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Volume 71, Issue 6

17 Wing Winnipeg / 17e Escadre Winnipeg

22 June 2022



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**CONTACT****AD SALES/MAIN OFFICE**

(204) 833-2500 EXT 4120

ACCOUNTING

(204) 833-2500 EXT 4121

SUBMISSIONS/REPORTER

(204) 833-2500 EXT 6976
voxair@mymts.net
voxairmgr@gmail.com

VOXAIR STAFF**Wing Commander**

Col David Proteau
(204) 833-2500 ext 5202

Managing Editor

Katherine Prokopowich
(204) 833-2500 ext 2178

Voxair Manager

Patricia West
(204) 833-2500 ext 4120

Photojournalist

Martin Zeiling
(204) 833-2500 ext 6976

Accounting

Misra Yakut
voxairaccounts@gmail.com

Proofreading

Traci Wright

Cover Photo Credit

MCpl Darryl Hepner

Printed By

Derkson Printers
(204) 326-3421

Visit Us Online

17WingVoxair.com
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Correspondence should be addressed to:

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

This newspaper is printed using environmentally safe inks.
Publication Mail Agreement No. 1482823

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UPCOMING EVENTS

ÉVÉNEMENTS À VENIR

Saint-Boniface célèbre au Patio 340 – June 24 at 6 p.m.

Saint-Boniface célèbre is a series of events that allows you to discover or rediscover all the popular and emblematic places in St-Boniface. On June 24, as part of Saint-Jean-Baptiste Day, you will have the chance to admire the talent of de Toulouz, Alpha Toshineza and Les Louises group formed especially for the occasion!

Saint-Boniface célèbre au Patio 340 – 24 juin à 18 h

Saint-Boniface célèbre est une série d'événements qui vous permet de découvrir ou de redécouvrir tous les lieux populaires et emblématiques dans Saint-Boniface. Le 24 juin, dans le cadre de la Saint-Jean-Baptiste, vous aurez la chance d'admirer le talent des de Toulouz, d'Alpha Toshineza et Les Louises.

THE MANITOBA REPTILE BREEDER'S EXPO – JUN 25 - JUN 26

The Manitoba Reptile Breeders Expo Over 1000 REPTILES under one roof!
Saturday & Sunday June 25 & 26 2022
Sunova Center West St Paul Recreation Site
48 Holland Rd, West St Paul MB
10:00 am - 5:00 pm Saturday
10:00 am-4:00 pm Sunday
VIP access at 9:00 am Saturday only
Adult daily admission: \$10.00 *
Weekend Pass \$15.00 *
Kids 12 and under: FREE
VIP passes: \$20.00 *and gives access all weekend
Admission available at the door - Cash only

This event will feature local and Canadian breeders showcasing their animals and products. You will learn everything you need to know for your new happy herp. Many different reptiles from snakes, geckos, bearded dragons, spiders, and more, and all the supplies you would need for these pets! Many deals on all products and animals. Fun for the whole family!
Sinjin's Twist will be there from 11am to 3pm Saturday giving out free balloon animals.
Extreme Fries Food Truck will be set up all day Saturday

Respect in the CAF – 28 June @ 0800 - 1600

The "Respect in the CAF" workshop is an interactive curriculum 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. Contact james.dylan@cfmws.com for more information.

Top Fuel for Top Performance – 29 + 30 June (1.5 day course)

Top Fuel for Top Performance (TFTP) is a module-based course for CAF personnel to choose the amount and type of fluid and food they need to balance energy requirements in varied situations through-

out their lives and to optimize health and physical performance. Contact james.dylan@cfmws.com for more information.

Get Up, Get Outside Step Challenge – July 1 to 31

This July we want you to participate in our Get Up and Get Outside Challenge. The challenge is easy to implement whether you are at work, at home or on leave. It is all about tracking your steps and because it is the summer, we are encouraging you to get outside in nature to get those steps in! Just 20 minutes in nature every day can improve our mental health and recharge our batteries. We have created a calendar of suggested activities to help you get outside.
Register on Race Roster to log your steps (we even have a handy step conversion tool for the other activities you do such as cycling, swimming etc.). <https://raceroster.com/events/2022/58505/17-wing-health-and-wellness-challenge>

contact the 233-ALLÔ at 204-233-2556 or 233allo@sfm.mb.ca.

Cinéma sous les étoiles – 7, 14, 21 et 28 juillet à 21 h 30

Cinéma sous les étoiles propose au public des projections gratuites en plein air de films francophones, sous-titrés en anglais dans le parvis de la Cathédrale de Saint-Boniface tout l'été. Pour réserver des places dans le carré VIP contacter le 233-ALLÔ au 204-233-2556 ou à 233allo@sfm.mb.ca.

Heritage Classic Car Show – July 9 from 11 am - 4 pm - Mennonite Heritage Village, Steinbach, MB

Pre-register or register day of from 8 am - 11 am. Free registration.
Pre-register before June 27 to be included in the pre-show breakfast. Big Daddy Tazz will emcee the event.
There will be activities, muffler rapping, face painting/airbrush tattoos and of course awards to follow.
www.heritageclassiccarshow.com

Positive Space Ambassador 1½ Hour Brief – July 12 @ 0830 – 1000 Jimmy Holland Room B61

This short introductory briefing on PSA program is held monthly on the 2nd Tuesday of the month. Our next offering is 12 July – register on BookKing.

Briefing d'une heure et demie sur les ambassadeurs de l'espace positif – 12 juillet @ 0830 - 1000 Jimmy Holland Room B61

Ce court briefing d'introduction au programme PSA a lieu tous les mois, le deuxième mardi du mois. Notre prochaine offre est le 12 juillet - inscrivez-vous sur BookKing.

Mental Fitness, Suicide Awareness – July 14 @ 0800 – 1600 Transport Building B129

MFSA was designed specifically for the CAF. The course introduces the mental fitness continuum and explores myths around suicide.
The course focus is on identifying potential warning signs and getting someone linked to formal resources

Conditionnement mental, sensibilisation au suicide – 14 juillet @ 0800 - 1600 Bâtiment des transports B129

Le cours MFSA a été conçu spécifiquement pour les FAC. Le cours présente le continuum de la santé mentale et explore les mythes entourant le suicide.

Le cours met l'accent sur l'identification des signes d'alerte potentiels et la mise en relation avec des ressources formelles.

Visit The Voxair online at www.17wingvoxair.com for the latest News, Around The Wing, Upcoming Events, Classifieds and more

Contact us at voxairmgr@gmail.com to have your events listed here.

**Défi " Lève-toi, sors " – du 1er au 31 juillet**

Ce mois de juillet, nous voulons que vous participez à notre défi "Get Up and Get Outside". Ce défi est facile à mettre en œuvre, que vous soyez au travail, à la maison ou en congé. Il s'agit de suivre vos pas et, comme c'est l'été, nous vous encourageons à sortir dans la nature pour faire ces pas ! Le fait de passer 20 minutes dans la nature chaque jour peut améliorer notre santé mentale et recharger nos batteries. Nous avons créé un calendrier d'activités suggérées pour vous aider à sortir. Utilisez le code QR pour vous inscrire sur Race Roster et enregistrer vos pas (nous avons même un outil pratique de conversion des pas pour les autres activités que vous faites, comme le vélo, la natation, etc.)
<https://raceroster.com/events/2022/58505/17-wing-health-and-wellness-challenge>

Cinéma sous les étoiles – July 7, 14, 21 and 28 at 9:30 p.m.

Cinéma sous les étoiles offers to the public free outdoor screenings of French-language films, with English subtitles at the Saint-Boniface Cathedral throughout the summer. To reserve seats in the VIP area you can

The Future of the Mixed Ranks Mess is Bright

by Lt Scott Hay



MWO Donahue explains kitchen upgrades to the WComd. Photo by Lt Ginn

The day was August 31st, 2020, the last day that the 17 Wing Mixed Ranks kitchen was open for business. With a plethora of functional issues surrounding multiple articles of equipment, and the swirling confusion of the COVID-19 pandemic to boot, a

prevailing sentiment of uncertainty hung over the kitchen as operations shifted to the 17 Wing Officer's Mess indefinitely. Many challenges presented themselves while operating out of the OMess, the least of which was having to operate out of a kitchen with less than half the equipment and workspace, as well as vastly-altered work schedules. Yet through it all, the kitchen staff managed to maintain a sense of professionalism and dedication to excellence in serving the needs of the CAF.

Flash-forward to May 5th, 2022 and the grand re-opening of Building 61 finally took place. With food operations migrating back to the main kitchen, the need for establishing new routines and adjusting to a more dynamic work environment was at a high. While a handful of staff were indeed returning to a once-familiar stomping ground, many staff found themselves in an entirely new environment, having come onto the team during the pandemic, and had to find a way to hit the ground with their feet running. Through teamwork and effective means of communication, the staff have managed to adapt and overcome and make for a transition that has been as seamless as could have been asked for.

"There've been challenges coming back", said Cpl Burden, a long-time cook at 17Wg, "It's a bit of a shock to some of the newer staff. Things were certainly busy while at the OMess, and it's still busy now, but in different ways. There's an adjustment period to consider, but we're making do with what we have.

One of the best things about being back is the feeling of looking out and seeing a crowded dining area full of people. It's fantastic to be able to contribute to that kind of atmosphere again versus the empty dining hall during the pandemic."

"It was certainly a tough go, operating out of the OMess," says MWO Donahue, "having to manage operations out of one building, while dealing with repairs and delays at the other, proved very challenging. One particular inconvenience was the fact that the OMess kitchen wasn't setup to properly receive bulk deliveries and most goods had to be transported over manually. Coming back to B61 has had its challenges as well, but it's much better suited for everyone to be back under one roof again. It's very fulfilling to see all the patrons eating and conversing while enjoying the good food from our cooks."

Looking ahead, "optimism" is the tune that resonates regarding the future of the Mixed Ranks Mess. With the majority of mechanical issues resolved, the workplace culture put in place during the pandemic has slowly begun to resemble normalcy once again; and with the return of dine-in eating, a renewed sense of daily comradery has been re-established, and a vital part of morale in operations brought back into the fray. While issues will always continue to persist, the team at 17 MSS Foods has shown the resolve needed, and the confidence required, to adapt and overcome any obstacles that emerge in their path.



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The Comd Team is served breakfast on Re-opening Day. Photo by Lt Ginn

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Conflict Coaching for Assertiveness

by CCMS (Conflict & Complaint Management Services)

Dear CCMS Practitioner,

I regularly receive feedback that I am aggressive, rude and abrupt. I am trying to get my point across, but it seems to be lost in my delivery. Can you help me?

We can certainly help you! The CCMS Practitioners offer Alternative Dispute Resolution (ADR) support to both military and civilian employees. One of our many services is conflict coaching. This service is often used for two different reasons. First, when one wishes to engage in

a difficult discussion with someone else, one-on-one, but needs a little practice or added skills to engage. Second, to develop one's conflict management skills. Conflict coaching is a goal-based process by way of confidential one-on-one sessions with a Conflict Coach. Typically, conflict coaching consists of three to six sessions at regular intervals (every week or so). Though in-person sessions are preferred, conflict coaching can be conducted by other means such as telephone, e-mail and

video-teleconference.

Our Conflict Coaches have great tools and models they can teach you to assist with getting your message across in a clear, concise and assertive manner. Perhaps you may also wish to discuss your verbal and non-verbal language with your coach to ensure your messaging is aligned.

Please contact your local CCMS office for more information and to learn how you can connect with a Practitioner. If

military, directly connect with your local CCMS Agent who can initiate the referral process.

Assertively yours,
CCMS Practitioner

*Defence Team members can contact a CCMS agent toll free at 1-833-328-3351, M-F between the hours of 7:00 a.m. and 7:00 p.m. EST. Additional details related to CCMS locations and services are available on the ICCM web page

Coaching vers un style de résolution de conflits assuré MARC

by CCMS (Conflict & Complaint Management Services)

Cher Praticien SGCP ,

Je reçois souvent des commentaires indiquant que je suis à l'occasion brusque, impolie et même agressif. J'essaie de faire passer mon message, mais il semble être perdu dans ma livraison. Pouvez-vous m'aider?

Nous pouvons certainement vous aider ! Les praticiens des SGCP offrent un soutien au mode alternatif de résolution de conflits (MARC) aux membres militaires et employés de la Défense. L'un de nos nombreux services est le coaching en matière de résolution de conflits. Ce service est souvent utilisé pour deux rai-

sons différentes. En premier lieu, lorsque l'on souhaite avoir une discussion difficile avec quelqu'un d'autre, en tête-à-tête, mais qu'on a besoin d'un peu de pratique ou de compétences supplémentaires pour entamer la discussion. En deuxième lieu, pouvoir développer ses compétences en gestion de conflits. Le coaching en résolution de conflits est un processus basé sur des objectifs par le biais de sessions individuelles et confidentielles avec un coach en résolution de conflits. Règle générale, le coaching de conflits se compose de trois à six séances à intervalles régulières (chaque semaine, environ). Bien que les

séances en personne soient préférées, le coaching en résolution de conflit peut être mené par d'autres moyens tels que par téléphone, courriel électronique et vidéoconférence.

Nos coaches en résolution de conflits ont d'excellents outils et modèles qu'ils peuvent vous apprendre pour vous aider à faire passer votre message de manière claire, concise et assurée. Il serait peut-être avantageux de discuter votre langage verbal et non verbal avec votre coach pour vous assurer que vos messages sont alignés.

Veuillez contacter le bureau des Ser-

vices de gestion de conflits et plaintes (SGCP) pour plus d'informations et pour savoir comment vous recevoir du coaching d'un praticien. Si vous êtes membre militaire, contactez votre Agent SGCP local afin d'être référé aux services d'un praticien.

Bien à vous, assurément !
Praticien SGCP

*Contactez un agent SGCP sans frais à 1-833-328-3351 cinq jours par semaines, de 0700-1900 heure normale de l'est. Des détails additionnels sur les locations et services offerts par les centres SGCP sont disponibles sur le site internet GICP

2 Canadian Air Division Welcomes Newest Headquarters Commanding Officer

by Maj Jennifer Jones



Members of 2 Canadian Air Division formally transfer command from outgoing 2 CAD Headquarters Commander, Major Connie Morin to Incoming 2 CAD HQ Commander Major Jeffery Mitchell during the Change of Command ceremony at 17 Wing Winnipeg on May 24, 2022. Left to right: Chief Warrant Officer Shillingford (back), Major Morin, Brigadier-General O'Reilly, Maj Jefferey Mitchell, CWO Christopher Culligan (back). Photo: Corporal Bryce Cooper, Canadian Armed Forces

Major Connie Morin relinquished command of 2 Canadian Air Division (2 CAD) Headquarters (HQ) to Maj Jeff Mitchell at a ceremony held Tuesday, 24 May 2022 at the 17 Wing Officer's Mess.

After successfully leading 2 CAD HQ through the numerous demands of a pandemic in addition to her daily responsibilities, Maj Morin is retiring from the

Canadian Armed Forces and embarking on a new adventure with Canada's Public Service. However, she is leaving with fond memories of her time as 2 CAD Headquarters Commanding Officer (HQCO). "I've never been part of a unit that has felt more like a family," she said. "From the moment I walked into the doors of building 86, you've always been

so welcoming, supportive, and enjoyable to work with."

In her remarks, Maj Morin expressed tremendous gratitude to her team for their guidance and mentorship, specifically recognizing her Command Team partners CWO (now Capt) Fred Williams, current HQ CWO Chris Culligan, and Maj (now LCol) Warren Hruska who acted in the 2 CAD HQCO role during a period of parental leave. "I always like to think of the unit as a small but mighty machine: continually pushing out work to support the [2 CAD] Command Team and their mission," she said.

Maj Mitchell, an unwavering Edmonton Oilers fan, joins 2 CAD from a tour as J1 Personnel Management at the Canadian Joint Operations Command (CJOC) in Ottawa and numerous previous administration officer roles at 8 Wing Trenton including at 8 Wing HQ, the Canadian Forces Postal Unit HQ (as Adjutant), and at 436 Squadron. He deployed in 2017 to Adazi, Latvia as the Contracts Officer for the Op REASSIR-ANCE theatre opening.

Maj Mitchell is looking forward to his new role as 2 CAD HQCO. "It only took me a week to realize that the dynamic around the HQ is one of singleness of purpose: to train the RCAF's personnel to the best of our abilities," he said, adding, "and in my capacity my job will be to support all of you to the best of my ability."

The HQCO is directly responsible to the 2 CAD Chief of Staff to exercise com-

mand authority over the structures, resources, personnel and activities of the unit which includes the administration of all military and civilian personnel employed at 2 CAD HQ.

Brigadier General Denis O'Reilly, Commander 2 CAD and Presiding Officer for the Change of Command Ceremony, referred to HQCO as an unsung hero, enabling members to carry out their functions under challenging (sometimes unprecedented) circumstances, and playing a critical role in leading members of 2 CAD through important culture change and upholding unit morale. "Our people are at the core of everything we do," he said, "if they're not happy, they're not going to get the work done."



Scan here to access Around The Wing online

25th Anniversary of the Red River Flood

by Martin Zeiling, Voxair Photojournalist



Canadian Forces veterans and current serving members who were part of the "Flood of The Century" relief efforts receive post cards from students during the 25th anniversary of the 1997 Manitoba Floods at Shaughnessy Elementary School on May 26th, 2022, Winnipeg, Mb.

Photo by: MCpl Darryl Hepner, 17 Wing Public Affairs, Winnipeg, Mb

For Silvana, a 14-year-old student, at Shaughnessy Park School, the opportunity to meet members of the Canadian Armed Forces, has motivated her to consider a future career in the CAF.

On May 26, the Winnipeg K-8 school held a commemorative ceremony, which was hosted by Veterans' Affairs Canada with CAF members and a number of veterans in attendance, to mark the 25th anniversary of the "Flood of the Century" and the Canadian military helping out.

The event featured speeches about the flood fight as well as displays from the University of Manitoba Archives, City of Winnipeg Archives and Parks Canada, Veterans' Affairs, plus hands on activities, including filling sandbags in the school playing field. Altogether a total of 200 children from grades 4-8 took part in the activities.

The flood of 1997 was the most severe in Manitoba's Red River valley since 1852, notes information on the Government of Manitoba website. Flooding in the Red River basin also saw high running water on other Manitoba rivers and the Red River flood directly or indirectly affected 24 communities in southern Manitoba, including Winnipeg.

Many streams in these areas had record or near-record high water flow.

The Red River crested at approximately 7.5 metres (24.5 feet) at the James Avenue Pumping Station in Winnipeg. Without the flood control works, the crest would have been at 10.5 metres (35 feet).

Over 7,000 military personnel were employed for 36 days to help prevent flood damage and relocate 25,450 evacuees. An estimated 1,000 homes were damaged, says the online information.

"We were selected out of all classrooms in Winnipeg to host this event," said Matthew Honer, a grade four teacher at the school.

"Our school has been very active in promoting and supporting veterans and sending cards of thanks and material over the years."

This is part of our history program.

It's very timely with the Red River being so high now. It's a connection from the past to the present.

I feel very fortunate that we got selected and we have a lot students here that have been very honoured. A lot of students in my own classroom have written out postcards and letters to the veterans. They're very excited to shake their hands, and some of the students have autograph pages for the vets to sign."

Major General (ret) Dennis Tabbernorn, who was Commanding Officer of 38 Canadian Brigade Group during the 1997 flood, was the keynote speaker at the ceremony.

"As it became obvious that the flood in 1997 was going to be a big one, the Army in Western Canada deployed a small headquarters commanded by Brigadier General Meating and a battalion of about 600 soldiers from 1 Canadian Mechanized Brigade Group, stationed in Edmonton, to help with the flood preparations such as building dikes," he said.

"At that time I commanded 38 Canadian Brigade Group headquartered in Winnipeg. I had offered Gen Meating anything my Brigade could do to help support his Brigade. That very night the phone rang about midnight and Gen Meating asked me to come and work with him starting the next morning. And for the next month I was intimately involved with the flood.

"As the flood got bigger we brought in about 100 soldiers from Wainwright, Alberta where they had been training to deploy to Bosnia for six months to help keep the peace in that war torn country. They were due to go overseas soon, but they came to Manitoba to fight the floods."

He also mentioned that the Army Brigade stationed in Petawawa, Ontario under the command of Brigade Commander BGen Hillier was brought here too. The Naval Reserve sent all their "small boat units in Canada" to Manitoba, Maj Gen (ret) Tabbernorn said.

"These small boat units proved invaluable navigating the shallow waters

of the flooded areas supporting the evacuation and supply of those trapped by the flood waters," he continued.

The RCAF brought helicopters to help rescue people stranded by the waters and to provide supplies to those who had decided to stay with their houses, as well as long range submarine hunter aircraft that could stay in the air for long periods of time and could drop parachute flares that lasted a very long time "and turned night into day," he added.

"When it came time for the military to go home, the Mayor of Winnipeg, Susan Thompson, asked if the military could parade through downtown at lunch time so Manitobans could thank them," he said.

We did. And, it was great to see thousands of Manitobans lining the parade route cheering for military personnel.

A few months later Premier Gary Filmon hosted two personnel from every unit at a ceremony at the Manitoba Legislature to thank them and their units for what they had done for Manitoba," Maj Gen (ret) Tabbernorn said.

"It was a memorable spring in Manitoba for all," he observed.

Warrant Officer Chris Patterson, 38 CBG at Fort Garry Horse, was the quartermaster for one of the 38 CB companies in 1997.

"We were located out of St. Norbert," he said.

"My job was to run logistics and get guys out to the sites and make sure they were clothed and had all the equipment they needed.

It was one of the first times that we had seen that many troops concentrated in Winnipeg. It really tested the training we had and the system we had, and how we were going to manage the troops and everything. We were able to prove that it worked, we fed and managed the troops and looked after them. We were able to exercise a lot of the leadership skills in how to adapt things to changing situations. The mission elements were constantly moving locations, so we would have to act. It was an opportunity to get together and work with our regular force

counterparts, and with other non-government organizations."

"It was the first time in my career that I got an opportunity to see everybody come together and work as one team. It was career changing for me. It was a major point at which I sort of got validation of my training and got to see how things are supposed to work, and how we can adapt on the fly and still accomplish the task."

Lieutenant Colonel Heather Collins, who works at 1 Canadian Air Division, had been in Winnipeg for less than a year when the flood happened.

She was working as a logistics officer at HMCS Chippewa in charge of all the naval reserve personnel who came out to help with fighting the flood.

"I looked after all their human resource requirements, their housing, food," LCol Collins said.

"I looked after the people who came out to do the work. I remember how highly motivated the people were. There were no complaints. We were in the old Chippewa building, the former curling club."

LCol Collins noted that she and several other people were awarded the Maritime Commanders Commendation for their efforts during the flood.

"I received it for how to activate the reserve force in domestic operations and how the Reserves and Regular Force can work seamlessly together," she said.

"It was pivotal for me. I treasure that award."

She also lauded Shaughnessy Park School for holding the 25th anniversary event.

"It is important to remember how the military came out to help with the flood, but also that the 1997 flood was quite pivotal on how we activated our Reserve Forces in domestic operations."

As for young Silvana:

"I really enjoyed when they talked about how they helped out with the flood of 1997," said the grade eight student.

"I found it really interesting. It inspired me to join the military when I get older. I would like to be in the navy."



Canadian Forces members show students how to fill sandbags during the 25th anniversary of the 1997 Manitoba Floods at Shaughnessy Elementary School on May 26th, 2022, Winnipeg, Mb.

Photo by: MCpl Darryl Hepner, 17 Wing Public Affairs, Winnipeg, Mb

Royal Aviation Museum of Western Canada

by Martin Zeilig, Voxair Photojournalist



Terry Slobodian, President & CEO Of the Royal Aviation Museum of Western Canada. Photo credit: Martin Zeilig, Voxair Photojournalist.

With its sweeping and welcoming glass exterior, the Royal Aviation Museum of Western Canada creates an almost palpable sense of anticipation in a first time visitor.

Those expectations are more than fulfilled after a tour of the state-of-the art facility.

The museum was purpose built, noted Terry Slobodian, President & CEO of the RAMWC during a tour on June 1, 2022.

The old museum was located in an old hangar near the airport.

This splendid new 86,000 square foot edifice, which is on four acres of land, is at 2088 Wellington Avenue near the Winnipeg Richardson International Airport.

"Construction began on April 27, 2020," Mr. Slobodian said.

"We took possession on August 4, 2021."

Its doors opened to the public in May.

"We are committed to the calls to action of the Truth and Reconciliation Commission, and to facilitating a safe space for reconciliation to occur," said Mr. Slobodian, while standing beside a colourful

mural with greetings in French, English and seven Indigenous languages painted by Indigenous artist Leticia Spence, who won a contest in which a number of Indigenous artists submitted their work for the mural.

"We're very proud to have her art grace our front entrance."

"Even before its establishment as a city, Winnipeg was the epicentre of trade and commerce for Indigenous nations and travellers headed for all points north.

"When air travel landed in Western Canada in the 1920s, Winnipeg continued as a gateway for development, eventually becoming the operational headquarters for each of Canada's first three national air services. From aerial survey and mapping to cargo and passenger transport, to innovation in cold weather flying and rocket science, Manitobans have led the way both nationally and internationally. We recognize the importance of aviation history to Manitobans and have been collecting historically significant artefacts for decades.

"We have been curating our large collection of more than 90 historic aircraft, 70,000 artefacts, texts, and photographs for more than 40 years.

"We started with a small

group of visionaries and are now proud to have one of the largest aviation heritage collections in Canada."

Mr. Slobodian observed that 24 aircraft are on display in the museum with about half of them being bush planes.

"That's where the story of western Canadian aviation started in the 1920s and '30s," he said.

Planes were either restored, donated, or purchased for a low cost, he added.

A number of former RCAF aircraft are on display, including outside a CF-101 Voodoo, with a special coating of paint to ensure it stays in mint condition, noted Mr. Slobodian; a sleek and shiny CF104 Starfighter, on loan from Steve Pajot, a former aircraft engineer, who, along with some friends, meticulously restored the plane over several years; a Tudor jet trainer, painted in Snowbird colours, suspended at an angle from steel struts in the ceiling; and, Canadair CL 84 Dynavert, which could fly both as a fixed wing aircraft and a helicopter, among other military aircraft.

"When kids are here they want to do their school project on the Starfighter," Mr. Slobodian said.

He added that the Starfighter, which was retired from service in 1987, held three world records simultaneously—fastest aircraft, fastest climb and achieving the highest altitude.

"We've had a partnership with the RCAF since we first started in 1974," Mr. Slobodian said.

The RCAF has helped us with many search and rescue of aircraft. They are very much part of our family.

We're proud to display military aircraft. We're also proud to have people consider a career with the RCAF.

We also welcome all active duty and staff of the RCAF to come and enjoy the facility."

"The Founder's Observation Lounge, to honour the museum's five founders, can be found on the second level, along with a webcam aimed at the airport runway and people can come here and sit all day if they want to watch aircraft," Mr. Slobodian said.

There's also the Galaxy Exploration Zone where children can jump and run and climb and crawl in a space themed playground.

"Parents can sit and watch their children and enjoy a beverage with a muffin or something else from the concession stand," Mr. Slobodian said.

He added that active military members receive a 10 percent reduction in entrance fees to the museum.

For further information, visit the museum website at <https://royalaviationmuseum.com> or call (204) 786-5503



Planes on display at the Royal Aviation Museum of Western Canada. Photo credit: Martin Zeilig, Voxair Photojournalist.

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Wing Commander's Challenge 2022

by: Martin Zeilig, Voxair Photojournalist

An initial overcast sky and a slight smattering of rain at the start did not dampen the spirits of the 150 participants at the 2022 Wing Commander's Challenge on June 2.

In fact, the cool, fresh early morning air combined with the vigorous warmup, led by the dynamic Dawn Redahl, PSP Sports Coordinator, in front of Building 21 were the perfect pairings to get everyone energized for the five kilometre run/walk inside the base.

Antoni Kieloch, PSP Fitness Instructor, was the OPI for the WCC. Other members of the PSP fitness staff along with a few other CFMWS employees helped out during the event.

The RCAF Band's Dixieland Ensemble provided some live musical accompaniment prior to the start of the challenge.

"This is a great opportunity for the Wing, 1 CAD, and 2 CAD to all come together to promote a healthy lifestyle," said Lieutenant-Colonel Ryan Setter, CO of 402 "City of Winnipeg" Squadron, who

brought greetings in lieu of Wing Commander Colonel David Proteau

Since the RCAF Run is not taking place this year, the WCC was organized as a replacement activity, noted Christina Bailey, Senior Manager PSP, in her brief opening remarks.

"However, there is a virtual run taking place, which is raising funds for the RCAF Centennial in 2024," she said.

"The money will come back for programs on the bases."

Right now, Winnipeg is the leading Wing and base (in Canada) for registration in the Virtual Run, Bailey added.

As she strolled along the road with some colleagues, Corporal Samantha Bauer, who works in the Wing Comptroller's Office, called the morning's activities a good way to have unit participation and get out and have fun.

"I was not coordinated enough for the warmup," she said with a laugh. "It was a good warmup, though. It's good to get into it."

Major Carolanne Caza, who also works in the Wing Comptroller's Office, expressed comments similar to Cpl Bauer.

"It's great today," she said.

"I wish it were a bit more sunny. But, it's a great to get together and have some fun."

She also noted that she works out twice weekly now because she's "heavily pregnant."

Audrey Thompkins, a civilian DND employee at the Wing Comptroller's Office, who retired from the CAF in 2008, also loves getting out in the fresh air.

"I try to get my ten thousand steps in every day," she said.

Master Warrant Officer Patricia Bell, from the Wing Comptroller's Office, labelled the entire morning's experience "fantastic."

"It's fostering a good environment, good camaraderie and positive morale," she said, mentioning that she's been in the CAF for 24 years now.

"It brings some life to our Wing environment. I've got a lot of energy because I love people and the environment and what the Wing offers."

"This is a good chance to get away from work and have a little bit of fun and exercise," Master Corporal Mike Cook, who works at CIS Flight 17 OSS, said.

Corporal Danny De Souza, who also works at CIS Flight, was equally as enthusiastic about the WCC.

"I think today is fantastic," he said.

"It's been a while since we've seen everybody. It's good to get out and get some fresh air. It's a great social event too, and you're able to get some exercise in the process."

Meanwhile, Lieutenant-Colonel Walter Stark, who's at OSS, hailed the great opportunity to get out to promote some public fitness, and to get away from the office a little bit and have some fun.

Wing Commander's Golf Tournament

by: Martin Zeilig, Voxair Photojournalist



Wing Commander's Golf Tournament. Photo credit: Martin Zeilig, Voxair Photojournalist

For Lieutenant-Colonel Patrick Hollock, the somewhat soggy greens, due to the heavy rainfall over the previous week, at the 17 Wing Golf Club did not prevent him from participating in the Wing Commander's Golf Tournament on June 3.

He didn't even need to wear rubber boots.

LCol Hollock, who works at 1 Canadian Air Division, was one of 52 participants at the "fun competition" on a sun-splashed but windy day.

Dawn Redahl, PSP Sports Coordinator, was the OPI for the tourney.

"It was a staggered start on the golf course," Ms. Redahl said while taking a brief break at the tournament.

"The weather is beautiful, but the course is still pretty full of water. We did all nine holes plus some challenge holes. We just moved some of the tee boxes (out of water logged areas)."

There were plenty of prizes, too, all donated from the Canex, for the various associated contests: the longest marshmallow drive for men and women, the closest drive to an orange pylon, closest to the pin, closest to the ditch (which was filled with water) on the ninth hole.

There was also an obstacle course with contestants throwing a football through a hoop followed by a running pickle ball toss, which was a timed event, as well as a chipping contest where players were allowed three chips to get a ball into a bucket several metres away, Ms. Redahl pointed out.

Also, participants were able to either play their own ball or play best ball while golfing, she said.

"So, it allows everyone to enjoy this beautiful day," she said with a smile.

LCol Hollock noted that the tourney was his first day out golfing this season.

"I did better than usual," he said with a chuckle.

"We didn't even keep score. I've golfed in wetter weather."

Major Brian Wooliams, who also works at 1 CAD, commented that it was also his first time out golfing this year.

"I did terrible," he said.

"But a lot of fun was had, so we achieved the aim absolutely."

MWO Dean Goulding, who's from 38 Canadian Brigade, said he didn't get too wet at all.

"It was great, a little windy but lots



Wing Commander's Golf Tournament. Photo credit: Martin Zeilig, Voxair Photojournalist

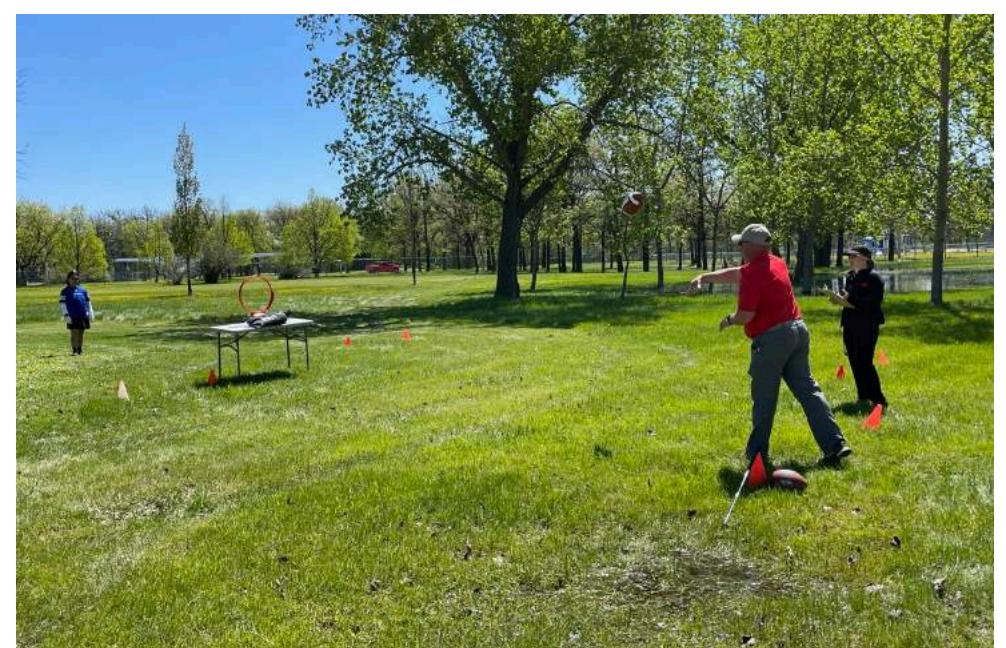
of sun."

One of his teammates, Master Warrant Officer Dwayne Hopko, who's also at 38 Brigade Headquarters, smiled when

asked how he had done on the links.

"It was good," he said.

"This was my first day out. I did better than usual."



Wing Commander's Golf Tournament. Photo credit: Martin Zeilig, Voxair Photojournalist

Volunteer Appreciation Evening

by: Martin Zeilig, Voxair Photojournalist

It was all peace, love and good fun both on and off the stage at Celebrations Dinner Theatre for the 17 Wing Canex Volunteer Appreciation Evening on May 26.

On stage it was the joyful musical Summer of '69 a toe-tapping musical comedy with laughter, and some good old nostalgia, in the words of Director/Artistic Director Bob Cunningham.

Meanwhile, in the audience were 60 volunteers (and friends), the people who play an essential part in the work of the Military Family Resource Centre, Community Recreation, among other Canadian Forces Morale and Welfare organizations.

"The volunteers are extremely important," Jenny Brennan, Program Manager of the MFRC, said during an interview, along with Alison Payne, the MFRC's ex-

ecutive director, in the lobby of the dinner theatre.

"They bring a perspective that staff don't always have. I think they bring a lot of real life experience when working with families."

Ms. Payne also added that volunteers are needed more than ever now because regular staff at the MFRC are stretched for time.

"So, volunteers can fill in a lot of the gaps and can fulfill a lot of tasks that we're not able to do," she said.

"They're the unpaid part of the workforce. Events like this are amazing because we get to show them our appreciation for the work they do. From an MFRC perspective, we have a volunteer board of directors, and they're a governance board. So, they make a lot of decisions that are integral to the work we do going

forward."

Jenelle Hollinger, whose husband is 2Lt Graham Hollinger, has been volunteering at the MFRC for the past two years.

"I love it," she said.

"I started off as a board member, and now I'm also volunteering as a nursery fill-in as an extra hand. I enjoy getting to know new people, and just being a friendly face to people coming in, whether they're new or have been here awhile."

She said the evening at Celebrations made her feel as if the volunteers were truly being appreciated.

"It feels amazing to be honoured as a volunteer person," she continued.

"I really enjoy that we get to be celebrated, and I finally get the chance to meet other volunteers face-to-face and have a good time together."

Ashley Clement, Recreation Coordinator for PSP, said the role of volunteers at the Recreation and Fitness Centre (Building 90) is to act as coaches in sports, help out at the different clubs, such as work hobby club, scuba club, and others, and during Christmas and other holiday gatherings.

"Our clubs would not run without volunteers," she stressed.

Debbie Faucher, another longtime volunteer at the MFRC, says the best part of volunteering is meeting people from across the community, not just in the military. Her husband is Wing Chief Warrant Officer Claude Faucher.

"It's enjoyable to get out and see people again," she said of the evening at the dinner theatre.

Mireil Kehler Being Awarded the Sovereign's Medal for Volunteers

by: Martin Zeilig, Voxair Photojournalist



Mireil Kehler with the Sovereign's Medal for Volunteers. Photo credit: Martin Zeilig, Voxair Photojournalist

Mireil Kehler was, in her own words, "truly humbled and honoured" to be recognized and to be the recipient of this Sovereign Medal for Volunteers.

Her comments were made on the evening of June 8 at a ceremony in the Wing Chapel.

Kehler, Manager of Housing Service Centre for Winnipeg at the Canadian Forces Housing Agency, was awarded the medal for her many years of volunteering with Dreams Take Flight.

In 1989, Dreams Take Flight had their inaugural flight after several Air Canada employees in Toronto planned a trip of a lifetime, notes their website.

They flew 70 special children on a DC-9 aircraft to Walt Disney World in Florida. By 1997, the charity had expanded across Canada, including a chapter in Winnipeg. Once a year, each chapter replicates the inaugural flight. For a very long and exciting day, children with medical, mental, physical, social or emotional needs get to have an adventure in a world-renowned theme park in California or Florida. All expenses are paid thanks to sponsors and

volunteers.

"I have been asked to present Mireil with the Sovereign's Medal for Volunteers the highest honour for volunteerism in Canada," Bev Watson, National President of Dreams Take Flight, said at the ceremony.

"Volunteering is the time you give to strengthen your community and improve others' quality of life as well as your own. It is the practice of providing time and skills for the benefit of others and causes rather than for financial benefit."

"My volunteering evolved from picking up birth certificates for kids at the Vital Stats office during my lunch breaks when I worked at Air Canada, to joining the Winnipeg Chapter Committee Board and being fully part of the entire planning of the children's registrations to creating my own 'sub-committee' to process all the applications, review nominations letters and calling parents to let them know their child was selected."

Many dreams children touched "my heart in a big way", she continued.

"The day of flight is a special day for

those kids and I know along with the hundreds of other volunteers, that was always the main goal," Ms. Kehler said.

"I will never forget my first flight as a group leader and the young girl who was so quiet and shy. At the park, she smiled and was so grateful for having this opportunity. She had never experienced a plane ride, never seen so many wonderful people wanting her to have a special day.

She told me about her siblings back home and how she wanted to bring them back a special souvenir, these kids were so thoughtful and thankful.

But what broke my heart is when we arrived back home from the trip. No one showed up to pick up this young girl, no parents or loved ones.

I sat with her for several hours (1 a.m. in the morning) my heart sank, this is when I knew that this little girl deserved a day like this, to put her daily 'adult problems' away, so she could just be a kid and have some laughs and smile and have joy in her heart.

This was also true for another young girl who had received a kidney transplant and had to take a bag full of pills each day. She was so polite to ask for a little bit of milk on the plane so she could take her medicine."

She also mentioned the mother who flew in from a northern community with a baby, and forgot some essentials like baby formula.

"I met her at her hotel to deliver baby formula and a lost birth certificate just so her other child could make it on the flight to Disney world," Ms. Kehler said.

"These kids changed my world view. Each flight, each year, these are only a few of the many moments which brought a sense of purpose to me and those around me.

The days leading up to the flight were sleepless nights and long, long hours, after working a full time job. But, it's all been worth it.

I share with you all here in this honour because, each and every one of you here has been a support to me, and have helped me to make all these years of volunteering possible.

So to each of you here, a big thank you for being part of my community, and for being part of my story."

This is not the end, this is a continued story, she emphasized.

"So, I encourage you all to find something that means a lot and become a volunteer. It's the most fulfilling job you'll ever have," Ms. Kehler said.



The Sovereign's Medal. Photo credit: Martin Zeilig, Voxair Photojournalist

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The Path to CFLRS of a Royal Canadian Air Force Technician

by Pierre-Alexandre Desrosiers CFLRS

Upon enrolment in the Canadian Armed Forces (CAF), it isn't possible to do so as an instructor. It is a simple fact that this isn't an option. The question therefore stands: how does one end up with an instructor job at the Canadian Forces Leadership and Recruit School (CFLRS)?

The reality is that each instructor comes with a unique past and experience within their own trade and that the addition of each singular package of experiences allows a better reflection of life within the CAF for candidates who will then leave the School with as many tools as possible to have a great career.

Being a very concrete example of this, Sergeant Andrew Hooker realizes the importance of his experiences. Sgt Hooker is an aerospace telecommunication and information systems (ATIS) technician within the Royal Canadian Air Force (RCAF). With his 18 years of service, the Vancouver, British-Columbia native could not have imagined that his path would lead to the quiet suburban town in which the Saint-Jean Garrison is located, nor how glad he would be about it.

@ST:Family Life

Sgt Hooker said that when his spouse who is also a CAF member was posted in Saint-Jean-sur-Richelieu, it was an obvi-

ous choice to accept a position as an instructor in CFLRS, adding that "... it is an ideal posting for a military couple. There are a lot of Master Corporal and Sergeant positions for a variety of trades, and a variety of units if being within the same chain of command is an issue." Sgt Hooker is also very glad of the bilingual and diverse life in the province of Quebec, with affordable childcare which facilitates a work-life balance, an opportunity to learn French in an environment where many people can also communicate in English and with the dynamic metropolitan area of Montreal that has a lot to offer. Furthermore, he explains that "in times other than those marked by COVID-19, it is a posting to choose for those who love to travel, considering the close proximity with the American border as well as the accessibility of other countries through the Pierre-Elliott Trudeau airport."

@ST:Professional Development

Above the more than ideal family and personal life available in Saint-Jean, Sgt Hooker explains that within his work, he is able to apply techniques and methods learned in his trade and adapt them to his current duties. Among other examples, he applies troubleshooting methods from

his trade courses to solve issues encountered with candidates and their training. He explains that he can also call upon his colleagues' rich and varied experience to learn new ways and to have them assist when needed, therefore making his and candidate's life easier.

He remains conscious that a position

at CFLRS implies sacrifices, long hours and scarce free time. Nonetheless, he realizes that time at the School is rewarding like few other postings can be. He hopes to be able to stay at the School for a few more years and finally fully enjoy all that the region has to offer whilst pursuing his personal and professional growth.



Sergeant Andrew Hooker with his wife, Master Corporal Aubrie Hooker, and children Evelyn and James. Photo: CFLRS

Le parcours d'un technicien de l'Aviation royale canadienne à l'ELRFC

by Pierre-Alexandre Desrosiers ELRFC



Sergeant Andrew Hooker accompagné de sa femme, caporale-chef Aubrie Hooker, et ses enfants Evelyn et James. Photo: ELRFC

Au moment de s' enrôler dans les Forces armées canadiennes (FAC), il n'est pas possible de choisir instructeur comme métier. C'est un fait simple, ce n'est pas une option. Alors comment fait-on pour

en arriver à exercer cette fonction au sein de l'École de leadership et de recrues des Forces canadiennes (ELRFC)?

La réalité est que chaque instructeur arrive avec un bagage unique et

l'expérience de son propre métier. C'est cet amalgame d'unicité qui permet aux candidats de faire une plus grande réflexion sur la vie au sein des FAC et de ressortir de l'École avec le plus d'outils possible pour connaître une belle et grande carrière.

En tant qu'exemple plus que concret de cette réalité, le sergent Andrew Hooker constate l'envergure de ses expériences personnelles. Sgt Hooker est technicien de systèmes d'information et de télécommunications aérospatiales au sein de l'Aviation royale canadienne (ARC). Fort de ses 18 ans de carrière, le natif de Vancouver en Colombie-Britannique ne pouvait pas se douter que son chemin le mènerait à la tranquille ville de banlieue où se situe la Garnison Saint-Jean, mais il en est plus que ravi.

@ST:La vie de famille

Lorsque sa conjointe qui est également membre des FAC s'est vue affectée à Saint-Jean-sur-Richelieu, il a été très évident pour Sgt Hooker qu'il fallait accepter une position d'instructeur à l'ELRFC. «C'est une affectation idéale pour un couple militaire. Il y a beaucoup de postes de caporaux-chefs et de sergents et pour une très grande variété de métiers si le partage de chaîne de commandement est un enjeu.»

Sgt Hooker est également très content du bilinguisme et la diversité de la vie au Québec avec la garderie abordable qui facilite les arrangements familiaux, l'opportunité d'apprendre le français dans un environnement où l'on peut facilement communiquer en anglais et

l'effervescence de la métropole montréalaise qui a beaucoup à offrir. D'autant plus que «dans des temps autres que ceux marqués par la pandémie de COVID-19, c'est une affectation de choix pour ceux qui aiment voyager considérant la proximité de la frontière américaine et l'accessibilité des autres pays grâce à l'aéroport Pierre-Elliott Trudeau.»

@ST:Développement professionnel

Au-delà de la vie familiale et personnelle plus qu'idéale, Sgt Hooker explique que dans ses fonctions, il est en mesure de faire appel à des techniques et méthodes propres à son métier, de les adapter et de les appliquer dans ses fonctions courantes. Il cite notamment des méthodes de dépannage apprises lors de ses cours de métier pour régler des problèmes techniques qu'il applique à la résolution de problèmes liés à l'apprentissage des candidats. Il explique qu'il peut également faire appel à l'expérience riche et variée de ses collègues pour à la fois apprendre de nouvelles façons de faire, mais également pour l'appuyer dans ses tâches, facilitant ainsi sa vie et celle des candidats.

Il demeure conscient qu'une position à l'ELRFC implique beaucoup de sacrifices, de longues heures ardues et du temps libre plus rare. Toutefois, il remarque qu'un passage à l'École est enrichissant comme peu d'affectations peuvent l'être. Il espère pouvoir demeurer à l'École pour quelques années encore et finalement profiter pleinement de ce que la région peut offrir, tout en poursuivant sa croissance personnelle et professionnelle.

Backyard Bash

by Martin Zeilig, Voxair Photojournalist



Master Corporal Tammy Grant and Sergeant Kevin St -Laurent with their two children Felix and Ella after some fun in the foam pit. Photo credit: Martin Zeilig

Children were squealing with delight as they pranced and danced through the steady stream of foamy, eco-friendly bubbles generated by a bubble machine set up on a portion of lawn near the parking lot behind Building 90, the Fitness and Recreation Centre.

The bubble machine, provided by Fantastic Foam Parties, was one of the numerous activities available at the 17 Wing Backyard Bash on June 11.

"The bubbles go through a water filtration system, so they come out clean," Jackie Hutchinson, owner of the Fantastic Foam Parties, said.

"They don't stain or sting. The children can go right underneath them. It's sensitive to the environment, too. It's fun for the adults too."

Food trucks were parked on the site too. Health Promotion provided free healthy snacks, a plain yogurt parfait with mixed fruit and granola. Inflatable bouncy castles, tattoos, face painting, balloon twisting (courtesy of Glitterbug Family Entertainment), a Kevlar axe throwing attraction, disc golf and a fun obstacle course rounded out the entertainment.

"There's all kinds of fun activities for families," said Ashley Clement, PSP Rec-

reation Coordinator, OPI for the day.

"I've been working on it for over two months. We're trying to have as many different activities and attractions as possible to make it as unique an experience as possible. I think it's been great to see the numbers that have turned out so far."

She also praised the "amazing" PSP staff for their work on the day.

"They're always willing to jump in when needed," Ms. Clement commented.

"They're great. We couldn't do this without them."

Lieutenant-Colonel Carl Gravel, Deputy Wing Commander, called the bash an awesome day.

"We finally have some decent weather so we can finally celebrate the most welcome arrival of the summer with families," he said while standing in the shade under one of the canopies covering a display table.

Some 200 families were registered for the event, with others just dropping by unannounced, noted Matt Hamilton,

Master Corporal Tammy Grant, who works at Barker College, and Sergeant Kevin St. Laurent, a technician at 402 Squadron, were there with their two children Felix, 8, and Ella, 7.

"The kids are enjoying the bubbles,"



Families enjoying the foam pit at the Backyard Bash. Photo credit: Martin Zeilig

Sgt St- Laurent said as Felix and Ella were running in and out of the mound of spewing white bubbles.

"They've been in there for the last 25 minutes. There's a lot of stuff for the kids."

"It's nice to see stuff like this after COVID," MCpl Grant added.

"It's good to see people out and about and doing activities like this again."

Meanwhile, young Ella called the bub-

ble machine "awesome" as she hugged her mother.

"It's so nice to see children and parents out having fun and feeling this sense of community again," said Rosalie Lazar, the owner of Glitterbug Family Entertainment.

She also emphasized that 17 Wing is "the best" because it's such a nice, fun community to work with.

How true that is.



Families enjoying the bouncers at the Backyard Bash. Photo credit: Martin Zeilig



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17 Wing Winnipeg Pride Opening Ceremony

By Martin Zeilig, Voxair Photojournalist



Pride Opening Ceremony in support of diversity and inclusion in the Canadian Forces on May 27th, 2022, at 17 Wing Winnipeg.
Photo by: MCpl Darryl Hepner, 17 Wing Public Affairs, Winnipeg, MB

A multicoloured Pride Flag fluttered at the top of the flagpole in the morning breeze on May 27 at the Parade Square.

Cheers and clapping erupted spontaneously from many of those in attendance at the 17 Wing Winnipeg Pride Opening Ceremony.

The flag had been raised by Captain Jacklyn Zacher and Lieutenant-General Alexander Donald Meinzinger, Commander of the RCAF.

The Pride Flag is one of the most well-known and used LGBTQ2+ flags throughout history.

It includes the colours red, orange, yellow, green, indigo, and violet

The ceremony, which also included the official unveiling of the Rainbow Crosswalk, was organized by the Winnipeg Defence Team Pride Advisory Organization, Canada/Winnipeg Pride chair and RCAF leadership.

Some 50 military members and civilian employees were in attendance at the ceremony.

The RCAF Band, featuring vocalist Warrant Officer David Grenon, performed a number of songs from such popular artists as Queen and Elton John, among others.

Speakers at the ceremony were WO Grenon, DTPAO Co-Chair; Captain Jacklyn Zacher; LG Meinzinger, Colonel David Proteau, 17 Wing Commander; Barry Karlenzig, Canada/Winnipeg Pride Chair; and, Chief Warrant Officer John Hall, RCAF CWO.

The MC was Master Warrant Officer Lisa Powers.

Also present were the command teams of 1 CAD and 2 CAD, honorary colonels from all across the country, and Wing CWO Claude Faucher.

"It's real special to be here to take part in this event and the unveiling of the pride walkway here," said LCol Meinzinger, who flew in from Ottawa especially for the ceremony.

"It's a super symbol of the diversity and inclusion and the focus we have in the RCAF. I really wanted to be here to give a shout out to the entire LGBTQ2+ community."

He called the Rainbow Progress Pride Crosswalk "a real strong symbol" of progress and respect "across our organization."

"Diversity is a strength that is essential to our military's operational effectiveness and longterm success," he emphasized.

"We are committed to working with all members of our team to ensure that everyone feels that they're a part of that team and can succeed where they feel

they're being their authentic selves in an environment where they can reach their full potential and thrive.

Without a doubt diverse experiences and abilities and perspectives makes us a stronger, vibrant and more effective team.

The RCAF is a proud ally of LGBTQ2+ communities, and I'm an ally myself and I'm thankful to every member of the RCAF for their important contributions to our mission's success. You continue to play a pivotal role in Canada's safety and security. We celebrate your contributions to the RCAF."

CWO Hall referred to comments made by CWO Necole Belanger, a member of the LGBTQ2+ community, who was a speaker at a recent CAF CWO Council farewell event.

"If I had not lied about who I was, I would not be standing here today," CWO Belanger said at that gathering

CWO Hall said he and others in attendance were affected by her words.

"If we look closer at Necole's career, she served as a member of the Military Police," he continued.

Ironically, she was hiding in plain sight as a member of the very organization that was hunting people like her, and now, as she completes her career, she is the Command CWO of the very organization which would have removed her security clearance had she been discovered.

"I cannot even begin to imagine what Necole and many other members of the LGBTQ2+ community experienced in their career— how they were never permitted to just 'be themselves,' or to openly love who they chose to love.

To do that would have put them at risk of not being able to do what they wanted to do—which was simply to serve Canada as a member of the Canadian Armed Forces.

In the near future, we will have an Appearance chapter in our dress regulations which will permit our members more latitude, in order to better represent their true self when in uniform.

Institutionally, we are putting forth a concerted effort to create a Canadian Armed Forces where our members can thrive, not just survive.

An inclusive CAF and RCAF where everyone is welcome, where everyone has an equal voice, and where nobody needs to lie about who they are."

Excerpts from other speakers:

Col Proteau: "I'm fully committed to continuing to foster a workplace that is open, inclusive, diverse and respectful of every one of our members. Working in conjunction with our DTPO today, we

dian Armed Forces and DND.

When I saw the flag raised this morning, I couldn't help think of all the survivors of the purge who paved the way for us to live freely and in a more inclusive organization.

I'd also like to reflect about how far we've gotten over the past few years.

We now have a fully grown organization of over 30 civilian and military members, and also with the Reserves units in Winnipeg, and are paving the way across Canada and mentoring other local organizations so they can form their own advisory groups.

Ever since Colonel Proteau took over command of this base, he took a very active role in diversity and inclusion wanting to understand the needs of his community better.

He truly wanted to be an actor of change within the CAF.

It's thanks to leaders like him that we're able to be heard at the local level and get support when it comes to influencing positive change within the workplace."

He also mentioned that this year marks the 30th anniversary of the end of the CAF's purge against LGBTQ2+ people.

Mr. Karlenzig, who's been with Pride Winnipeg for the past 10 years:

"It's a true honour to be here three years in a row and see the military becoming more progressive year after year.

Winnipeg is very diverse. We're not perfect we know that. But, we're getting better year after year. But, looking at 17 Wing, it's more inclusive than other Wings in Canada.

That's also true of the DTPAO starting here, and the diversity we have here with (WO) David (Grenon) and Colonel Proteau.

It's amazing to see the progress that's been made. It shouldn't matter who or where you are anymore. It is because of all of you here today that such milestones can be celebrated.

"You protect our rights and freedoms and not only the Canadian flag, but every flag people identify with. I can't thank you enough for what you do everyday to protect our rights and freedoms as Canadians."

further demonstrate our commitment to diversity, inclusion and a growing cultural change with the raising of the progress pride flag and the unveiling of our new progress pride crosswalk."

Capt Zacher, who works at 1 CAD as the executive assistant to the Deputy Commander, is the new military co-chair of DTPAO taking over from Warrant Officer David Grenon:

"Today was amazing from the music to the speeches to the people that were here.

Having the Commander of the Air Force here with his chief to show support that they're allies and are working towards an inclusive future.

It was really moving, especially Chief Hall's speech about his friend and how she was in hiding and working for an organization that was hunting down people like her.

I'm glad we've moved on from that. We're an equal work place. You can love who you love. It's fine. Today was awesome."

WO Grenon commenting on the appearance of LGen Meinzinger and CWO Hall at the ceremony:

"Your presence means a lot to us today. For many of us, it's a symbol of acceptance and inclusion and diversity within our own organizations.

It's the recognition of decades of persecution and mistreatment of LGBTQ2+ members of the Defence Team, and the will to change culture within the Cana-



Royal Canadian Air Force Commander, Lieutenant-General Al Meinzinger, raises the "Progress Pride Flag" during 17 Wing's Pride Ceremony at the Stevenson Parade Square at 17 Wing Winnipeg, Manitoba on May 27, 2022 Photo: MCpl Justin Ancelin, 17 Operations Support Squadron Imaging, Winnipeg



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To Journey Down the Deep and Rich Paths

By Padre Joshua Falk

A few years ago I returned from 12 weeks of Basic Officer's Military Training (BMOQ). What an experience! Words like, "The Mega", "Stand two, stand two", "Oh, we'll have fun in Farnham", "Sentry, keep right" sound familiar to the initiated. For some life experiences there are no adequate words. And that might be the point. Platoons get forged together in the crucible of stress and common experiences such as early morning PT, staying up all hours sewing on countless labels on every last sock and kit item, getting yelled at to do drill just right, rushing to get a laundry machine before they are all taken, daily scaling countless flights of stairs with FFO, swapping IMP rations while on field exercises, frantically trying to accomplish tasks in order not to bust timings, and bonding with your Fire Team partner when moments are tough are some examples that come to mind. But, whether you have experienced Basic Training or not, we all have experienced stress and frantic busyness in our lives.

Stress can be good. It can motivate us. But, if you're anything like me, I don't like unneeded stress. My idea of peace includes sitting in an Adirondack chair

by a calm lake, soaking in the warm rays with a favorite beverage in hand. Actually, come to think of it, entering into deep solitude and silence, I mean the type that goes beyond "sun tanning on a tropical beach" and embarks on the ancient paths of spiritual practices can be hard to do. Coming to terms with our own inner voices, facing up to our inner demons, taking an honest and authentic look at ourselves, and listening for the divine can be a challenging and potentially discomforting experience. However, I think that in our busy modern day, what we often search for, the answers that we crave, can only be found when we set out walking down this ancient and well-worn road.

So I invite you to slow down, sit back in your chair, grab your favorite beverage of choice and enter into this story. It goes something like this:

Once upon a time, there was a woman who set out to discover the meaning of life. First she read everything she could get her hands on-history, philosophy, psychology, religion. While she became a very smart person, nothing she read gave her the answer she was looking for. She found other smart people and asked them

about the meaning of life, but while their discussions were long and lively, no two of them agreed on the same thing and still she had no answer. Finally she put all her belongings in storage and set off in search of the meaning of life. Everywhere she went, people told her they did not know the meaning of life, but they had heard of a man who did, who lived deep in the Himalayas, a tiny little hut perched on the side of a mountain just below the tree line. She climbed and climbed to reach his front door. When she finally got there, with knuckles so cold they hardly worked, she knocked. "Yes?" said the kind-looking man who opened it. Ecstatic, she blurted, "I have come halfway around the world to ask you one question," she said, gasping for breath. "What is the meaning of life?" "Please come in and have some tea," the man said. "No thank you," she said. "I didn't come all this way for tea. I came for an answer. Won't you tell me, please, what is the meaning of life?" "We shall have tea," the man said, so she gave up and came inside. While he was brewing the tea she caught her breath and began telling him about all the books she had read, all the people she had met, all the

places she had been. The man listened and as she talked, he placed a fragile tea cup in her hand. Then he began to pour the tea. She was so busy talking that she did not notice when the tea cup was full, so the man just kept pouring until the tea ran over the sides of the cup and spilled to the floor in a steaming waterfall. "What are you doing?" she yelled when the tea burned her hand. "It's full, can't you see that? Stop! There's no more room!" "Just so," the man said to her. "You come here wanting something from me, but what am I to do? There is no more room in your cup. Come back when it is empty and then we will talk.*

May we be poured out and thus increasingly opened to be encountered by the divine. May we take stock of our busyness and create space for listening to our most pressing deep questions.

May we take time in our busy life to journey down the deep and rich paths. And I am confident that in so doing, we will find and even be found.

*Story excerpted from Brown-Taylor, Barbara. "Re-orienting", Sermon from James York. June 3, 2012

Faith and Life

17 Wing Chaplain Team

Capt Paul Gemmiti
*A/W Chap Team Leader and
FCC (RC)*
B64, Ground Floor, Rm 112
Phone ext 4885

Capt Joshua Falk
Unit Chaplain and FCC (P)
H16, 3rd Floor, Rm 3290
Phone ext 5875

Capt Antin Sloboda
Unit Chaplain
B129, Rm 174A
Phone ext 5272

MORE INFO

Capt Katie MacIntosh
Unit Chaplain (BTL)

B100, Rm 122D
Phone ext 6914

Capt Sean Major
AR Ft Chaplain (BTL)

B100, Rm 122C
Phone ext 4994

Capt Stephen Neil
Clinic Chaplain

B62, 3rd Floor
Phone ext 5086

Capt Greg Lutz
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