected carcinogen. Newer studies have indicated that some BPA free plastics released fluorene-9-bisphenol (BHPPF) which may have the potential to cause adverse endocrine effects. Additionally concerning is that manufacturers have begun replacing the chemicals we know are toxic with other chemicals whose effects are unknown.

Undoubtedly, one of the triggers for this year's theme is the increased attention being paid to the Great Pacific Garbage Patch, also known as the Pacific

trash vortex. For those of you unaware of what the Pacific Garbage Patch is, it refers to numerous locations within the North Pacific Ocean whereby rotating currents and winds converge to accumulate marine debris, mostly man-made garbage, of which plastics are a large component. As per the U.S National Oceanic and Atmospheric Administration, no scientifically sound estimates exist for the size or mass of these garbage patches. However, it is estimated that there is 79,000 metric tons of plastic in the patch, most of which is fishing related nets and gear. Similarly, a recent study identified that the highest density of anthropogenic debris recorded anywhere in the world is located on a small uninhabited island in the eastern South Pacific. Of the debris found on Henderson Island, 99.8% of it is plastic with an estimated weight of 18 tonnes.

With the "Beat Plastic Pollution" theme for 2018, the United Nations Environment Programme urges governments, industry, communities, and individuals to come together and explore sustainable alternatives and urgently reduce the production and excessive use of single-use plastic. To fully comprehend the reasoning behind urging such action, one needs to consider some statistics on humanity's use of plastic.

Researchers estimate that since large scale production of plastics began in 1950, humans have produced 8.3 billion tonnes, of which 6.3 billion has already become waste. Perhaps most interesting, more than 50% of the 8.3 billion tonnes was produced between 2004 and today. Further, the environmental news organization Ecowatch reported that;

- 50 percent of the plastic we use, we use just once and throw away;
- Enough plastic is thrown away each year to circle the earth four times;
- We currently recover only five percent of the plastics we produce;
- The production of plastic uses around eight percent of the world's oil production;
- Approximately 500 billion plastic bags are used annually worldwide.

To make our wasteful use of plastics touch closer to home, I will highlight a simple, single local example. An internationally known sandwich franchise chain has

50 individual stores within the borders of the City of Winnipeg. Using a conservative estimate, each location sells 15 sandwiches etc. each day that are take-out. For take-out orders, this particular franchise provides a thin, single-use plastic bag. The result is that in a given year in Winnipeg alone, this single franchise provides at least an estimated 273,750 single-use plastic bags (15 per day x 50 locations x 365), most of which either end up directly in the garbage or become windblown to be deposited somewhere on the land or within our lakes/streams. Globally, the same franchise has over 40,000 stores. You can do the math as to the number of single-use plastic bags provided by this company each year.

For those that may not be interested in the environmental cost of plastics as a whole, there is another perspective of the issue that you might be interested in, the cost to your wallets of using plastic products of convenience. In an article posted by the CBC focused on coffee pods and other single use plastic products, the high cost per use was assessed. In short, using plastic coffee pods costs a person upwards of 10x more than making coffee by using a 326-gram tin of ground coffee. On an annual basis, brewing your coffee the old fashioned way, even if only drinking one cup a day, could save you upwards of \$230 a year. Such increased costs are not outliers in our use of plastic products of convenience, after all, industry needs to pass on the costs of the additional R&D, materials, production etc. to us, the end users. From a more classical environmental perspective, manufacturing and transporting plastic products of convenience are steps where energy is used and emissions are released.

At the end of the day, having a clean environment may not be an interest to everyone. However, if it is, remember that not all plastics are necessarily recyclable within your area, even if they exhibit a recycling symbol. This is due to the fact that recycling facilities within a given region may simply not be able to handle all of the various types of plastics produced. As such, your first step should always be to reduce your use of plastics (especially single-use plastics) prior to recycling.

Canadian Environment Week 2018

By Mark Dettman, 17 Wing Environment Officer

Monday, June 5, is World Environment Day. In response to its creation, Canadian Environment Week was created and later legislated via the Canadian Environment Week Act, to occur every year in the week that includes June 5. Given that the nature of the DND requires that its personnel engage in many activities that could, without necessary safeguards, result in significant environmental consequences, as part of Canadian Environment Week, 2018, I would like to take the opportunity to highlight the duties and responsibilities of the 17 Wing Environment & Hazmat office.

The 17 Wing Environment & Hazmat office consists of two positions (Env O and Hazmat O). Our offices are located in the northwest corner of building 100 across from hangar 16. We have an open door and/or phone policy to accommodate anyone who wants advice or to simply discuss environment & hazmat related issues. The underlying mandate of our office is to provide advice and support to help ensure 17 Wing's operations remain environmentally compliant. We work to achieve this by assisting in not only the management of departmentally owned properties & infrastructure within Manitoba, Saskatchewan and north-western Ontario, but with CF operations both within and outside of those properties. Some of the ways we try to achieve our mandate are through;

- Contaminated Sites Management and Remediation- Based on various criteria, all contaminated sites on federally owned property are tracked, recorded and reported to parliament annually. 17 Wing Environment & Hazmat, as with the environment staff at other

Wings and Bases, is responsible for either making the decision or seeking out the appropriate subject matter expertise for how a contaminated site will be managed.

- Environmental Assessments- Following the Canadian Environmental Assessment Act, 2012, 17 Wing Environment & Hazmat either completes or manages the completion of environmental assessments on topics such as construction/demolition projects and military training exercises.

- Natural Resource Management- The majority of 17 Wing managed properties do not require much natural resource management; however, areas such as the St. Charles Rifle Range (which contains the rare Tall Grass Prairie Ecosystem) are managed to meet the goals and objectives identified within the federal Sustainable Development Strategy and departmental policies.

- Hazardous Material Management- 17 Wing Environment & Hazmat assists, at various levels, in the proper procurement, handling, use, storage and disposal of hazardous materials by Wing related entities. This activity requires a close working relationship with Wing personnel so that all hazardous material is used and disposed of in a legal and environmentally responsible manner.

- Environmental Training- 17 Wing Environment & Hazmat directly provides or facilitates the provision of environmentally related training to Wing personnel on subjects such as general environmental awareness and spill prevention.

- Environmental Reporting- Involves monthly, bi-annual and annual reporting both within the depart-

ment and outside of the department to municipal and federal entities. Reporting information on time is key to keeping 17 Wing in compliance with legislation/regulations.

- Environmental Project Management- Most activities today involve some environmental component. Whether it is attending project start-up meetings, dealing directly with other units or contractors, or identifying needed mitigation measures, 17 Wing Environment & Hazmat works closely with Wing personnel to ensure that environmental requirements related to a project are achieved.

- Environmental Program Development- 17 Wing Environment & Hazmat is responsible for staying current with environmental legislations/regulations, policies, technologies etc. 17 Wing programs must be able to adapt to any regulatory or technical changes that may occur. Any and all suggestions regarding environmentally related ideas, products etc. are always welcome (contact the Wing Environment or Hazmat Officer)

Although 17 Wing Environment & Hazmat has the responsibility to administer and manage its own site specific environmental programs, as well as the environmental requirements identified by both the Department of National Defence and by Acts of Parliament, it is only through the dedication and hard work of Wing personnel at the unit, section and individual level that allows the 17 Wing Environment & Hazmat program to be successful.



1 Canadian Air Division members do circuit training for physical training during a class at Building 21 led by PSP Fitness, Sports, and Recreation instructors on May 23. Photo: Bill McLeod, Voxair Manager



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Around The Wing



On May 28, 2018, 17 Wing, Winnipeg hosted the 10th annual RCAF Run, with military and civilian members from across Canada competing in either a half marathon, 10km, 5 km race or the 3km Family fun run. Photo: Cpl Paul Shapka



George Duncan, RP Ops, and Cpl William Reimer, Wing CE Flight, set up a new bike shelter in front of Building 90 on May 23, just in time for the RCAF Run. Photo: Bill McLeod, Voxair Manager



The runners begin the 5 km run during the 10th RCAF Run on May 27, 2018. Photo: MCpl Rick Ayer



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Dawn Redahl, Acting PSP Sports Coordinator, presents Misty Burrows a prize for women's low gross score at the 17 Wing Commander's Golf Tournament at Teulon, MB, on June 1, 2018. Photo: Bill McLeod, Voxair Manager

Around The Wing



Lieutenant-General Al Meinzinger, Royal Canadian Air Force Commander, and Chief Warrant Officer (CWO) Gerald Poitras, Royal Canadian Air Force CWO speak with the Public Duties RCAF personnel at Stevenson Parade square, 17 Wing Winnipeg, MB, on May 30, 2018. Selected members of the Royal Canadian Air Force (RCAF) from across Canada attend a training camp at 17 Wing Winnipeg in May 2018. They will be deploying as a contingent to perform public duties for Her Majesty Queen Elizabeth II in the United Kingdom. Photo: Sgt Daren Kraus



After a recent rain, a goose family takes advantage of some ponds in the WHQ parking lot for some swim lessons. Feel free to change the caption. Photo: Rick Harris, Senior Manager PSP 17 Wing



A CC-130H Hercules aircraft from 435 Transport and Rescue Squadron based at 17 Wing Winnipeg assists in evacuating people from Red Lake, Ontario to Winnipeg that are affected by forest fires in Northern Manitoba around their homes in Little Grand Rapids as part of Operation LENTUS on May 23, 2018. Photo: Cpl Darry Hepner, 17 Wing Imaging



Dawn Redahl, Acting PSP Sports Coordinator, presents Master Corporal John Ilag a prize for men's low gross at the 17 Wing Commander's Golf Tournament at Teulon, MB, on June 1, 2018. Photo: Bill McLeod, Voxair Manager

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DEPLOYMENTS	22 WING, NORTH BAY //
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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.

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Disposing of Household Hazardous Waste in Winnipeg

By Mark Dettman, 17 Wing Environment Officer

Prior to becoming the 17 Wing Hazardous Materials Officer in May 2017, I worked in the oil industry and served in the CAF. During both of these previous careers, my family moved numerous times and it was always surprising how much household cleaning products, vehicle maintenance products, lawn care products, paints and thinners we accumulated. Prior to a new posting or simply after spring cleaning, we had to decide whether the inventory of products we had accumulated were ever going to be used again, whether a friend or neighbor could use them, or where and how we could dispose of them.

The types of products identified above have come to be known as Household Hazardous Waste (HHW). Household Hazardous Waste can be defined as waste material that is generated within the home that poses a risk to health, safety or the environment and cannot be disposed of through the normal municipal waste collection system. Household Hazardous Waste can include but is not limited to the following: aerosols, antifreeze, batteries, corrosive, e-waste, flammable liquids, fluorescent lights, medicines, pesticides, personal care products, propane cylinders, toxics, used oil and waste fuel.

While 17 Wing has developed a comprehensive program to manage the disposal and recycling of hazardous products generated from Wing operations, due to liability and cost considerations (i.e. use of taxpayer funds), 17 Wing does not permit hazardous waste generated by private entities to be brought on to the Wing for disposal or recycling. However, the good news for those of you who generate HHW is that there are options available within Manitoba that allows for free disposal in a legal and environmentally friendly manner.

Within city limits, you can take your household hazardous waste to:

Miller Environmental Corporation

1803 Hekla Avenue
Phone 204-925-9600

Open 9 a.m. to 4 p.m. Monday – Friday, plus the first and last Saturday of the month from May – September

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Closed November 11, December 25 and January 1.

Outside of city limits, you can find an Eco-Depot near you by visiting the Manitoba Government's Sustainable Development website, www.gov.mb.ca/sd/wastewise/index.html

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June is Recreation Month: Get Up, Get Out and Get Active!

Physical activity plays an important role in the health, well-being and quality of life of Canadians. People who are physically active live longer, healthier lives. Active people are more productive, and more likely to avoid illness and injury.

Recreation and parks services have an important role in enhancing physical activity, which in turn, is a critical factor in improved physical and mental health. Increased physical activity levels are associated with the presence of trails for walking, hiking and cycling, and organized events, including sport competitions and instructional programs.

We asked the military community if recreation programs keep them physically active and this is what a few of them said:

"I would say yes, but mainly for the children! In Valcartier, they offer many family programs! My daughter loves her swimming and dancing lessons!" Erika Gagnon

"As a busy mom I love the recreation programs geared to the younger ones. I attend Red Cross swimming lessons as well as Tyke Terrain at CFB Trenton with my little one and it keeps us both active!" Lindsey Michelline Rutledge

"Rec programs were essential in keeping my family fit! Swim lessons, soccer, hockey, etc. Now 3 of my 4 kids serve in the CAF themselves. Fitness from a young age developed their love for sport!" Telah Morrison

"Absolutely! Especially when there is a variety of things so there is something for everyone." Lisa Plante

"Recreation programs keep me physically active because it gets me out of the house when I am committed to specific dates and times. These programs keep me moving." Enessa Janine

"Yes for sure, especially the kids! It is great to live at a base that has PSP programs that keep kids up and active!" Beth Morin

The Personnel Support Programs (PSP) Recreation Program plays a key role in developing military communities that are active and families that are supportive of CAF members' fitness. PSP Recreation offers military families opportunities to be physically active together and participate in programs that meet their needs and interests.

"By reinforcing a more complete integration of families through recreation programming, there is a profound impact on the CAF's operational capability," says Dr. Michael Spivock, Senior Officer, Human Performance Research. "A family that is committed to physical activity will have a stronger influence on the individual CAF member's lifestyle, choices and commitment to fitness training."

June is Recreation Month is a great way to kick-off an active lifestyle change for you and your family, leading to healthier and more enjoyable lives for all! To learn more about community recreation and to enter the June is Recreation Month contest, visit CAFconnection.ca and follow us at www.facebook.com/CF.REC.FC

Juin, le mois des loisirs : Levez-vous, sortez et bougez !

L'activité physique joue un rôle important dans le maintien de la santé, du bien-être et de la qualité de vie des Canadiens. Les personnes qui pratiquent l'activité physique améliorent leur santé et leur longévité. Les personnes qui pratiquent l'activité physique sont plus productives et ont de meilleures chances d'éviter les maladies et les blessures.

Les services publics offerts par le secteur du loisir et des parcs ont un rôle important à jouer dans le renforcement de l'activité physique, lequel joue à son tour un rôle crucial dans l'amélioration de la santé physique et mentale. On constate que les gens font plus d'exercice quand on leur propose des sentiers de promenade et de randonnée à pied et à bicyclette et quand on organise un programme d'événements, avec des compétitions sportives et d'autres activités attrayantes.

Nous avons demandé à la communauté militaire si les programmes de loisirs les gardent physiquement actifs, et voici ce que certain ont répondu :

« Je dirais oui, mais plus au niveau des enfants ! À Valcartier, ils offrent beaucoup de cours pour la famille ! Ma fille adore les cours de piscine et de danse ! » Erika Gagnon

« En tant que mère occupée, j'adore les programmes de loisirs pour les plus jeunes. J'assiste aux leçons de natation de la Croix Rouge, ainsi qu'aux terrains pour jeunes avec mon enfant, et ça nous garde tous les deux actifs ! » Lindsey Michelline Rutledge

« Les programmes des loisirs ont été essentiels pour garder ma famille en forme ! Les leçons de natation, le soccer, le hockey... Maintenant, 3 de mes 4 enfants servent dans les FAC. Le conditionnement physique dès un jeune âge leur a permis de développer leur amour pour le sport ! » Telah Morrison

« Absolument ! Plus particulièrement quand il y a une variété d'activité pour qu'il y ait quelque chose pour tout le monde. » Lisa Plante

« Les programmes de loisirs me gardent physiquement active parce que ça me permet de sortir de la maison puisque je m'engage à participer à des activités à des dates et heures spécifiques. Ces programmes me font bouger. » Enessa Janine

« Oui, absolument, spécialement les enfants ! C'est génial de vivre sur une base qui a des programmes des PSP qui gardent les enfants debout et actifs ! »

Le programme de loisirs des Programmes de soutien du personnel (PSP) joue un rôle essentiel dans la création de communautés militaires actives dont les familles appuient la mise en forme des FAC. Les loisirs des PSP permettent aux familles des militaires de s'adonner ensemble à des activités physiques et de participer à des programmes qui répondent à leurs besoins et à leurs intérêts.

« En favorisant davantage l'intégration des familles à l'aide des programmes de loisirs, on influence grandement la capacité opérationnelle des FAC, explique Michael Spivock, Ph.D., agent supérieur de la recherche en performance humaine. Une famille engagée dans des activités physiques a un plus grand effet sur le style de vie, les choix et l'engagement d'un membre individuel des FAC à se mettre en forme. »

Juin, le mois des loisirs est une bonne façon d'amorcer un changement vers un mode de vie actif pour vous et votre famille, qui permettra à tous d'être en meilleure santé et de profiter pleinement de la vie ! Pour en connaître davantage sur les loisirs communautaires et vous inscrire au concours « Juin est le mois des loisirs », rendez-vous au cafconnection.ca et suivez-nous au www.facebook.com/CF.REC.FC

2018 JUNE RECREATION Month
Get UP, get OUT and get ACTIVE!

Sponsored by **random THE**

Free events!

- Family BBQ & Play** THURS 7 JUNE 1700-1900 hrs Bldg 90
Hotdogs, bouncers, games & more!
- Adult Group Paddle** SAT 9 JUNE 0900-1800 hrs Meet at Bldg 90
At Pinawa Transportation provided FREE for Military & DND employees w/Rec membership—all others \$55/person
14 spots available / Pre-registration required
- Adult Group Hike** SAT 16 JUNE 0900-1800 hrs Meet at Bldg 90
At Pinawa Transportation provided 14 spots available / Pre-registration required
- Adult Group Bike to Fort Whyte** SAT 16 JUNE 1000-1530 hrs Meet at Bldg 90
Pack a lunch or bring money for the restaurant & enjoy a 25 km group ride (12.5 km each way)
- Family Circuit** WED 20 JUNE 1700-1930 hrs Bldg 90
1 hr fun circuit in the gym, 1 hr swim & pizza!
- Active Kidz** TUES & THURS 1630-1930 hrs & SAT 0915-1145 hrs Bldg 33

REGISTER ONLINE AT WWW.CAFCONNECTION.CA/WINNIPEG OR CONTACT ASHLEY.MCGRAW@FORCES.GC.CA EXT 7013

Summer SPORTS DAY CAMP
17 WING COMMUNITY RECREATION
SPORTS · GAMES · SWIMMING · MOVIES · TRIPS · HOT LUNCH & MORE!

JOIN US FOR A WEEK OF FUN, FITNESS & FRIENDSHIP!
TUES JULY 3 - FRI AUGUST 24

COST:
With Membership \$130 per week per child
Without Membership \$160 per week per child
ALL PRICES INCLUDE BEFORE & AFTER CARE
PAYMENT PLAN IS AVAILABLE

CAMP AGE GROUPS
ROOKIES 6, 7 & 8 YRS OLD
Children need to be 4 yrs old on the start date of camp. Special consideration to military dependants born in the latter half of 2012.
VARSITY 9 & 10 YRS OLD
ELITE 11, 12 & 13 YRS OLD

CAMP DAY
9 AM - 4 PM
BEFORE CARE 7:30 am - 9 am
AFTER CARE 4 pm - 5:30 pm

FIELD TRIPS MAY INCLUDE: KILDONAN WATERPARK • OAK HAMMOCK MARSH • DRAGON BOAT/KAYAKING • STEINBACH AQUATIC CENTRE
STONEWALL QUARRY BEACH • SKY ZONE • ACADEMY LANES

REGISTRATION OPENS:
MEMBERSHIP & MILITARY - TUES, APRIL 10 • NON-MEMBERSHIP - TUES, APRIL 24
To Register: www.cafconnection.ca/winnipeg • Info: 204-833-2500 ext. 5139 or 2057

LET'S GET STARTED
Strengthening the Forces presents
THE CAF HEALTH AND WELLNESS CHALLENGE

Step Challenge—Walk Across Canada!
It would take approximately 15,000,000 steps to walk across our beautiful country. Let's do it TOGETHER!

It's not too late to join the Health & Wellness Challenge. This year's challenge started May 17 and continues until the end of June. Sign up through your unit STF Representative or by contacting the Health Promotion office.

Health and wellness need not be complicated. A brisk walk can help you live a healthier life. Some of the benefits of walking include:

- Maintain a healthy weight
- Prevent or manage heart disease, high blood pressure, type 2 diabetes
- Strengthen your bones and muscles
- Improve your mood
- Improve your balance and coordination

The faster, farther and more frequently you walk, the greater the benefits.

This year, we are challenging members to walk across Canada with us. It will take approximately 15,000,000 steps to complete the journey from Newfoundland to British Columbia. Tracking sheets and pedometers are available at the Health Promotion office. Don't worry if you enjoy other types of physical activity too. We have a step conversion chart for you.

Bragging rights are on the line. There will be awards for the Large and Small Unit participation and one of the person who logged the most steps during the challenge. We will also be holding random prize draws for all participants.

GET BIKING BIKE WEEK WINNIPEG JUNE 18-24

Bike To Work Day
<https://www.bikeweekwinnipeg.com/bike-to-work-day/>

Monday, June 18
Join us on the Yellow Ribbon Trail
At Wihuri & Silver
0630 – 0900 hours
Light refreshments will be available

Journée "Au travail à vélo"
Lundi, le 18 juin
Joignez-vous à nous sur la piste
«Yellow Ribbon Greenway»,
à Wihuri et Silver
de 6h 30 à 9h
Les collations santé seront disponibles

Health Promotion in the Canadian Forces / STRENGTHENING THE FORCES / Promoteur de la santé dans les Forces canadiennes

Military Family Resource Centre / CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES

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

Want to increase your stress hardiness, enhance your performance, ramp up your resilience?
Stressed? Take Charge!
5 & 6 July 2018
0830 - 1600 hrs

Si vous voulez augmenter votre résistance au stress, améliorer votre performance, accroître votre résilience?
Le stress: Ça se combat!
5 et 6 juillet 2018
08h30 à 16h00

Health Promotion in the Canadian Forces / STRENGTHENING THE FORCES / Promoteur de la santé dans les Forces canadiennes

For more information or to register contact Health Promotion at local (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

LUNCH AND LEARN HOW TO BUILD YOUR GARDEN BOX

WED, 13 JUN 18
1200 hrs

Bldg 139
Rm 220

COMMUNITY GARDENING WORKSHOP:
Whether you live in Military housing or not, container gardens offer a way to grow herbs, vegetables and flowers as well personalize your space without compromising the landscape.

This workshop will include a presentation of a few different types of planters and their application as well as a demonstration of how to build a wood planter using readily available materials.

Bring your lunch to Bldg 139 Room 220 for the presentation and be prepared to go outside for the building demonstration. We will begin at 1200 hrs.

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

Respect in the CAF Workshop - Respect dans les FAC-

12 June, 2018 – le 12 juin, 2018
0800-1600 hrs / 08h00 – 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 please contact Health Promotion at local 4150 or healthpromo@forces.gc.ca

Operation HONOUR

THE VOXAIR

Give us a call: 204-833-2500 ext. 4120
Find out the benefits of advertising with us



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

DID YOU KNOW?

The Winnipeg Military Family Resource Centre is a registered charity. This means when you make an eligible donation to us, you receive a tax receipt. Although our mandated programs are federally funded, any programs that are above and beyond the mandated ones either require a fee or fundraising to make them possible.

You can donate online, in person or through the Government of Canada Charitable Workplace Campaign. We accept onetime and monthly donations as well as bequests. We are here to answer any questions you many have about donations and supporting our efforts to support our families.

CAFÉ EN FRANÇAIS

Join us Wednesday mornings from 930 – 1100 for a coffee and chat in French. This is a perfect opportunity to practice your French.

6 juin South Side Youth Centre/Côte Sud 247, rue Doncaster St

13 juin – Ecole Romeo-Dallaire, 81 ch Quail Ridge Rd.
20 juin South Side Youth Centre/Côte Sud 247, rue Doncaster St

DINNER TOGETHER- DEPLOYMENT DINNER

If you have a loved one preparing to deploy or is currently deployed or has recently returned from a deployment, then allow us to prepare dinner for you and your family. Meal themes will be announced in the Keeping in Touch email and on the Facebook page closer to the date of the dinner. Held Wednesday, June 18 – Register by June 14

\$5 per adult and \$3 per child (5-12) under 4 free with a max \$20 per family

CARD MAKING

Come create 4 different cards. We supply the materials, you supply the creativity. You go home with 3 cards and the 4th card goes to a deployed member. \$10 register by June 12.

FINDING EVERY DAY JOY WITH "THE HAPPINESS PROJECT"

Based on the international best seller 'The Happiness Project', 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 session is June 18 Please register by June 13.

REPORT TO OUR COMMUNITY

Please join us for our Annual General Meeting on Tuesday, June 26 at 5 pm when our Board of Directors reports back to YOU, our community. All members of CFB Winnipeg and their families are invited to attend. We always want to hear from you Come out and share your opinion, guide our programming and participate in the election of our Board of Directors for 2018-2019. There will be free child care and door prizes. RSVP by June 23.

Call 204-833-2500 ext 4500 to register for programs or for more information

APRIL IS MONTH OF THE MILITARY CHILD • AVRIL EST LE MOIS DE L'ENFANT DE MILITAIRES

PRESENTED BY / PRÉSENTÉ PAR MFRC CRFM

MONTH OF THE MILITARY CHILD CELEBRATION!

Military children are resilient, unique & deserve to be celebrated.

CÉLÉBRONS LE MOIS DE L'ENFANT DE MILITAIRES!

Les enfants issus d'une famille militaire sont résilients, uniques et méritent d'être célébrés

FREE GRATUIT!

DATE CHANGE / CHANGEMENT DE DATE
JUNE 16 JUIN 11 2018

10am-1pm * de 10 h à 13 h

642 Wihuri Rd Bldg. 33 - Parking Lot 642, ch. Wihuri Stationnement du bât. 33

Join us for music, games, crafts, face painting & so much more!!

* Rejoignez-nous pour de la musique, de l'artisanat, de la nourriture, et du plaisir!

REGISTER BY 10 APRIL MFRC - 833-2500 EXT. 4575 INSCRIVEZ-VOUS AVANT LE 10 AVRIL CRFM - 833-2500 POSTE 4575

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

CALL FOR VOLUNTEER BOARD DIRECTORS

NOMINATIONS ACCEPTED UNTIL JUNE 12, 2018
CONTACT US FOR INFORMATION
204-833-2500 EXT 4500

Big Changes Coming May 28

Our Occasional Child Care Centre will be changing to better meet the needs of our community!

EXTENDED Hours of Care:
Mondays, Wednesdays, Fridays and Saturdays
7:00 am - 7:00 pm

Tuesdays and Thursdays
7:00 am - 5:00 pm

* The centre will remain open for all Provincial holidays *

EXTENDED Ages:
We will be open to children of all abilities ages 6 months - 12 years old.

Contact the Centre for rates and availability

@WINNIPEGMFRC MFRC CRFM WINNIPEG

2018 MFRC CRFM

Summer BBQs d'été

COME OUT FOR A TASTY LUNCH BREAK AND VISIT WITH FRIENDS AND CO-WORKERS!
SORTEZ POUR UNE DÉLICIEUSE PAUSE-REPAS ET PROFITEZ-EN POUR PASSER UN BON MOMENT AVEC DES AMIS ET COLLÈGUES !

THURSDAYS from 1130-1300 hrs
LES JEUDIS suivants de 11 h 30 à 13 h

JUNE - JUIN 14 &/ET 28
JULY - JUILLET 12 &/ET 26
AUGUST - AOÛT 9 &/ET 23

BE SURE TO MARK YOUR CALENDARS & JOIN US!
NOTEZ LES DATES À VOTRE CALENDRIER ET SOYEZ DES NÔTRES !

WE ARE PLEASED TO OFFER A CHOICE OF:
Hamburgers, Smokies, Chicken Burgers, Hot Dogs, a vegetarian option, water, soft drinks & chips.

NOUS SOMMES HEUREUX DE VOUS OFFRIR :
Hamburgers, sandwich à la saucisse fumée, hamburger au poulet, hot-dogs, une option végétarienne, de l'eau et boissons gazeuses et des croustilles.

WE LOOK FORWARD TO SEEING YOU THROUGHOUT THE SUMMER!
NOUS AVONS BIEN HÂTE DE VOUS VOIR RÉGULIÈREMENT TOUT AU LONG DE L'ÉTÉ!

INTERNATIONAL MUD DAY

Thursday June 28 1600 - 1800
Behind the MRFC
102 Comet Street

PRÉPAREZ-VOUS À VOUS SALIR!

CÉLÉBRONS LA JOURNÉE INTERNATIONALE DE LA BOUE

Jeudi 28 juin 16 h - 18 h
à l'arrière cours du CRFM
102, rue comet

Sports Trivia Answers

1. Annika Sorenstam – 27 under par – 2001 Standard Register Ping Tournament. She scored 261 on the par 288 course.
2. Byron Nelson – 1945.
3. Bobby Jones – 1930. Tiger Woods completed the Grand Slam in 365 days but the last win was in the second calendar year.
4. Ben Hogan – 1953.
5. Dawn Coe-Jones – No. 4 par 5.
6. Gene Sarazen – April 7, 1935 - 530 yd par 5 - 15th.
7. Asa Gottmo – Turnberry – August 11, 2002 – 420 yd – par 5 no. 7.
8. Byron Nelson, 26 wins 1944-45. He also holds the record of 32 wins over 3 consecutive years – 1944-46.
9. Most below par holes in one tournament – 29. Sorenstam bogeyed two holes when recording her record win.
10. Mark Calcavecchia – 32 – 2001 Phoenix Open.
11. Bruce Devlin – 1967 570 yd no. 8; Jeff Maggert – 1994 510 yd no. 13; Louis Oosthuizen – 2012 575 no. 2.
12. Gene Sarazen, Ben Hogan, Gary Player, and, of course, Jack and Tiger.
13. Phil Mickelson.
14. Jack “the Golden Bear” Nicklaus.
15. Walter Hagen.
16. The ANA Invitational (formerly the Dinah Shore Open); KPMG Women's LPGA Championship; The US Women's Open; The Ricoh Women's British Open; The Evian Championship.
17. Karrie Webb – career winner of the Dinah Shore, LPGA Championship, US Women's Open, the du Maurier, the Women's British Open.
18. Zach Johnson – 2007; Jack Burke Jr. - 1956; Sam Snead – 1954.
19. Horton Smith – 1934. He won again in 1936.
20. Tiger Woods, as if you didn't know.

PERSONAL CLASSIFIEDS

1 BDR APARTMENT FOR SUBLET

3063 Portage Ave. 5 mins to 17 Wing. \$940. Utilities included. Parking is available. Private balcony. Available July 15.

FOR MORE INFO CALL CAPT ZENG AT LOCAL 4352

FOR SALE: AIR FORCE MESS KIT

Jacket 40-42" chest; pants 32" waist. Includes cummerbund, bow tie, shirt, suspenders, and cuff links. \$175.

CALL OR TEXT 204-960-5867

HOUSE FOR RENT

1000sq ft bungalow. 2 bed / 2 bath. \$1750/mo + utilities. No smoking / no pets. 5 mins to 17 Wing. Available Aug 1.

FOR MORE INFO CALL OR TEXT 204-333-9186



Ralph's Custom Tailors

Military Messkit

CANEX No Interest
Credit Program Available

Text or email for measurement appointments

Text: 204-298-5019

Email: rc5139@shaw.ca

Taroscopes

BY
NANCY

Aries (March 21 – April 19): Perfect a skill. Stay focused and practice. You'll need to make decisions. When you must choose, pick what works best for you. The trick is not to let yourself be swayed by illusions of what you think would work. Stay real. Look at things straight on and be honest with yourself.

Taurus (April 20 – May 20): Once you set your sights on a goal you can achieve anything. Before taking action, look within to help you determine if the course you've picked will get you what you really want. The ultimate goal is happiness; not just for you but for all involved. Look for win/win solutions.

Gemini (May 21 – June 21): Hopes and dreams are essential to keep doubts and fears at bay. Enjoy a special relationship instead of wondering what lies down the road. Worrying is a waste. Ask the tough questions up front. Maintain a realistic outlook with a healthy dollop of optimism on the side.

Cancer (June 22 – July 22): If you don't know how to proceed, get more information. If you're honest with yourself you'll know what to do. Have a heart to heart with those who have your back but don't let anyone with their own agenda take charge of your life. Read everything you sign. Seek adventure.

Leo (July 23 – August 22): There are no guarantees but don't let that slow you down. Decide what you will do when opportunities arise. Obligations and commitments disappear leaving you free to consider options that weren't possible before. You have the time now to follow a dream. Go for it. Be brave.

Virgo (August 23 – September 22): You know what you want. Enjoy this break from uncertainty. Energy returns. Motivation is rekindled. You settle into a way of life that is stimulating but also keeps you grounded and centred. You love the idea of living a life of adventure but you also need a good home base.

Libra (September 23 – October 23): Living a fun life appeals and you may be tempted to just go with the flow, but if you gain satisfaction and joy from achieving long term goals, don't get side-tracked now. Identify when you are tempted and what triggers thoughts of taking a detour. Knowing yourself is key.

Scorpio (October 24 – November 21): Hearing third-hand about someone who doesn't agree with what you've been doing can color your perception of yourself and of them. To foster cooperation and kindness show others your softer side. You can agree to disagree. At least be kind and diplomatic when in conflict.

Sagittarius (November 22 – December 21): Temper your words especially when stressed by deadlines. You can't control everything so you need to learn how to cope with uncertainty and unpredictable people. Trying to force compliance or manipulate others will backfire. Relationships are a give and take.

Capricorn (December 22 – January 19): There's no need to question or explain why you're happy. Life is changing for the better. Enjoy it. Incremental shifts have been happening and now the results are obvious. Keep letting go of what no longer works for you. Maintain relationships that sustain you.

Aquarius (January 20 – February 18): The more you work towards success the greater your joy in all that you accomplish. This is a time of discovery when you could find: treasures, a partner, or a sense of comfort in what you already have. Keep revising your wish list. Set goals. Patience and efforts pay off.

Pisces (February 19 – March 20): You need discipline to perfect a skill and complete projects. Also, listen to your soul to nurture your dreams. Be innovative. Some old ideas and avenues are no longer options. Find inspiration by tapping into the creative energy of the universe. There is hope for the future. Believe.

FOR APPOINTMENTS with NANCY CALL 204-775-8368

THE VOXAIR
Your 17 Wing Community Newspaper
thevoxair.ca

ANAVETS - ROCKWOOD 303

341 Wilton Street (204) 475-5852

CHASE THE KING & 50/50

Every Thursday @ 5:30 PM • Draw @ approx 7:00 PM

HAPPY HOUR

Every Friday & Saturday 4:00 PM — 7:00 PM

MEAT DRAWS

Friday Night — 7:00 PM • Saturday Afternoon — 3:30 PM

June 8 & 9 – Ricki Redbone and The Flashbacks

June 15 & 16 – DMG Band

June 22 & 23 – The Covers

www.303rockwood.ca

PROUD OF OUR PAST



Welcome...
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Royal Canadian Legion
1755 Portage Avenue
Winnipeg, Manitoba

CHASE THE ACE

Monday 6 pm

TEXAS HOLD 'EM

Tuesday 7 pm

ZUMBA

Tuesday/Thursday 10-11 am

LINE DANCING

Wednesday 1 pm & 7 pm

DANCE TO LIVE BANDS

Friday 8pm-1am June-August

Every Saturday 7-11 pm

MEAT DRAWS

Friday 5-7 pm

Saturday 2-5 pm

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BARRISTERS, SOLICITORS & NOTARIES



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and

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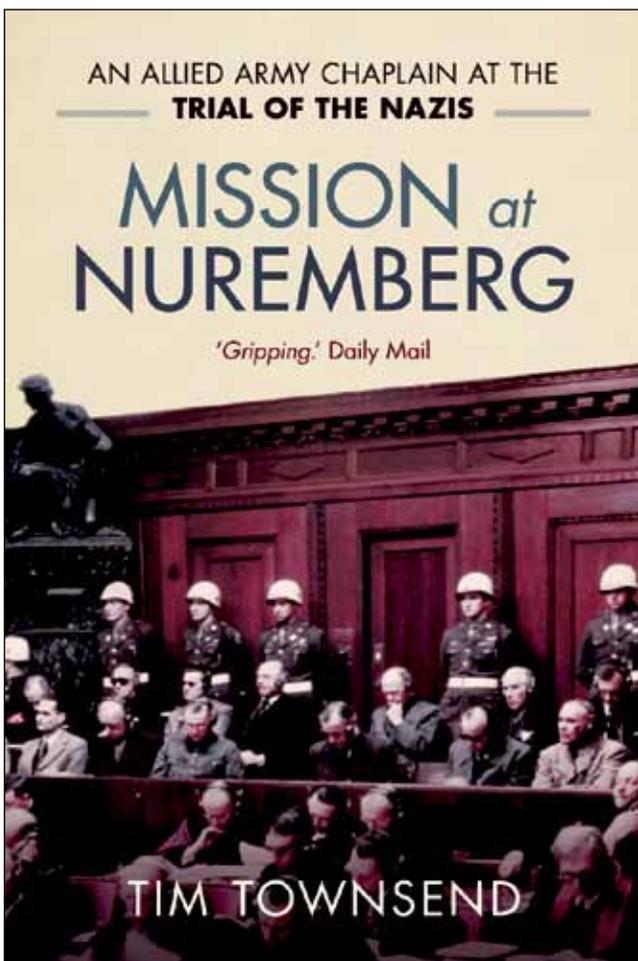


Your 17 Wing Chaplain Team



Chaplain's Corner

Tim Townsend - "Mission at Nuremberg: An Army Chaplain and the Trial of the Nazis"



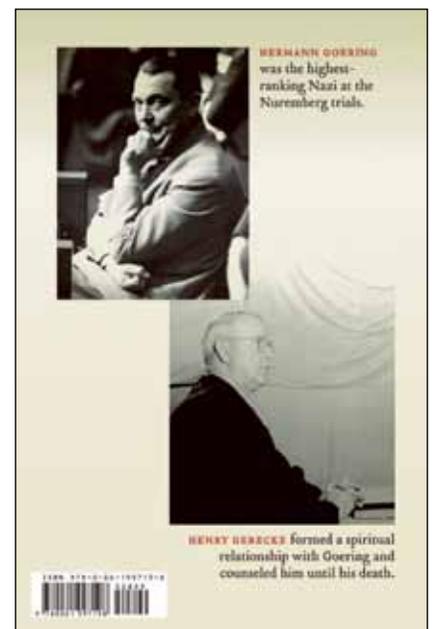
Book review by Padre Kevin Olive (1 CAD Assistant Div Chaplain)

Excerpt "A United Press account reported that the field marshal then "thanked the priest who stood beside him." Then the executioner pulled a lever, and just twenty minutes after Gerecke and Keitel had first kneeled in prayer on the general's cell floor, Keitel dropped through the platform's trapdoor. In the seconds that followed, the only sound in the gym was the creaking of the rope against its huge steel eyebolt at the top of the gallows. Chaplain Gerecke walked out into the rain to retrieve the next prisoner."

Chaplain Henry Gerecke, a Lutheran minister was chosen for this assignment, along with an American RC Priest based on their ability to speak German. He had the choice to refuse the position, but instead, dove head first in what was to be a moral quagmire. One of the hardest things to do as Chaplain is to find some level of compassion for someone who has done something that has "crossed all moral boundaries." It's important not to confuse compassion with acceptance of someone's wrongful actions. Chaplain Gerecke, when speaking with Himmler, or any one of the major Nazis at Nuremburg, was not naïve to who they were and what they had done. "Gerecke had visited the concentration camp at Dachau in Upper Bavaria, touched the inside of the walls that still had blood on them, saw the execution mounds, the barbed wire, the SS barracks and was sickened by the evidence of the atrocities. The pastor was moved and horrified by what he saw," says

Townsend.

In spite of Gerecke's knowledge of these horrific acts, Townsend argues that the Chaplain was driven to reach out to his "parishioners" and to assess if those who had committed the most heinous acts, still had a desire to find a form of personal redemption – even though punishment in the here and now will still be meted out. Without giving too much away, the book will clearly give you an indication as to the moral twists and turns of the main historical figures. In the end many still carried with them to the gallows the same vile hatred that led to the Holocaust. Gerecke's role as a Chaplain gives a unique insight into the first trial of its kind where military and civilian leaders were charged with War Crimes and the resultant moral and ethical challenges it created for those interacting with these prisoners.



Faith and Life

PROTESTANT

GOOD SHEPHERD PROTESTANT CHAPEL COMMUNITY

SUNDAY SERVICE: (English Only) 1100 hrs

COMMUNITY SERVICES:

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

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

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

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

CHAPLAINS

Padre Lesley Fox
(United Church)
- Protestant Faith
Community Coordinator
ext 5272

Padre Laura Coxworth
(Pentecostal)
ext 5785

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

JEWISH

CHAPLAIN

Padre Noteh Glogauer
(Rabbi)
ext 6914



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

CATHOLIC

ST. MARGUERITE BOURGEOYS RC CHAPEL COMMUNITY

SUNDAY MASS: (Bilingual) 1600 hrs

CHAPLAINS

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

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

Padre Emanuelle Dompierre
(Roman Catholic Pastoral
Associate)
- 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'.

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

Proudly assisting military members and their families for over 24 years.

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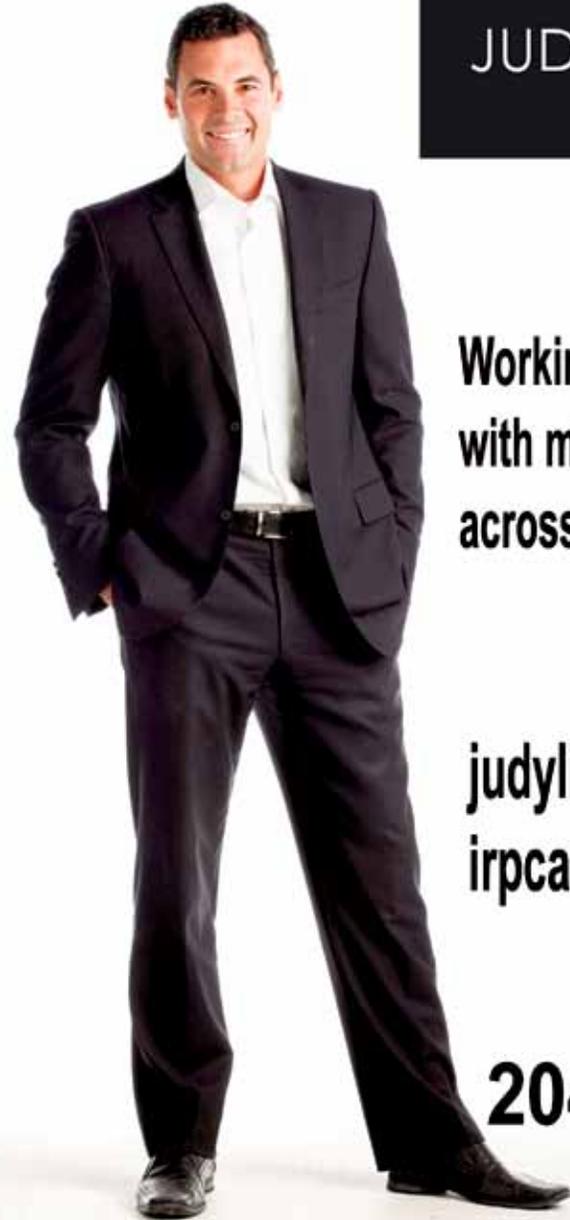
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